

3 Homeopathic Remedies for Mastitis

Many students and clients call me regarding this oft-debilitating infection that can interfere with the nutrition of the baby and the well-being of the mom.



The efficacy of homeopathy for mastitis is well documented in medical *materia medicas* and repertories. As long as the correct remedy is chosen, it works every time and has done so for more than 200 years.

In fact, when a woman had mastitis in 1798, she likely chose one of the remedies below, just like today's modern mom.

Yes, the very same remedies that worked then, work today. Not unlike traditional foods, real medicine transcends centuries. No chemical tinkering, no shenanigans from the pharmaceutical industry. Just simple, safe and efficacious. Here are three main remedies to consider for mastitis.

1. ***Belladonna* 30**
2. ***Phytolacca* 30**
3. ***Hepar sulph* 6**

[Belladonna](#) is the remedy to think of when the breast is very red, hot, deeply **painful** (particularly when mom is jarred) and swollen. It can even be shiny from swelling. It may be accompanied by fever as well. This is what we call a *Belladonna* picture.

If this fits the description, *Belladonna* 30 is taken every 3-5 hours (4 pills or whatever is considered a dose on the bottle). As with most homeopathic remedies for acute situations, the remedy is stopped as soon as **significant**

improvement is seen.

If no improvement is noted after 5 doses, it's time to consider another remedy. If the symptoms are not as angry and extreme, then *Phytolacca* 30 is likely the right choice. [*Phytolacca*](#) would be used in the same fashion as above.



That [is](#), every 3-4 hours until improvement.

Again, it should be noted that once the remedy has acted fully, it should be stopped.

Regardless of the symptoms, [*Hepar sulph 6*](#) has a history of aiding the healing of mastitis if integrated into the schedule of either of the two other remedies twice daily.

That means it would be taken every 3-4 hours but on the off hours from the other single chosen remedy.

Not only has this method been shown to address even the most painful of breast infections, but it may also uproot the propensity for another infection to ensue.

But, if one does, you're set, because you have your strategy in place.

Homeopathic remedies used in this fashion are safe for mom and baby, inexpensive, easy to take and keeps moms off antibiotics and other undesirables.

Your Takeaway

You can treat yourself. The ability to heal yourself and your family is a tradition that is as old as motherhood itself.

I hold that the ultimate female privilege is to become a mother, and our built-in sense of duty should be accepted as powerful and palpable.

Join me in linking arms across the globe. One mother bonded to another in defense of our motherly right to raise our families in the fashion **we** deem decent.

No foods of commerce, no drugs of commerce, parent-driven child-rearing.

That means just plain horse sense and homeopathy.

Please share this with mothers and grandmothers.

Image Credits: *Phytolacca* 30
<http://www.boironusa.com> Photograph: one of my wonderful staff member's new baby.

Homeopathy and Catholicism: Saintly and Wholesome Medicine

Years ago, I spent four weeks visiting a cloistered convent to instruct the sisters on how to use homeopathy. Mother Superior, as well as other members, had been my clients for some years when they asked if I could teach them some basics in homeopathy enough to rely on it on their own.

Other convents across the U.S. and in distant areas of the world such as Africa and India have also asked my advice, and many times, I sent a homeopathy kit and my book to boost their often already well-established knowledge of homeopathy.

Indeed, several Catholic priests have been my clients. One exceptional one, who influenced me probably more profoundly than I him, married my husband and me years after our civil marriage and later baptized our sons.

In each case, I gave the gift of homeopathy. In turn, they gave me a deeper connection to my faith.

None of this is unusual.

Why, the use of homeopathy has been permitted, even championed in the Vatican itself for centuries!

Numerous popes have used and supported homeopathy, including St. John Paul II, who awarded the Order of St. Gregory to his homeopathic physician, Dr. Francesco Negro.

Should you not be up on your church history, the Order of St. Gregory is the highest honor currently bestowed on a layperson by the Vatican.

In fact, the Vatican's association with homeopathy dates back to the advent of homeopathy in Europe in the early 1800s.

The success of homeopathy in treating cholera epidemics was partly responsible for the acceptance and spread of this medical paradigm.

For example, a report delivered to the House of Lords after the cholera epidemic of London in 1854 estimated the mortality rate under allopathic care was 59% while under homeopathic care the mortality was only 9%.

This is in step with what was happening in the Vatican.

Pope Gregory XVI awarded the Grand Cross (the highest order he could bestow on a layperson at the time) to the famous Italian doctor Settimio Centamori after his homeopathic treatment triumphantly restored health to those in the Vatican and Italy who suffered from that horrible disease.

When doctors were not available, both Pope Gregory XVI and Pope Pius IX permitted the clergy to administer homeopathic remedies to the people of Italy and beyond.

The Jesuits, too, have a long history of having counted on

homeopathy throughout the world. In fact, *Ignatia*, a common homeopathic medicine for grief and worry bears St. Ignatius' name.

And, of course, Mother Theresa used homeopathy in her work with the poorest of India, with her order, the Sisters of Charity.

Dr. Banerji, the doctor with whom I work side-by-side in Calcutta, knew Mother Teresa and personally confirmed this to me.

Further, many Catholic hospitals and clinics throughout the world, in European countries as well as South America and India, had and still today depend on homeopathy.

Why does the Vatican and many offshoots, large medical facilities and governments use this medicine? Because homeopathy is safe, inexpensive and has the ability to effectively address serious acute, chronic and epidemic diseases.

Why do some think the Church has taken a position against the use of homeopathy?

Unfortunately, some people associate homeopathy with "new age." Critics of homeopathy (made up of a conventional, despotic, medical faction most readily poised to lose market share if homeopathy regains a foothold in the medical arena) must use terms such as "voodoo medicine" to heighten a new-age association and cast suspicion.

It is true that alternative medicine has appealed to the new-age outlook and those interested in Eastern philosophies like yoga and such because alternative medicines tend to recognize that the patient has a spiritual feature, in juxtaposition to the often sterile and mechanical environment of allopathic medicine.

And so, homeopathy has been inaccurately clumped into a particular group by erroneous and unfortunate association.

Although new-agers and hippies have shown an interest in homeopathy in the last decades, I find in my own practice that just the opposite has presented itself.

I largely work with conservative Catholics, traditional Christians including Amish and Mennonites as well as conservative Jews, all of whom love homeopathy because it has helped them and their families.

Perhaps they chose me as their practitioner because they have noted my leanings towards a more conservative lifestyle and felt comfortable with me for that.

Perhaps it is simply my good fortune that I get to work with such a splendid lot.

Since these folks are users of and show an interest in homeopathy, does that make anyone else interested in homeopathy associated with Catholicism, traditional Christianity, Amish or Jewish?

Ridiculous! (I can't believe I must even make this argument.)

The manufacturing process of homeopathic medicines causes confusion to the newcomer.

Apparently, one of the points of confusion to those new to homeopathy is the dilution process by which the remedies are made. Since it is not readily understood how something highly diluted can be effective, it has been dismissed by opponents that homeopathy must be something magical.

I chuckled the first time I heard this and a titter in me

still reverberates when I think of the sophomoric logic in this argument.

I still don't understand how a microwave oven works. But does that mean I ascribe it to magic?

And just as a conventional doctor's prescription of Ritalin is not influenced by his faith, (Ahem ... if it were, he might not write it), a homeopath's effectiveness is not influenced by his beliefs, religion or lifestyle.

My husband and I have toured large and small homeopathic pharmaceutical manufacturing facilities in the U.S. and India where remedies are made.

What we witnessed in every instance was technical and scientific settings, regularly visited by the FDA (in the U.S.) and other national and international pharmaceutical governing bodies.

Christians, Christians, everywhere Christians

(and everyone else)

At this point, I hesitate to risk sharing that I often say a prayer for the well-being of my clients and students, because it might lead some to think it's part of some homeopathic ritual or something.

My prayers happen to be Catholic in nature because that is what I am, but it has nothing to do with the action of the medicines.

It's simply my personal, old-fashioned point of view that prayer augments good in general.

Yet, if one absolutely *insists* on casting a religious hue to homeopathy, it might historically be one of a Christian note, since it was largely developed and practiced by European and later Indian and American Christians.

The founder of modern homeopathy, Dr. Samuel Hahnemann, was said to be a “puritanical Christian.” His writings of the time (late 1700s) reference his gratitude to God for “permitting” him to discover homeopathic principles.

Regardless of his religious beliefs though, he was a scientist and a noted chemist of his day. He followed a very strict scientific method in studying the effects of homeopathic remedies in his data.

Following the adoption of homeopathy throughout Europe, it was the German Christian missionaries who brought homeopathy to India in 1810 while charitably treating the poor and converting many to Christianity.

Today homeopathy is an established medical paradigm there, with clinics, hospitals and medical schools, thanks to those missionaries. What the Indians have done since that time that furthered homeopathy is fodder for a future blog.

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

If how a medicine is practiced on the innocent is a measure of its honor, then we must consider the following:

You will never find a homeopathic physician performing an abortion in a women’s clinic.

Nor will you catch one behind closed doors (while the

intentionally clueless mother is assigned to the waiting room) inducing an adolescent girl to take birth control pills.

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

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

So, have no fear!

Follow in the path of customary Catholics, priests, nuns, popes, Christian missionaries, conservative Christians, an imminent saint and traditional Jews – yes and even seculars, atheists, agnostics and new-agers – all adding up to over 450 million users of homeopathy on earth today.

Just like owning a microwave, you needn't hold a particular religion to use it.

So, count on this gentle and effective medicine to heal your family no matter your religion or discipline.

After all, it's simply good medicine.

Want to learn more about how homeopathy, Catholicism and Christianity work together seamlessly? Read Dana Ullman's book [*The Homeopathic Revolution: Why Famous People & Cultural Heroes Choose Homeopathy.*](#)

For those interested in further study of the compatibility of homeopathy and Christianity, I recommend the book [*A Christian's Guide to Homoeopathy*](#) by Alan Crook, MA, MCH, RSHom. He sums his argument up well with this statement: "It [homeopathy] is based on a scientific law, and the careful observation of cause and effect ... There is nothing in any of this which could be suspected of sorcery or occultism once its scientific mechanism is understood." (Winterpress, 1996, pg 53).

Protocol for Lyme Disease Using Homeopathy

If you don't believe that homeopathy can uproot Lyme disease, this week's blog is not for you.

But if you're like me and know that homeopathy has cured the likes of cholera, dysentery, mono, strep, influenza and other such infective illnesses, then read on, and I'll share with you what I have learned and used regarding homeopathy and Lyme.

I will not discuss long-term, chronic Lyme as this is something a seasoned homeopath would need to be consulted on personally. Having said this, I've seen some remarkable cases that were many years old come round with good homeopathic treatment.

Let's start with what can be done at the onset of the tick bite. Follow the most recent medical recommendations for removing the tick and do so as soon as possible. Save the tick by placing it in a covered jar with either 180 proof vodka, grain alcohol or brandy and label the date, on whom it was found and where on the body.

If all else fails (which is unlikely), the tick can be made into a homeopathic remedy. This is actually known as isopathy, but it works under similar principles. I'll discuss how this kind of remedy is made in a forthcoming

blog. But for now, just keep the tick in a jar.

I got a little ahead of myself; simultaneously while removing the tick, I have administered the first dose of [*Ledum palustre* 200C](#). There are slightly differing views on how often the remedies should be taken, but I'll give you one that I learned years ago and have used for my family, including more than many times on Buster, The Bad Office Dog.

Step 1:

Start with [*Ledum palustre* 200C](#): This is taken every 3 hours for the first day, followed by twice daily for a week. This is then used twice weekly for a month and then once per week for another month.

This is probably overkill but worth the extra effort to be certain. *Ledum* 200 is the premier remedy for any kind of animal bite.

If the bite was rather recent (say a few weeks ago), this measure has been 100% effective so far in my experience. We live in the country, have plenty of deer and other critters, and our woods are considered a Lyme tick mecca.

If I thought that someone in my family had Lyme that was older* and more entrenched, I'd still follow Step 1 and add Step 2 at any time after using *Ledum*. But I don't believe Step 2 is necessary if the tick was discovered in the last few days or so.

Step 2: [*Aurum arsenicum* 200*](#), twice daily for one week and in the same manner as *Ledum*. *Aurum arsenicum* is a capital choice for when a poisonous infection arises, and this is

one of those times.

Step 3: For older cases, in which it is critical to take all precautions because illness has set in, the remedy made from the Lyme tick is called either [Borreliia 30](#) or simply [Lyme Nosode 30](#). It is used right along with the previous remedies.

The protocol is to take *Borellia* once per day for three days and then stop, for a total of three doses. This protocol states that this may need to be repeated every few months if the symptoms remain.

In older cases of Lyme, we see arthritis, chronic fatigue, tingling, dizziness and many other maladies. These should be treated specifically with the homeopathic protocols for each of these symptoms, along with the above procedures.

How effective are these measures? Well, so far, I've not seen a single case of Lyme present when Step 1 is employed.

In older cases, it's a matter of how entrenched the disease is, how many antibiotics and other allopathic drugs have been employed and the general vital force of the person.

All in all, I've witnessed recovery in many of my clients/students.

Ok, super short. Super easy. And super useful. If you know someone who should have this information, please pass it along. I write these blogs with no advertising dollars, therefore, no income from them, in hopes of getting folks to simply spread the word.

Please spread the good news of homeopathy and how to cure

your family yourself.

And then have a great summer!

Given that most folks who have been diagnosed with Lyme have had rounds of antibiotics, many suffer from long-term gut dysbiosis. This can cause new symptoms and deepening disease. Homeopathy has a history of being able to correct this.

I consider correcting gut problems my personal and professional crusade. Should you be interested in exploring how to do this for yourself [click here](#).

*1. *Three years ago when I wrote this blog, it never occurred to me that diagnoses of Lyme Disease would change so profoundly. Now some people believe that they have had chronic Lyme for 30 years (or even have inherited it genetically from a parent). When I mentioned “older” cases, I never intended for “older” to mean more than six months or so. This article applies to acute Lyme Disease, not what today is considered chronic Lyme.

*2. *Unfortunately, although it was readily available when this blog was originally published, *Aurum arsenicum* 200C is now extremely difficult to find. In fact, now the only way I know to get it is from a British homeopathic pharmacy or on a non-retail basis from OHM Pharma, which is reserved for professionals and my students and clients.

Believe me, I would never do that to you – recommend a remedy that you couldn’t easily find. So instead, let me share with you a Banerji Protocol for Lyme Disease which can serve as an excellent second step in addition to the *Ledum*:

[*Hypericum perforatum*](#) mixed with [*Arsenicum album*](#). Take this twice daily for a week, and then tapering in the same manner as the *Ledum*.

Ooh! Ooh! Cardoons!

What would it be like if you had a garden that yielded abundant food but required no care? What if the vegetables it offered were loaded with nutrition, and you didn't even need to pull weeds around it or feed it compost?

Sound too good to be true? Au contraire! In the spring, I rarely buy any vegetables and instead meander over to my beloved patch of burdock.

As Italian-Americans, we called them cardoons.

They can also be found in Italian markets and upscale food stores specializing in exotic produce, but for me, the best place to find them is in the wild.

Aren't burdocks a weed, you may ask? Why do I want to eat weeds?

Because this is a good weed! The burdock root has been used for centuries as a "blood purifier" to clear the lungs, kidneys and bloodstream of toxins. It is also used as a diuretic and as a topical remedy for skin problems such as eczema, acne, hives, rosacea and psoriasis. Burdock root is also said to aid digestion by stimulating the production of

bile in the liver.

In the spring, just after the lilacs bloom, the burdock shows itself in full bloom. This is the best time to harvest them before the stems become bitter and tough and before the root gets too woody.

We lived in the city when I was growing up, so we didn't have burdock growing nearby. A trip to the country was in order every late spring to harvest our favorite vegetable.

Cardoons thrive in disturbed soil.

This means that the best patches were found near railroad tracks and abandoned buildings. Finding a patch that wasn't tainted by unclean soil was important ... not too close to the road, not near railroad ties and far enough away from buildings that might have been painted with lead.

Once we discovered a good patch, we'd return year after year. We considered it *our* cardoon patch, and although it was often on abandoned land, we felt it belonged to us.

When we got home with a carload of stems, everyone joined in the kitchen for the cleaning process. I have memories of doing this with as many as ten of us, making a mess in the kitchen, laughing and loving that we got all this good food without having stepped into a grocery store. To this day, it makes me feel freer that I can produce such a meal independent of the conventional store-bought process. It's a meal I can "get away with," and I love that.

After harvesting the stems, we scrubbed and cut them into bite-sized pieces, pulling off the strings when apparent, and placed them in a pot with just enough water to steam

them until fork tender.

Today, I save the juice to drink later. It's a reputed tonic, strong and to my palate, very tasty.

Then I strain the stems and dredge them in a raw egg bath, followed by flouring them with wheat flour or almond flour, salt, pepper and sometimes garlic. I love them best fried in lard or tallow in a very hot frying pan. The deeper the oil and hotter the pan, the more crispy the results. Oh, yum!

Today I live in the country where my cardoon patch is on an old, out-of-use driveway in the back of our property. After harvesting a big basketful, I visit my garlic patch, followed by a trip to our chicken coop for a few eggs and head to the house.

I fry these delights in my homemade lard that I rendered from the fat my farmer down the road gave me. The only thing I have to purchase for this meal is the flour and salt.

I so adore these wild vegetables, that I could eat them exclusively for many days, so I harvest in abundance.

Move over iceberg lettuce from across the continent!

Delicious, nutritious, free and self-directed. I can barely think of many meals as delightful and intelligent as this.

Bye-Bye Bug Bites

Next week: My protocol for tick bites to help prevent Lyme

Ok, so you're in a cardoon patch, and you get bit. A hornet, blood-thirsty mosquito, a tick. No matter. Any time

you get a bite or sting, this is what you do:

1) Make sure you have *Ledum palustre* 200C on hand. It is the principal remedy for insect bites. Any insect. It will not only bring the pain down to a mild purr but will essentially antidote the ill effects of venom and even bacteria if employed properly.

2) The protocol is to take *Ledum* 200 every 3 hours when the pain, swelling, etc. is severe and less frequently when signs of symptoms have been resolved. This could be within minutes, hours, days or weeks, depending on the nature of the bite, or your sensitivity to such.

3) If the bite is from a tick, the protocol to protect from tick fevers, etc. is twice daily for one week, then every other day for another week followed by once weekly for a month. More on this in my next blog.

4) My second choice for insect bites, especially those where there is significant swelling either locally or elsewhere is *Apis mellifica* 30C or 200C. If *Ledum* doesn't reduce the pain, swelling and any other symptoms after at least 3 doses, *Apis* may be the correct remedy for the situation.

5) Continue until all is well.

So, dig around this summer. Forage for the best wild vegetables around, and don't give bugs a thought – because you've got homeopathy!

Homeopathy Cures Croup as Easy as 1-2-3



This last winter and even recently, I've received calls from students and clients regarding their children's coughs. I wrote on the subject two years ago, but I thought it warranted another run since so many could benefit. Here is the same article and the most succinct method I know for treating croup at home, without drugs, without angst and often without a return performance.

Croup is a respiratory infection accompanied by a harsh, barking cough. Most common in very young children, croup frightens parents because it sounds as if the child can't catch his breath. This viral infection leads to swelling that constricts the respiratory passages causing very loud breathing sounds. Croup should be carefully watched, and emergency care sought if breathing is too labored, but a parent armed with a little homeopathic know-how and common horse sense can successfully treat croup at home.

First, bring your child into the bathroom and place him next to the running shower where he will be exposed to the steam. You should see a modicum of improvement in his breathing after half an hour or so of being exposed to this warm, moist air. The breathing passages will relax and the cough

will often soften a bit.

Meanwhile, select the best fit from the following three homeopathic remedies.

When choosing croup remedies, our main focus is the time at which it presents.

1) If the cough begins just after midnight and your little one is fearful, then the remedy is [*Aconitum napellus*, 30C.](#)

As always, *Aconitum* is most useful at the beginning stages of an illness and for symptoms that come on suddenly. So, if your child has had croup for over 24 hours, it's unlikely that *Aconitum* will be of value.

2) If instead, it's closer to 2 a.m. or the cough sounds like a saw grinding through wood, then use [*Spongia tosta* 30C.](#)

Cold drinks and talking make the cough worse when *Spongia* is the correct remedy.

3) A croup cough that begins at 3 a.m. generally calls for [*Hepar sulphuris calcareum* 30C.](#)

The child is irritable and the cough rattling. Coldness and drafts make the cough worse.

Once you've chosen your remedy, administer it every 30 minutes if the cough is severe and every 3 hours if it's a milder version. As soon as improvement ensues, stop the remedy. One of the clearest signs that the baby is improving is if he falls asleep.

If on waking the cough returns, resume treatment.

There you have it! You've just learned how to treat a cough that has terrorized parents and baffled emergency room personnel for years. In just 3 minutes, you've become an

expert.

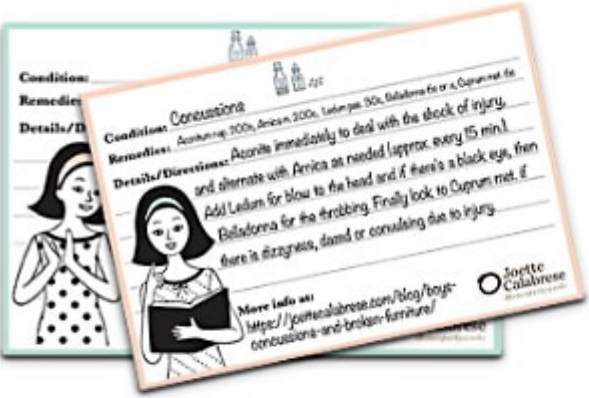
So, spread the word about homeopathy and this blog too; It's like a breath of fresh air.

Hint: Never wait until your child gets sick before having the remedies on hand. Consider owning a homeopathy kit for ease and cost effectiveness.

Click here and watch our [newest video](#) for a **free** download. And if you share it, you'll get an *additional free* bonus that you can use to up your knowledge and cure yourself and family.

Photo

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A Salute to Ignatia Real Medicine for Post-Traumatic Stress and More



This Memorial Day, in honor of our veterans, active-duty service members, the families of those who serve and of those we have lost to battle; I want to highlight one of the most useful weapons in our arsenal of homeopathic remedies ... *Ignatia amara*, the ultimate post-traumatic stress medicine.

(I'm using the "weapons" parallel not only because of today's military theme but also because the handy red box, below, that holds our 100 remedies kit, was originally designed for storing bullets ... I like to think of each little vial of pills as ammo against ill health!)

Ignatia is the #1 remedy of choice when dealing with many

emotional problems that some, in duty, have undergone.

Here is a list of the sufferings that for over 200 years have historically been resolved by *Ignatia*:

- grief (even long term)
- emotional shock; old or new
- Acute Stress Reaction*
- certain kinds of anxiety or panic attacks
- persistent feelings of regret
- mental or physical exhaustion
- worry
- homesickness
- emotional or physical breakdown after prolonged stress
- PTSD and more*

This is why it's such an important remedy for military families – both those who serve and those who wait at home.

Formerly referred to as “shell shock,” Post-Traumatic Stress Disorder* is characterized by stress reactions that persist long after the danger of a traumatic experience has passed.

These stress reactions can take many forms, including both physical and mental symptoms such as nightmares, flashbacks, hyper-vigilance or jumpiness (exaggerated startle reflex), insomnia, depression, anger, emotional numbness, racing heart, difficulty concentrating, headaches or stomachaches, etc.

It is not uncommon among service people such as soldiers, rescue workers and police officers who experience deep remorse and self-blame after a perceived failure to protect or save others from harm, or among those who experience “survivor's guilt” after a disaster.

These commanding emotions of fear, grief, worry and regret, are all prominent in the remedy picture of *Ignatia*, and the picture includes all the many branches of symptoms that have those three emotions at their stem.

One of the methods for [*Ignatia amara 200C*](#) to be used is two times per day for many days – if not weeks. As improvement ensues, its use may be eliminated and then reinstated later if the suffering reappears.

Often, it will not be needed again and again.

I witnessed the good doctors at the Prasanta Banerji Homeopathic Research Center in Calcutta using this potency and frequently and now for nearly 3 years I have employed the same.

For years, I've also used [*Ignatia amara 30C*](#), (as in the kit here) in the same fashion (twice daily) and have found it to also be as effective.

Having noted this, however, if the 30th potency doesn't help, the 200 potency might be a better choice.

Here are some more uses for this monumental remedy:

- For those who worry about and are taking care of others who are sick, injured or in danger
- After experiencing any trauma
- For those who are frightened or have lost their confidence for any reason
- For someone who has difficulty trusting again
- For anyone who is depressed or tormented from persistent negative thoughts or fixed ideas

- For when someone has lost their faith and is mired in disillusionment after a disappointment in life
- For when someone has endured immediate or longstanding sorrow

“What if I’m already taking an anti-anxiety drug?”

No worry. Homeopathy does not interfere with drugs. But as far as I’m concerned, the idea is to stay clear of them, if possible. They often cause the next illness in the name of longstanding and worse-than-the-original-illness-side-effects.

If *Ignatia* can provide relief, then synthetic drugs become superfluous.

Undoubtedly, it could be injudicious to simply leap off a drug without supervision. But with care, and the aid of the prescribing doctor to help properly wean off, many have been able to minimize and even eliminate dependency.

Hence, *Ignatia* doesn’t mask the sadness like antidepressants, or worse eliminate the highs and lows of emotional range, it helps to bring about acceptance, strength, and resilience – an ability to start seeing the joys of life as well as the sorrows and recover the fortitude needed to go on.

Remember, homeopathy doesn’t cover up symptoms; it resolves the illness.

And so, on this important day in the U.S., I proudly acknowledge our veterans and their families and offer this gift of information.

Please pass this on to all who might benefit.

(Actually, I can't think of anyone who wouldn't!)

*Acute Stress Reaction and PTSD are two of the many problems covered in my invaluable course *The Survivalist Guide to Homeopathy*. Want to learn more about how homeopathy is THE medicine for when the SHTF? For more information, and to learn how to Think Outside of the Box, click here >> <https://survivalmedicine.joettecalabrese.com/duty-and-responsibility/>.



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Measles!

I posted this blog in 2013, after the story broke of a church congregation in Texas that had a high concentration of measles among its unvaccinated members. I have never seen a follow-up. Has anyone?

**“A measles outbreak in Ohio has reached 68 cases, giving the state the dubious distinction of having the most cases reported in any state since 1996, health officials say.”
USAToday.com, May 13, 2014.**

Stories of outbreaks and epidemics always strike fear in the public, and that is when the walls begin to rise between the vaccinated and unvaccinated camps.

Yes, there are rare situations in which children die from complications from diseases such as measles, and of course, no one wants to see their children suffer with illness.

But isn't it possible that we have traded what was once a normal childhood disease for chronic conditions that, until this vaccinated generation, were never seen in children?

You know ... illnesses such as cancer, autism, Asperger's and such.

I had measles. So did all my friends and relatives. We survived. And so did our mothers.

They weren't scared out of their wits by those who declared it a dangerous disease. Everyone just simply got it and got over it.

Indeed, it seems that measles became a wicked disease once the vaccine became available.

In his book [*How to Raise a Healthy Child in Spite of Your*](#)

Doctor, Dr. Robert Mendelsohn says, "Doctors maintain that the inoculation is necessary to prevent measles encephalitis, which they say occurs about once in 1,000 cases. After decades of experience with measles, I question this statistic and so do many other pediatricians. The incidence of 1/1000 may be accurate for children who live in conditions of poverty and malnutrition, but in middle and upper-middle-income brackets, if one excludes simple sleepiness from the measles itself, the incidence of true encephalitis is probably more like 1/10,000 or 1/100,000.

After frightening you with the unlikely possibility of measles encephalitis, your doctor can rarely be counted on to tell you of the dangers associated with the vaccine he uses to prevent it. The measles vaccine is associated with encephalopathy and with a series of other complications such as SSPE, which causes hardening of the brain and is invariably fatal."

So, does this mean that we just let our child get measles?

Since conventional medicine has no way of treating the illness, then I guess the choice is to either get the vaccine or just let our kids get sick.

But wait! We have the Banerjis in Calcutta who see more than 1000 cases per day, each doctor personally seeing 100 each day, five days per week. Having observed the Banerjis in their world-famous homeopathy clinic shoulder to shoulder for close to six weeks, I am humbled.

After decades of my own study and experience, I bow to this species of clinical experience.

I have 26 years of education and experience in homeopathy; I possess a large library of *materia medicas* and repertories.

And with all of this information at my disposal, I keep the

Banerjis' book, *The Banerji Protocols*, on my desk and refer to it daily. I also have copious notes taken during my time studying with them. I will share with you what they have shared with me.

The Banerji Protocol for Measles

"Measles and rubella are viral infections and have their own course. Suppressive medicines ***should not at all*** [my emphasis] be given, as they cause many complications. The protocols given below are completely safe and reliable."

First Line of Medicines:

- [Bryonia alba 30C](#) pellets, two doses daily
- [Belladonna 3C](#) in liquid for high temperature, one dose every 30 minutes until the temperature is stable
- [Ipecac 30C](#), one dose every hour if necessary for accompanying colds and coughs

Second Line of Medicines:

- [Bryonia alba 30C](#) and [Antimonium crudum 6C](#), one dose every hour alternately.

Isn't it lovely to learn that for every argument presented by one court, there is a corresponding solution ready in another? Ferreting out the answers is what smart mothering is all about!

P.S. Would you would like to learn more about how to be prepared for epidemics and other crises, as well as all types of first aid situations and sourcing these remedies?

Then you need my course *The Survivalist Guide to Homeopathy*. Learn more about how homeopathy is THE medicine for when the SHTF. For more information on how YOU can Think Outside of the Box, click here >>

7 Undeniable Reasons for Moms to Know How to Cure the Family Themselves

Last Sunday when my family came over for our usual Sunday dinner, something occurred to me that I'd like to share with you.

My father, who's in his late 80s complained that he was coming down with a doozy of a cold. He was chilled and achy.

I gave him [*Hepar sulphuris calcareum 200C*](#) and [*Sanguinaria canadensis 200C*](#) mixed together in a little water.

This is one of my favorite homeopathic combinations that I learned from the Banerjis for onset of a cold with these symptoms. I wrapped a blanket around him and merrily got on to preparing the roast potatoes in lard without another thought of it.

Shortly, our oldest son came home with a mild, yet painful ski injury. Out came the [*Arnica montana 200C*](#) and [*Symphytum officinale 200C*](#) to be alternated between the two, every few hours.

Again, back to cooking.

My cousin arrived with a headache and once again, back to my homeopathy kit and [Picricum Acidum 30C](#) with [Belladonna 6C](#).

Lest you think I have a family of sicklings, consider how often someone is suffering in a group of about 15 people. Once you become the family healer, they seem to come out of the closet!

But, what struck me that afternoon, was *not* how quickly, safely and efficaciously the remedies worked (I've come to expect that as have they), but how happy and satisfied it made me feel.

The payoff was as great for me as it was for those whose suffering had been relieved.

And that got me thinking ...

I'm always teaching moms how to use homeopathy and expound on homeopathy's effectiveness, but I don't often tell of the benefit to the *healer*.

So in honor of Mother's Day, I thought I'd share some of the payoffs you'll see as the family healer using homeopathy.

Benefit #1: You'll get results. (And I mean *BIG* results.)

Can I guarantee perfect outcome every time? Of course not! But the more you use the methods I teach, the greater your results will be. This is not just for acute problems anymore. In this blog and in my courses, I teach how to treat chronic illnesses, too.

Benefit #2: You'll be happy! (Do *NOT* underestimate the value of this! It should probably be #1.)

Whether you have a brood of 12 or have the charge of only a cat, unless you have a clear sense of accepting your mission, nothing you do will make you happy. And being happy enriches your life as well as those around you. This in turn enhances others. When you truly love what you do, it spurs you on to do more and more and more. Finding happiness in purposeful work such as this is one of the joys that make a mother's life rich.

Benefit #3: Your mothering ability makes you charismatic

Once you cinch this and learn just enough curing ability, your skill will leak into the world around you. You become more charismatic. Your kids, spouse, friends, colleagues, and neighbors pay more attention to what you say. Your family grows pride in your accomplishments. People actually become drawn to you. (Pssst ... I'll share one of my secrets for keeping my adult children in regular contact: They call me when they or even their friends are sick. I love it.)

Benefit #4: One success breeds another and another.

Once you "get" this curing stuff under your belt, you'll find it to be the perfect extension of being a wife, mother, daughter, sister, friend, etc. Being able to cure my family as well as teach it to others has transformed my life. The confidence it has given me not only in this work but in other areas of my life has advanced my life in unpredictable ways.

For example, presently, my husband and I are renovating a small inner-city warehouse as I write this. The decisions that need to be made come faster, with more poise than previous years. Is this because of my knowledge of and

successes in homeopathy? Perhaps. There's no doubt that one success breeds the next, which spurs on the next. I have confidence and comfort in my choices because I've proven to myself that I make good decisions. I've gone from "We'll see." to "You bet I can!"

Benefit #5: Resourceful moms know how to turn something bad into something good.

Creativity and resourcefulness are born out of the ability to see opportunity. And knowing how to cure family ills is the ultimate in turning a downbeat situation into a learning opportunity. The next time you come across a particular illness, you'll know what to do. (Hint: Keep good notes, such as a file for each member of your family.)

Benefit #6: You'll own your life.

You get to have the life you want. You'll stop coasting through life asking others (doctors, for example) what to do. You'll actually begin to realize your true potential. Health decisions for yourself and your family that you thought were the realm of only professionals will be *your* domain. And it's easier than you think.

Benefit #7: Knowing you can do it.

Whatever it is you want to be you'll shortcut the whole "becoming" process by simply doing. Opening your homeopathy book, taking a course and diving in are the precursors to owning the knowledge. An ear infection? No problem, I know that *Hepar sulph* 200 will uproot that in my dog.

Success is a result of doing your homework.

So, is it worth spending time learning how to cure yourself and your family? You bet!

There's nothing quite like the transformative action of taking this on. It gives us the gift of thriftiness, resourcefulness, mastery and most importantly self-sufficiency.

So, think big, Moms of the world!

And join me to transform not only the lives of those you love, but perhaps equally important, your own.

Homeopathic Investing

Question: I've heard you say that owning homeopathic remedies is an investment, but is it safe to ignore expiration dates on the vials of remedies I purchased years ago? Don't the remedies lose their effectiveness?

Reply: Yes, it's safe, and no, remedies don't lose their effectiveness! Allow me to illustrate:

While doing research for my first book years ago, I frequented the University of Buffalo's Medical Library, where they archived homeopathy medical books and remedy kits used in Buffalo homeopathic hospitals from the 1800s to 1940s.

One of those days, while in the throes of my exploration in an old section of the library, I contracted a monumental

headache, likely from the moldy and dusty surroundings.

There before me sat a homeopathy kit circa 1900. I asked myself, "Am I stealing by taking a dose or is this furthering my research?" Whether it was the call of science or the pain in my forehead, I can't say which was more compelling. I took (stole) a dose of *Kali bichromicum* 30, and within 20 minutes, the pain adroitly melted away. The pills were at least 110 years old, yet they were just as efficacious as the kit I keep in my linen closet!

To further my point, a week or so later, the same kind of headache reappeared after helping my aunt in her basement. This time I used *Kali bichromicum* 30 from my own kit at home. The results were precisely the same.

Can you think of anything like this in modern medicine?

Yeah, me neither.

Another story that demonstrates the same point is when an 85-year-old client came to me bearing gifts. He had been cleaning the house and came across some remedies from when he was a child. Some of them were dated from even before that time because his mother was an MD homeopath in Chicago around the turn of the last century. I consider these bottles precious, so I framed and hung them in my office.

This was about 15 years ago, and before I enclosed the remedies in the shadow box, I used one of them for my cat, who had sneezing fits every spring.

Hay fever in a cat? Yes, Carmelina suffered every spring until I gave her a few doses of the old remedy [*Sabadilla* 200C](#), and it worked just as efficaciously as if it had been manufactured last month. (Two doses per day for about one week did the trick.)

I've found time and again that remedies are more durable and have consistent and even greater value than many other precious things in life ... even after a century.

Jewelry? Gold bars? Antique carpets? Lovely.

But give me a homeopathic remedy that will offer my grandchildren and great-grandchildren relief from suffering.

Now that's a sound investment!

Question: I've heard that coffee antidotes remedies. Does this mean I must stop drinking coffee if I want homeopathy to help me?

Reply: Coffee can indeed antidote the action of remedies if one is unaccustomed to drinking it. For example, if someone drinks a cup of coffee once every few weeks, then when they take a remedy followed by coffee, they might find that the remedy stops acting, and old symptoms may return.

I say it might because not everyone is sensitive to these kinds of antidotes. If, however, one drinks coffee daily, then it becomes a part of who they are, and we find that it is not a problem and can be drunk without concern.

By the way, it's not caffeine but coffee. So tea, chocolate and soda will not antidote.

Question: If I'm taking drugs like Synthroid, can I still take homeopathic remedies?

Reply: Certainly! I'm sure you've noticed, most of our society is on drugs. I've met a number of people on as many as ten and even more daily drugs. It would be a sad

circumstance if the only folks who could benefit from homeopathy were those who have successfully skirted the drug lifestyle.

For those who have been taking drugs for years, recovery can take longer, but it's not recommended that folks injudiciously stop their meds.

Instead, we expect the remedy to act so that the illness is less trying, and they can return to the prescribing doctor to discuss reducing the number of drugs.

As the synthetic stuff is decreased and the action of the remedy performs, the person begins to recover a more genuine level of health.

As always, our goal is to bring the person to authentic health without props whenever possible.

[Learn some homeopathy](#). If nothing else, it will give you perspective. At best, it may cure something you may have thought was incurable.

If you are considering purchasing your own kit, now is the time. Well-priced kits will advance your move to homeopathy.

He Bit Me! Homeopathy Cures Animal Bites

Bridget rescued her cat from a couple of marauding dogs. When she picked up the panicky cat, he instinctively attacked. He bit deeply through her hand in two places and scratched her badly. Uh-oh!

Not knowing about homeopathy, she went to the hospital, where she was given antibiotics and sent on her way. They told her to take ibuprofen or acetaminophen for the pain and swelling.

The following day, Bridget's hand was red, very sore, swollen and stiff. The analgesics were not helping. A nurse friend handed her two bottles: [Hypericum perforatum 200C](#) and [Arsenicum 200C](#) and she instructed her to take one dose of each within a few minutes of each other.

Half an hour later the pain was all but gone, and the swelling and stiffness greatly subsided. She found that she needed to take the mixture every 3 hours the first day, but by the second day it, was needed only about 2-3 times. And the next several days, just to be certain, she took it twice daily.

A week later, it appeared that all was well. Only a slight scar reminded her of the bite, and even the scar disappeared in time. I would have insisted that the remedy be used for a few more weeks, but Bridget was not a student/client of mine and was on her own.

Nonetheless, Bridget was lucky. She was in the right place to hear about an option that would shift her away from harmful side effects of over-the-counter analgesics; side effects that have been getting a lot of press lately.

No liver consequences have been reported and no kidney side effects. For our friend Bridget, the remedy was more effective than either Tylenol or ibuprofen anyway because it didn't just relieve pain but allowed her body to take care of any infection that was likely lurking.

You might say, "She was saved by the antibiotic." But over two centuries of homeopathic literature and observation

contend that animal bites can be safely addressed with the correct homeopathic remedy alone.

Am I saying that we should not use antibiotics and such? Not really. But, I'll let you in on a little secret. I so fully trust homeopathy that if this happened to me, I'd forgo the ER and get to my homeopathy medicine cabinet.

I have personally used the above remedies for animal bites that our livestock and pets have sustained, and it has worked over the decades every time. So much for the placebo effect.

Students I've taught have also reported case after case of animal bites from cats and dogs decidedly cured with the above strategy. Additionally, while in Calcutta I observed a woman with an infected Zebu bite that was resolved exclusively with homeopathy.

And these remedies can be used in conjunction with antibiotics, but for me, why bother with antibiotics when I have a protocol that is effective minus the side effects?

Certainly, in circumstances where modern medicine is not available, these remedies could be lifesaving.

The Drs. Banerji use a slightly different method.

It is one of their many protocols that have recently entered the American, Japanese and European medical scene.

Here's what they say about their protocol for animal bites:

"Under our system of the Banerji Protocols, and based on our long experience of treating various kinds of animal bites, particularly in Mihijam in India, where there were no other facilities for treating them, [Stramonium 200C](#) and [Arsenicum album 200C](#), given four times a day for one month, we found

to be of immense value in saving lives.”

There you have it. Homeopathy in the hands of experts and offered to you.

If you find this information useful, please share it.

The only way homeopathy can survive the yellow teeth of the AMA and Big Pharma is a grassroots movement of one mother, one family, one person to another.

Cure your family yourself and pass on the good word.

Image courtesy: Hannibal Poenaru from near Paris, France