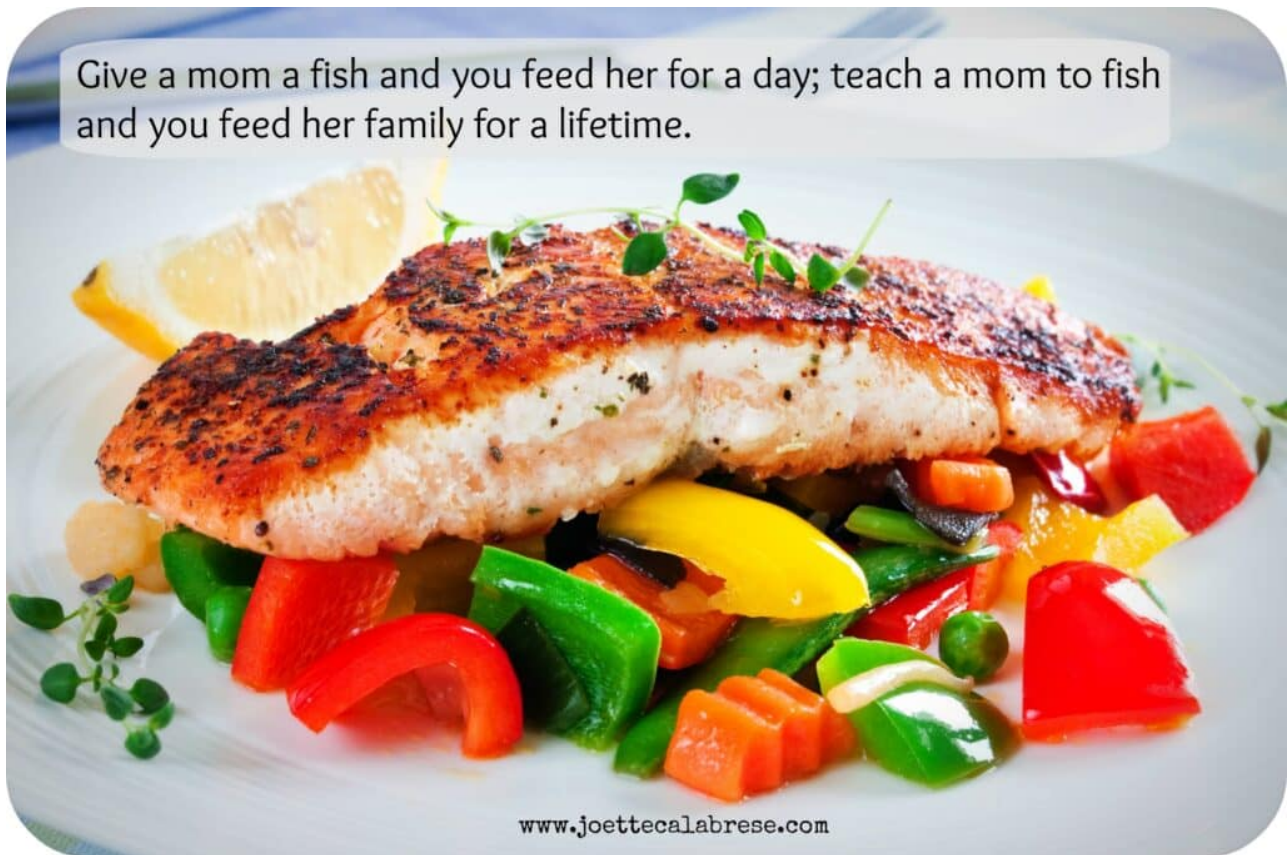


Pollution, Sinus Infections, Acne and Homeopathy



Pollution is a problem. Foods contain pesticides. GMOs are everywhere. Formaldehyde is coated on our clothing and flame retardants on our mattresses. And then there are the oil spills.

We're doomed. Right?

Yet consider a different take on pollution, one that may be much more important than external pollution. It might be the most vicious, most long-lasting, devastating pollution.

One that takes a more evident toll on health than GMOs and pesticides.

Interestingly, we not only willingly accept this kind of pollution, we even agree to it.

In fact, it's not enforced like income taxes. Instead, you were convinced to respect it enough to *buy* it!

It is what I call **personal pollution**.

And it's bold-facedly standing in your medicine cabinet!

Prescription medicines and OTC drugs.

Pharmaceuticals.

It's euphemistically called medicine instead of what it actually is: pollution of a most personal nature.

Allow me to demonstrate the devastation that occurs in the wake of having taken, in many cases, only a round or two of a drug.

Meet Maureen. She's lived her 27 years with nary a thought about health. Sometimes she can be found in the organic produce section but she also eats fast foods with MSG and has an occasional smoke.

For most of her life, health problems have not been an issue.

But not anymore.

Several months ago, she visited the doctor for a sinus infection and mentioned that she didn't like the blemishes that appeared on her face monthly.

On the way home, she stopped to buy an antibiotic for the sinus infection and a prescription for birth control pills for the "acne."

Her sinus infection was gone in about two days, and after a month of birth control pills her skin cleared up. All is well, right?

But then,

WHAM!

Soon after, perhaps it was days, weeks or maybe a month or two later, something happened.

She didn't feel so well.

Her belly bloated after eating, constipation set in, and anxiety over silly things that never bothered her before became a new way of experiencing her days. She noticed that certain foods were causing abdominal pain and embarrassing gas. And she could no longer enjoy cheese, her favorite food.

Even her libido seemed to have been rearranged. (Her husband gently mentioned a few times.)

Maureen had developed chronic illness. She traded a minor skin problem and a sinus infection for a new life of incessant unwellness.



Like an obedient patient, she marched back to the doctor, where more drugs were prescribed along with a reproach that it must be her age (at 27?), stress or her genes.

This, my friends, is pollution of the most sobering sort. And more notably, one that is avoidable.

So, what is the solution? How do we stay clear of drugs that pollute the body and cause new and worse illness?

Well to start, if you have children, kick the pediatric habit. This is where it all begins.

This is where parents and children are trained to depend on “the professional” to take care of our health and to accept that taking drugs is normal behavior. This is where mothers are convinced that their instincts are not scientific enough, that fever should be met with Tylenol, that allergies should be tamped down with steroids, that young girls are birth-control-pill deficient and that up until only a few decades ago, breastfeeding is barbaric.

One pediatrician, however, stands alone and offers common-sense advice. That is Dr. Robert Mendelsohn in *How to Raise a Healthy Child in Spite of Your Doctor*. You’ll find this book by clicking [here](#). He wisely warns parents that they need to take the care of their children into their own hands and offers an unyielding rationale.

Piggy-backing on that message, I urge you to learn to take care of the less-trying acute problems yourself, and when you’ve mastered that, learn to take on your family’s chronic illnesses.

How? I thought you’d never ask.

Learn how to use homeopathy and common sense methods. Know what is truly worthy of treatment and what is normal and ought to be left alone.

So, of course, take a stance on GMOs, insist on organic, but keep yourself and your family away from superfluous

pharmaceuticals.

By doing so, you'll protect your family from confounding, long-term gratuitous illness and save yourself some money.

So, let's look at what Maureen could have done to take care of her minor problems instead of polluting her system with drugs.

For her sinus infection: [Sanguinaria 200](#) mixed with [Belladonna 6](#), every 3 hours if severe or twice daily if mild. It's likely that within a few days, she would be able to stop using this protocol (designed by the Banerjis), and her sinuses would be quite comfortable and well.

For her acne: [Hepar sulph 200](#) twice daily for about 2 months. She would likely have noticed an improvement in that amount of time. The good Drs. Banerji assured me of this, and they were right. I see this work time and again.

This is not the forum for a long, in-depth discussion of chronic illness, such as food intolerances, allergies, Crohn's, colitis, hormone imbalances, eczema, behavior disorders, depression, etc.

But should you be interested in learning how to root out these kinds of illnesses, consider contacting my office to determine if homeopathy is a fit for your health strategy to cure your family yourself, work with me directly or tutor with me. I welcome the opportunity to give you the help you need.



Remedy Cards

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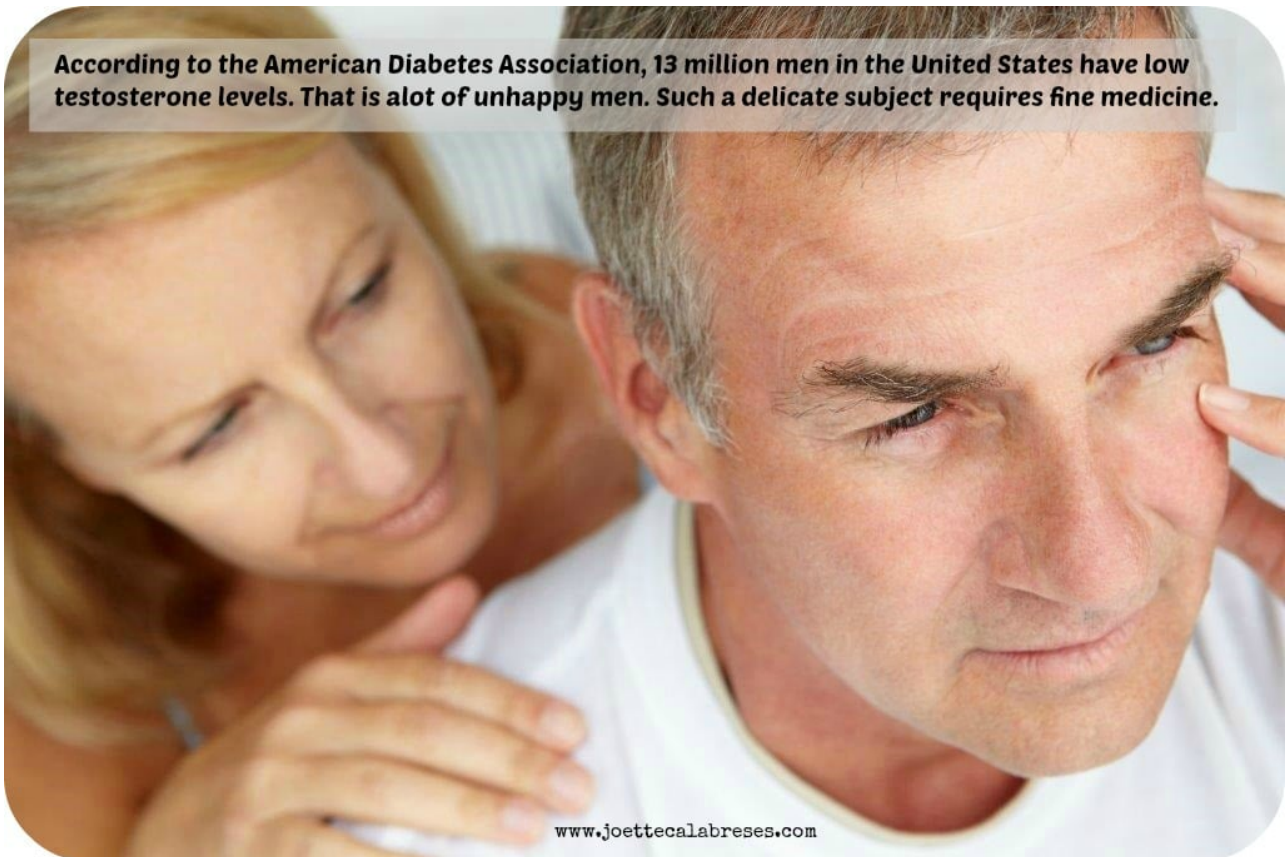
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Low Libido, Low Sperm Count and Erectile Dysfunction... Homeopathy Saves the Day

According to the American Diabetes Association, 13 million men in the United States have low testosterone levels. That is a lot of unhappy men. Such a delicate subject requires fine medicine.



According to the American Diabetes Association, 13 million men in the United States have low testosterone levels, and among those men, 70 percent report experiencing erectile dysfunction, and 63 percent experience low sex drive. That's a lot of unhappy men!

Such a delicate subject requires fine medicine. And as always, instead of merely treating the symptoms, homeopathy gets to the root of the problem.

My father calls the locale of these problems "ground zero." Modern medicine discusses male health in terms of prostate hormone numbers and libido. Homeopathy likes to get a little more personal.

Using the classical method, I used to consider a number of remedies, requiring differentiation between them by paying close attention to the details of each.

Let's consider a few of the most valuable homeopathic remedies for this important area of a man's life.

[Caladium](#) is a remedy of repute for the inability to perform during sexual excitement. Even with lascivious thoughts, the man is unable to perform. A keynote in determining that this remedy is the correct choice is the sufferer's demeanor. The man who will respond best to *Caladium* often experiences mental depression along with impotence, and the new problem is met with a deepening of this depression.

The remedy [Selenium 200](#) is of maximum value when the man experiences weakness after coition. This may not happen every time, but more commonly occurs after sexual excesses. The sexual exhaustion may be accompanied by prostate problems such as urine and seminal loss.

[Agnus castus 200](#) is a valuable medicine for men as they age and is noteworthy when desire has been lost or impotence is a problem. Premature old age, where the genitalia are relaxed and cold, is a characteristic that points to the need for this remedy. The man's history usually includes an excessive sexual appetite earlier in life that is missing in later years. This may be accompanied by anxiety and despair, particularly about his health and his sexual ability. Memory and mental dullness may also be present. A collapsed or broken-down state that occurs after overindulgence in alcohol, drugs or sex may also be a call for this remedy.

[Lycopodium 200](#) is a remedy of great value in men's health. When sexual dysfunction accompanies a gastrointestinal problem such as frequent bloating, gas and food intolerances, *Lycopodium* 200 twice daily can often root out the gastrointestinal condition (usually slowly, over a

period of weeks or months) and restore a man to his old masculine self. The key here is the corresponding abdominal bloating and distention causing distress after eating. Gurgling, gas and belching may also pose a problem for this man. Even though this may not be the main complaint, if these symptoms are present, it may direct us precisely to the remedy most needed.

BUT ...

Now employing the Banerji Protocols that I learned while working with Drs. Banerji in Calcutta, the most consistently reliable medicine for male impotency, low sperm count, loss of libido, etc. is [Aurum metallicum 200](#). Based on their data, gathered over nearly 150 years, the Banerjis have found that in approximately 80% of the male population this remedy will act favorably.

What does that mean? Well, it means that if taken consistently, such as one dose every 3 days, slowly and steadily the libido will often return, the sperm count over many months will increase, and masculinity will be restored.

Interestingly, *Aurum metallicum* is also a capital medicine for chronic fatigue and depression.

Hence, when this triad of weakened masculinity, fatigue and depression present, *Aurum metallicum 200* is a likely choice for restoration.

Acknowledging the importance of this issue in most men's lives, the inevitable question arises...how long will it be before the remedy acts?

First, let me point out that with a chronic problem one will

note a slow but steady progression. The person may take one step forward and one step back. What we're aiming for is a net gain after approximately two months.

That means that if *Lycopodium* is the correct remedy, a decrease in gastrointestinal bloating symptoms will show improvement. Perhaps the disposition will show steps forward as well. Watch for small but not insignificant signs of this, and they will provide encouragement that the other areas will follow.

This, my friends, is how you read a case.

But some men report to me that the change after taking the remedy is downright remarkable within a few weeks.

The correct remedy will stimulate the person's natural healing response to bring the body back to balance and heal itself.

No drugs of questionable safety. Just simple old-fashioned healing so that the problem no longer exists.

This is the beauty of homeopathy.

So, stay home and cure your family and when done, pass on the good word to others.



Remedy Cards

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download your remedy card*

Royal Pains

Prince Charles made news in the UK in early May because of his support of homeopathy. The prince had a private meeting with UK Health Secretary Jeremy Hunt to lobby for National Health Service funding for alternative medicines, including homeopathy.

Opponents of alternative medicine had urged the prince to stay out of the debate and were aggravated by his continual attempts to influence Hunt, who shares the prince's appreciation for alternative medicines.

But the prince has strong opinions on the subject. Both he and his mother, Queen Elizabeth II, are strong proponents of homeopathy and have attributed their good health to its use. In fact, the queen is patron of the Royal London Homeopathic Hospital. (Yes, they still have homeopathic hospitals in

England!)

Royal support for homeopathy is nothing new. The royal families of Europe have been supporters of homeopathy since Samuel Hahnemann opened his practice in Paris in the 1800s and significantly contributed to its growth in popularity. At that time, homeopathy was considered fashionable and was the chosen medicine of nobles, clergy and military officers.

The royal families of Germany, Belgium, the Netherlands, Denmark, Sweden, Norway, Austria, Portugal, Spain, Greece, Russia and England were all related and intermarried, so it is no surprise that they shared their successes with homeopathy with one another.

Homeopathy first made its way to Britain in 1835, when Queen Adelaide, wife of King William IV, suffered from a serious illness that the court physicians were unable to cure. She contacted a long-time colleague of Hahnemann, Dr. Johan Ernst Stapf, who cured her with homeopathy. The queen's public support of the new medicine helped to establish homeopathy's popularity among Britain's upper classes.

The first British physician to become a homeopath was Dr. Frederick Hervey Foster Quin. He was a nobleman himself, the son of the Duchess of Devonshire. He often dined with King Edward VII, and he became the court doctor for Prince Leopold and Princess Adelaide before Leopold became king of Belgium.

Sir John Weir was the most famous royal homeopath, serving six monarchs: George V, Edward VIII, George VI and Elizabeth II of England, King Gustav V of Sweden and King Haakon VII of Norway. He was knighted by George V in 1932.

King George VI was so fond of homeopathy that he named one of his racehorses *Hypericum*.

For two centuries, the royals and nobles supported the establishment of homeopathic organizations and hospitals in Europe, many of which are still in operation today.

Why was homeopathy so popular among royalty?

Well, it might have had something to do with the fact that the conventional medicine of the day favored such practices as bloodletting, leeches and heavy metal ingestion. The royal families could afford to look for better, safer and gentler ways.

It is likely that the individualization of treatment also appealed to the royal class, who were more accustomed to being treated as individuals than were the poorer classes.

The most notable reason was that homeopathy worked. Homeopathy was producing impressive results in treating the infectious illnesses of the day, including scarlet fever, yellow fever, cholera, typhoid and influenza, as well as numerous chronic illnesses that conventional medicine could not cure.

In other words, homeopathy was popular with the noble classes for the same reason that people are turning to it today: it is safe, easy to use and effective.

And one more interesting fact: homeopathy is not a fad or a trend or a drug that will fall out of favor when the side effects outstrip its usefulness. The same homeopathic remedies that worked in the 1800s are still used just as successfully today.

Do you want to experience some of the healing appreciated by

monarchs and more for more than 200 years? Check out these key remedies for pain. It is very likely that these exact remedies were used by the nobles of the past two centuries, and they belong in everyone's first aid kit. And when you use them, remember, they once treated royal pains!

[Arnica montana 200](#) – Used for head injuries, bruises, contusions, sprains and bone injuries, *Arnica* is the first remedy to reach for in cases of accidents or trauma. It reduces pain, inflammation and bleeding and promotes healing. It can also be used for sore muscles from overexertion.

[Belladonna 6 or 30](#) – Can be for cutting, throbbing, shooting, sharp pains, particularly if accompanied by redness. It is also used for high fevers and is a top remedy for teething. The sufferer often has cold hands and feet and craves lemons or lemonade.

[Bellis perennis 30](#) – A key remedy for contusions, bruises, lacerations and internal injuries, especially to the trunk of the body. *Bellis* is similar to *Arnica* but deeper acting. It is also ideal for facilitating recovery after childbirth and for mechanical injury to the breast after a mammogram or from a seat belt injury.

[Calendula tincture](#) – Used as a tincture on wounds, cuts, abrasions and burns, this remedy speeds healing, controls bleeding, soothes pain and also acts as an antiseptic. Repetitive application of sterile dressings soaked in *Calendula* to wounds and cuts has been shown to help ward off infection.

[Hypericum 200](#) – This is the premier remedy for punctures, incisions, lacerations and penetrating wounds, especially in nerve-rich areas. When the pain is excessive and incredibly sensitive to touch, *Hypericum* may be the answer. It is

excellent for injuries to the brain, to the back and spine and to the tailbone. *Hypericum* has also been known to prevent the onset of tetanus.

[Ledum palustre 200](#) – Relieves pain due to puncture wounds, insect bites or stings and animal bites. This remedy can reduce swelling and inflammation. If the person is cold or the injury site feels cold to the touch, these are key indicators for *Ledum*. *Ledum* has also been known to prevent tetanus.

[Magnesia phosphorica \(Mag phos\) 6X](#) – This is a great remedy for spasms and cramps, particularly menstrual cramps, as well as toothaches, writer's cramp, migraines and colic. *Mag phos* should be considered for any neuralgia that can be ameliorated by heat and pressure. It is often most effective when a dose is given in hot water and sipped.

[Ruta graveolens 6 or 30](#) – Is indicated for sprains, bone bruises or injuries to the cartilage, tendons or bone surfaces. It is also useful for eye strain and pain from bunions. Consider *Ruta* for a feeling of bruised soreness and injuries to deep muscle tissues especially to the wrists and knees. It is also effective for repetitive stress injuries such as golfer's elbow, tennis elbow and carpal tunnel syndrome.

**Homeopathy: Toxic or
Curative?**



Question: *"Would you be able to speak to the concern about Belladonna and seizures? I successfully used it to fend off mastitis and later saw that a teething remedy with Belladonna as a main ingredient was pulled from the market because of a connection to seizures in children. Ever since, I have been a little nervous about homeopathy but not enough to send me to antibiotics!"*

Answer: Hyland's teething tablets were temporarily taken off the market a couple of years ago not because they had *Belladonna* in them and *Belladonna* can cause seizures but because the potency of the *Belladonna* in the product was not consistent from batch to batch. It was not a safety issue but one of labeling.

Hyland's was founded in Los Angeles in 1903 by eight physicians. I have a particular fondness for this company because it is an example of good American business practices. Their teething tablets came out on the market around 1925 and have been a hit ever since. I used them

myself when my children (now adults) were babies.

The concern about seizures is obviously unwarranted or the FDA would not allow homeopathic *Belladonna* 6, 12, 30, 200 or any product with *Belladonna* in it to be allowed on the market at all.

The problem lies in the reporting of the case. Reporters and the general public are sadly unfamiliar with homeopathy which creates confusion with their reporting.

A little clarification is in order. Homeopathy does NOT mean home remedies or natural remedies such as vitamins, supplements or old-fashioned kitchen remedies.

Instead, homeopathy is a medical paradigm that was established more than 200 years ago using a specific pharmacological method.

It utilizes a special method of dilution that allows substances that would be toxic to become not only non-toxic but, more importantly, curative.

Did you get that part? *This* is what homeopathy is and why it is so important. I'll say it again because it's a concept that is often misunderstood and ignored.

Homeopathy takes something that is toxic and makes it into a curative medicine, and this is done by a pharmacological process called potentization. This means dilution to a minuscule amount.

Let's use *Belladonna* as an example. In its gross form as a plant, if eaten, it could indeed cause seizures, severe pain, redness, great heat, such as in very high fever, and shininess of the afflicted body part and, of course, much more as it is indeed a poisonous plant.

But as you learned in using it for mastitis, it cured your pain, redness, heat and shininess of the breast.

This method is based on the natural law of “like cures like.” This means that what causes illness in the gross form (as in the actual plant) will remove it once potentized, or diluted (as in the homeopathic medicine).

Let’s use another example. [Rhus tox 12C or X](#), 30C or X or [200C](#) or X is a grand remedy for arthritis, chicken pox and restlessness. It is homeopathically derived from poison ivy.

Would you eat poison ivy? Of course not! But if you did, it would cause horrible reactions, and if the media misunderstood, they would report “*Rhus tox* 12X causes pustules and anaphylaxis,” when indeed, in homeopathic formulation, with its intelligent dilution process, it does exactly the opposite...it cures those symptoms.

So you can safely use *Rhus tox* 12X for the pustules, itching and restlessness of chicken pox and never be concerned that it will cause these symptoms.

This distinguishes homeopathy from other medicines.

Take a look at any label on a homeopathic bottle. There is a number and letter after the ingredient. This number and letter tell you the potency of the remedy (or how much it has been diluted).



For example, Hyland's Homeopathic Teething Tablets contained *Belladonna* 12X. This indicates that the *Belladonna* has been diluted a lot. How much? It's been diluted 12 times to the 10th power. Twelve is the number of times it was diluted, and as you may recall from high school math, X represents 10.

For further explanation, here is how Hyland's states it:

"To put the calculated amount of *Belladonna* in a Hyland's Baby Teething Tablet into perspective, the 0.00000000000002 mg of *Belladonna* alkaloids is THOUSANDS OF TIMES below even the therapeutic amounts of *Belladonna* used in conventional anti-spasmodic medicines that doctors sometimes prescribe (0.2 to 5 milligrams of *Belladonna* alkaloids)."

When the media reported on the recall of Hyland's Teething Tablets, instead of understanding that the labeling was the contention, the reporters took off with what made a much more intriguing story: that *Belladonna* causes seizures. If you didn't know that there's no chance of that because of the potentization process, you might be frightened away.

Makes for a more interesting story, wouldn't you agree? But it was indeed not the concern of the FDA ... only the hype of

media.

Hyland's Baby Teething Tablets were re-introduced with a new formula in July 2011. Parents continue to safely use these homeopathic tablets with young children to soothe pain and ease the irritability associated with teething.

And many others have found homeopathic *Belladonna* 12X to be most helpful for a variety of problems, as evidenced by your experience with mastitis, and, of course, by the millions who have counted on Hyland's teething tablets.

More information about the recall and Hyland's response can be found at <http://www.hylands.com/news/hylands-teething-recall.php>.

The Difference Between Homeopathic and Conventional Medicine

The foundation upon which homeopathy rests is that the substance from which it is made will cause a set of symptoms that when harnessed by diluting the substance to a great degree will actually remove the suffering of those same symptoms.

Conventional drugs, on the other hand, tender a product that still carries all of the original toxic characteristics. They call them side effects.

I call them *the* effect.

And they often don't cure. Instead, they kill microorganisms or cover up symptoms while in the wake can cause a good deal of other suffering in the end.

Interestingly, pharmaceuticals don't even try to minimize, let alone eliminate the poisonous aspect of their products. Instead, they sell them with a warning that this or that could occur. In fact, in many cases, their commercials are

burdened with caveats and warnings.

There are no such lists of side effects with homeopathy pills.

Everything in life is a matter of degrees. In the case of homeopathy, the pharmacological procedure of dilution minimizing the impact is taken to an extreme degree to ensure the safety of the medicines.

It's the only medicine that takes this commitment to such great lengths.

My Homeo-tip: Not one for leaving you without a useful tip from my practice, let me build on what Hyland's product offers.

If you find that Hyland's Teething Tablets help your child, but the pain of teething seems to still break through repeatedly, you might want to do what I did with my babies years ago.

If the child is irritable, [*Chamomilla 200C*](#) or X twice daily for a few days often completes the work.

When using combination remedies that can be purchased at Walmart, Whole Foods and other large and small grocery stores, follow the directions on the bottle.

When using single remedies or remedies in a [*kit*](#), learn as much as you can, so you can cure your family yourself.

And if my message of self-healing intrigues you, consider looking at my online courses,

[*Good Gut Bad Gut; A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind*](#)

Now stay home and cure your family. And then pass on the good word to other families.

Homeopathic Remedies for Enterovirus 68



www.joetcalabrese.com

The new media medical scare for children
this season is Enterovirus 68. Yikes!

Find out how you can be prepared to protect your family.

In case you haven't heard, the new media medical scare for children this season is Enterovirus 68. Yikes! The added number makes it sound so official and daunting.

But remember, folks, you have homeopathy in your court and a kit in your medicine cabinet.

This doesn't mean you'd never take a child to a hospital if the illness is serious enough, but let's see if we can avoid

such an excursion.

Here are my thoughts on how I'd treat this illness if it came to my family.

Meanwhile, I hope pediatricians are not suggesting Tylenol. In some studies, acetaminophen (the active ingredient in Tylenol) has been linked to asthma. Hardly a good plan for an ailment with respiratory issues.

But it's an unfortunate reality that many doctors don't stay current on studies, so it's up to the parents to do this.

The Nutrition.

Because this virus so far has attacked only children, let's start with how to protect a child before a respiratory illness might occur. As usual, we begin with bone stocks...and lots of them.

That means stock with every dinner, soup for lunches and using bone stocks as the base when you cook beans, rice, stews and even oatmeal. This offers a boost to the immune system and aids in inflammatory conditions, particularly of the lungs.

A new book that will be available on Amazon around Sept 30, Sally Fallon Morell and Dr. Kaayla T. Daniel will be the ultimate go-to source of the scientific reasons for employing a daily broth. (More on this subject in future blogs.)

Leading Up to the Virus

Even without familiarity with this particular virus, it's not difficult to use what we already know from more than 200 years of clinical experience in homeopathy.

For certain, for extra-prone children before a respiratory

illness strikes, a good remedy to employ is [Calcareo carbonica 30C](#), as a daily immune booster. The alternative is [Calcareo carbonica 200C](#) every other day. I hesitate to use the words immune booster because I don't want you to think of this as homeopathy's role.

Remember, homeopathy is medicine, not supplements or such. Yet in this particular situation, *Calc carb* can indeed be a powerful ally for immunity for certain children. This method can be employed for many months but use it only for those members of your family who are susceptible to colds and with lowered immunity, not for those who have a respectable ability to fend off infections.

I have always used *Calc carb* for immunity, but it wasn't until I worked with Drs. Banerji in Calcutta that I began employing this little trick. In Calcutta, the Banerjis and their senior doctors use this method for their patients who are particularly susceptible to immunity-attacking viruses and bacteria. Ever since I've been teaching this method to my clients and students.

Next, let's look at what I would employ if my children were still young, and this respiratory illness visited our home. At this writing, no child has died from Enterovirus 68, so the first thing to do is relax.

It's logical that the most vulnerable children are those who have a history of having suffered from asthma, bronchitis and reactive airway disease in the past.

If this is the case, the first thing to do is to get started on an asthma remedy to root out the illness. Homeopathy has a reputation for being able to do this.

I won't go into how to cover this chronic disease here, but I'll share that I used to suffer from asthma nearly nightly

for years until my homeopath cured me of it within a few short months. And it has not returned in more than 23 years, despite what a doctor predicted.

I don't blame him. He simply didn't know how to cure asthma as my homeopath did.

The Remedies If the Virus Is Occurring

Because wheezing is the most significant aspect of Enterovirus 68, a homeopathic specific to that symptom must be chosen.

[Kali iodatum 6C](#) is my pick for a wheezing condition. And I'd administered it every 3 hours during a crisis. If a dry cough accompanies this, I'd consider [Ipecacuanha 30C](#) every 3 hours as well. And as usual in an acute illness, the remedies should be stopped once improvement is well established. This might be a day or so up to many days.

These are my go-to medicines for not only this particular virus but also for wheezing and/or this specific type of coughing under nearly any condition.

Unlike modern medicine's goal of suppressing symptoms, the purpose of the homeopathic is *not* to cover up but to root out the illness using the symptom of wheezing or coughing as an indicator for the remedy choice.

The quintessential essentials for any household medicine chest:

[Calcarea carbonica 200C](#), [Calcarea Carbonica 30C](#), [Kali iodatum 6C](#) and [Ipecacuanha 30C](#). These are remedies I would not do without in my medicine chest this season.

College Homeopathy 101 (and Lessons in Debauchery)



In the past, I've written about parents suffering from "empty nest" sorrow, and student difficulties such as homesickness or burn-out from excessive study combined with excessive "partying," that exhaustion that sets in after burning the candle at both ends.

Today I'd like to talk about another protocol that will be very useful for students (and their worried mothers) to know

...

[Calcarea carbonica 30C](#) is the most widely used remedy for addressing any weakness of general immunity.

For those who are prone to recurring colds, allergies, infections or are otherwise plagued by frequent minor illnesses, *Calc carb* has a reputation for boosting well-being and strengthening the body's natural defenses.

What I have seen play out so many times, is that a mother calls me weeks into the first semester of school, probably around midterms season, asking for advice about her college student.

Perhaps the student is away at school, cramming for exams, and every time he calls home he's got a sinus infection or a sore throat.

Or maybe he is at home on break, lethargically collapsed on the sofa, too sluggish and debilitated to enjoy his quickly diminishing family time.

Usually, the empty-nest mother is distraught ... she's been counting the days until break, and now that her scholar is home he's not even enjoying family time.

This is why I recommend sending students to college with their own homeopathy kit, or including one in a "care package" and making sure they know how to use it. Judicious use of [Calc carb 30C](#) can keep scenarios such as these at bay.

For those who know they are prone to frequent colds (or mothers who recognize this weakness in their children) [Calc carb 200C](#), taken every other day, is a slow-acting remedy, but nevertheless, one that is known to strengthen general immunity and vitality and will usually result in a change for the good.

Those who were getting three or four or five colds a year generally find that they only contract one, or none at all.

I hesitate to tell parents about the next remedy because being a mother myself, I didn't want my kids to take a pill for a hangover or for overdoing it in college. (This was one of my chief complaints about college in the 1st place. I still am not a fan of the "college experience".)

When my sons entered college I told them I would not give them a remedy to help them clear a hangover. If they made such an unwise choice, they had to learn to live with it.



Unfortunately, I taught them a good amount of homeopathy when I homeschooled them years prior and they learned that anytime one over-does the use of drugs, alcohol, bad foods or indulges in too much late-night partying, there's a remedy that works wonders. They knew from an early age that

[Nux vomica 30C](#)

[or 200C](#) was the remedy of choice.

I had succeeded in my educational mission *too well*.

By the time my sons went to college not only did they know this remedy, but they knew perfectly well how to take it – potency and frequency – without consulting me at all.

The only evidence I would have that they had indulged in a few too many beers the night before would be the freshly

purchased bottle of *Nux vomica* resting on the passenger seat of their car ... they knew better than to come to me for it!

So if you can justify the need to offer this remedy without catering to college debauchery, have this remedy on hand for the student who's been pulling all-nighters, for gastrointestinal issues that arise from too much dorm room pizza, sodas, candy, chips, coffee or other dietary indiscretions that invariably accompany late-night cram sessions.

In regard to imprudent use of alcohol (or other forms of intemperance), many have even reported that taking *Nux vomica* has reduced their desire to overindulge and helped them achieve moderation.

We walk a fine line between motherly nurturing and character-building tough love – on the one hand, we want to help our children by giving them a quick fix, but on the other, we also see the importance of training them up.

I leave the choice up to you, the remedy does not make distinctions, it works whether the kid deserves it or not!

Mothers, do you worry about your child's diet now that he or she is away at college? All the work you've put into nurturing a healthy gut, only to be uprooted by institutional food like pizza, energy drinks and worst of all, beer. You know, the revered so-called "college experience."

And this all convenes just when your child needs all his or her faculties in top shape to be able to make prudent decisions. (Moms, think staying away from the herd mentality of college campus social life, staying on task in

their studies, even selecting the right mate for life.)

This is NOT the time to let down your guard. You've worked hard to get them to this point.

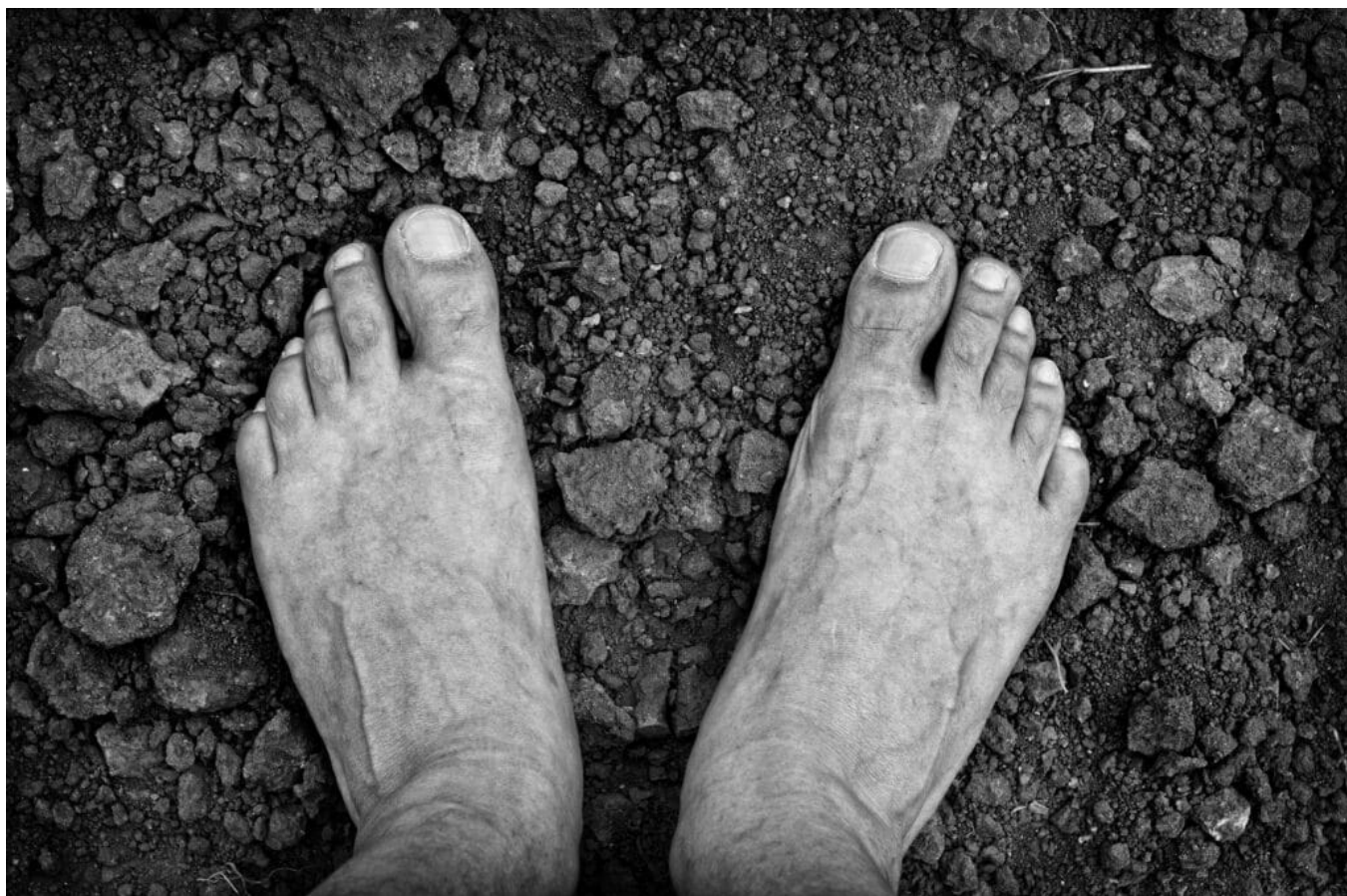
So, here's my suggestion. Learn the protocols, my inside practitioner methods, to beat back the effects of bad diet and bad lifestyle decisions foisted on your children.

You owe it to yourself to take a look at this course. By the way, you can pace yourself in any fashion you like ... because it is online and NOT live.

[Good Gut Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illnesses in Body and Mind. Click here to watch a short informative video.](#)

Best wishes – Joette

Homeopathy for Plantar Fasciitis



The other day, I ran into an old friend, Jessica, an avid tennis player. She said that she and a few other people she knew had recently developed plantar fasciitis.

“Would homeopathy help something mechanical like this?”

“Of course, it can!”

Homeopathy treats the ills of humanity. It doesn't stop at mechanical conditions or injuries.

Plantar fasciitis, also known as “jogger's heel,” is a common cause of heel pain in adults. The plantar fascia or arch tendon is a broad, thick band of connective tissue that runs along the bottom of the foot from the heel to the toes and supports the arch of the foot. When problems develop, the heel can become very painful and feel almost bruised.

The disorder classically manifests in pain that is particularly severe in the first few steps taken in the

morning or after a period of sitting but improves with activity.

(Hint, hint. This should be triggering ideas in my students who study homeopathy with me!)

The pain may worsen towards the end of the day. Suspected causes of this problem include standing or walking for long periods on hard floors or a sudden increase in physical activity or weight.

Conventional treatments range from rest, stretching and ice to corticosteroid injections, custom orthotics, night splints and even surgery. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as aspirin or ibuprofen are usually the first thing allopathic doctors prescribe for this problem.

And we all know the dangers of NSAIDs. If you don't, make sure you *do* before placing it in your mouth). And don't ask your doctor about side effects. They rarely know and if they do, they play them down.

Instead, either read the insert that comes in the packaging (get out your magnifying glass) or go online to get a condensed version.

If you're prudent, this will put a stop to your interest in such stuff.

Homeopathy approaches plantar fasciitis in much the same way as we do arthritis or any other chronic problem in the joint, muscle or connective tissues.

For years, I employed *Rhus tox*, *Ruta* and *Arnica montana* for this condition, but after working with the Banerji Protocol, I've made a shift and have found that their method is more consistent.

Their protocol is to use [Symphytum officinale 200C](#) mixed with [Rhus toxicodendron 30C](#), taken twice daily until symptoms improve.

The results I've witnessed are more consistent, and I've encouraged chiropractors to add this to their arsenal. Those who have taken my suggestion have seen the same results as I, and their adjustments last longer.

Once symptoms improve fully, it's time to stop using the remedy.

If you don't have access to the two remedies already mixed, simply purchase a bottle of each and mix them together in your mouth.

Sometimes, when there are cramps in the feet, neuralgic pains in the soles of the feet and/or contraction of the instep with pain when stepping, a secondary choice might be needed. That's when I employ [Causticum 30C](#), twice daily until improvement.

I jotted down the protocol for Jessica and how to buy the remedies on my card and asked that she please let me know of her success with it.

Not to my surprise, Jessica emailed me, but it was many months later.

She reported that after taking the remedies for a little over a week, she had no pain at all. The reason it took her so long to get back to me?

She didn't believe it would actually work. And when it did, she thought for sure it was a fluke. She gave it a few more months, just to be sure.

No drugs with questionable ingredients followed by the

promise of a new ill.

Only \$20 for a bottle that will likely last for years.

But more importantly, Jessica won her local tennis championship because her feet were back to normal and without the burden of drugs.

What could be more frugal, intelligent and satisfying!

Homeopathy Cured Grief and Sadness Without Chemicals



A mother is only as happy as her unhappiest child.

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety...depression...bipolar...OCD...learning disorders...brain

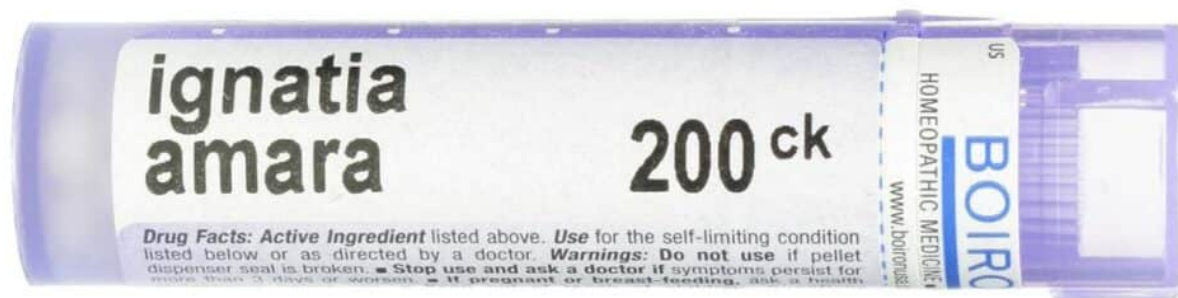
fog...PTSD...addictions...dementia...

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. [Click here and read more.](#)

This infographic contains some of my favorite remedies that I guarantee you'll use.



Last year at this time, I posted a blog on the value of the darling of remedies for the shock and sorrows of empty nesting. In other words, the ultimate tool to keep mothers sane after the last fledgling leaves the home.

Well, it's that time of year again when college kids pack off, and mom's handkerchiefs are in full use.

If it seems to you that I'm repeating myself given that there are so many illnesses in the world and so many remedies to counter them, forgive me.

But I can't emphasize enough the usefulness and gentle power of [*Ignatia amara 200C*](#) for most species of grief and sadness.

And yes, let me get this out, that we certainly need to grieve. It is an unavoidable element of human experience, but when it tears us apart, *Ignatia amara* (its namesake is St. Ignatius) is a gentle nudge to keep us well-footed.

Although I've witnessed countless clients' and students' sufferings alleviated with the use of homeopathy and particularly *Ignatia*, those of my family are most memorably recounted.

After my father-in-law passed away, my mother-in-law was stricken by deep grief and was unable to sleep. Even years

after his death, she couldn't attend a wedding without crying piteously.

She repeatedly reported to me that these sufferings were much abated with the use of what she called her favorite remedy, [Ignatia amara 200C](#). She had counted on homeopathy for many of the health issues in their lives.

But it wasn't until she lost my father-in-law that she suffered the most.

Around that time, she inadvertently mentioned her loss to a doctor.

Out whipped the prescription pad, and faster than you can say "pharmaceutical," he had a sedative handed over to my mother-in-law.

As was her custom, she graciously accepted the scribble but later tossed it into the trash as she phoned me when she got home.

"*Ignatia* 200, Mom. Just take a dose now and tonight for a few days or weeks, if needed." Two days later she called with the news that she had a busy day ahead because she was planning a small gathering of friends at her house and that the weeping and sadness were pretty much gone. "I still miss him, but I don't want to miss out on life either."

Twice daily for a few weeks is all she needed to get back to her weekly bridge games and church functions.

None of the manipulating and tinkering methods of chemical psychotropic drugs being hawked on the platform that there's a chemical imbalance in the brain that needs to be shored up

by more chemicals.

Not for my mother-in-law. Not for anyone in the know.

Is it me or do you find junk science one of the most peevish aspects of our society? Someday I'd like to view the x-ray, MRI or blood test that revealed that my mother-in-law had a chemical imbalance before the doctor wrote the script. Then I'd like to see the good it did after such drugs. This, of course, is what the pharmaceutical industry-backed "skeptics" demand of homeopathy.

Give me a medicine that has a 200+ year history of efficacy.

Give me a medicine that has not manipulated our broken healthcare system.

Give me medicine that pulls no punches with hidden side effects.

Most importantly, give me a medicine that works and that is not needed for the rest of someone's life.

But I digress. When using a remedy such as [*Ignatia amara* 200C](#), it feels so natural that one wonders if it was the remedy that put us straight or simply that the sun is shining more.

Ignatia, Ignatia, Ignatia. Try it for someone you love and watch the beauty of God's medicine in action.

Then stay home and cure your family.

And when your work is done, pass on the good word to friends and relatives.



This is my mother-in-law, Janet Smith who died in November 2013, at 91 years old. Her memory is cherished in the lives of her 2 sons, 5 grandchildren and 5 great-grandchildren.

Pinkeye, Conjunctivitis and Homeopathy



"One of the greatest threats to public health is the rise of antibiotic-resistant bacteria ... this is due to the misuse

and overuse of antibiotics.”

– James M. Steckelberg, M.D., Chair, Infectious Diseases, Mayo Clinic

Conjunctivitis. Pinkeye. Eye infection. Whatever you call it, it means the same thing: inflammation of the conjunctiva, due to either a bacterial or viral infection or due to allergens or irritants.

So, get to the doctor and get a prescription for an antibiotic, right?

Baloney! Do it yourself!

Conjunctivitis frequently troubles children, but adults can also be afflicted, and it is very contagious. Yet conjunctivitis is rarely serious. If infection spreads beyond the conjunctiva, there is concern for a deeper pathology. Yet this is an uncommon occurrence.

If viral in nature, no antibiotic will touch it, and it will secrete clear and watery tears, while discharges that are thick, yellow or greenish are usually bacterial. Even without treatment most of these infections resolve within 10 days or so.

A worthwhile way to treat this illness is with the herb eyebright or *Euphrasia*. If purchased in alcohol as a tincture, it needs to be diluted 1:25. That is one drop of tincture to 25 drops of warm water. This mixture is then dropped by an eyedropper directly into the eye. If this is not possible, a clean cloth dipped in the solution can be gently placed and squeezed into it.

Homeopathy, however, is the most profound and effective way

of treating pinkeye. It will not only abort the present condition but support the system so that the likelihood of it returning will be lessened. If it in fact it does return, it will be of lesser severity. This is the kind of health we're looking for ... robust, resilient and independent of the props of conventional drugs.

When choosing a homeopathic remedy for conjunctivitis, give a dose three to four times in a 12-hour day for as long as three days. As in most homeopathic settings, as soon as there is completion of the illness (it no longer exists) stop administering the remedy.

The first homeopathic remedy to consider is [Belladonna 30C.](#) The need for this remedy is determined by the intense redness of the conjunctiva (membrane of the front of the eye and the inner eyelids) including a bloodshot appearance to the whites.

There may be pain that is throbbing in nature, or the eye may be experienced as hot. External environments affect the comfort of the eye, such as too much light, and even loud noises.

Conjunctivitis might also be accompanied by a fever, or it may not. Use [Belladonna 30C.](#) when the eye infection comes on quickly, is associated with a high fever (above 105), and use it as soon as possible.

But remember that the outstanding characteristic for the use of *Belladonna* is its intensity.

That is concentrated heat, intense pain or vibrant redness. If the case is a mild version, don't consider this remedy.

[Euphrasia officinalis 30C](#) is another homeopathic medicine of great value in pinkeye. It is made from the herb eyebright discussed above but is potentized in the homeopathic method,

hence it is more powerful (yet gentle) than the herb in its crude form.

The use of this remedy is most valuable when there is a large quantity of clear flowing watery tears that burn the eye and the surrounding skin. This may in time develop to a greenish or white discharge and be accompanied by the sensation of having a foreign object such as sand embedded in the eye.

[Pulsatilla 30C](#) is the homeopathic remedy for pink eye that presents with a great deal of itching. There is often a thick yellowish or greenish discharge that *doesn't* excoriate the skin. The person needing this remedy is often a female, but not always. She may be extra clingy, feel worse in a warm room and more comfortable in cool breezes. Cool water applied to the eyes is often soothing and she will crave this. Eruptions may appear around the eyes and on the lids such as pimples, whiteheads and scales. Often this person has little or no thirst.

There are other remedies to consider but I love to make this blog easy for you to use and pass on to others, so I'll cut straight to the quick.

When an eye infection comes your family's way, do what I have done and use [Hepar sulph 30X,](#) every 3 hours until improvement, while also dropping *Euphrasia* tincture (diluted of course 1:25) directly into the eye.

It has worked every time for my family, including for our dog, Buster and cat, Carmelina.

I've taught this method to my students and have heard only first-rate reports.

You've just learned what pediatricians wish they knew ... how to cure without antibiotics.

Now stay home and cure your family and then pass on this blog to your friends.

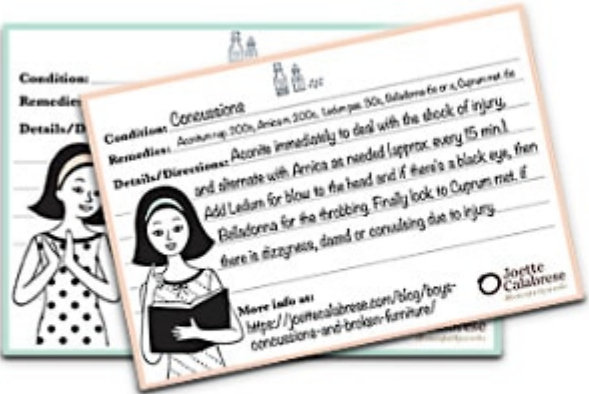
I love sharing other's competent research on my favorite topic ... gut health.

In Dr. Mercola's blog today, he recounts the importance of good gut health. He tells us that we need to treat our gut like royalty. You might want to check out his take, which is, that diet is everything.

I agree, and I also promote Dr. Weston A Price's values and teachings, but my message is slightly different. It's that diet is not enough. Particularly when damage has been already done via antibiotics, steroids and other drugs, some are left with a frustrating, never-ending cycle of trying to figure out what needs to be eaten (and not eaten).

I am joined by the likes of Dr. Natasha Campbell McBride, founder of the GAPS diet, when I say that once a gut has been made chronically ill, diet needs to be adjusted, but then homeopathy ought to be employed to finish the job.

Should this subject be of interest to you, go to [Good Gut Bad Gut – A Homeopathic Strategy to Uproot Seemingly Unrelated Illnesses in Body and Mind](#) and learn how to reverse gut-related illness.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

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Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

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Croup? Bronchitis? Arthritis? Herbs Helped but Homeopathy Healed



Before my first baby was born, I prepared myself. I was not

interested in counting on a pediatrician and his synthetic drugs, so I studied botanicals and collected wild herbs from the meadows and lanes around the countryside of Western New York. I harvested, bottled and dried medicinal herbs. I learned what would protect the baby not only from ills but also from the harmful effects of pediatrics such as antibiotics and cough suppressants.

I stocked up for my mothering adventure – all I had to do was wait for a complaint such as flu, ear infection or teething pain to arise.

I was ready.

Meanwhile, I studied essential oils. I never made them, but I read many books on the subject so that when my newly budding family became ill, I could treat it myself.

So, when my baby got croup, I dropped lavender oil into my old-fashioned glass vaporizer and applied oregano oil and such to his feet. It felt like I was doing something of measure. I gave him garlic tincture and mullein oil.

But then I discovered something disappointing and daunting. This task made *me* feel better because I was on active duty and the room smelled swell, but the croup not only remained, it showed itself repeatedly over the coming months.

I was stumped and to be honest, a little scared. I had committed a lot of time and my limited financial resources to herbs and essential oils, but my results were disheartening. I had followed the directions in all the books I had invested in, and yet my results were only slightly better than nothing.

What was I doing wrong?

Meanwhile, I was beginning to dabble a bit in homeopathy

because I needed to find curative answers. I had successfully stayed out of a doctor's office and had even seen some fascinating results (using *Sulphur 30*) when my baby was quite ill at 6 weeks old, but homeopathy seemed so complex and overwhelming.

Yet, if I was going to remain true to my decision to keep my kids out of the mainstream medical office and off the drug conveyor belt, I'd have to work at this homeopathy thing.

Just as I expected, the resounding bark of croup returned again one rainy autumn night not long after my resolution.

This time I was prepared with homeopathy. I popped 4 tiny pills of [*Aconitum napellus 30C*](#) into my baby's mouth between barks of seal-like coughing. I took him to the bathroom and ran a steamy shower to ease his breathing and finally just held him in my arms, fully expecting a long night of it.

I was wrong.

I gave him only one more dose about 3 hours later and that was the end of it ... the end of *that* croup episode only to be followed by another?

My baby never got croup again!

To my happy surprise, the remedy also halted his accompanying anxiety and calmed his sleep from that time forward.

Now *that's* medicine to which I could make a lifelong commitment.

Around the same time, my husband got bronchitis. Still not willing to abandon my old paradigm, I employed my wild-crafted herbs and essential oils. He eventually got past the bronchitis ... that is, until it returned with the next season

change.

The reason I didn't use homeopathy for bronchitis at that point was that I didn't yet own a book that offered that information. You see, this was before the Internet and before I formally studied homeopathy.

When I finally learned the remedies for bronchitis, I chose the one that most closely fit his symptoms, gave him a dose every 3 hours for a 48-hour period of time and that was the last episode of bronchitis he has ever had. I honestly don't remember what remedy I chose, but it acted fully.

The last, most telling story that finally convinced me of homeopathy's superiority was when my aunt was suffering from arthritis. Her pain was so severe that despite the drugs insisted upon by her rheumatologist it frequently sent her to her bed for days and sometimes weeks.

I employed cat's claw, white willow bark and turmeric, but there was no change. I taught her how to apply essential oils to her joints and how to drop them in a vaporizer.

Again, this was before I fully grasped the breadth and depth of homeopathy. As time passed, frustrated with seeing her deteriorate in spite of what I offered, I learned about the homeopathic heavy hitter for arthritis, [*Rhus tox 1M.*](#)

She dutifully took it every day for several days. A week or so later, she phoned me with a lilt in her voice and good news.

"It's gone!" she triumphantly announced.

The change was remarkable.

My aunt was not fully cured, but she was out of bed, no longer moaning in pain and had her life back. In spite of

her age (about 80 at the time), she went about her daily duties and even gardened.

Interestingly, my aunt and uncle ate toast for breakfast and pasta for dinner almost every day. Their beverage was coffee and plenty of it. Butter was a naughty word in their household. Margarine and the like were treated with elevated respect as a result of my uncle's cardiologist's nutritional advice.

It became apparent to me more than once that, on some level, my aunt's rheumatism was likely a reaction to her daily fare.

Looking back, I could have given her [Bovista 200](#) every other day for a period of many months for food intolerances. In fact, this is what I teach in my [Good Gut, Bad Gut Course](#) ... how keenly the gut is related to seemingly unrelated chronic illness.

Had I given her *Bovista 200*, a remedy I subsequently learned from my time with the Banerjis, it surely would have allowed her digestive system to better handle her less-than-whole diet and would have eventually brought her joint pains down to a 1 (out of 10).

In fact, we had numerous conversations about her diet, but it was evident that this was unlikely to change. The cardiologist had panicked my uncle into submission.

No problem. Indeed, in spite of her high-gluten, make-believe-fat diet and overuse of coffee, my aunt was able to function comfortably for years. With repeated doses of *Rhus tox*, her arthritis was brought down to a simmering 3 in pain, despite her inflammatory diet.

This, my friends, is the reason I converted to homeopathy and subsequently devoted my life to it for more than 27

years. This is why I stopped counting on herbs and essential oils and why I don't worry so much about gluten and dairy intolerances.

It's not that herbs, essential oils and dietary measures don't work. It's that they are simply not as efficacious, deep acting and reliable as homeopathy.

I went on a date with alternative medicine. But when I met homeopathy, I knew I had found a partner for life.