Podcast 138 – Peek Inside Joette's Passionate Mastermind Group: 7 Women, 7 Homeopathic Success Stories



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Joette Calabrese on YouTube (Monday Night Lives)

Joette's Learning Center

The Academy of Practical Homeopathy®

PracticalHomeopathy.com

Joette's Study Group, Find Your New Study Group Friends

Joette's Mighty Members

Kate:

This is the Practical Homeopathy® Podcast, episode number 138, with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

INTRODUCTION: PEEK INSIDE JOETTE'S PASSIONATE MASTERMIND GROUP: 7 WOMEN, 7 HOMEOPATHIC SUCCESS STORIES

Kate: (01:00)

Hi, this is Kate, and I'm so glad that you're here with us again today. We love it that you are learning about homeopathy – that you are excited and want to know more. And today, we have a very special treat for you. Joette, we're here together!

Joette:

Hi, Kate.

Kate:

Yes, in person.

Joette:

I know. It's usually not in person.

Kate:

I know!

Joette:

We meet often, but it’s on Zoom.

Kate:

It’s great!

Joette:

Yeah, it’s really great.

Kate:

So. Exciting thing, that we’re just finishing up a big weekend for us. We have some amazing students gathered together. Can you tell us a little bit about what we’ve done this weekend and what the listeners are going to hear?

MEET SOME OF MY MASTERMIND STUDENTS

Joette: (01:32)

Well, what we’ve finished – and I’m pretty excited about it because it’s been such a spectacular weekend – we have 12 people, and it’s called Mastermind. And it’s our second year of doing this. And in order to be in Mastermind, you have to go through The Academy (which is a year long) and then Mastery (which is 11 months long). And then this just happens to be the second year of working together in Mastermind with a really tight group of ladies.

And it’s always exciting because we get to know each other really well, and we help each other. That’s a big part of this. And the goal is to move people along in their lives as quickly as we possibly can so they can achieve their goals: whether they’re for teaching, whether the goals are to help their family, or the goals are to become a better practitioner, or wherever they are in their lives. We want to move it along faster.

So, today, you’re going to be listening to a number of the

students who are willing to share some ideas and some information about how homeopathy – especially Practical Homeopathy® – has touched their lives.

Kate:

And I think one of the things that's exciting, Joette, is that this isn't someone who is a doctor or a nurse or a professional, necessarily. These are people from all different walks of life, from all over the country, really. And some of them are stay-at-home moms, as you'll hear. Some are professionals working in the medical field, some are …

Joette:

… physical therapists, nurses. That's right. Educators. Yes.

Kate:

Real estate. Yeah.

So, you're going to hear from a number of different people, and I want this to be encouraging to you because you don't have to fit into a certain mold in order to learn homeopathy or even, for that matter, go through these steps and into the Mastermind program. You, too, can do it.

Joette:

That's true. That's true. Yes.

Kate:

Let's get started. Let's take a minute and hear from some of the students who are in Mastermind.

Joette:

Let's go.

SUCCESS STORY: BLOOD CLOTS, INFECTION, HEART FAILURE, PAIN FROM A POSSIBLE BROWN RECLUSE BITE

Joette: (03:20)

I'm Joette Calabrese, and we've just had our first meeting of our second year of Mastermind. And I'm here with one of my students who I've gotten to know quite well through the years because she's been through The Academy and Mastery and Mastermind last year, and now we're starting Mastermind this year. And her name is Lorraine.

Hi, Lorraine.

Lorraine:

Hi, Joette. It's really a pleasure to have been able to study with you all these years, and what you've taught me has been, I would say, invaluable.

Joette:

I want to hear your story.

Lorraine:

My husband became really critically ill the middle of last year, and he had to be hospitalized for two weeks. There was some heart failure involved.

Joette:

He's not an elderly man.

Lorraine:

No.

Joette:

He's in his forties.

Lorraine:

Yep. Late forties. And he had blood clots, and he had had a serious infection. And we believe that led to all these events.

Well, throughout the hospital stay, we were able to minimize a lot of the medications. He emerged from the hospital on three drugs. Over the course of the next six months. We were able to get him off of all the drugs.

Joette:

Slowly, carefully with the guidance of the doctors, but you were really leading the charge on many levels.

Lorraine:

Yes. We saw that they were creating negative side effects. We also saw that he seemed to be recovering beautifully, and that was born out with some of the diagnostic testing that we did at the end of the sixth-month period.

He is basically restored to full health at this point. He does not need the drugs. He doesn’t need a lot of homeopathy, either, at this point.

Joette:

And the prognosis was that he was going to have to stay on these drugs for the rest of his life.

Lorraine:

Yes, that is definitely what the cardiologist believed.

Joette:

Now, may I say what you believe the cause was? There’s the potential that this was a brown recluse spider bite.

Lorraine:

That’s what we think. We never saw the spider. We …

Joette:

That’s why they’re called “recluses.”

Lorraine:

But it was some kind of – it appeared to be some kind of – bite. And our best guess was it was a brown recluse.

Joette:

And that turned into an infection, which then created clotting and cardiac …

Lorraine:

He was actually in heart failure.

Joette:

Oh, in heart failure.

Lorraine:

And he did have a rapid heartbeat, but more seriously than the rapid heartbeat, he was in heart failure.

Joette:

Yes. Do you mind telling folks just a few of the medicines that you ended up using from the beginning and then the pain remedies, et cetera?

I want to recall … I think it’s important for folks to understand that your husband, Lorraine, was under the care of a doctor at all time – a cardiologist, an infectious disease. He was in critical care for a short period of time in the hospital. You never left the care of a doctor.

And then you also hired another doctor who was a student in our class with you, who also supported you a great deal. And it was her work as well that helped you get through all of this. And so much of this was under her tutelage, as well as your studying.

Lorraine:

So, for the heart failure, in his particular case – well, really, in any heart failure case, I would think, you would always want hawthorne tincture (mother tincture), *Crataegus* as a baseline.

We also used *Lachesis*.

Lachesis was additionally useful because we had some severe wounds. We had the infection, and we had some issues with the lungs. So, it was a very good choice.

Obviously, his heart rate was very elevated, and with the heart failure, *Digitalis* was very logical as well.

Joette:

And then he had pain.

Lorraine:

Yes.

Joette:

A lot of pain at the site that was shooting down and up and down that leg.

Lorraine:

So, because of the clots, we had the development of venous ulcers. (As far as we can tell, that was the cause of them.)

We surprisingly found he was already taking *Calendula* 200

internally to aid with the healing and to help with the pain. And even for infection, *Calendula* internally was indicated in the *materia medica*.

When the pain was not managed by some of the other remedies (*Hypericum*, and I used *Chamomilla*.

Joette:

Coffea? Did you use *Coffea*?

Lorraine:

I used *Coffea*.

Anyway, we were having some trouble managing it, and we found that *Staphysagria* was helpful, even though this was not a surgical, clean-cut wound. It was actually very helpful. We used that, and it was incredibly helpful.

Joette:

So, now after all these months, you were the bedside prescriber, essentially with the help of the doctor who was also a homeopath and part of our group, and also the doctors in the hospital.

And so now he's doing pretty well. He's working. There's still a little residual problem at the site of the ulcer, but now the pain is more than managed. It's gone.

And he's no longer on any conventional drugs and with, actually, the blessings of the doctors because he doesn't need them. In spite of what the original prognosis was, he doesn't need them.

And you've also backed off of many of the homeopathics.

Lorraine:

Yes.

Joette:

All I can say, Lorraine, is nice job.

Lorraine:

Well, thank you, Joette. And really and truly, your system of education and the protocols you've given us and just the general understanding of homeopathy and how it works from a high level as well as a very baseline level – just covering the whole gamut. I think that has been incredibly helpful to being able to wrestle a case like this to the ground, so to speak.

Joette:

And it's been done.

Lorraine:

Yes.

Joette:

Thank you for sharing it, Lorraine.

SUCCESS STORIES: PNEUMONIA AND A NONVERBAL, AUTISTIC CHILD

Joette: (09:00)

I'm with one of my students who I love, and her name is Sheena. Some of you may already know her. She's gone through The Academy (year one), and Mastery™ (that's the second year), and Mastermind first year, and now, Mastermind second year.

So, welcome, Sheena.

Sheena:

Thank you. It's great to be back in Mastermind again.

Joette:

Well, we're here because people like to hear stories of success, even if it's only partial success. We don't expect perfection in homeopathy. We expect some shift.

And so, tell us a story that … perhaps, a case that you've been working with or someone that you've helped.

Sheena:

So recently, a lot of people are getting pneumonia, and it's really sticking in there. It's lasting a long time, and they're trying different remedies. But I've had some really good success with that recently with a couple of clients.

Joette:

Now, pneumonia is one of those things that can last for weeks, even months. So, what are you seeing?

Do you see that homeopathy … you give the first medicine, and bam, it's gone? Or do you see that you have to move it along, and you are pivoting at certain points? And then you get to another point, and now the person's a little better, et cetera, et cetera.

Tell us what the process is.

Sheena:

Yeah, it definitely takes some time, especially because they have been generally struggling with this for a while before they come get homeopathy.

Joette:

Before they come to you, they've already been suffering.

Sheena:

They've maybe had antibiotics, maybe even steroids, and none of those things seem to be working for the pneumonia that I'm seeing.

And so, I have to kind of hit it at a couple levels. And I do keep in contact with these clients pretty closely. Their rib cage is generally tight and tense.

Joette:

Painful.

Sheena:

Painful.

Joette:

Sometimes, even a fracture.

Sheena:

Maybe cracked a rib. Yep. That's pretty much everyone so far has had a cracked rib by the time they get to me. So, we have to do remedies for that and loosen that up.

And then, oftentimes, it's coming from the sinuses. And we forget about that because the lungs are so scary, and they can't breathe. But we have to address the mucus that's …

Joette:

Draining.

Sheena:

… draining down the back of the sinuses. So, I generally will give them remedies for that.

And then, of course, hit the cough straight on, based on how it's presenting for that person.

Joette:

Particularly when the cough is racking or painful or causes breathlessness that's frightening, that's when we really have to hit hard with the remedies for tha.

Sheena:

And give them an emotional remedy because they've been sick for a long time. They're desperate. They're afraid they're not going to get better. They're afraid they're not going to breathe. So, there's a lot of fear involved, especially when it's been going on for months.

Joette:

Well, breathlessness can be a very frightening experience … and especially, when you're coughing, and you need to get that breath in, and you can't get it in enough to be able to push out again and clear the chest. So yeah, it's a big deal.

What are you seeing with these? You're getting the case after it's already commenced for say, a couple of weeks?

Sheena:

A couple months.

Joette:

A couple months, first? Okay. *Then* you get the case.

Sheena:

Then I get the case.

Joette:

Okay.

Sheena:

It would be easier …

Joette:

Wouldn't it be nice in the very beginning? But I think most people don't seek help necessarily right away because they feel as though they can handle it. And that's what we all want to be able to do. "It's just a little cough. I'll take some *Aconite* and *Bryonia,* maybe ColdCalm® or something like that.

But sometimes, it does progress, and that's when people need help. They need help from a professional such as you.

Sheena:

And sometimes it wax and wanes, so they're like, "Oh, I am getting better. Oh, wait. Nope, I'm not. Oh wait, I *am* getting better." And then finally, they're like, "Yeah, I'm definitely not getting better."

Joette:

And then at the end, usually you find people who are left with a certain set of symptoms after pretty much the pneumonia has cleared. What do you see is left in the end?

Sheena:

The rib pain.

Joette:

Yep.

Sheena:

That takes a while because you're healing bone at that point. If they've got a cracked rib and the congestion seems to linger, so it takes a while to fully get that congestion out … especially because they no longer can cough very well

because it hurts because they have a cracked rib.

So, we have to sort of process each thing and keep going back with the pain, with the pneumonia, with the emotions.

Joette:

And then there's that fatigue.

Sheena:

And the fatigue. Yes. The extraordinary fatigue.

Joette:

Yes. And that other level that you mentioned, and that is the anxiety that remains. The fear of, "Oh my gosh. What if this happens again?" Or "What if I'm not done? What if this goes on forever?" What we all think as humans, we automatically go there.

Sheena:

The fear of never getting better is big. And then, it may trigger an exacerbation of an underlying condition because they've been sick for so long. As soon as pneumonia or whatever starts to dissipate, I think it's aphorism 35. Right? Then, the conditions that they had before come back, full strength may be even worse.

Joette:

Sheena's referring to aphorism 35 is referring to Samuel Hahnemann's "Organon." He is the founder – or the discoverer and developer – of homeopathy back in the 1700s. So, he has these aphorisms.

I think you're right … I think it's aphorism 35. I'm impressed. You studied well in The Academy, Sheena.

Sheena:

I studied. Well, I found that aphorism so interesting because it says if there's two – and I'm paraphrasing – two distinct diseases, the stronger one will be the only one really presenting symptoms. Doesn't mean the other one's gone. As soon as the stronger one is gone, the other one just comes back.

And that really tells us that these things *are* symptoms. And then it's the body communicating with us – and it's not the illness – because otherwise, one wouldn't go away and then come back.

So, it's the body's like, "Pay attention to *this* for right now; I'm going to set this aside." As soon as that's taken care of, then the body's like, "Hey, now, you need to get back to this."

Joette:

Well, what I love about these acutes – which could also, by the way, represent a chronic condition, which is what you're saying – is that on the other side of it, we often see a shift that is an emotional or even a developmental shift that leads the person to feel, "Okay, I have just gotten through this. Now I'm done. I'm really done."

It can take weeks, months, perhaps, depending on the person, but "I'm really finished with this." And now they see things differently in their lives. I have it reported to me all the time, "Oh my gosh. I feel like a different person. Not in my fears but rather in my leap forward.

And we see this in children when they have fevers. And just before they mount a fever, they can't accomplish something. For example, they say, "I can't tie my shoe" (and that's not a good one because no one has tie-shoes anymore.)

"I can't Velcro my shoe." (It's not quite the same.)

So, I guess we have to go to “I can’t ride a bike like all the other children in the neighborhood. I can’t do it. I can’t get on it. I keep falling.”

Then, they get sick, and they get a fever. And on the other side of the fever – if it is not suppressed by antibiotics, steroids, et cetera – what we often find is once that fever has mounted and completed itself with the use of homeopathy – or perhaps not even homeopathy … just letting it be and letting the child sleep and get well on his own – on the other side of it, now the child, when they get outside and they’re back into their normal lives again, they can get on the bike and start riding the bike. So, there’s that developmental leap. And I believe, and I’ve seen it happen in adults as well.

Sheena:

I’ve seen it all the time with adults. They may make a really huge shift in their relationships or something that is not right emotionally. For some reason, after these illnesses, it’s like a wake-up call, and they move into a much better place. Generally.

Joette:

Maybe they can make a decision differently. Something that’s been plaguing them for a while now, they can actually lean into it and make the decision. Yeah.

Sheena:

Yeah. It seems to be.

Joette:

Yeah. Yeah, yeah.

Sheena:

So, I had another case that's pretty cool. I was working with – or *still* I'm working with – a young boy who's four and a half nonverbal autistic and worked with him. On the third month, I get on Zoom, and he says, "Hi, Sheena." And honestly, for a minute …

Joette:

Goose bumps!

Sheena:

Well, I was like, "Wait, I'm pretty sure he is nonverbal!" So, I'm trying to play it cool. Looking at my notes …

Joette:

"Wait a minute. Did I get it right last time? Is he nonverbal?"

Sheena:

I was like, "Wait. Am I confused? What's happening?"

But he had just started talking a week before the appointment, and of course, parents were thrilled. He has continued. He's talking; he's reading; he's writing; he's spelling.

A hundred percent to the homeopathy.

Joette:

And the parents would agree with that.

Sheena:

Oh, a hundred percent. No doubt.

Joette:

Yes, yes, yes. Well, when you see a case like that, and

you've just changed the trajectory of a little boy into manhood someday, you know this medicine can't be beat.

Sheena:

It was incredible. I mean, I was surprised. I almost fell off my chair, but I was trying to keep it cool.

Joette:

I know. Great story. Well, thank you, Sheena.

Sheena:

You're welcome.

Joette:

They just got aphorism 35 and a whole lesson.

Sheena:

That's right.

Joette:

Thank you.

Sheena:

And thank you. This has been the most amazing decade of learning homeopathy, and it's literally changed my trajectory in my life. Thank you.

Joette:

I love it. I'm glad that you're with us.

FROM STUDENT TO TEACHER

Joette: (18:15)

Okay, back again, folks. Now I'm with Noreen. And Noreen has

been with me through The Academy, Mastery™, Mastermind last year, Mastermind this year … and we just keep going on together. Don't we, Noreen?

Noreen:

You're right, Joette. I just thank you for having this conversation, and I just want you to know how much I appreciate you.

Joette:

Well, and I appreciate you too, Noreen. We could just stand here and talk about that all day.

So, let's talk about maybe a story, something, a testimonial on something that's worked nicely in your life. Or how you've used homeopathy, what you've learned, and how it's affected someone that you care about.

Noreen:

Well, I didn't know anything about homeopathy until about 2019 when my son got stung by wasps, and his hand inflated like a balloon, and I didn't know what to do about it. And somebody said, "Oh, well, just get this stuff. It's called *Ledum* and use that."

And so, when I got it, I looked at these silly little white pills, and I thought, "This is supposed to do something?"

But I gave him two doses, and in the morning, his hand looked almost normal! Where the evening before, it had been swollen, red, a streak going up his arm. It was hot; it was nasty, and I was very concerned.

So, when that happened, I went, "I really need to learn more about these funny little pills."

Joette:

Well, that's interesting because 2019, I was … 2025, just the beginning of 2025 … so it was only six years ago. Right? Some people have been doing this for 30, 50 years. But you're six years in, and you're committed. You're all the way in because you teach Gateway groups, don't you?

Noreen:

Right. So, that was my first thing. I took a Gateway class. And then I took another Gateway class with different people. And from that, I was just hooked.

And then, when you started The Academy, I decided to dive in and do The Academy … and *only* for my family. I had no intention of becoming a practitioner. I only wanted to learn it to help my family.

At some point, going through The Academy and Mastery™, I decided that teaching was the thing that I wanted to do. So, right now, what I'm doing is I'm teaching Gateway Is, Gateway IIs, and teaching through the protocol courses.

That's my goal this year is to get through all the rest of the protocol courses.

Joette:

And you're teaching groups of people in your home, in their home, online? How do you normally do that, Noreen?

Noreen:

Well, mostly online. But I did it at a church, so, I did do it in person for the particular group. They wanted their church group to have it in person. They were very adamant about doing it in person. So, I did theirs in person, but mostly, I do it online.

And that works out good because people can be in different time zones. I can do it in the evening or in the morning.

They can come in their pajamas or whatever.

Joette:

So, who are these people? These are mothers, grandmothers? What kind of people are they? Who wants to learn homeopathy from you?

Noreen:

A lot of different people. Usually, I really have a heart for young moms because I want young moms to be able to avoid the antibiotic merry-go-round … when you go in for an ear infection and the next thing you know, you're taking something for your stomach because the antibiotic gives you a stomach ailment. All that kind of stuff.

I want them to be able to avoid that kind of merry-go-round. So, I like to do young moms, but I seem to end up with a lot of grandmoms. I've done it for teenage girls because they're going to be, hopefully, moms and get them trained up early.

Joette:

These are people who are often independent thinkers who step outside of the box and say, "You know what? I think I have a duty that's greater than just taking my family constantly to the doctor's office and waiting in waiting rooms. I think I'll learn how to do this myself. Only, I'll do it with a homeopathic medicine instead of whatever."

Noreen:

And in the beginning, I was trying to convince my family and friends to do it. But you can lead a horse to water, but you can't make them drink.

Joette:

Not always.

Noreen:

So, sometimes, you have to wait for them to come around. And sometimes you just have to look for the "lookers." There's people out there that want this. And if someone says, "No, thank you," I say, "Oh, okay. Next!"

Joette:

Well, I know you're doing a lot of these groups, and hopefully, we'll have it linked down below so that people know where to go to find out more. And thank you so much, Noreen. It's always great to have you in our group. You add a level of, shall I say, wisdom, as it was said earlier, and knowledge. So, thank you for joining us.

Noreen:

Well, thank you very much, Joette.

I'm super-happy to be here, and I can't even express how you've changed my life. I don't know where I would be if I didn't have this aspect of teaching in my life. It's very fulfilling.

Joette:

Yeah. Thank you.

Noreen:

Thank you.

SUCCESS STORY: DEPRESSION

Joette: (23:30)

Hi, Ingrid.

Ingrid:

Hi, Joette.

Joette:

So, Ingrid, you've been with me first year, Academy, right? Twelve months. Then, second year, Mastery™. That's 11 months now. Mastermind last year, which was a year, and now Mastermind, the second year. And so, you've been for some time …

Ingrid:

I have. And even longer before then, when I found you through Weston A Price.

Joette:

Oh, that's right. Because you were practicing as a GAPS practitioner, right?

Ingrid:

Yes.

Joette:

Okay. So, you have some …

Ingrid:

And nutritional therapy.

Joette:

Yes. And you also have a good experience in being in practice and working with other modalities.

Ingrid:

Yes.

Joette:

Yeah, yeah.

So, Ingrid, tell us your story. I like to hear this story. I know this now. So, go ahead and share it with us.

Ingrid:

Okay, great.

There are so many, but one that really stands out because it not only impacted the person themselves, but it impacted the entire family … and then that person's entire department at work.

So, I was working with a young mom whose husband was having some depression and maybe some suicidal ideation. And in his line of work – a first responder – there are so many instances of people taking their own lives because they're just so depressed from everything they're seeing, the PTSD, the number of hours that they work in a row. So, they're sleep deprived …

Joette:

The responsibility.

Ingrid:

The responsibility, for sure.

So, I was working with her, and first, we – since it was depression – put him on *Aurum metallicum*. But it really didn't budge it.

So, we decided to pivot after maybe two months and moved to *Ignatia* because there was such a strong element of PTSD. And it really worked quite quickly, even in a matter of a week or two.

Joette:

That’s what I was going to ask you, how quickly did it?

Ingrid:

Very quickly.

Joette:

Beautiful.

Ingrid:

And within a month, it was pretty much a hundred percent improvement. So, not only did he improve, but the life was improved in the family.

Joette:

Of course, it trickles throughout the entire family.

Ingrid:

And then he became an advocate for homeopathy, telling his department and different people about this and then some other maybe digestive things that we were working on.

So, it not only worked with that family – which I’m so pleased about – but it also … You know, once people find out about homeopathy, they want to tell everybody.

Joette:

Yeah. And you can’t stop! Not only can she not stop – his wife – but his excitement and, of course, yours. Because once you’ve touched a life like this so deeply, there’s no stopping us. We really want to learn more and do more and experience more and share it even further.

Ingrid:

So true.

Joette:

Yeah. Thank you so much.

Ingrid:

Thank you so much. And thank you so much for just everything you've done. Just knowing you has been such a pleasure in my life.

Joette:

Oh, you're very sweet.

Ingrid:

And changed my life.

Joette:

Well, I love that you're with us.

Ingrid:

Thank you.

SUCCESS STORY: AVOIDING HIP REPLACEMENT SURGERY

Joette: (26:11)

We're now with Laurie, who's been through The Academy, Mastery, Mastermind last year and now Mastermind this year. And so, thanks for joining me, Laurie. You've got a story to share, haven't you?

Laurie:

Yes. Hi, Joette.

Joette:

Hi.

Laurie:

This is about my husband. So, about a year ago, I saw him putting on his shoes to go somewhere. I'm like, "Where are you going?"

He goes, "I'm going to the ER."

I'm like, "What? I'm going with you. What's wrong?"

Basically, he was in a lot of pain with his hip.

Joette:

Was this a previous injury or something?

Laurie:

Nope.

Joette:

Just out of the blue, pain in his hip?

Laurie:

Yes.

Joette:

Okay.

Laurie:

So, we get to the ER, and basically, long story short, the doctor tells him it's arthritis …

Joette:

Arthritis.

Laurie:

And that he needs to see an orthopedic doctor. She got him into a very well-known doctor the very next day, which was great.

Joette:

Now, orthopedic doctor is usually a surgeon.

Laurie:

This was a surgeon.

Joette:

Right.

Laurie:

So, we go to the appointment together, and basically, my husband is demanding a hip replacement. He just thought that would fix everything for him.

Joette:

Just get rid of that and get a new one.

Laurie:

Yeah. And the doctor looks at me, he goes, “Is he serious?”

I’m like, “Yeah, he’s serious.”

So, he grabs his pamphlet – and well, he talked to my husband – but he grabs a pamphlet, and he says, “I want you to take this home. I want you to read it. And if you still want this surgery, come back, and we’ll talk.”

And my husband read the pamphlet. He goes, “Yeah, I don’t want a surgery.”

Joette:

Yeah, do a little homework, and you might see a little differently.

Laurie:

So, I put him on the arthritis protocol. And this is now a year later, and he basically tells me often he's got zero pain now. It's gone.

Joette:

That's fabulous. But what does that mean by "often"? So, in other words, he still has pain from time to time.

Laurie:

Occasionally. But lately, he's been saying, "Yeah, I have no pain."

He's amazed. He's pretty thrilled and pretty amazed by it. So …

Joette:

When you can turn someone around – who was really excited about the idea of a hip replacement – to taking the little pills that actually taste good, and turn them into someone who's now a believer and says, "Yeah, I don't have pain very often at all," *that's* when you know you've done your job.

Laurie:

And he's learned how to use them as SOS when he needs them. So instead of …

Joette:

Okay. How often might that be, Laurie?

Laurie:

It kind of depends on what's going on. If there's something

that triggers or aggravates that he ends up having to go in tight spaces sometimes with his job. And so, if there's something that aggravates that hip, sometimes it could be daily for a few days.

Joette:

What kind of work does he do?

Laurie:

He's an electrician.

Joette:

Okay. So, he …

Laurie:

He goes up into attics and …

Joette:

Okay. Crawl spaces. Yes. Right. Okay.

Laurie:

Yeah.

Joette:

He's carrying those big, heavy cables on his shoulders. Does he have to do that kind?

Laurie:

Yeah. Yeah, he does.

Joette:

Yeah. It's a rigorous job.

Laurie:

Yeah. Sometimes, he’s digging ditches to run a line.

Joette:

Yeah.

Laurie:

Yeah.

Joette:

Wow. So, if he takes the homeopathics occasionally, we’re pretty happy about this.

Laurie:

He’s thrilled. Yes.

Joette:

Yeah, we’re thrilled, too.

Nice job, Laurie.

Laurie:

Thank you.

Joette:

Thanks for sharing.

Laurie:

Thank you.

CANINE SUCCESS STORY: DOG WITH CONJUNCTIVITIS, BODY ODOR AND BACK CYST

Joette: (29:30)

Okay. Now I’m with Charis. Hi, Charis.

Charis:

Hi.

Joette:

I've known Charis a long time, not only because you've been in The Academy and Mastery™ Mastermind and Mastermind, et cetera, but you've been a client and have become a friend.

So, it's a joy to have you here, and I'd love to be able to ask you questions. So, share something with us, Charis, about what you do and how homeopathy has been instrumental, perhaps, in your life.

Charis:

Well, I am a stay-at-home mom. I am a real estate investor. I have honeybees. I have a lot of people in my life that I'm always doing stuff with. So, yes.

Joette:

You help a lot of people. You're not in real, actual practice.

Charis:

No.

Joette:

Right? But you help your neighbors and your friends and your family … have an extended family. There's always somebody you're treating.

Charis:

Absolutely.

Joette:

Yes, very … you don’t think so, but you’ve a very organized setup for your medicines, right?

Charis:

That’s true.

Joette:

Yes.

Charis:

But you know, it’s never enough to a mother, but yes.

Joette:

No, I know. We can never have enough.

Joette:

So, now you have a story about Blake. Now who’s …

Charis:

That’s my dog.

Joette:

What does he look like?

Charis:

So, Blake is a mini-Australian shepherd mixed with a poodle. He’s a little black dog.

Joette:

Yes, yes. He’s very cute. I’ve seen him on Zoom. Yes.

Joette:

Okay. So, tell us about Blake.

Charis:

So, Blake … I've used homeopathy a lot with Blake, and so I've used it for various reasons.

So, he's a young dog. He's a male dog. Occasionally, male dogs can get a bit frisky. So, I've used *Stramonium* with him. When he stinks, I use a little bit of *Sulphur* with him.

Joette:

You mean his skin has a bad smell?

Charis:

Yeah, like when his fur and his skin … and there's sort of an odor coming off of him – emanating from him – I'll use *Sulphur* with him. And then he gets back to that sweet, cute little puppy smell.

Joette:

Yes.

Charis:

And then I've used *Mercurius* with him when he's had bad doggy breath.

Joette:

Okay.

Charis:

And then one time he actually had an infection in his eye, so he started getting a conjunctivitis infection. And I used the protocol for conjunctivitis, and it went away.

But at the same time, he also had a cystic little growth in his back. And that actually went away at the exact same time.

Joette:

So, what protocol did you use for his eye and …

Charis:

It was *Pulsatilla*.

Joette:

Was it *Silica*? Did you use Silica*?*

Charis:

Yeah, but it was also *Hepar sulph*. I did use *Hepar sulph*.

Joette:

Okay. That’s the back.

Charis:

And I use *Belladonna* with him, too.

Joette:

Okay. *Belladonna*, for the pain and the redness, perhaps the heat.

Hepar sulph was specific for the fact that it was an infection in the eye – conjunctivitis. Do you think it was the *Hepar sulph* that actually did the work on his back?

Charis:

Honestly, I think it was the *Belladonna* – adding the *Belladonna* in – because I’d used *Hepar sulph* before on the spot, and it wasn’t moving it.

It was getting a little bit less. But then, when I used the *Pulsatilla* with the *Belladonna* and the *Hepar sulph*, then, it went away.

Joette:

Beautiful. Sometimes, one medicine doesn’t do it.

Charis:

Yeah.

Joette:

Sometimes, we need to use two – alternating. Sometimes, even three.

Now, I would not go into 20, but I would certainly say that as we use the medicines, we pivot and move on to the next. Or we might even use two somewhat simultaneously. Yeah.

Charis:

Yeah.

Joette:

Nice job. So, is he less frisky now?

Charis:

Yes, he actually is. And the funniest thing was that I had a little bottle of *Chamomilla* on the counter. He grabbed it, took it down, ate the bottle, and then, he was relaxed – sleeping, just chilling out on his dog bed.

Joette:

Ate the plastic bottle? I hope it was a plastic bottle.

Charis:

No, he ate it enough that the pills came out, and then he ate all the pills. And then he was just totally chill for the next two days. And I was like, “I guess he needed it.”

Joette:

Well, he just said, “That’s my medicine. There’s my remedy. That’s what I want.”

Charis:

Yes.

Joette

That’s really sweet. Was he by any chance teething at the time?

Charis:

He could have been. It’s funny. I bet he was. Because he was just … that could have, yeah.

Joette:

Yeah. Well, and *Chamomilla* fixes teething and also the friskiness and maybe being a little bit too – what was he, irritable? Was he touchy?

Charis:

He was just like running around, kind of … he growls. He’s getting grumpy.

Joette:

Oh, grumpy. Okay. Grumpy poodle.

Charis:

Yeah. Not an angry growl. Like a …

Joette:

Yes. Irritated.

Charis:

Yeah.

Joette:

Yeah. Good. *Chamomilla* put him right down.

Charis:

So he knows what he needs.

Joette:

Yeah.

Charis:

Yeah.

Joette:

We all kind of do when we really do our work.

Charis:

Yes. Yes.

Joette:

Thank you. Charis. This is great. Thank you.

SUCCESS STORY: DIVERTICULITIS AND ORTHOPEDIC PAIN

Joette: (34:00)

Hi, Kirsten.

Kirsten:

Hi, Joette.

Joette:

Nice to see you here.

Kirsten:

Thank you.

Joette:

Love having you here. Yeah, it’s really great.

And so, what you were just saying was that you got a case of diverticulitis that you would like to share. And I love what you just said. This protocol that you’ve used – and I know because I’ve used it for years myself – never fails you. And it is true. This is not as complicated as people would make it out to be.

So please, Kirsten, share this with folks.

Kirsten:

Okay, sure. So, I’ve had several different cases of diverticulitis.

I’ve had one that actually had a microperforation, and this person decided not to do the bowel resection. That is all that was offered to them. And so, I’ve worked with them with homeopathy, and they actually went for years without another occurrence. But as soon as they started to exhibit the symptoms, we administered the medicines, and within two days, the symptoms were gone. There was no lingering symptoms.

I’ve had other clients that were actually running a fever. So, we did the baseline diverticulitis protocol. It is *Staphysagria* and also *Lyco/Plumb*. And then, they were also running a fever. So, we added *Pyrogenium*. Again, in days, those symptoms resolved.

So, I have never had that protocol not work for someone.

Joette:

Well, and the reason you can say that is because you're a practitioner, and you're working with folks daily. And you're so funny because you said you're not working full time, and then you told us it was 60 hours.

Kirsten:

Well, that's not every week. But my husband … he was watching. And then, he made me clock my hours. So, I had resisted that, but yes. But I'm getting tidier, so I'm working on that.

Yes. I love seeing clients. I love teaching. I love that we can teach other people how to do this. They don't always need to rely on me. We can do Gateway classes, can do protocol classes, and then they learn how to do it themselves. And then they learn how to teach others and to help their families and their community.

Joette:

You bet. You bet. You have another case?

Kirsten:

Oh gosh, there's so many.

Joette:

That's the problem. When there are so many, it's hard to remember something that stands out because they all stand out, really, when you think about it.

Kirsten:

They do!

I think orthopedic pain is a wonderful thing. I just had somebody that had a total knee replacement, and they used nothing but homeopathy. They didn't need the painkillers. They came home; they recovered quicker; they had less

swelling.

And when they returned to the doctor, the physician wanted to know what they did and actually said, “Can you give me more information?”

So, I think we’re making inroads into the allopathic community … being able to share these medicines. And then even the doctors are seeing the benefits with their own patients.

Joette:

You bet. You bet. They should all … all orthopods should have this information.

Kirsten:

Absolutely.

Joette:

It would be really great. Yes, yes.

Thank you, Kirsten.

Kirsten:

Oh, you’re welcome.

Joette:

It’s really great. I loved, loved having you.

Kirsten:

It’s great. It’s great being here. It’s great being with these women. They are the cream of the crop. I learned so much, and we, of course, have learned so much from you. And thank you for sharing your knowledge and wisdom.

Joette:

Well, you're a blessing, too.

Kirsten:

Thank you.

Joette:

I'm so glad that I could get this group willing to share with you some of their stories. Now, you know what it's like to be around people of excellence, people who have really put a lot of effort into learning and putting this into place in their lives.

What I love about this group is that this is our second year. We plan on meeting every year. And so, I just wanted to share those stories with you.

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast

apps.

To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

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1. Smoke: How to Antidote Poisonous Toxins With Homeopathy Series



At least we don't live in the mid-20th century. Exposure to second-hand cigarette smoke was practically unavoidable, especially in the 1940s through the 1970s. I remember.

Imagine being in a commercial aircraft – a tube of communal

air – with people smoking all around you. I remember. <cough, cough>

Imagine being in a restaurant with cigarette smoke wafting over the back of your booth, right over your food as you ate. I remember. <gag, gag>

First things first.

This week, we continue my ongoing series, "How to Antidote Poisonous Toxins With Homeopathy." If you missed the introductory post last week:



First, read the introduction and background information I previously provided before proceeding to the rest of this series.

Why? Understanding the methodology behind utilizing homeopathy to antidote a poison or toxin is equally important as knowing which condition-specific homeopathic medicine to consider. No shortcuts!

Cigarette smoke. Blech.

Even though we have more opportunities today for avoidance, any discussion of noxious inhalants must include the issue

of cigarette smoke as number one on our list.

Some folks are highly sensitive to cigarette smoke. It can cause watery eyes, runny nose, chest congestion, difficulty breathing, coughing or trigger an asthma attack.

For those who find themselves in a smoke-filled environment (think Southeast Asia, the Balkans, France, Chile or even grandpa's den), a dose of *Natrum muriaticum* 6X every few minutes, until very much better, will often protect from respiratory discomfort.



Smoke is smoke is smoke.

I've also written about *Nat mur* 6X for aggravations from smoke previously in The Best 4th of July Remedy. Nearly every 4th of July when our children were young, we'd gather with hundreds of others to enjoy the local fireworks display. Because of the tight space for each blanket or chair on the vast lawn, inevitably, someone would be smoking upwind of us.

A few doses of *Nat mur* in a bottle of water sipped regularly did the job of making the smoke more tolerable for my entire family.

Lest we forget that, in homeopathy, there is often more than one way to skin an eggplant. I also mentioned alternative homeopathic medicines for those affected by large-scale, catastrophic fires in Where There's Smoke There's Fire.

However, *Nat mur* 6X has been successful for my family in smoke-filled situations. It should be part of your well-curated homeopathy kit for the next time you need to antidote this noxious toxin.

If you're trying to encourage a smoker to quit, you might refer them to Get Ready, Get Set … STOP Smoking! While we have the confidence of knowing homeopathy is available to help antidote the effects of cigarette smoke, there's nothing more healthful for everyone involved than cutting off the toxin at the source!

Pass on the good news of Practical Homeopathy®!

Warmly,

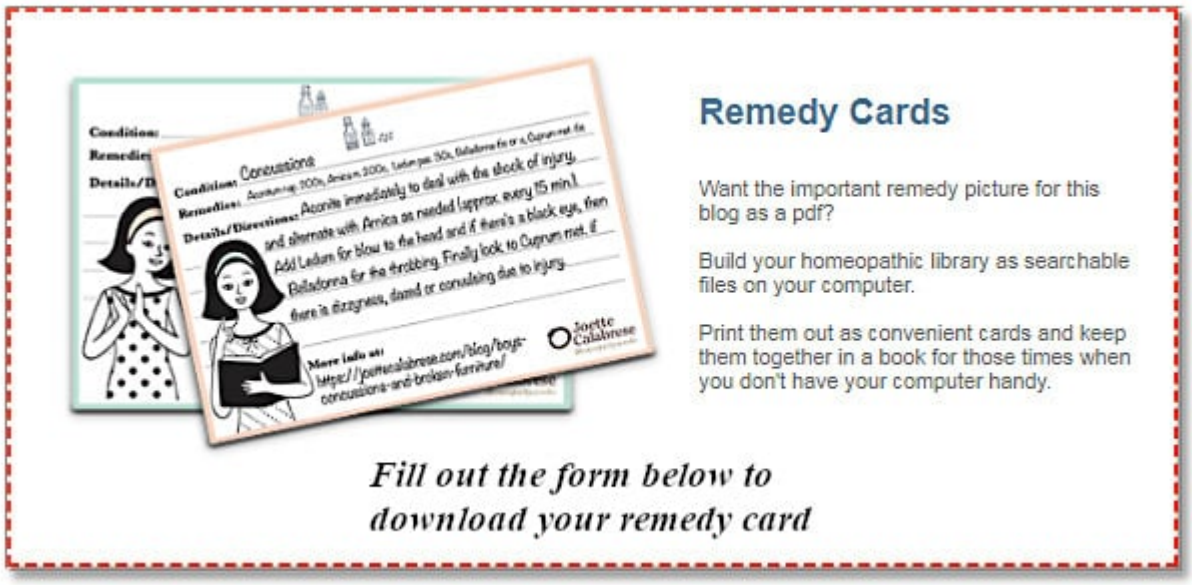


P.S. While we're on this topic, I'll also give my Mighty Members another use for *Nat mur* 6X that might surprise you. It's an issue that impacts many families when they eat out.

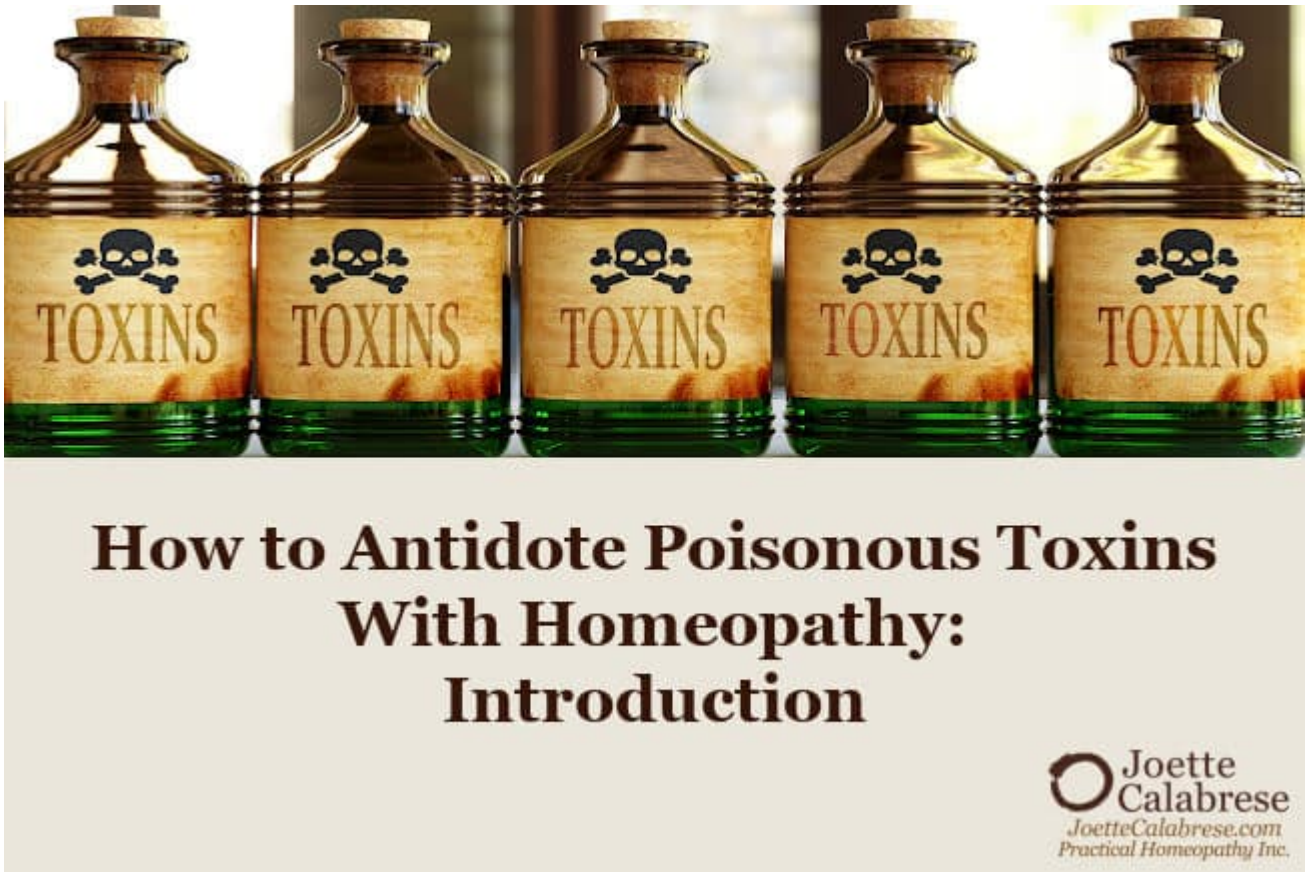
What? You're not yet one of my Mighty Members? Do you realize you have missed out on almost 250 extra weekly blog posts? Yes, each week in my exclusive Memos to Mighty Members, I discuss something either more complex or more personal than I am willing to broach in a public forum. I also provide them with a searchable database of all the previous Memos as an ongoing reference. Plus, I often cover

topics that my members specifically request.

There's so much more to a Mighty membership that I can't even describe it all here. Why not [check it out for yourself](#)?



How to Successfully Antidote Poisonous Toxins With Homeopathy



Cigarette smoke … cough, cough! Carbon monoxide … gag! Paint fumes … faint! Drugs … ugh!

The poisonous toxins in our world make you want to ditch modern society and move to an island in the Pacific. It's a scary world out there.

Or is it?

Well, it is unless you know the antidotes to address a reaction to such contaminants. Then, they just don't seem as hostile.

It is so empowering to have the ability to restore someone you love from a sickness caused by a toxic poison.

I don't spend time fretting about toxins.

That's certainly not news. You can follow my path to my current mindset about toxins in Podcast 70 – Rethinking Detox.

Even though toxins are the media's trendy health topic du jour, they can be as much a part of nature as they can be a result of manmade materials. Let's face it: Toxins are all around us! (Hence, the title of one of my previous blog posts, "I'm Toxic. You're Toxic. We're All Freakin' Toxic!!")

In fact, you could even say that I *love* toxic substances when they're so diluted they become our homeopathic medicines.

Over the next few months, I will offer you a blog series on specific homeopathic medicines that have been shown to antidote toxic poisons' unpleasant – sometimes even life-threatening – effects.

In today's introduction to that series, let me first give you a little background. So, bookmark this blog post; I'll refer to it often in upcoming posts.

Really? Is antidoting a toxin or poison with homeopathy even possible?

Can such potent toxins actually be antidoted so readily, permanently and without side effects? Yes. In fact, up until the late 1940s, there were over 100 homeopathic hospitals in the United States, and these were precisely the kinds of solutions physicians employed.

Their emergency rooms were stocked with hundreds of homeopathic remedies at the ready in the event of poisoning.

The reason these smart little pills are no longer found in hospitals or most any modern medical settings in the U.S.) is because there was a nasty divide between conventional (allopathic) and homeopathic medicine.

You can probably guess why. Yes, the burgeoning pharmaceutical industry booted homeopathy out of its place

of prominence in medicine. A very organized, well-funded and diabolical campaign was undertaken to rid the U.S. of homeopathic physicians, hospitals, clinics and pharmacies.

All for market share.

So, today, we are left with the fallout of that strategic battle to form a monopoly. Now, we're left to fend for ourselves to learn what the homeopathic physicians, nurses and many everyday folks of the last century knew.

No matter. We're fully able to take it from here by learning as much as we can to protect our families.

Before we proceed in examining some of the most important remedies to have on hand in case of toxic poisoning, allow me to make one point clear:

With any severe poisoning, one should immediately get underway to a hospital.



However, this doesn't mean one can't accomplish a great deal in the car on the way. In fact, a number of my students have reported turning around a condition after administering the correct remedy a few times while in the hospital's parking lot. They never even needed to step in!

However, in cases where, perhaps, the wrong medicine is chosen or the homeopathic doesn't act quickly enough, the sufferer is conveniently located right outside the door of the ER. The good news is that homeopathic remedies will not interfere with any allopathic medicine or methods.

Isn't this a great strategy to have at your fingertips?

How to administer these homeopathic medications.

The most common way to administer a homeopathic remedy for an acute situation, particularly one with potentially life-threatening ramifications, is to repeat the chosen medicine every few minutes to every half hour.

As one witnesses improvement, gradually lengthen the time between doses. When the illness is resolved, stop administering.

Now, improvement doesn't necessarily mean complete recovery within minutes. It can mean the sufferer falls asleep, where healing often occurs. It can be represented by a change in behavior. For example, if someone is anxious and vomiting, and the anxiety is relieved, then that's a move in the right direction.

One might also note that the vomiting occurs less frequently or less dramatically. These are examples of indications that the correct remedy has been chosen.

Once we know the remedy we've chosen is correct, we can continue administering it. When the illness is resolved, we stop.

Avoid undue expectations on the timing of healing.

I know, I know, we love to see dramatic results when remedies are used, but there are plenty of situations in which there is only slow, steady improvement. This, too, is

valuable.

Whether there is a rapid recovery or a return to homeostasis that is not as dramatic, homeopathy has a reputation for addressing illness in all its complexities. It can stand proud as the medicine that antidotes toxins yet leaves the person in a more advantageous posture than even *before* the poisoning.

Homeopathy does this by righting the wrong in the first place! Can you think of any other medicine that can deliver such results?

Me either.

What toxins will I discuss in this upcoming series?

We will examine 10 of the most common poisons and their antidotes:

1. Cigarette smoke
2. Carbon monoxide
3. Paint Fumes
4. Pesticides
5. Medications
6. Bee venom
7. Food poisoning
8. Alcohol overuse
9. Sugary overindulgence
10. Poison Ivy

For every toxin, for every ill, for every human suffering, there is a homeopathic remedy.

Did you hear me? Just in case you didn’t, I’ll repeat it.

For every toxin, for every ill, for every human suffering, there is a homeopathic remedy.

So don’t stop learning.

Sometimes, the correct medicine is not easily discernible; sometimes, it's obvious, especially with the practical protocols I teach. As always, I urge you to learn more. The vast subject of homeopathy will empower and delight you.

When you feel overwhelmed by the toxicity in our world, smile. Now you know there are solutions at hand, and they are only a homeopathic remedy away. Stay tuned!

Pass on the good news of Practical Homeopathy®!

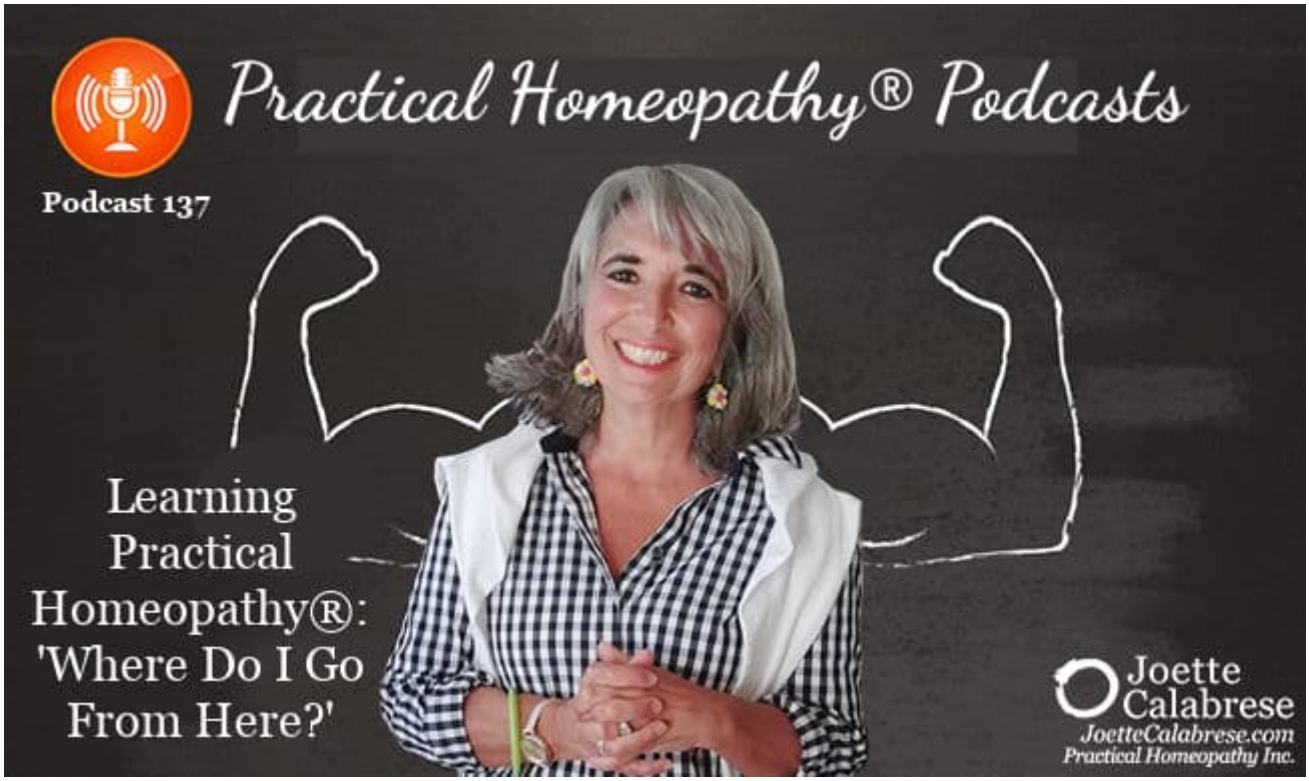
Warmly,



P.S. If this topic interests you or your family, consider taking a deeper dive with my protocol course, "Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way." (Also, click here to download an infographic I designed just for this course to give you hope that gentle, effective homeopathic medicines do exist.)

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.

Podcast 137 – Learning Practical Homeopathy®: 'Where Do I Go From Here?'



IN THIS PODCAST, WE COVER:

01:00 Introduction: Learning Practical Homeopathy®: 'Where Do I Go From Here?'

01:24 I'm New to Homeopathy. Why Am I Here?

06:30 I'm New to Homeopathy. Where Do I Go From Here?

Free Weekly Blogs

Joette's Learning Center

Gateway to Practical Homeopathy®: A Guided Study

Group Curriculum

09:37 Where to Buy Homeopathic Medicines

Monday Night Lives on Facebook

Joette Calabrese on YouTube (Monday Night Lives)

Free Podcasts

11:06 I Know a Bit About Homeopathy. Where Do I Go From Here?

Joette's Mighty Members

Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy

Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind

Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back

14:20 I'm Ready to Dive In: The Academy of Practical Homeopathy®

18:30 **Expectations**

Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions

FindAPracticalHomeopath.com

22:17 Embrace an Autodidactic Lifestyle

ADDITIONAL RESOURCES:

Joette's Study Group, Find Your New Study Group Friends

Kate:

This is the Practical Homeopathy® Podcast, episode number 137, with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

INTRODUCTION: LEARNING PRACTICAL HOMEOPATHY®: 'WHERE DO I GO FROM HERE?'

Kate: (01:00)

Hi, I am Kate, and I want to welcome you back to the podcast. We are so glad that you're here.

And if you are new to this podcast, this is the perfect podcast for you because we're going to be giving you some direction about how to learn homeopathy if you're new.

But if you've been studying homeopathy for a while – or even many years – this is also for you.

So, Joette, let's get started.

Joette:

Yeah, let’s, Kate. We have a subject, right?

I’M NEW TO HOMEOPATHY. WHY AM I HERE?

Kate: (01:24)

Yes. We’re going to talk about “Where do I go from here?” And so that might be someone who is new or has been using homeopathy for a while or even many years.

So. let’s start off, Joette, with someone who is brand new to homeopathy. Maybe they just found homeopathy or just found you and learned about it. Where does that person get started? How do they learn more?

Joette:

Let me start half a step back. Why is it that they’re here in the first place?

Usually 90 – probably 90% … I don’t have numbers, but I can take a pretty wild guess – is that the reason that they’re here looking at what we have to offer is because they’ve already suffered under the hands of another method.

They’re tired of the old way. It’s like having a wound, and instead of it healing, it gets rubbed with salt. And it’s being rubbed and abrased. And so that the person is constantly suffering or frequently suffering, or they’re observing their family suffering from something. And gee, darn it, those drugs just don’t seem to pull it all the way to the end.

Instead, drugs cover up. They make somebody a little more comfortable for a short period of time, and then in the long run, they suffer even grander.

So, they're looking for the same thing that you've looked for, that I looked for, that all of us who have found homeopathy were looking for. And some people come to it sooner and some people come to it later.

And so, I welcome all of you who are new to this. Welcome! The water is just fine. It's really comfortable on this side of the discussion.

So, what people are looking for is, "What do I use? What can I give my child, who has frequent ear infections?"

Or, "What can I do about these aches and pains that I have all the time? Isn't there another way other than just taking acetaminophen?"

Or, "Is there not another way to deal with these allergies that are driving me crazy so I can never leave the house – and I can't eat this, and I can't go here, and I can't go there, et cetera, et cetera – because I am so sensitive to the world around me. There's got to be another way other than these insufferable shots that I get every month that I've been taking for the last 15 years of my life. There's got to be another way."

And so, there is another way, and that's homeopathy. Now, many times, people get homeopathy. The word … unfortunately, it's a word that includes the word "home" in it, and people think it means home remedies or holistic.

Kate:

Yeah, that's so common.

Joette:

It does not. It does not mean holistic. Could it be under the holistic umbrella? Perhaps. Does it mean home remedies? No. But then there's a little aspect of it in a way. It kind of lends itself to that thinking, but it's not home remedies.

It is a specific medicine. And you can find out more about what homeopathy is on my website, and it will give you a lovely direction.

Kate:

Yes. So, there is a bar at the top of your website with different areas like Home, New to Homeopathy, Shop, Free Resources, et cetera. So, you just click on that "New to Homeopathy" tab at the top. It'll get you started. It'll take you through all the information about what homeopathy is and what it is not.

Joette:

So, one of the things that I've noticed in not only in myself but in others through the years is that we'd think, "Well, why can't we just use a little homeopathy and a little drug therapy and a little bit of essential oils and a little chiropractic, et cetera?"

And in some situations, we can do all of that. But as the person travels down this pathway, they will discover something that they never expected. And that is that homeopathy covers just about every condition known to mankind.

And so, it becomes, as you move along in this, you'll find that, "Oh my gosh, I was able to take care of my child's otitis media in three doses. Oh my gosh, I can't believe it."

Or "That arthritis that I have in my knees is gone. I've been dealing with this for five years and taking all kinds of drugs that are affecting my liver," et cetera.

So, as you've traveled down this path, you may find yourself more and more excited about this because you'll see, "It helped my husband's shin splints, and it helped my daughter's eczema and my mother's insomnia and my father's anxiety," et cetera, et cetera.

And so, what happens is that you get so wrapped up in it, and you see how many things – so many sufferings – that you can remove in your family's life that it starts to become a lifestyle, and those other paradigms often fall to the wayside.

Now, I'm not saying that that's necessary. I'm just kind of warning you that that's probably forthcoming in your life. You're going to see such remarkable results as long as you follow the directions properly – and you do have to follow the directions properly! But you're going to see such remarkable results that you're going to question why you ever used anything else.

Then you'll also have some failures as well. But you'll be spurred on by your successes enough times, is my guess – which is an educated guess because I've been observing this in others and myself for close to 40 years – that you'll find yourself looking to homeopathy first instead of second or third.

So, where do we begin? That's the question, right, Kate?

I'M NEW TO HOMEOPATHY. WHERE DO I GO FROM HERE?

Kate: (06:30)

Yes. Where does someone begin? How do they learn more about homeopathy if they're new?

Joette:

Let me start with this: We have so many avenues from which to choose. There isn't one specific avenue. It depends on how fast you want to move along.

If you have a condition or someone who has a condition and

you're trying to figure out what homeopathic medicine to use for that, it's very easy just to key into your browser, "Joette Calabrese", and then the name of the condition. Because I have an article on so many conditions because we've been producing – and I've been authoring this blog – for, I think we're at 14 years now. Every single Sunday for 14 years, and it's a different subject every week. So, it's likely you'll find a good answer in that blog.

That's free! And I don't have any affiliate program with the companies that I direct people to purchase their medicines from. So, it is pure information, and that's it. I get no kickbacks.

So, that's one place to use. Not just first but even simultaneously as you go through the other ways of learning this.

So, another way is to go to Joette's Learning Center and scroll down to Gateway to Homeopathy. And there you'll find a way to learn homeopathy – some simple measures that affect most families – and you'll study that with other people online or maybe even locally.

And that's a great way to learn it because you're learning with someone. There's someone who guides the group. And it makes it so much easier when you see that other people have had success, and then you get to know them.

And those people, if you stay with these groups long enough, become your friends. It doesn't matter that you live in Alaska, and this new friend lives in Manhattan. It doesn't matter that the person who you've just been meeting with within this study group lives in Liverpool, and you live in Chicago. Doesn't matter … because now you've made friends with people of like-mind and people are coming into this for the same reason you are. They're looking for a solution to their own or their family's health problem.

Kate:

I want to add, Joette that on your website, JoetteCalabrese.com, there's a tab at the top that says "Shop" and under "Shop," there're the Gateway study group books that you can purchase, and, then, get connected with other groups through that. [Editor's note: You may also find Gateway to Practical Homeopathy® study guides on JoettesLearningCenter.com.]

So yeah, there are many ways to get connected, but this is a great way to start. Like Joette said, you are going to love the support that you get from these relationships that you build doing these study groups.

Joette:

Can you imagine a world in which those people around you think similarly about health? That they've had the same kind of problems that you have, and you can discuss it with them and not feel alone and feel shamed for questioning?

That's this world.

That's the world I'm describing right now, and it really is girding to anyone's life who's questioning whether or not they should be moving in this direction and away from the old chemical-burdened drug method.

WHERE TO BUY HOMEOPATHIC MEDICINES

Kate: (09:37)

Can we take a step back again for just a minute?

And you might be wondering, "Okay, I'm learning by reading the blogs or in a study group how these medicines work, and I really want to get started."

So, if you're looking where to purchase these medicines, you

have a blog, Joette, and it's titled "Where to Buy Homeopathic Medicines." That's on your website.

So, if you're wondering how to know what the best place is to purchase your medicines, you can go there.

But also, homeopathic medicines are, I would say, becoming more and more prevalent in the stores like your mainstream stores and your, of course, health food stores. So, you can often get homeopathic medicines there as well.

Joette:

Yes, and I also direct in the blog – when you use my name and then the name of the condition, and it opens up the article – I almost always include a link that will direct the reader to a place where it can be purchased.

Kate:

So, let's go back to those who are new. You had said you can utilize the free resources, the Facebook Lives [Editor's note: also archived on other sites as Monday Night Lives], the blogs, the podcasts, and also get connected with a group of people studying homeopathy. And you can do that through your Gateway to Practical Homeopathy® study groups.

I KNOW A BIT ABOUT HOMEOPATHY. WHERE DO I GO FROM HERE?

Kate: (11:06)

Now, let's talk about those who've learned some about homeopathy, and they want to go the next step and learn more. What do you suggest?

Joette:

Well, there's Gateway I. And then, of course, there's Gateway

II, so you can go on to that.

But then the next step – **and I don't even know if it's a next step. It could be, as I said, a simultaneous step** – to go to Joette's Mighty Members, where you get information from me on a monthly [even weekly] basis.

And then there's Joette's Mighty Members Plus, and you get even more information and information that I'm not comfortable readily putting out to the general public.

Kate:

And even get to meet with you live once a month [Exclusively in Mighty Members Plus].

So, that's exciting! Students can ask you their questions and connect with you that way. And plus, there's so much more for Mighty Members and Mighty Members Plus. So, check out those resources as well if you're interested in going further.

What else?

Joette:

Well, there are, of course, these podcasts where you can learn. I mean, we've been doing these for many years, and so there's lots of information on the podcasts for you to learn and build your knowledge day by day.

I know some people who tell me they listen to these podcasts and any of the other (even) videos. They listen to them on a day-to-day basis so that they can increase their knowledge without putting an awful lot of effort into it.

Instead of … while you're baking your bread, while you're raking the leaves, while … whatever … you're making the beds, then you can be learning on a regular basis.

Well, then the next place might be going to Joette's Learning

Center and scrolling down and looking at the courses that I offer that are protocol-specific courses. Actually, what I should say is that they are condition-specific courses that teach protocols that are useful in these particular conditions.

So, for female conditions, we have a course titled "Feminopathy." For gastrointestinal conditions, we have, "Good Gut, Bad Gut." Et cetera.

You'll get lost in those. There are a lot of them, and so there are enough that could keep you busy for quite some time. So, once you delve that far, now I would go not just to one course, but consider maybe even two.

So, for people who have allergies and food intolerances, which are so closely related, they might want to take the "Allergic?!" course as well as the "Good Gut, Bad Gut" course.

So, that's how you build the knowledge: one brick at a time.

Kate:

Joette, I want to jump in, and I want to tell people also how to find those courses.

If you go to your website, you can click on the "Shop" button again at the top of the website, and then the top listing there is called "Courses," and that is where The Learning Center is. And all of those courses are explained, and you can find out more about them there.

But Joette, I want to mention that some of your students don't go this route. They go directly from the Gateway to Practical Homeopathy® study groups to your Academy.

So, whether or not you go from the Gateway to The Academy, or take some courses and then go into The Academy, I would like you to explain a little bit about what The Academy of Practical Homeopathy® is and what kind of person might be

interested in that.

I'M READY TO DIVE IN: THE ACADEMY OF PRACTICAL HOMEOPATHY®

Joette: (14:20)

Well, The Academy of Practical Homeopathy® is an intense 12 months of rigorous study. Some of it is recorded, some of it is live, where we actually meet – as a student body with me – every week. And it is an in-depth study of homeopathy for one purpose and one purpose only, and that is to learn how to be able to use it, whether it's use for your family as a practitioner.

We've had a lot of doctors and nurse practitioners and pharmacists graduate from our Academy. Also, we've had farmers. We've had folks who have no interest in ever practicing homeopathy. They just want to know more because they've been bitten by the bug. And that's often what happens.

The Academy curriculum is, as I said, it's rigorous. We teach history in depth. We teach the "Organon," which is the essence of where homeopathy began, by Dr. Samuel Hahnemann. We teach it aphorism by aphorism.

We teach how to navigate the repertory, which is important for people who are looking to really understand how far to go with a case. We teach case management. So, what do you do when you don't know what to do?

We teach more protocols. So, to make it easy – at least to take that first step.

I teach *materia medica* so that you understand the medicines thoroughly.

And we require that every member of the student body join a

study group that’s within The Academy so that they’re learning with others. And we actually have assignments for each of the study groups to complete by the end of, usually, a couple of weeks.

So, it’s intense, and it’s glorious. It’s intellectually delicious, as I say. So, if you have a hunger for learning more, or you want to incorporate this into your already existing medical practice, or you want to begin a practice, or you simply want to be able to take care of your family with more aplomb … this is the place to go.

Now, you would think that would be the end of it, right? It’s 12 months of intensive work. After that, we have a second year called Mastery™. And that is an 11-month program in which we take what you learned – the academic that you learned in the first year – and take it to the next level and put it into application even more in-depth.

So, it’s study of cases, case management, what to do even further when you don’t know what to do. We navigate the repertory even more in-depth. We study even more in-depth *materia medica*.

There are interviews. I’ve interviewed important people in homeopathy in today’s world … some of whom have passed on, and so we’re lucky to have them as part of our curriculum. And the amount of information that is brought to the student’s awareness is more than most students would have expected to learn.

Many people come in thinking, “Oh, this is going to be a simple little few months or a year or so.” No, this is very in-depth.

I take this seriously, and I hope that the student does as well, but it’s complete joy of learning. This is for the person who enjoys learning.

Kate:

So, if this sounds interesting to you and you want to know more about The Academy of Practical Homeopathy®, we're going to put a link on the page where this podcast is found on Joette's website, and it will be to what we're calling the Founders' list. And that will put you on the list that you will get emails with information about The Academy.

Once we are starting our enrollment period. We start every year in July, and so, up until that point, we are taking applications. You submit an application, and then we go from there. And we always have an amazing class of students, so it's very exciting.

EXPECTATIONS

Kate: (18:30)

All right, we've covered, you're a new person to homeopathy and you've known about homeopathy for a while, want to go deeper. And then for those who really want to learn more, then it's The Academy of Practical Homeopathy®, or just taking all of your courses as well would be another thing.

But I want to mention that all of Joette's courses, like Allergic?! and Mindful, they're all in The Academy. So, if you want to go through all those courses as well as learn more, then The Academy is a great place to do that.

Anything else that you want to add as far as tips about learning homeopathy for those who want to go deeper?

Joette:

Well, one of the things that I find happens commonly is that people can have unrealistic expectations of what is going to happen after they've used a homeopathic medicine. And part of the problem is that, more often than not, homeopathy is taught

to the general public using an acute condition as an example.

So, for an acute condition – let's say it's a child with a fever of 104, 105 – and you use the homeopathic medicine, you're going to see a shift within an hour, sometimes even minutes. Maybe only two or three doses of the medicine. Sometimes only one.

And so, it's so remarkable that that expectation then becomes transferred to what the person can count on for chronic conditions. And chronic conditions can be much different, and even some acute conditions can be much different. So, the expectations are based on … I wish I could give you absolute 100% parameters, but I can't always do that. I'll give you some generalized ones.

If it's an acute condition, such as a fever or relentless vomiting or an earache or a panic attack, we might see (giving them homeopathic medicine) … we might see a shift within very short amount of time. And then, we don't continue with the medicine. We just make note of what helped: what the medicine was that was used that brought about that resolution of the condition so that it can be used again at a later date should it need to be used again.

But when it comes to a *chronic* condition, it can take some time. So, for example, psoriasis, my friends, can take a year – sometimes longer than a year. Even eczema can take many months. We often see a *shift* in short order. We see a little bit of a difference.

But expectations are huge. Because too often people expect that just a couple of doses of a remedy for something that they're suffering … if they don't see a change within those three or four doses, that means it's not going to work.

But that usually is related to something acute, meaning a very short-lived condition. Not a chronic condition that's been going on – perhaps on and off – for many years.

So, expectations matter. So, we have to know what it is we're looking for so that we can observe the improvement or the lack of improvement after using a homeopathic medicine.

Kate:

Really good point. And I know it's interesting because you always say that, "Give me a good UTI, and it's easy. And a cold or a flu, though, can be complicated." So, I think it's important to keep that in mind that sometimes we think what's simple isn't simple.

And I want to also mention that if you have a very complex case, and you're just needing some help or want to know how to get started with a certain condition or someone in your family is very sick and you need help, there's a website, and it's FindAPracticalHomeopath.com. And that's where there's a listing of the students who have gone through and graduated from The Academy or The Academy and Mastery™ programs. And those who are taking clients have their information. And so, you can connect with someone there, a homeopath – or I should say a *Practical* Homeopath® –who can help you and take your case.

EMBRACE AN AUTODIDACTIC LIFESTYLE

Joette: (22:17)

Thank you for saying that, Kate. That's good information.

And I want to appeal to those who believe in autodidactic lifestyle, which means self-learning. Finding that the best way to grow as a human being is to constantly be learning. And it is a joyous way of living to be constantly curious and finding solutions for those problems that are the most noteworthy in our lives at this moment in time.

So, I believe that homeopathy offers that – not only the fact that it often gives us solutions.

It’s not a hundred percent. Let me just remind everyone that this is not magic; it’s medicine. And because of that, it takes care of a lot of conditions but not *all* conditions. And so, I want you to approach this as something that will help your family as well as quench that thirst for learning and growing and becoming a more capable human being.

Kate:

What’s that saying, Joette, that you said that I think it was Dr. Prasanta used to say that homeopathy has been known to …

Joette:

So, I believe it was Dr. Prasanta Banerji who told me once that homeopathy has been known to cure all of human suffering, but not *every* person who has that condition will be cured with homeopathy.

So, some people who have psoriasis will be cured using homeopathy, while others who have psoriasis may not. So, we have to keep that in mind as well.

However, having said that, the beauty of homeopathy is that it doesn’t cause side effects. You can overuse it; you can use it incorrectly. But it does not cause side effects because it’s not synthetic; it’s not patented. It’s natural, and it’s also something that in the home can wield great results.

Kate:

So, no matter where you’re at, we welcome you to this community. And if you get plugged in, you won’t regret it. There’s so many opportunities to learn and to grow and to connect. So, thanks for joining us today.

Joette:

It’s my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising –

here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

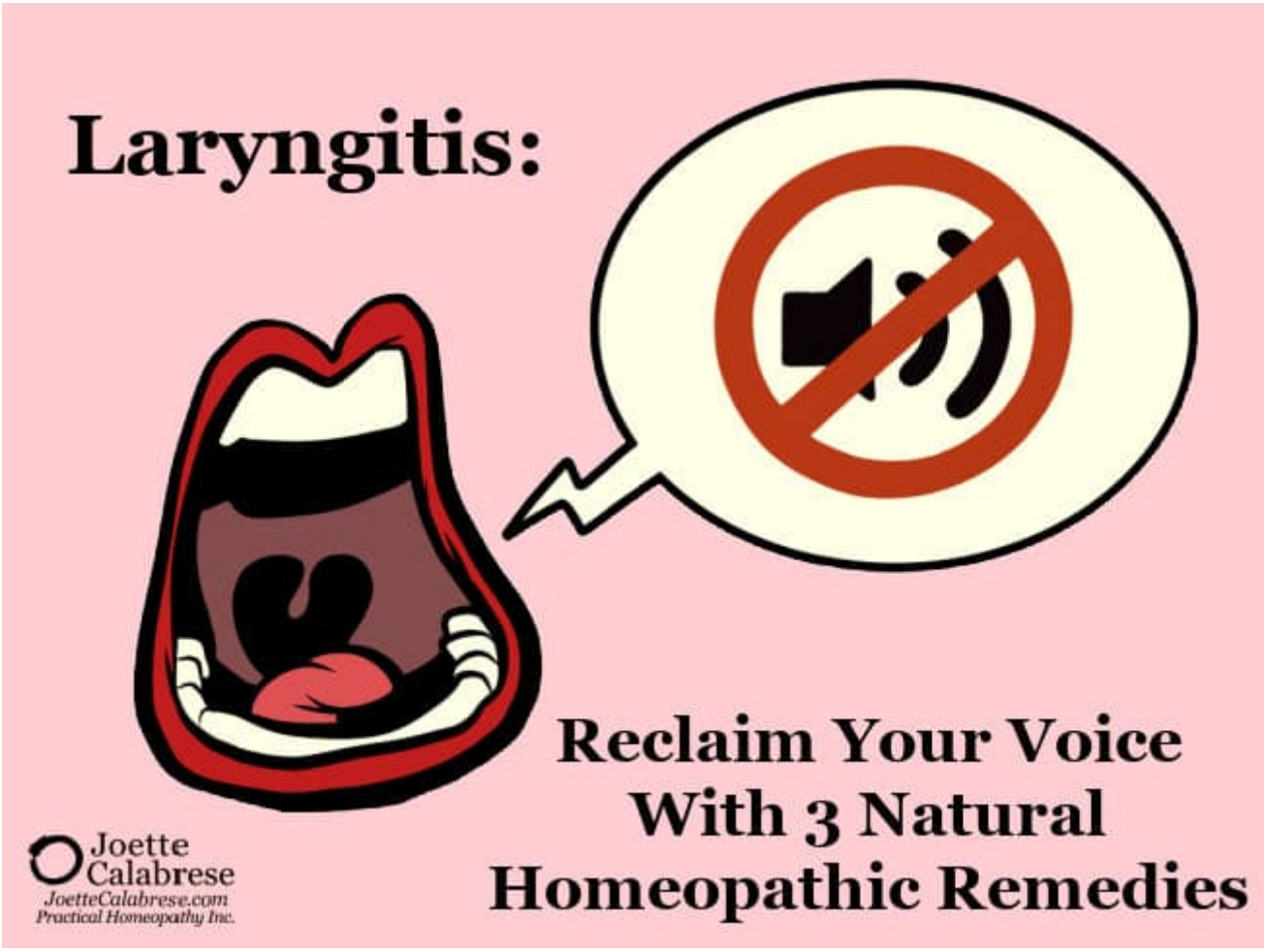
So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

Laryngitis: Reclaim Your Voice With 3 Natural Homeopathic Remedies



They say silence is golden, but I'm pretty sure they didn't mean laryngitis.

Especially during cold and flu season, laryngitis can add insult to injury. One of my Mighty Members recently wrote me asking how this common ailment might be addressed with homeopathy.

Generally speaking, laryngitis that accompanies an acute respiratory illness is not particularly serious, but yes, it's annoying.

Keep in mind, however, that today we are discussing loss of voice (aphonia) or hoarseness of voice (dysphonia) due to respiratory conditions rather than other causes, such as covered in "Spasmodic Dysphonia: Robert F. Kennedy Jr.'s Rare Voice Condition. Can Homeopathy Help?"

As I've said before, there is more than one way to shear a

sheep in homeopathy. That's why, in the absence of a specific practical protocol, it's essential to own a *materia medica* to help you discern the best option. Reading the entry of each potential homeopathic remedy for the symptom makes it easier to "home" in on the best choice for the entire condition being addressed.

Indeed, many remedy choices may be appropriate for a loss of voice. Consequently, we would be well advised to consider the complete picture accompanying it to differentiate between our three top medicine choices.

Laryngitis accompanied by excess salivation

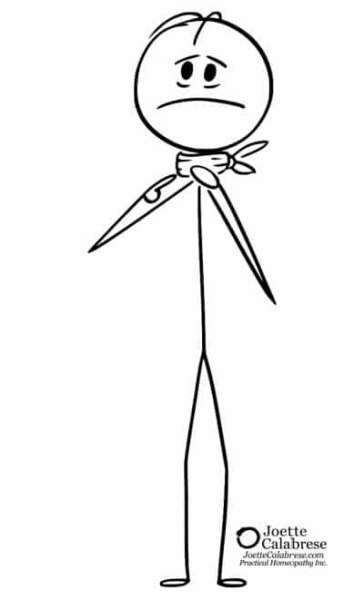
In fact, I spoke about excess salivation as a common symptom of respiratory illness in my Monday Night Live on January 13, 2025, regarding strep throat. (Mighty Members can find that recorded event through the MNL search function on their Mighty Dashboards and listen to the private follow-up conversation I have each week after I sign off with the public. I'm inclined to answer their questions more candidly on our private servers, away from the prying eyes of public social media.)

When excess salivation is an issue, *Mercurius solubilis* 30 or 200 (depending on severity) is often our tightest fit. (Note: *Mercurius vivus* and *Mercurius solubilis* are generally considered to be interchangeable.) Other accompanying symptoms that may call for *Mercurius sol* for laryngitis are halitosis, pustules on the throat or tonsils, or even ulcers in the mouth and throat.

Laryngitis accompanied by chest involvement

When aphonia or dysphonia is associated with a "chestier" sensation – meaning that the condition is not exclusively focused in the throat, we may consider *Phosphorus* 30 or 200 (depending on severity). This would be our top medicine to

explore when laryngitis results from bronchitis.



Laryngitis accompanied by painful sore throat

Occasionally, aphonia can be intermingled with an excruciating sore throat. The throat may also feel as though a stick or a splinter is stuck in the throat. Often, in these cases, the lymph nodes under the ear and the tonsils may also be extremely swollen. These symptoms are a clear indication that *Hepar sulphuris calcareum (Hepar sulph) 30* should be considered.

Why? Read more about this powerful homeopathic medicine in my previous blog, *"Hepar sulph: The Homeopathic Antibiotic?"*.

Determine the frequency for the chosen homeopathic medication

In any acute situation (meaning not a chronic illness that has lasted for months or longer), the medicine is best used at a frequency that meets the severity of the condition. That's a fancy way of saying that if the condition is reallllllly serious – and I do mean several "Ls" – the medicine may be used more often. As the condition begins to improve, dial back the frequency.

For example, if a sufferer has a bloody nose with just a little bit of blood that can be controlled with a dab of tissue, they might take the appropriate homeopathic medicine only twice a day. (And probably for only one day.)

However, if the blood is streaming from the nose – it won't stop bleeding – the medicine may need to be utilized every 15 minutes or less to address the acute condition!

Likewise, if garden-variety laryngitis is merely annoying, one may employ one of the medicines mentioned above twice daily.

But if it's serious – with intense pain and/or difficulty swallowing – the sufferer may use their chosen remedy every 3-6 hours, depending on severity.

Isn't that just common sense? That's one of the beauties of homeopathy – one of the many beauties, I might add. It's a sensible medical paradigm. We only utilize medicines to address a presenting condition and use them according to our observations as the illness changes.

Pass on the good news of Practical Homeopathy®!

Warmly,



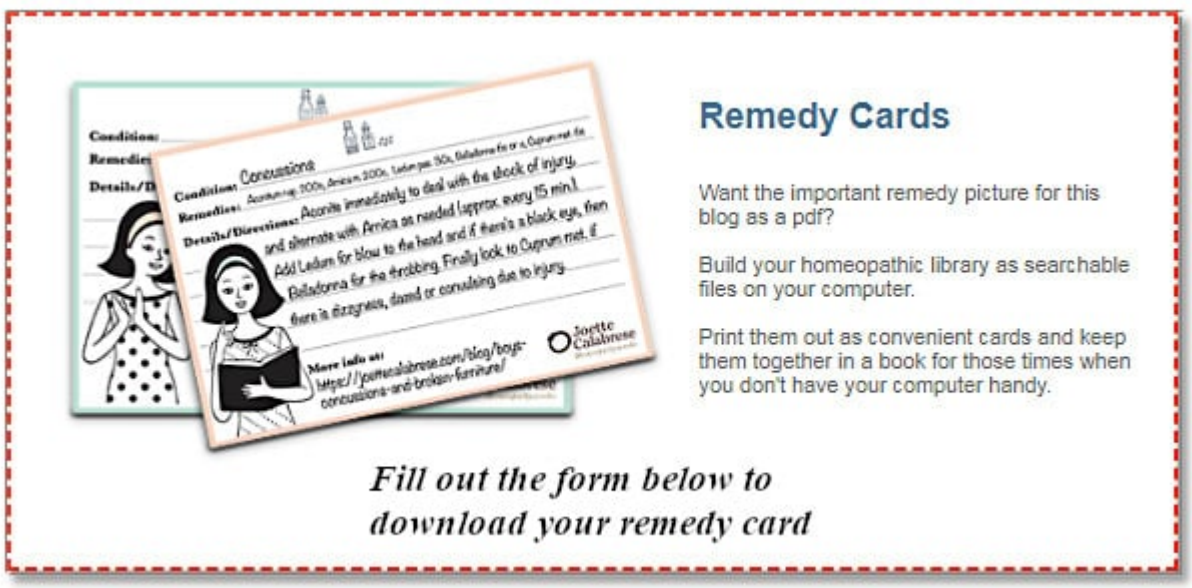
P.S. Learn more about this gentle, natural, sensible and effective medicine in one of my Gateway to Practical Homeopathy® study groups. In this fun, guided curriculum, you and your study buddies will learn the basics of homeopathy, plus protocols for common conditions that you

and your family experience.

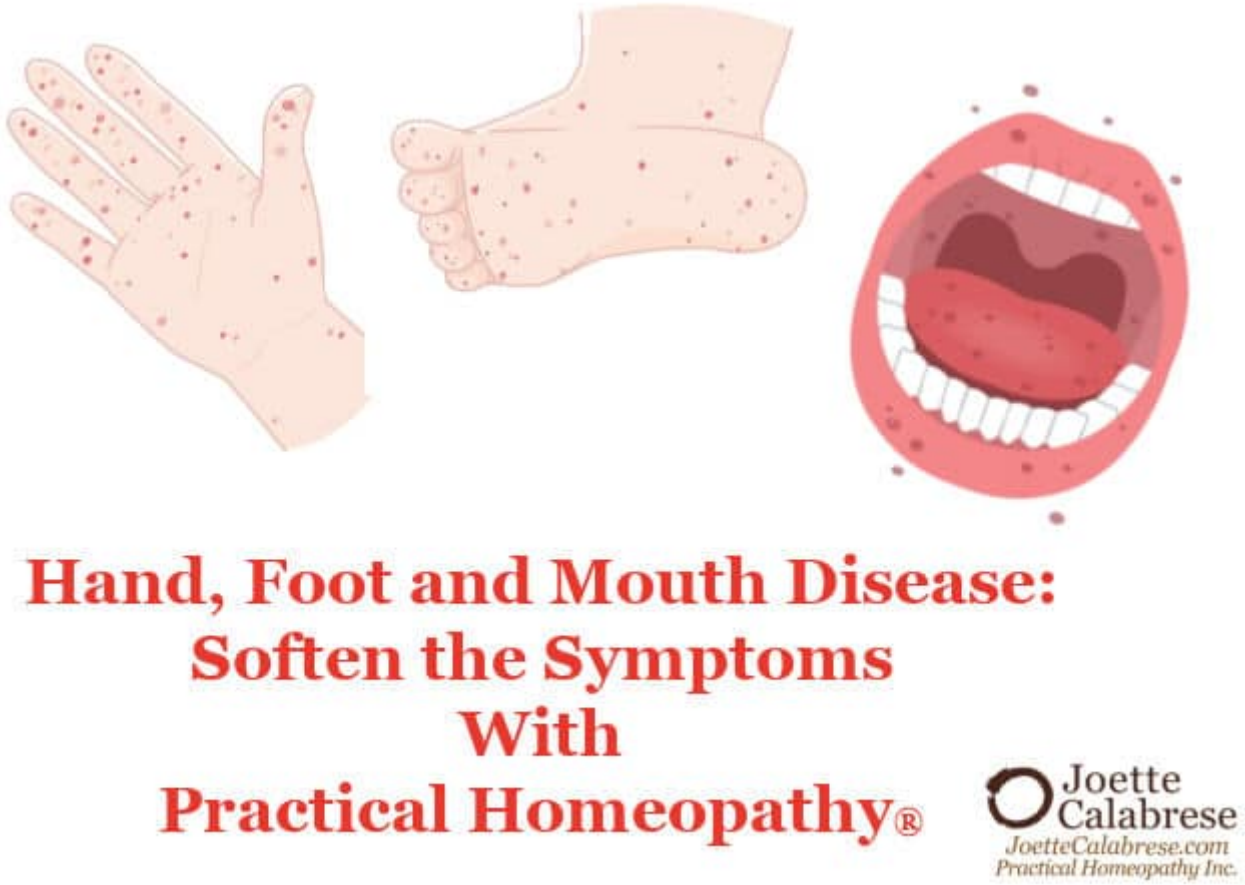
Whether you are new to homeopathy or have tried it in the past with mixed success, you will benefit from learning my brand of Practical Homepathy®, a less esoteric, more accessible approach to the paradigm. Plus, you'll be given the opportunity to meet with me for a live Zoom meeting to ask me your questions.

In fact, one of my recent students sent this email to my study group coordinator:
"The Live Q & A with Joette was a positive experience. Joette is a great teacher and speaker. She is very enthusiastic about homeopathy and answered everyone's questions in a way that we could understand. The experience motivated me to continue to learn more. It was nice to be surrounded with so many like-minded people (students) who want to use homeopathy to improve their health and the health of their families and communities." – Sharon S.

[Won't you join us?]



Hand Foot and Mouth Disease: Soften the Symptoms With Practical Homeopathy®



Surprise! Hand, Foot and Mouth Disease (HFMD) is making the rounds again.

Well, let's face it… it's no surprise. This childhood condition is quite common, usually causing fever, mouth sores and a nasty skin rash.

I've covered it once before, about nine years ago, yet I've continued receiving questions about it. My friends, don't

forget to use the search function on my website or even Google (along with my name). Searching for the name of a condition, a symptom or even a homeopathic medicine can bring up a treasure trove of past articles – all available for free.

But for the newcomers among us, let's refresh our conversation on this viral condition, shall we?

What is Hand, Foot and Mouth Disease?

First of all, while it sounds (and looks) scary, Hand, Foot and Mouth Disease should not be confused with the more serious Hoof and Mouth Disease (also called Foot and Mouth Disease, leading to the confusion). Hoof and Mouth affects cattle and livestock, not your adorable child.

Hand, Foot and Mouth Disease is a self-limiting condition that will pass naturally in a week to 10 days. However, why wouldn't we allow homeopathy to soften the symptoms and perhaps shorten the suffering?

What should be considered?

Well, I have previously mentioned my clinical success with the Banerji Protocol of *Mercurius solubilis 200* and *Antimonium crudum 6*.

Merc sol is generally used twice daily, and Ant crud is add*ed* according to severity – every few hours for horrible itching or as infrequently as twice daily.

So, that's the "what," now, here's the "why."

Mouth ulcers

Mercurius sol is one of the premier medicines for ulcers and other conditions of the inside of the mouth and throat, which is usually the most bothersome aspect of the HFMD

condition.



Maddening itch

In many conditions, aggravating, itchy rashes on the skin are the hallmarks of *Antimonium crud*. HFMD is no different. Using *Ant crud* as an SOS, as needed for the acute itching, can help calm down the crazy-making itch, allowing the child to relax a bit, rest and recover naturally.



As with all homeopathic medicines, observation is key.

Observe the symptoms to determine how often the *Antimonium crud* is needed. When the symptoms calm, this indicates that the medicine will not be required as frequently. Also, the sufferer's overall demeanor should be observed to determine whether or not to continue the medicine. When they are very much better, it's time to halt the medicine.

As an adjunct to the Banerji Protocol of *Merc sol* and *Antimonium crud*, one may also choose to address additional symptoms such as severe pain or a high fever. However, before deciding to tackle the fever, I encourage you to read my blog post, "Get Your Kids High: Fever Is Good."

Fever

If, after reading that article, you feel you must address the fever – if you just can't help yourself – then *Belladonna* 30 is my usual go-to for extreme fever. It's also often indicated for pain relating to soft tissue conditions, such as tonsillitis or strep throat and tooth pain (among many others). Consequently, *Belladonna*, twice daily until very much better, may be a consideration for the painful mouth ulcers caused by HFMD, as well as the fever. A win-win.

Pain

Another historically proven medicine for pain – most notably nerve pain – is *Hypericum perforatum* 200. This is an essential homeopathic to have in your well-curated kit. *Hypericum* is most often considered for painful conditions occurring in nerve-rich areas, such as the mouth and the tongue, which are greatly affected by the ulcers from HFMD.

Be sure to read up on these medicines in your *materia medica*, such as my Materia Medica: Practical Homeopath® for Busy Families, to determine if they are the best fit for your situation.

My friends, the most important thing is not to panic. Kids get sick! Although it's not always pleasant, sickness can be valuable for our bodies. I discuss this in greater depth in Podcast 133: The Intriguing Story of Georgie and *Bryonia*. I hope you'll listen to that podcast when your initial reaction is to panic. I plan to discuss this concept further with my Mighty Members in an upcoming Memo.*

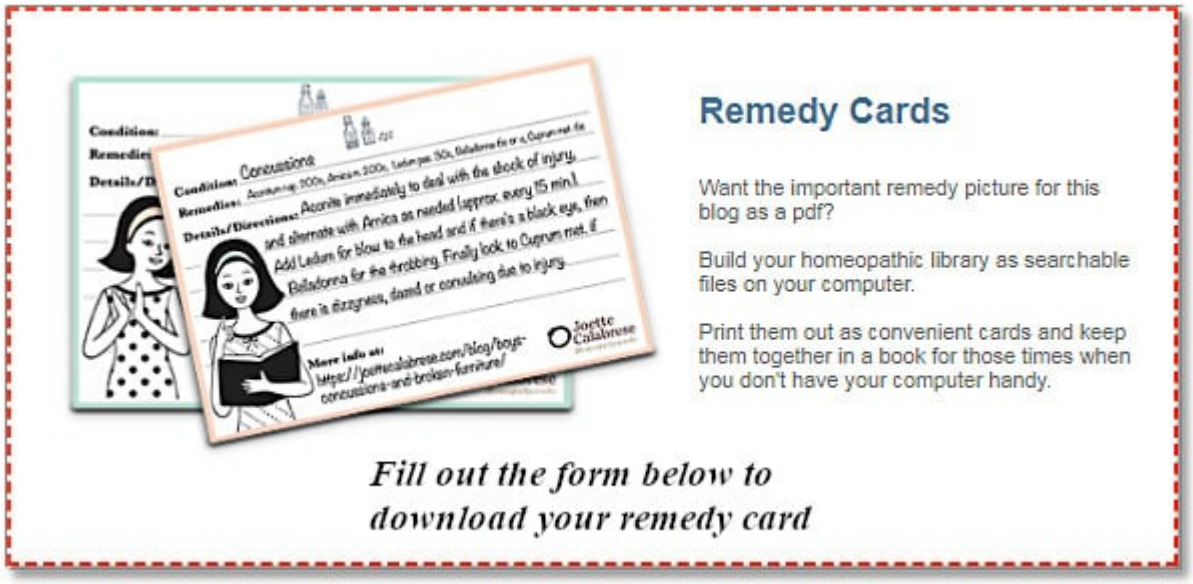
The bottom line with Hand, Foot and Mouth Disease is that this too shall pass. However, homeopathy can help soften the symptoms, make your little ones less uncomfortable, and help mommy feel less worried.

Meanwhile, pass on the good news of Practical Homeopathy®!

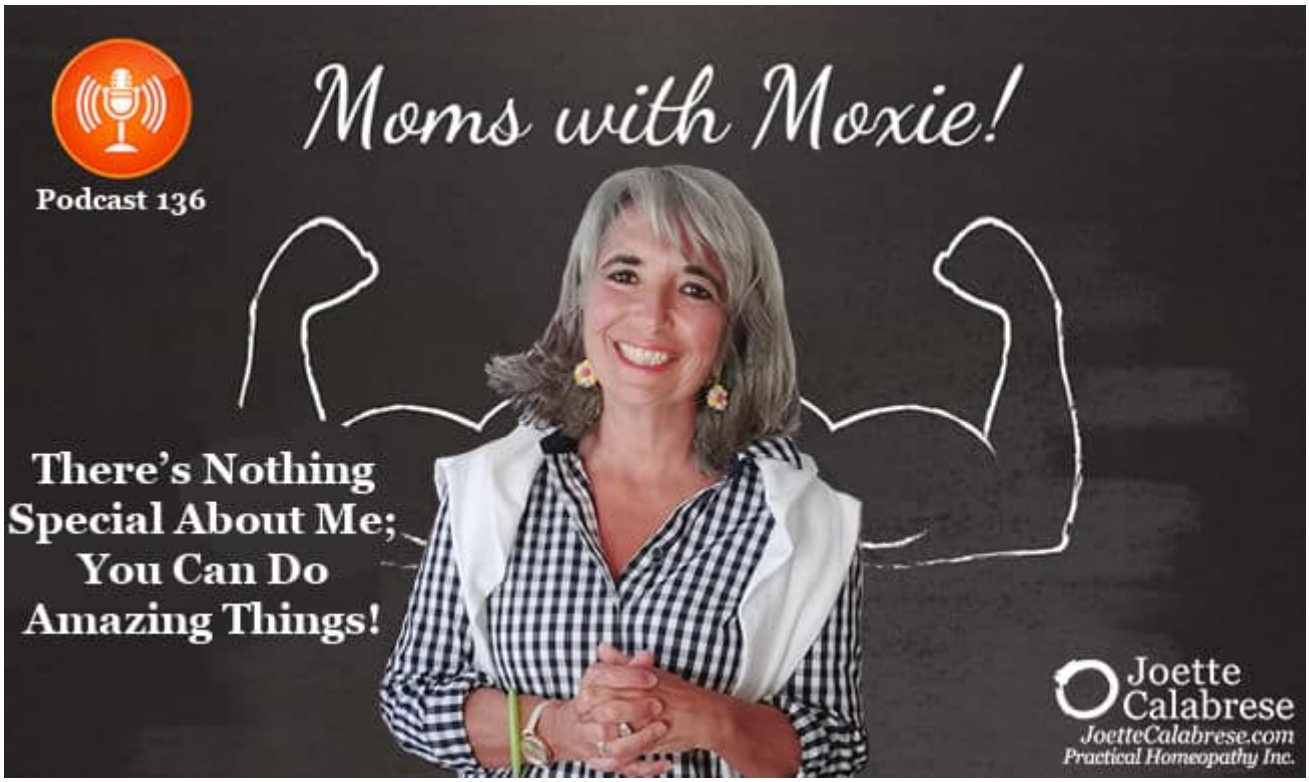
Warmly,



*What? You don't receive my extra blog posts in your inbox each week? I encourage you to join my Mighty Members to receive the weekly Memo to Mighty Members. Learn even more about homeopathy in our private, secure enclave, where I can speak more candidly. Click here to discover even more benefits.



Podcast 136 – Moms with Moxie: There's Nothing Special About Me; You Can Do Amazing Things!



IN THIS PODCAST, WE COVER:

00:59 Introduction: There's Nothing Special About Me; You Can Do Amazing Things!

Wendy Dickens

03:08 Is It Ever Too Late To Learn Homeopathy

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Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

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"How I Cured My Fibromyalgia With One Simple Medicine"

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12:04 Closing Advice

Joette's Mighty Members

Joette's Learning Center

The Academy of Practical Homeopathy®

ADDITIONAL RESOURCES:

Joette Calabrese on YouTube (Monday Night Lives)

PracticalHomeopathy.com

Joette's Study Group, Find Your New Study Group Friends

Kate:

This is the Practical Homeopathy® Podcast, episode number 136.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *Practical Homeopathy*®.

INTRODUCTION: THERE'S NOTHING SPECIAL ABOUT ME; YOU CAN DO AMAZING THINGS

Kate: (00:59)

Hi, I want to welcome you to today's podcast. I am Kate, and we are so glad that you're here.

I'm here today with Wendy. She's going to share some very interesting stories. I can't wait for you to meet her and hear about how she's using homeopathy.

But first, I want to thank you for taking the initiative to learn about homeopathy. It will no doubt have an impact on your life and those around you – as you will hear it has in Wendy's life in just a minute. If you're new here, we want to welcome you to the podcast.

So, as I said, let's meet Wendy and get started.

Hi, Wendy.

Wendy:

Hi, Kate.

Kate:

It's great to have you here. I can't wait for everyone to hear your story.

So, as always, we like to get to know the people that are joining us on the podcast. Can you tell us a little bit

about yourself and your family?

Wendy:

Sure. My husband and I have been married for 30 years. We live in eastern Iowa. We moved back here a couple of years ago to be closer to our parents and young adult children.

We have five kids; three, I still homeschool. They're 25, 21, 13, 12 and 11. We call 'em our "bigs and our littles" – although the littles aren't so little anymore.

Our youngest two are adopted from foster care, and I only share that because with that – for anyone who is familiar with adoption – there's lots of unique things that come out of that, both beautiful and difficult. And so, I have a lot of opportunity to use what I've learned. I'll just say that.

And then we also have kids with different challenges with learning and just different ways of learning – different ways of looking at life that I've had lots of practice in that regard as well. So, yeah, I think that covers pretty much mostly about me.

Kate:

Alright, that's great. Let's dive into your homeopathy story, as we like to call it, and hear about your journey from not knowing anything about homeopathy until now where you have a business actually helping people with homeopathy.

IS IT EVER TOO LATE TO LEARN HOMEOPATHY?

Wendy: (03:08)

It's interesting; I feel I'm a little late – compared to some people – to the natural healing modality.

Kate:

You're not late, let me tell you. We have people who go through The Academy who are in their seventies and even eighties! So, I hear that all the time from people.

So, you are not that old – and not that that's old. And isn't it funny what we consider old now?

Wendy:

Yes, absolutely.

Kate:

Yes. You're young, and so you're not late. But I understand what you're saying … that those who learn it at a younger age or maybe as they're first starting their families, they have a lot more time.

Wendy:

I think as we get older – if we discover this older – we lament what could have been, maybe, had we known. But that's okay. We just start fresh from where we are and plow forward.

IN SEARCH OF AN ANSWER TO LYME DISEASE

Wendy: (03:57)

But yeah, my story actually began about five years ago. Well, a little bit prior to that, actually. I took my first Gateway class about five years ago, Gateway I. But a few months before that, our daughter had – just within a period of three days – gotten very ill.

It began with tingling symptoms down her spine, and within three days, she could no longer – without just being in agonizing pain – crawl. It was literally a crawl from the basement of our home where her room was, upstairs.

That was quite alarming, as you can imagine, and we sought help from doctors. That was largely disappointing. We had difficulties getting a diagnosis, finding out what was wrong.

At the back of my mind, thought maybe this is Lyme disease based on her symptoms. A few months later, she was diagnosed with chronic Lyme disease by a doctor. That was based solely on symptoms, which the majority of were joint pain that moved around (wasn't always consistent in the same joints), fatigue, brain fog, and then that spiraled later into a lot more anxiety and depression. So, that happened.

Her symptoms began in June of 2019. I took my first Gateway class. It was really an answer to prayer that I didn't know I was looking for. I'd never heard the word homeopathy before, but I dived into that first class, thinking, "Maybe there'll be something here that would help our daughter."

Took the class. I was intrigued, kind of excited, but nervous. Began trying it a little bit here and there on just acute things that would come up in our family, and little by little, I began gaining confidence in its effectiveness.

Then, fast forward several months. Meanwhile, I should say, our daughter … we were meeting with a team of doctors. What's called a "Lyme-literate" medical doctor, a naturopath and then also consulting with a functional medicine doctor.

So, she was on, I think, about seven antibiotics at one time – which makes me cringe now – and lots of supplements. So, she was taking, I bet, 19 or 20 pills of some kind every day. And they weren't helping, and so we were pretty discouraged.

She was depressed, as I mentioned. And several months later, as I gained confidence in homeopathy, I realized maybe this is really our answer.

And so, she actually decided, “You know what? I’m just tired of this mom. I feel sick all the time. I have to choke down these pills. It’s miserable.”

And so, I just encourage her. I said, “We’ve got a few options. One of them is homeopathy and just going all in on that. What do you think?”

She agreed.

We decided to just go off all the meds. One of them we had to wean off of, but she went off all the meds. And her symptoms, just by doing that, improved about 20%. And so that was a pretty big eye-opener right there.

In the meantime, I had contacted Joette’s office and set up a consultation with her. And we were on the waitlist, and so I was sort of trying a few things homeopathically for her while we waited.

We got in with Joette a few months later, and within probably, I think, four months of consulting with Joette, her symptoms had improved another, at least, 50% … probably more.

And so, at that point, I was like, “This is it! Get rid of everything else.” I was clearing all the other stuff out of our cabinets, and it was just all homeopathy.

JOINING THE ACADEMY OF PRACTICAL HOMEOPATHY®

Wendy: (07:23)

Because of my excitement, I began teaching Gateway classes here and there a little bit, inviting my friends to learn what I was excited about.

And then maybe a year or so after that – I’m trying to remember the timeline – I had been thinking about going into The Academy that first, what was called the Founder’s Year.

But I was sort of nervous. I wasn't sure if I could manage it with homeschooling and all the things we had going on. And so, I didn't join.

But then, the second year, it came around again, and I think in a consultation, Joette said, "Wendy, you should really think about The Academy."

And I said, "Well, it's funny that you say that because I have been."

And so, I decided, "You know what? Now's the time. I'm just going to do it. If I don't do it now, I'm not sure when I will."

And so, I did join the second year of The Academy, and I'm so glad.

My hopes in joining The Academy were to just know everything I could so I could take care of my family and my friends. I'm sort of a "Don't tell me you can't do this" person – as much as possible, especially after our experience with our daughter.

And then all the things that happened in 2020, I thought, "I'm going to do it myself. I don't know who I can trust, and so I'm going to just do it myself." That was sort of my thought process.

So, in The Academy, I was learning a ton, enjoying every minute of it. I really, really encourage anyone thinking about The Academy at all to strongly consider it. We need more people who are trained in Practical Homeopathy® and helping the people in their circles. Whether you go on to take clients or not, it is so valuable, and it's so needed.

FROM LEARNING TO TEACHING TO HANGING OUT A SHINGLE AND WORKING WITH THE AMISH

Wendy: (08:59)

After The Academy, then, my plan was to just keep teaching classes and keep teaching others. My thought was that old saying, “If you give a man a fish …” If you teach a man to fish, then he eats for a lifetime. If you give it to him, he eats for a day. And so, I wanted to teach other people to fish and learn – like I had – to take care of their families. That was my plan.

And then people began contacting me, asking if I could help them with their different chronic conditions or ailments that they just felt were too overwhelming or, for whatever reason, they weren’t comfortable taking care of themselves.

And so, I can’t tell people “no” when they ask. And so, that launched my consultation business as well. It’s been so fun teaching classes that actually led to an opportunity then. So, I had just graduated, was just starting to launch my business. Had taught, I think, maybe my first round of Gateway classes (so, Gateway I and Gateway II).

And then, one of my students approached me, who works with a large Amish community that’s about an hour north of where we live and said, “Would you consider teaching classes to some Amish ladies up here who are interested?”

And so, I thought about it and thought, “Yeah, I would love to do that!”

And so, I went up there. It was one Saturday “fire hose” experience. If I had to do it all over again, I probably would’ve picked two days in which to do that. But I ordered all the books we needed. People signed up ahead of time. I ordered all the books that we needed (because, of course, they’re not ordering things online) and worked with Joette’s office. They were great to help me navigate that process.

And we did a one-day class where we opened our books, and we just went through the material together and with the idea that we would hopefully be able to help teach some of these

ladies how to fish and help their own families.

This friend that I mentioned that lives up north near this community has been working with them quite a bit and feeling a little bit overwhelmed at times. And so, I think she was hoping that "Oh, maybe we could get them some education and some knowledge so that they could at least treat some of the acute things that come up in their family."

So, that was a really neat experience.

Kate:

That sounds really exciting to get connected with a whole other group of people, and, like you said, teach them how they can help their families.

Also, I wanted to point out that I hear often from students who have gone through The Academy and then even Mastery™ or Mastermind, how they started out just thinking they want to go through The Academy and learn more about Practical Homeopathy® and help their family. And then that turns into the next thing, which turns into the next thing. And next thing you know, they're seeing clients and having a whole business around Practical Homeopathy®.

So, it's exciting. And now I want to hear some of the stories about the things that you've seen and how homeopathy has helped those conditions. So, will you share a few of those things with us?

SUCCESS STORY: PANIC ATTACKS

Wendy: (11:54)

Yeah, I would love to. Before I do that, though, I wanted to just add I realized I didn't say that our daughter – so that was several years ago – and we still consult with Joette twice a year, mostly because I don't want to give up that

time with her, probably. But our daughter is doing very well. And you would not know today. She, once in a while, might have a faint inkling of one of those past symptoms. Almost never. She's doing amazing. She's now married and expecting their first child. So, we're super excited.

Kate:

Yeah, that's great.

Wendy:

So, success stories. Back to that.

I've got several that are really fun. And it was kind of hard to pick, to be honest, what I wanted to share. But some of them are – or *one* of them is, I should say:

I have a client that I've worked with for a time, but she came to me with panic attacks and anxiety. And she'd been struggling with this for two or three years, I think, at the time that we began meeting, and had tried several things: changing her diet, adding exercise, even counseling, supplements.

And she found some things that helped a little bit, but she still was struggling with panic attacks that would show up sort of out of the blue at least once a week. It made it pretty challenging to just live life as normal. And so, we began consulting, and I suggested that she begin with *Aconitum* 200.

I think Joette has a blog or maybe some Lives about that. And it was pretty amazing to watch. Within two months, she went from weekly panic attacks to none.

She commented that first follow-up that we had. She said there was one time that she could kind of feel the beginning of symptoms start, and then they just melted away. So, she, of course, was thrilled.

We've now moved on to working on other things, but that really resolved. She'd suffered with that for two, three, four years maybe, and that really resolved in a pretty short period of time.

So, she had in her back pocket the remedy she needed in case something would happen, but she really hasn't needed to use it. We've been able to move on to other things that are of concern to her.

Kate:

So, she just took that as she felt like a panic attack was coming on. Is that how she used the *Aconitum*?

Wendy:

So, she also had anxiety. She described it as "There's just sort of this hum in the background all the time," but then a panic attack would come on. And that was, of course, the most debilitating.

She felt like she could sort of manage that anxiety, even though it wasn't fun. It was the panic attack that just made it impossible. And so, she was taking *Aconitum* 200, twice a day. And then if she felt an attack coming on … yes, then she would take another dose, and that would take care of it right away.

Kate:

Okay, great.

And you had alluded to Joette having more information on that. I know that there's a podcast, I think it's 129, called "Overcoming Anxiety and Panic Attacks with Practical Homeopathy®." So, that's another good resource for those who want to learn more about dealing with that.

So, what else?

SUCCESS STORY: GANGLION CYST

Wendy: (15:03)

Okay, so I have another client who had a ganglion cyst on his wrist. He'd had this before and had been surgically removed, but it had grown back. And so, I began having him take *Ruta graveolens*.

And within a few months' time … I should say, as we followed up, I had him take measurements of how wide and long and deep it was. And so, we take measurements each time and note any changes. And it gradually was getting smaller and smaller until finally then, I think it was nine months – yes, nine months – the cyst was gone.

The cyst has not returned, and he's thrilled to have it gone and not have to worry about thinking about surgery or some other means of treating it

Kate:

Wonderful.

SUCCESS STORY: FIBROMYALGIA

Wendy: (15:51)

I have another client who has struggled for some time with fibromyalgia and a few other things. But the fibromyalgia … she would get flares a couple times a month. And those flares would last two or three days and just were very painful and difficult.

We began working on that. She commented that she noticed right away if she felt a flare coming, that if she took *Rhus tox*, that it would just sort of melt away, and it wouldn't continue to grow.

This particular client was a little skeptical at the

beginning, and that was a pretty big eyeopener for her in realizing, “Oh, this medicine may actually be able to help me, whereas other things have not been helpful.” And so that was really fun.

After about six months, the intense flares stopped altogether, and she reported that only a few minor flares continued. And that at our eight-month check-in, she had not had any flares at all! And so that was really exciting.

Kate:

That is exciting.

And then I think you have someone that had a little boy with some anxiety and rage, I think was the word that you used.

SUCCESS STORY: ANGER ISSUES

Wendy: (17:02)

Yes. So, this is a little boy that our family has some pretty regular interaction with. And when we met them, I noticed pretty quickly that he definitely had some issues with anger. He would get upset very quickly if the other kids were doing something that he felt was not right … and just what could be characterized as a rage.

He would go into a rage and sometimes hurt other children in the process. But then his mom reported that he would be very apologetic and woeful afterward. “Mom, I don’t want to do this. I can’t stop myself. I don’t know why I do this.”

It’s just kind of heartbreaking. So, I didn’t have a close relationship with his mom, but I just sort of hedged the idea: “I’ve been learning about homeopathy. It’s helped my daughter and our family. Is that something you would be interested in trying? I think I know a remedy that might be helpful for him.” And she was all over that.

She was really at her wit's end because she felt like nothing was really helping him. And she was being pressured to increase medications he was taking, and she didn't want to do that.

And so, I recommended *Stramonium*, and she began giving him that. And she told me that she noticed if she saw him beginning to get angry – of course, you don't catch it all the time – but if she saw him beginning to get angry, she would have him take a dose.

And similar to the fibromyalgia story, she watched it just sort of melt away. He never fully exploded or got fully angry as he used to. And within, I think, it was just two or three weeks' time, she told me he was doing much better, very few incidents and nowhere near as bad as they were.

So, that was pretty exciting, too, that it could have such a great impact on this little guy's life because people don't always understand those behaviors. And so, it's great to help the behavior melt away. But also … how much more is it also helpful for the way he now can interact with other people that won't be fearful of him or not want to be around him because of his prior behavior?

Kate:

Right, absolutely.

And there's also a blog called "The Angry Child" if you want to learn more, and we'll put a link for that on the podcast notes.

Wow. Yeah. That really – I'm assuming – changed the trajectory of that boy's life for sure.

Wendy:

Yes. Absolutely.

SUCCESS STORY: INCONTINENCE

Wendy: (19:26)

So, my last story that I have is when I was first learning about homeopathy. Our sweet springer spaniel that we had at the time was having a lot of trouble with incontinence. And that had actually began years prior.

Early on, I had found that just a little supplement for dogs was helpful in curtailing that issue for her. But over time, it began not working anymore. Again, at the time, didn't know what our options were, and the vet put her on a medication for that issue.

Knowing that it would potentially cause some long-term issues for her, I really didn't want to put her on it, but we didn't know what other options we had. And so that's what we did.

But as I began learning about homeopathy, I thought, "You know what? Maybe I'll look in to see what I could do for her."

And so, like I said, I was very new. I wasn't sure what to do, but I did have a book that I had purchased that was specifically for using homeopathy with animals. And that book was "Homeopathic Care for Cats and Dogs" by Don Hamilton.

After scouring through that book and making some determinations, I chose *Pulsatilla* in a 30C for her.

And I should add, this was before I got very adept at scouring Joette's blog for her different resources, otherwise I might've chosen something different.

So, I was giving her the *Pulsatilla* as well as the medication for a while, and then I removed the medication and continued with the *Pulsatilla* for a couple of months

after that. No issues.

And so, then I gradually began backing off the *Pulsatilla*, and she's not had another problem with incontinence since that time. So, that was pretty exciting, too, because we don't have to worry about side effects with homeopathy like we do with other things.

Kate:

Right. I would just like to mention really quickly that there is a blog titled "How I Cured My Fibromyalgia With One Simple Medicine." And so I know you talked about fibromyalgia just a bit ago, and I wanted to mention that in case people wanted to find out more. You can just go to JoetteCalabrese.com, and you can find all of those blogs that we mentioned.

So, I loved hearing your stories. It's always so inspiring and encouraging because when we were talking earlier, you said, "There's nothing special about me."

Well, of course, I think there's a lot special about you! But I think you were alluding to the fact that if you can do this – if you can have these successes, if you can go through The Academy – so can others.

So, would you just give those people who are wanting to experience these kinds of success stories or maybe go on to learn more about homeopathy … if you could just give them some of your advice as to how they could go about that, I would appreciate it.

CLOSING ADVICE

Wendy: (22:13)

Well, the first thing is I would say use the tools that are available. And I know there's lots of podcasts or places

that this has talked about, but Joette gives so much away for free that's so valuable.

And so, just jump in and begin learning at the level that you are at and what you are able to do, whether that's her blogs and podcasts that are free.

Take good notes. Be a student of those, whether it's joining Mighty Members and hanging out there and learning from other people there, whether it's continuing on with her protocol courses or other more in-depth classes, or whether that's The Academy.

And regarding The Academy, I would just say I had lots of reasons why it didn't make sense for me to join The Academy in terms of our family dynamics or things we had going on, or you name it. But I just knew this was going to be important for our family, and it has been transformative for our family.

And then there's that ripple effect of all the students that I've now had the privilege to teach and the clients that I've worked with and seen amazing things happen. And so, there's no perfect time.

Back to what you were referencing, there's nothing special about me. I'm not this major intellectual. I have no background in medical areas. I have no leg up that I could even point to in terms of joining The Academy.

All you have to have is a drive and a willingness to learn, and you can do amazing things and help people in amazing ways.

Kate:

That says it all. Thanks so much, Wendy. I appreciate your time and your willingness to share with everyone.

Wendy:

Thank you, Kate. It's been my pleasure.

Joette:

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

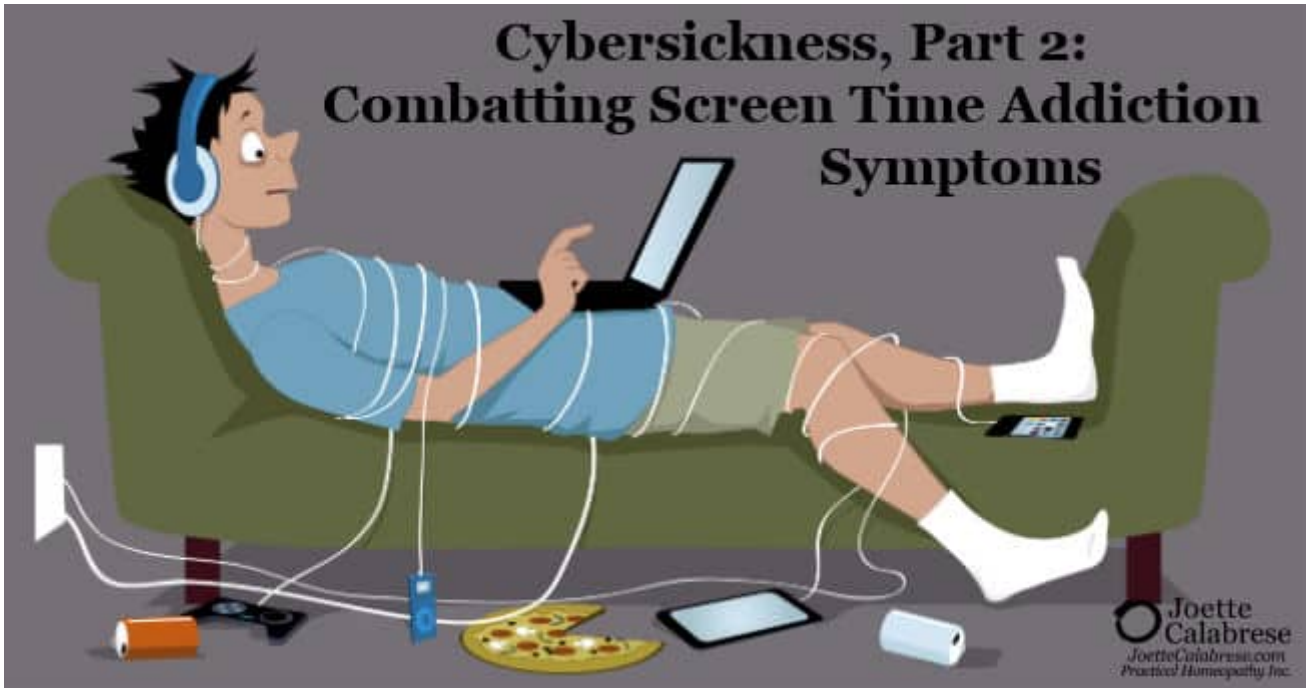
Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

Cybersickness, Part 2:

Combatting Screen Time Addiction Symptoms with Practical Homeopathy®



Sometimes, humans just don't know what's good for them … or bad. Our widespread societal reliance on technology has its good points (it's easier to deposit a check digitally or borrow a digital copy of a book from the library). Still, that reliance also comes with a potentially heavy price.

Addiction to screen time not only can be a huge time waster, but it also can potentially lead to symptoms resulting from cybersickness.

I discussed vertigo – one of the main symptom complaints – in my previous blog post, Cybersickness: Our Body's Brilliant Way of Saying 'Put the Device Down'. But as requested in one of the comments on my post, I'd like to look at a few other common symptoms.

First and foremost, let's remember that the best way to

alleviate the issues from too much electronic device use is so simple it seems as though I shouldn't need to say it. But here goes:

To reduce cybersickness, reduce your screen time!

Indeed, if a behavior makes us feel unhealthy, why would we continue it? (See the aforementioned, "Sometimes, humans just don't know what's good for them … or bad.")

I discussed a homeopathic medicine for screen time addiction recently with my Mighty Members. (If you missed it, or if you're just joining our ranks, search the archives on your Mighties' dashboard for Memo to Mighty Members #241.)

However, what if your job depends on consistent time in front of a screen? Or what if a reduction in screen time does not fully uproot the condition?

Let me offer a few more homeopathic medicines that can be utilized when behavioral modification is impossible or doesn't fully rectify these symptoms. Each of these medicines might best be utilized twice daily for a few days. Then, step back and observe. If the condition is very much better, discontinue the medicine. If the symptoms return, the medicine may be taken up again.

Don't forget homeopathy is medicine. It is not intended to be taken as a daily supplement – ad infinitum. When the symptoms ease, the medicine is halted. If there is absolutely no change within a few days, one might pivot to another well-chosen remedy. With careful use and observation, cybersickness and screen addiction can be overcome.

Fatigue, weakness, anxiety

When these symptoms accompany screen time addiction, *Arsenicum album* may be considered. The sufferer may also

experience heaviness in their legs and arms, often accompanied by restlessness. They may demonstrate fussy behavior as though every little thing causes them angst. Even trembling can present.

Food intolerances, irregularity and over-indulgence in foods

When stomach issues such as food intolerances, constipation or sudden over-indulgence in highly processed foods accompany screen addictions, one might consider *Nux vomica*. Generally, the person who needs *Nux vomica* is highly competitive. They would most likely be addicted to competitive games or pornography.

It may also be someone who has a history of taking drugs of commerce or is presently on drugs (whether street drugs or prescribed). Even synthetic supplements can be implicated. This is extended to the overuse of stimulants such as alcohol as well as drugs.

The *Nux vomica* candidate lives too much in their head and leads a sedentary life. They become irritable and overly focused on winning in video games because they take the challenge too personally. They hate when someone impedes their forward movement in obtaining their goals – including anger in traffic as well as in gaming.

If a child, they are irreverent and ill-behaved towards the parent.



Eye strain

The best remedy by far for eye strain is *Ruta graveolens*. Eye strain may manifest as itchy eyes, tired eyes or even failing sight from overuse of electronic screens. Eyes may burn and tear. Most often, eyes will feel better from resting them.

Headaches and sore eyes

Overuse of devices may result in red, sore eyes. They may feel as though there's sand in them. Sometimes, double vision may occur. Also, if headaches present as a result of too much screen time – and the eyes appear dull and "out of it" – we might consider one of our best remedies for severe headaches, *Belladonna*. It has been shown to not only address the headache but also tackle the sore eyes.



Inability to concentrate on mental activities

Occasionally, the addiction to video games will override almost everything else in life. It's difficult to pull this sufferer away from their screen.

When a child loses interest in reading or schoolwork or an adult experiences the inability to concentrate, *Natrum muriaticum* may be appropriate.

When vision issues are experienced in tandem with a low attention span, slowness of mind or a dull headache, *Nat mur* may be the preferable medicine. (Be sure to read up on it in your *materia medica* before making your final decision.)

It has been shown that *Nat mur* is helpful for the digitally obsessed person who displays an inability to grasp new concepts because their mind is preoccupied with screen, screen, screen.

Nat mur is also one of the preferred remedies for school children who get low grades. The more they play screen-based games, the more their mental capacity slows. Keynotes for this medicine would be "slow and dull." Although they show no interest in outdoor activity – or perhaps even an aversion to it – physical, outdoor activity is precisely

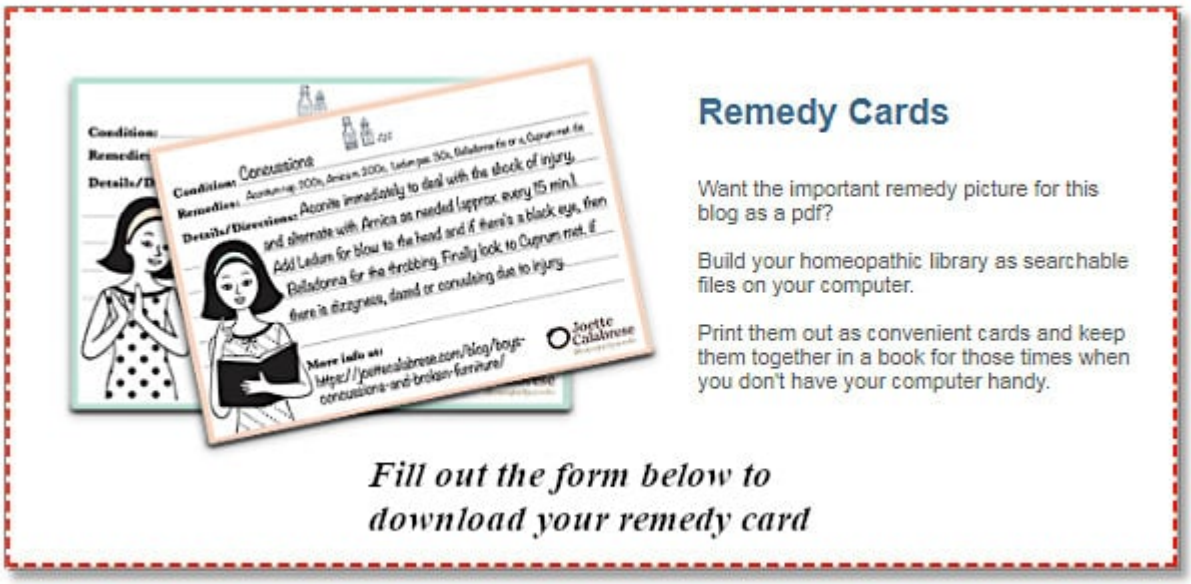
what they need.

My friends, sometimes self-discipline is all that’s required to end cybersickness. However, when it seems impossible to avoid screen time, homeopathy is here to give that natural, gentle boost the body needs to recalibrate.

Pass on the good news of Practical Homeopathy®!

Warmly,





Glean From Experienced, Successful Homeopathy Masters



Homeopathy Masters

Our thoughts continue to be with the victims of the ongoing California fires. This week's Monday Night Live will be devoted to discussing homeopathic medicines for physical and emotional issues stemming from natural disasters. Watch the livestream this Monday, January 20, at 8 p.m. EST, within my Joette's Mighty Members site or on our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and Instagram. (Or watch the recorded replays on the various venues at your convenience.)

Last week's blog post on cybersickness triggered a

contribution from a homeopathic practitioner whom I greatly respect: Joe De Livera. Now in his 90s, Joe has taken countless cases over decades. Through his experience, he has developed unique protocols and delivery (or should I say, "De Livery") methods he calls "Joepathy."

He and I often share similar views on conditions and protocols. Yet, sometimes, we have differing go-to homeopathic solutions.

There's more than one way to shine a penny.

Professional *materia medica* contain hundreds of remedies from which to choose. Even my curated, essential *Materia Medica: Practical Homeopathy® for Busy Families* contains over 150 medicines. Is it any wonder that one practitioner may favor one homeopathic while another may have seen more success with a different remedy?

It doesn't mean one is right, and one is wrong.

Oh, nay, nay.

It means that homeopathy is a broad, sweeping paradigm that holds possibilities for all sufferers and conditions.

For instance, last week, I mentioned *Cocculus indicus* 30 helped my team member with her vertigo from cybersickness. Joe De Livera (Joepathy) quickly emailed me with this additional homeopathic information for the condition of nausea and vomiting from inner ear disturbances (along with a couple of other keen suggestions for somewhat related issues):

"Hi Joette,
"I discovered that Nat Phos *6x is very effective to treat the problem. This seems to stop the regurgitation syndrome of food in the stomach which causes sea sickness.*

“Also remember that it was Joepathy that introduced the remedy Arnica 30 for Jetlag to the world many years ago. This also prevents DVT when seated for long periods.
“Love Joe.”

There’s nothing like a friend of like mind that I can count on from across the globe.

My friends, information from a respected practitioner is invaluable. That’s why I am sharing his note with you.

However, this also brings me to a controversial issue that’s been stuck in my craw lately: ANYONE can hang up a shingle and declare themselves a homeopathic educator. Anybody. The anonymity of the internet allows a certain amount of perceived expertise to be created by a flashy website and slick ads.

Marketing does not a homeopathy master make.

Right now, newbies are popping up everywhere. Perhaps they are just regurgitating information they read from a book somewhere. Perhaps they are pirating information from others.

I have looked at some of the websites and found mistakes. That concerns me. Homeopathy’s reputation hinges on the integrity of those on the front lines of the paradigm. As the space becomes crowded with “posers,” it begs the question, “Whom do you trust?”

I trust the homeopathy masters.

I trust homeopaths (whether homeopathic practitioners, M.D.s, naturopaths or even lay practitioners) who have taken cases for a long time. I trust homeopaths who have undergone rigorous training – such as the immersive training from The Academy of Practical Homeopathy®. My goodness, some other

schools don’t require their graduates to pass a pathophysiology module or study Dr. Samuel Hahnemann’s seminal Organon, the book detailing Hahnemann’s homeopathic philosophy.

My blood pressure is rising as I think about it.

My students receive a bountiful, well-rounded education in homeopathy and then explore and scrutinize case after case in Mastery™. They are exposed to the masters each week and benefit from guest lecturers and interviewees with differing philosophies from mine. For instance, in interviews, Joe De Livera discusses his well-documented Joepathy with my students.



Choose your teachers wisely.

My friends, I urge you to glean from experienced, successful homeopathic masters and practitioners. Boericke, James Compton Burnett, Bönninghausen, Phatak, Drs. Prasanta and Pratip Banerji, and, of course, Dr. Samuel Hahnemann. And my friend, Joe De Livera. Don’t believe just any old thing that you find on the internet.

Next week, we’ll examine some additional symptoms of cybersickness that my readers have mentioned as areas of concern. I want you to keep learning as much as you can from me as I sculpt my experience into your education.

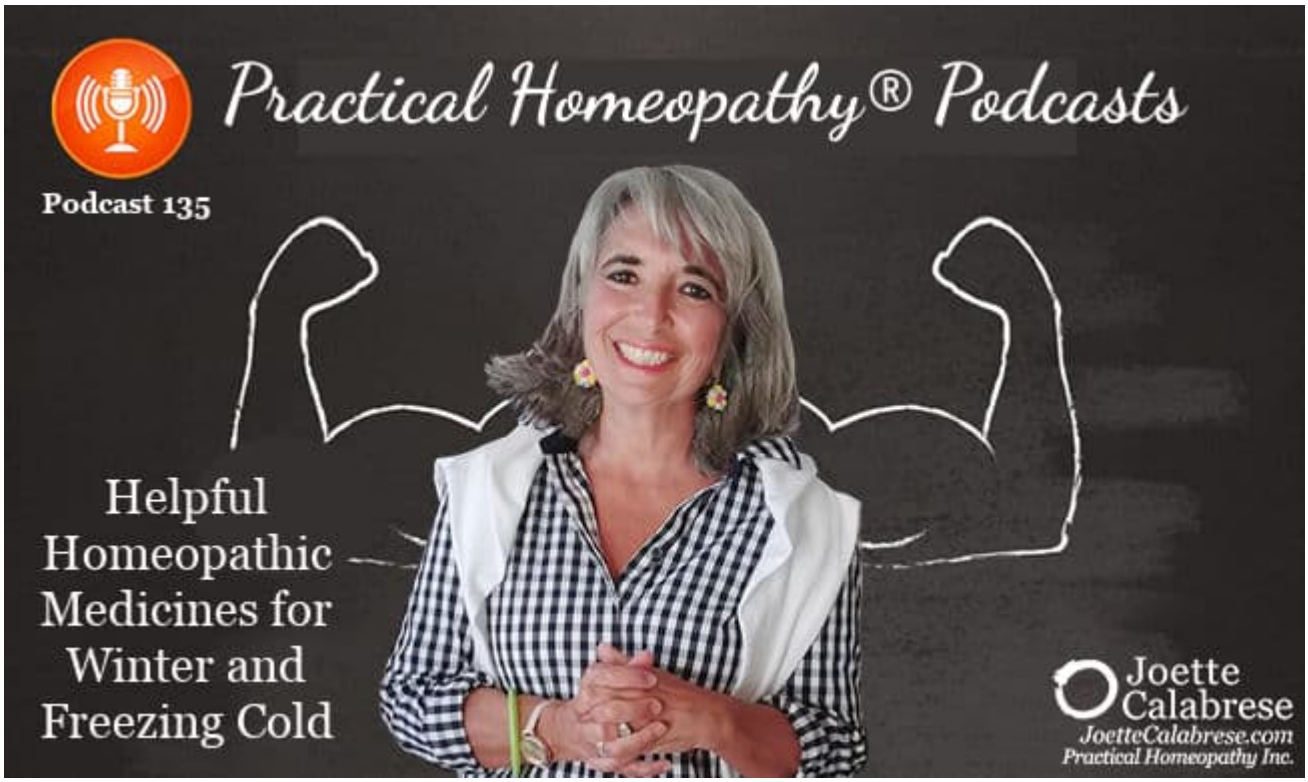
Stay curious! (And pass on the good news of Practical Homeopathy®!)

Warmly,



P.S. Remember, Joette's Mighty Members is an exclusive enclave to join with others of like mind. Have safe discussions in my social center's discussion groups. Get an extra blog post each week and semi-weekly video teachings from me. Plus, qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

Podcast 135 – Winter and Freezing Cold Is Upon Us. What Helpful Homeopathic Medicines Might We Need?



IN THIS PODCAST, WE COVER:

01:00 Introduction: Homeopathic Medicines for Winter and Freezing Cold

02:29 When the Heat Goes On, *Petroleum*

05:03 What We Put on Our Skin Is Absorbed

07:57 Catching a Cold?

ColdCalm®

Aconitum napellus and *Bryonia alba*: A Banerji Protocol

09:47 Brrrrr. Frostbite.

Hamamelis virginiana

Agaricus muscarius

13:08 Depression and Vitamin D Deficiency

Aurum metallicum

Ignatia amara

ADDITIONAL RESOURCES MENTIONED IN THIS PODCAST:

Joette Calabrese on YouTube (Monday Night Lives)

Joette's Learning Center

The Academy of Practical Homeopathy®

PracticalHomeopathy.com

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Joette's Study Group, Find Your New Study Group Friends

Joette's Mighty Members

Kate:

This is the Practical Homeopathy® Podcast, episode number 135, with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

INTRODUCTION: HOMEOPATHIC MEDICINES FOR WINTER AND FREEZING

COLD

Kate: (01:00)

Hi, friends. Welcome back to the podcast. We're so glad that you could join us today. We want to thank you for taking the initiative to learn more about homeopathy. We know that it's going to have a huge impact on your life, and so we're excited for you and glad that you're here.

If you're new here today, we want to welcome you. Today's podcast is going to be about winter remedies. And Joette's here to tell us about the remedies that are commonly used – or could be needed – in the wintertime.

Joette:

Hi, Kate. So, I'm looking out my window, and there are squirrels running all over the place. It's beginning of December, and they are fat, fat little squirrels. They're the chubbiest. They almost look as large as a small raccoon. They are huge where I am, and they look really healthy and robust.

So, it got me thinking about how different it is in the winter – of course, it is because I'm up north – and how they're preparing. Their cheeks are just loaded with acorns and all kinds of things, and I see them scampering about and planning for the winter.

And so, I thought, why don't we plan for the winter, too, regardless of where we live … even in the South. Now, certain tropical areas, this may not be a problem, but even where it gets just a little cold – say, even Tennessee and those states do have little cold times. And people complain all the time, and it's understandable that they don't feel the same. Well, they always say "when the heat goes on." So, I thought we'd talk about that.

WHEN THE HEAT GOES ON, *PETROLEUM*

Joette: (02:29)

And so, one of my favorite medicines in the winter when the heat goes on – and I don't believe it's from the heat necessarily, it's because it's just winter – and that is the remedy *Petroleum*. It's so good for people whose skin gets dry in the winter – even just a little bit. It doesn't have to crack, doesn't have to flake. Doesn't have to erupt.

Kate:

That's what I was going to ask you, actually. You know how the cuticles of your fingernails, they get dry, and they start peeling and your skin gets really dry, like the elbows and everything. So, you're suggesting *Petroleum* could help with even that?

Joette:

Yes. *Petroleum 6* is the potency I would like. I've used it in a 30; I've also used it in a 200. But what I like about using *Petroleum* 6 is that you could use it twice, maybe three times, in a day.

So, dry lips … if there's cracking and flaking, we can still use *Petroleum*. I would start with *Petroleum*. In a way, it makes a lot of sense because if we've been using *Petroleum* on our skin in the past, it often can *cause* this problem.

So, I remember years ago – I'm old enough to have been influenced by someone like Doris Day. And for those of you who are my vintage, you might remember that she put out in general to the public – I don't know why it was that everybody seemed to know this about Doris Day – that she would smear petroleum jelly all over her body in the winter and then wrap herself up in cellophane.

And everybody thought, "Well, if Doris Day does that, and

she’s so attractive, maybe that’s what we all should be doing.”

So, I actually remember sometime in the early sixties or so that that’s a lot of what women did, using a lot of petroleum jelly. But the problem with petroleum in its *gross* form is that it can suppress the condition and drive it to a later date – which is probably why some people who did that, many years later are in need of the homeopathic medicine, *Petroleum* 6 or 30.

It can be taken twice a day, if the skin is very dry. And then as the skin improves and the skin is not as dry … Or that feeling that my face is tight. And I don’t use soap. (I’ll be honest with you, I don’t use soap on my face. I simply use a washcloth and hot water and then dry off because soap really will make my face feel even more dry.)

Kate:

I do that, too. That’s so interesting. And you have very young-looking skin, so it must be working.

WHAT WE PUT ON OUR SKIN IS ABSORBED

Joette: (05:03)

Maybe. But that’s something that I would urge people to consider using.

Now having said that, let me just go off on a side note, and it has nothing to do with homeopathy, but I suppose in a way there’s some connection. And that is, that I believe that anything we put on our skin is absorbed … readily. And it can cause trouble, or it can be of use to us.

And the way that I learned this was that, years ago, before I knew enough about homeopathy to be able to treat my young son – I only had one child at the time – I used to use

garlic. And I would mash it up and mix it in olive oil, and I'd have it sit there and steep for a fortnight or so. And then, when he got sick with a fever or something, I would rub the bottoms of his feet with this olive oil/garlic mixture.

So, one time, he was not feeling well, and I did that. I said, "Okay, now lay still." He was on his bed, and I put an old rag under his feet, and I rubbed the bottom of his feet loaded up with garlic and olive oil.

And I said, "Okay, now don't move," because I didn't want the mixture to go all over the bed. "Don't move. I'll be right back."

And I ran to the bathroom, washed my hands and came back with a pair of old socks. Put the socks on his feet, arranged his covers and got him all ready for bed. And about two minutes later, I went to kiss him, and his breath smelled strongly – not a little bit, but very strongly of garlic.

And that was when it occurred to me that indeed what we put on our skin is utilized throughout the entire body. And now it was coming out. It wasn't from his feet. I mean, originally, it was, of course, but now it was in his entire system so that I could actually smell it on his breath.

So, that's what really made it clear to me that anything we put on our skin should be worthy of our entire body. So, I don't buy lotions; I don't buy creams. I rarely use any makeup at all. I do wear lipstick. I'm very careful about that – about what kind I use, and I use it only occasionally. And so, I'm very careful about that.

And instead on my skin – whether it's dry or not, I just automatically do it – I use tallow. And often, I mix it with olive oil or something, and I use that on my hands. Or after I've washed my face, if it seems to be a little dry, I'll

put some on my hands and rub them together and put a little bit of it on my face.

Now, upon first applying it, it feels oily. And it seems like, "Oh my gosh, this is terrible. I can't walk around being this oily. If somebody kisses my face or my hair touches my cheek, it's going to stick." But that's not so. It seems to absorb quite readily.

Between *Petroleum* 6 and my homemade lard/olive oil mixture, I find that that really gets me through the winter without having to consider anything that's storebought with synthetic fragrances and petroleum base and ingredients that are unpronounceable.

So, that's my skin routine.

CATCHING A COLD?

Joette: (07:57)

Now, let's go to something else in the winter, and I can't imagine doing without these two remedies. So, I keep them – well, I *used* to keep them, I should say – in my purse. I don't any longer because I simply don't get sick very often. I think it's been, I don't know, five years since I've had a cold or something like that or a flu.

But there was a time when I and my children would get a cold once, maybe twice in the winter. And the first one that I used to keep in my purse was ColdCalm®, C-O-L-D, and then calm, C-A-L-M. That's made by Boiron.

It's an excellent remedy to have on hand. It comes in a little box, and then there are tabs that are pushed through the little card. And so sometimes, I just take it out of the box, and I slip the little card of pills in my wallet or in my purse. Takes up almost no room at all.

And at the first sign of a cold, that's what I used to use, and that's what I encourage folks to use … at the very first sign of it. And the sooner it's taken more often, the better it acts. So that's the one medicine for colds that come on in the winter.

The other that I like is *Aconitum*, A-C-O-N-I-T-U-M. There's a second word, "napellus." But if you know just *Aconitum*, that's good enough.

Aconitum 200, and I like to mix it simultaneously in the mouth with *Bryonia (B-R-Y-O-N-I-A) 30.* And that happens to be a Banerji Protocol.

And that, too, can abort a cold or a flu or something that's going to the throat or the chest. And so, either one of those two to have on hand during the winter is really right as rain for most families. It really puts us in order.

BRRRRRR. FROSTBITE.

Kate: (09:47)

Okay, so what about when you're outside in the winter? And for those of us that live up north, it can tend to get *very* cold. I've had before where you're outside for an extended time, and you're not properly clothed, and your fingers get really, really cold – maybe frostbitten. Or I think there's a word that you had for that.

Joette:

Chilblains. I love that word.

Kate:

So, what does that mean exactly?

Joette:

Frostbite is when it's pretty severe. Chilblains is the step just before frostbite. And there's a step just before that as well.

Some people just have cold fingers in general. Sometimes, they turn a little white, and they often have cold hands and feet. And then, in that case, I'm going to suggest a remedy such as *Hamamelis*. (We're going to spell it in the notes instead of my doing it off the top of my head.) *Hamamelis … and often it's used a 200C*, twice daily, for someone who has regular cold fingers and toes because it has to do with …

Kate:

Circulation.

Joette:

Circulation. Exactly.

Now let's say the person goes further and they have not taken *Hamamelis* or regardless of the *Hamamelis*, they've now subjected their bodies to cold that is unrelenting. Then you might go to the next medicine for chilblains and/or frostbite, and that is A-G-A-R-I-C-U-S, *Agaricus*.

And that's not necessarily a preventative. I would consider that more a medicine that's used when you're already in a fix. You know, "Uh-oh, I have done it. I've overdone it. I've skied too long. I've shoveled the snow for too long a period of time. I should have worn gloves, and I didn't, and now I'm paying for it."

That's when we use *Agaricus*, and that would be used as an SOS, kind of, as needed. And in that situation, we might use it in a 30th potency every few hours – excellent for chilblains and frostbite. And as long as it's used regularly, every few hours and depending on the severity, often the person will feel a great deal of relief.

Frostbite can actually be quite dangerous. We don't want to go too far with that. So, we want to have that medicine on hand in the ready for the winter months forthcoming.

CONFUSED BY HOMEOPATHIC MEDICINES WITH SIMILAR NAMES?

Kate: (12:05)

Okay. I can see people asking about which *Agaricus* is it, Joette, because there are many of them in the *materia medica* and available for purchase. But often, you suggest to students that if you're uncertain, find the remedy that has the most written about it. In this case, that would be *Agaricus muscarius* …

Joette:

That's it!

Kate:

… and that's usually the one.

Joette:

Yes, it is. Yes, it is.

So, it's the same thing with a lot of these homeopathic medicines: first word that is common.

And we say, for example, *Arsenicum*. Someone just says plain old, *Arsenicum*, and they're not being specific. They usually mean *Arsenicum album,* but there's also *Arsenicum iodatum* and many other types of *Arsenicum*. So, you're going to use *Arsenicum* that is most commonly used when you look it up in the *materia medica*. It's pretty clear that this is the one that is most often used because there's the most literature associated with it.

Kate:

In general, but it could be something other. But in general, if you're wondering. Yes, good point.

What else in the wintertime do people suffer from?

DEPRESSION AND VITAMIN D DEFICIENCY

Joette: (13:08)

Depression? How about that? How about lack of sunlight? Yes. Yeah, that lack of sunlight is a big deal.

And so, some people think, well, I'll just take vitamin D, but I'm not a fan of vitamin D. It's synthetic. It's manufactured by an industry.

If you're looking for vitamin D than you would want to eat foods that are high in vitamin D. And the foods that are high in vitamin D just happen to be winter foods such as meat pies.

And so, we make a flaky crust with lard or tallow, which has plenty of vitamin D naturally in it. And if you've ever read the books by Laura Ingalls Wilder on the subject of "Little House on the Prairie," that's what they used to use in the winter. They would use lard and tallow to make their pie crusts, and they made many, many pies every week.

That was a great way to not only get the natural vitamin D but also was a tidy way to make a meal. It made the house nice and warm. It fits very neatly.

So, if you're not going to eat lard or tallow – although I would urge you to do so – and instead, you put your tallow on your skin, now you're using something that adds vitamin D to your skin automatically.

And you've decided no, none of that appeals to me. Then we can often use the medicine *Aurum metallicum*, A-U-R-U-M, *metallicum*, M-E-T-A-L-L-I-C-U-M. This is for frank

depression – not just a little blue, but depression.

Someone who loses interest. They've lost their get up and go. They see everything as though the glass is half-empty, and it's pretty clear that it has something to do with the weather. It can have something to do with circumstances as well. But then we use *Aurum metallicum 200C*. And it's usually used every third day – one dose every three days.

And as always, with any of these homeopathic medicines, remembering they're not supplements. They're not vitamins. They're medicine. So, as improvement ensues, we back off. We taper away. We halt the use of the medicine, and if it's needed again in the future, we just take it up again.

But this is not to be repeated for long periods of time. Once we see improvement, that's when we halt the use of the medicine.

Kate:

I have a friend that in the wintertime – almost like clockwork, every year in January – she takes *Ignatia*. That's the remedy that helps her, so to speak, the winter blues or depression that she gets in the wintertime. Is that another medicine that could be helpful in the winter?

Joette:

Yes. *Ignatia* could also be useful. Certainly, *Ignatia*, generally, is a little more for the female side of the world, and *Aurum metallicum* is a little bit more for the male side of the world. It doesn't mean you can't give a man *Ignatia*, nor does it mean you can't give a woman *Aurum metallicum*. But there's a little more weight on the sadness of a woman towards *Ignatia* and a little more weight on the sadness of a man towards *Aurum metallicum*.

Kate:

Okay. Well thanks, Joette, for some great ideas for remedies that we might want to have on hand for the winter in case those situations arise.

Joette:

Good. Love it. I hope this helps lots of folks.

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.