I Don’t Care.



Naysayers abound.

I don’t care.

In general, the cynics comprise a small, vocal minority who don’t interact intimately with my life. So, why should their opinions matter to me?

I do what I do, and that’s that.

Of course, there may be times when well-meaning naysayers are closely associated, such as friends or family. For instance, when my boys were young, there was a time when my in-laws were concerned. They asked my parents, “Why don’t

Joette and Perry take their kids to a doctor?”

It scared them. And we understood why they were scared. Visits to the pediatrician for all things child-raising were all they knew.

But my father said to them, “Well, you got to do it the way you wanted to. We got to do it the way we wanted to. Now, they get to raise their kids the way they want to!”

I was appreciative of my father’s saying that. Indeed, even though they may not have agreed with us, we did have the right to do it our way.

By the way, just because someone is well-intended doesn’t mean you listen to them.

I was the one who was up at three in the morning with a child who had an ear infection, and I had to rock him for the next two hours and figure out which homeopathic would rid him of his suffering. I’m the one who practically lost my mind trying to find foods agreeable to my child’s gut because of food intolerances until I figured out how to get rid of this problem with my medicines. It was my job. I was on the front line, so the decisions were mine and my husband’s. The ball was in my court.

However, I certainly didn’t flaunt our medical decisions belligerently. In fact, I tried to be sensitive to their concerns. These were their grandchildren, after all. They had a stake in their well-being.

In this case, I tried to reassure them that I had thoroughly done my homework and had this covered.

Look, I wasn’t perfect. I got some things wrong. My mother-in-law was worried when I was vegan for a time and was raising our first son on those foods. Looking back, I think she had a very solid point. And I did come around. I figured

it out.

Some people don’t feel confident about handling their children’s health care, so it’s understandable that they would depend on a professional. But I didn’t feel that way. My confidence came from my competence. I felt as though I had it covered because it became the focus of my life. It was nearly all I could think of for years.

And that’s still happening!

Back in the 80s, there was no one teaching families how to do this. That’s actually what stimulated my call to what I presently do today.

And by the way, I got the feeling later on that my in-laws were pretty proud of how well the kids were doing.

So, my friends, you’ve got to do your homework. You don’t just gain confidence and become cocksure of yourself without effort.

That’s what allowed me the ability to ignore naysayers. I didn’t care, and neither should you.

Now, in my world, the pushback I sometimes get is from peers.

But I don’t need my peers to think I’m cool. I don’t need accreditation from organizations whose beliefs are not parallel with mine. I don’t care about professional organizations. At best, they’re superfluous; at worst, they’re dictatorial.

I don’t care.

Moms are my focus. *Families* are my focus. You know, *la familia!* I am here to help families take care of their own. I’m working to teach people how to use Practical Homeopathy®. I aim to inspire them to consider and then

commit to a different way.

And it should be that way for you, too.

Again, we have to do what *we* think is right. We are not here to satisfy our peers, friends, relatives, neighbors or acquaintances.

Ask yourself: Are they paying your bills? Are they raising your kids? Are they easing your suffering? Who cares what they think?

I don't care, and neither should you. To drive this home again, let me use one more idea … music

Choose your own melody and sing it with aplomb. Choose your own rhythm and keep it tapping in your head. And if you choose to allow harmony from the outside to accompany you, make darned certain that it's deserving of taking up real estate in your brain.

When you try to fit into somebody else's agenda or allow them into yours, you're missing your own completely.

Meanwhile, just make sure you have done your homework. And that means stepping outside the common, insipid ideas that abound. In case you haven't noticed, if you're using homeopathy, you're already different and, I might add, a cut above. You're on to something most people don't yet know how to pronounce.

Simply keep up your curiosity and studies.

I can assure you that living by this method is a truly effective way to get control of your life ***and*** pass on the good news of homeopathy!

Warmly,



P.S. Speaking of doing your homework, be prepared for any eventuality by developing the confidence and competence to treat your loved ones safely with Practical Homeopathy®.

Imagine knowing precisely how to treat your teen's stomachache, your aunt's eczema, or your toddler's sniffles when a new cat or dog joins the family.

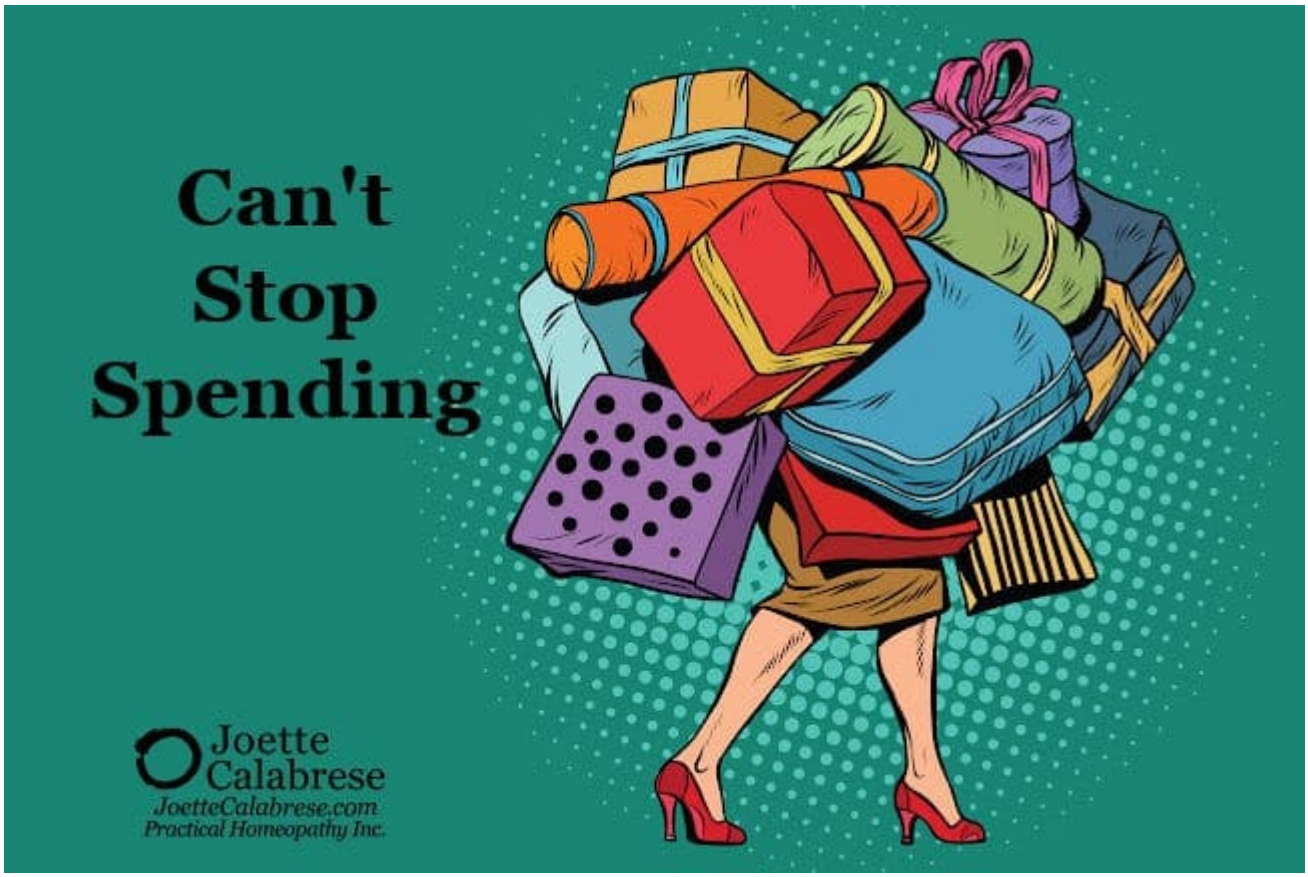
This is one of the greatest gifts the study of homeopathy offers. It squarely places the ability to cure where it belongs … in the hands of mothers and fathers.



Because so many suffer from allergies during this fall season, I am reintroducing my course, "Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back."

Take back your God-given right to be the healer in your family.

Can’t Stop Spending



Randi couldn’t stop.

Every time she drove by the mall, she had to run in and do a little shopping. A “little” shopping would inevitably turn into a lot of shopping. Clothes hung in her closet with tags still on them, yet she would buy more.

And at night, she’d fall asleep to QVC … sometimes not even remembering that she’d bought an item until it arrived in the mail.

She bought cute tchotchkes at every yard sale and flea market. Her spare bedroom was filled with bags.

Like I said before, Randi couldn’t stop. She was overwhelmed by an uncontrollable spending mania – almost a psychosis of

avarice.

And the shopping wasn't even fun anymore. Randi was saddled with hefty bills and an unsettling feeling of buyer's remorse.

But luckily, Randi's cousin studied homeopathy – Practical Homeopathy®, to be precise. She knew that *Veratrum album 30,* twice daily, was often considered in cases of addiction (such as Randi's obvious spending compulsion).

Indeed, homeopathic medicines are not only efficacious in addressing physical injuries, acute illness and chronic disease, but they have also been shown to facilitate corrections to mental conditions. In fact, over two hundred years ago, Dr. Samuel Hahnemann, the Father of Homeopathy, praised the sweeping ability of *Veratrum album* as having the potential to "promote a cure of almost one-third of the insane in lunatic asylums."

That's quite an endorsement.

Veratrum is well known for its application to excessive or extreme conditions. For instance, it may be considered for *extremely* ill-behaved children, *extreme* behavior, such as anger or violence, and excessive spending or hoarding (which often go hand in hand). *Veratrum* would also be considered for folks who display inappropriate affection. They just go too far. As the kids these days would say, the person in need of *Veratrum* is "extra."

When they get sick, they don't just get "sick." They collapse as though someone has pulled a plug. If they experience dysmenorrhea, it's extreme. They don't suffer from just any old cramps; theirs are really, really, really painful. (That's an excessive number of "reallys" for one sentence to illustrate my point. And as a further aside I work at trying to eliminate the word "really" as often as possible. I really do.)

Whatever the *Veratrum* candidate experiences, they take it to the fullest!

Even spending.

So, armed with this information from her cousin, Randi made yet one more impulse purchase. She ordered *Veratrum album* 30 from Boiron (and used the discount code "Joette" to save 20%). Finally, Randi bought something she needed and something that worked. It took some time, but the homeopathic medicine gently and politely righted the ship. Randi gained control of her spending mania and regained control of her life.

Even if you don't have a cousin like Randi, *Veratrum* is also indicated for severe diarrhea in both humans and animals. I've written about both in my posts, Disasters, Diarrhea, Dysentery and This Little Piglet Had Homeopathy. It is also a consideration when faced with retching and relentless nausea accompanied by severe weakness. So, *Veratrum album* should be in every well-stocked homeopathy kit.

And let me call your attention to my recent Monday Night Live series on other manias and addictions. I've devoted several weeks of live conversation to the homeopathic responses to various addictive behaviors. You can find those videos archived on my Facebook page.

However, Facebook's organization can be a bit challenging to navigate. So, why not join my Mighty Members and use our brand-new search capability? You can find all my addiction discussions with a simple search term (illustrated below). It'll save you lots of time and frustration.



Friends, never stop learning! The more you learn, the more you can help yourself, your family and your loved ones. Imagine the deep sense of fulfillment Randi's cousin felt when she passed on the good news of homeopathy! You, too, can change someone's life for the better!

Warmly,



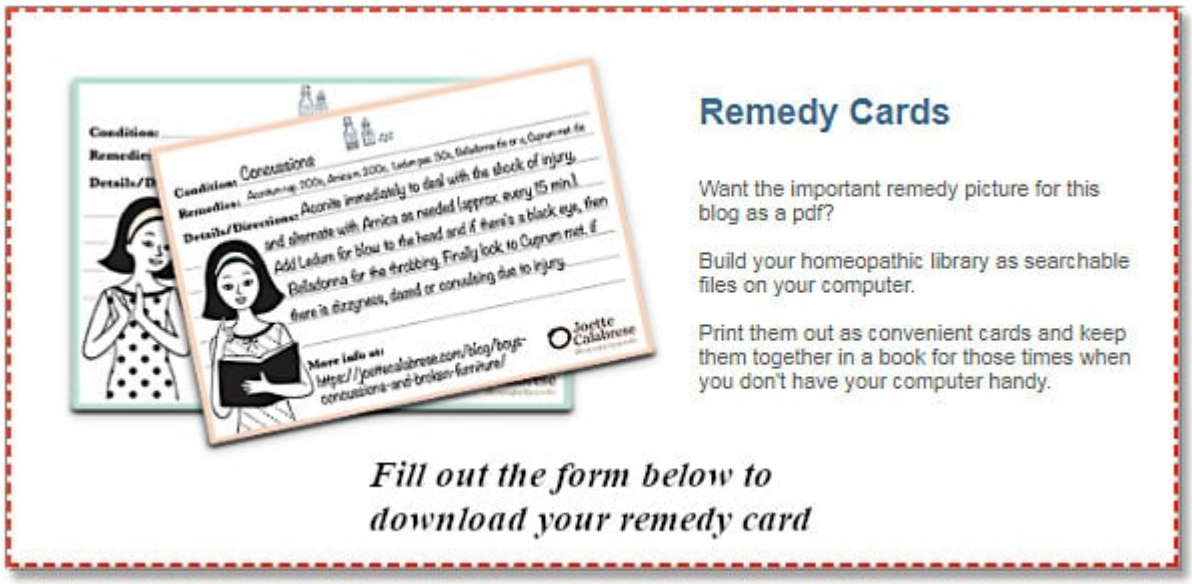
P.S. Is that a stuffy nose I hear? Eyes itching after you've been outside? Yep. It's fall allergy season. There are safe and effective Practical Homeopathy® protocols that offer reproducible results – not symptom cover-ups, but real medicine that uproots underlying conditions.

Learn these medicines and use them with confidence. Your family will appreciate it and thank you. And if you teach them well … for generations.

Learn from my course, “Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back.”

Click here to download a free infographic I’ve created for you. And while you are there, watch my short informative video and read the course syllabus.

Don’t forget, all my Mighties (Joette’s Mighty Members) qualify for a 10% discount on course purchases.



Hirsutism? Not by the Hair on Our Chinny Chin Chins!



Today, we're going to do something a little different. No doubt you've noticed I often mention that I write additional blog posts for my Mighty Members each week – posts that are a bit more open and candid because they are housed on my own private servers for members only.

But I recently realized you have no way of knowing exactly what that means (unless, of course, you've already joined us). So, today, I'm sharing an actual Memo to Mighty Members that I sent my Mighties almost a year ago.

I know many of you will appreciate the topic because it's a

highly requested condition. So, I'm laying aside my reticence in posting about this publicly – just this once. But please read carefully so that you'll understand more of the nuances of using homeopathic medicines for chronic conditions.



Memo to Mighty Members Tip #130

CONDITION: Hirsutism

(Originally published December 1, 2022)

Welcome, my Mighty friend, to a new series in my Memos to Mighty Members designed just for you.

Often, I just don't feel comfortable addressing certain conditions in the public blog because they either are a bit too complicated, not common enough to engage a broad audience or could invite criticism or censorship. It seems odd to fear censorship on my own website, but these are the times in which we live.

So, I'm beginning a new series of Memos. Every so often, I plan to address a condition you have requested here – in our private sandbox – where I feel free to chat unencumbered by prying eyes.

This week? The condition is hirsutism. That's the 25-cent word for, as the Mayo Clinic's website states, "a condition in women that results in excessive growth of dark or coarse hair in a male-like pattern – face, chest and back."

It can result from other syndromes or conditions, hormone disruption, or a pharmaceutical side effect.

As an aside, let me sneak this thought in here: the use of steroids earlier in life may be the cause for hirsutism. Yes, steroids do that, too.

And, of course, conventional medicine might prescribe yet another drug to combat it – a drug that no doubt would usher in its own side effects. But why step on that conveyor belt when homeopathy can address the condition without tumbling down a rabbit hole of adverse reactions?

However, that brings to mind one of the reasons I didn't want to discuss this condition in a blog post. Somehow, the general public often believes that homeopathy works quickly without requiring careful observation. Sure, sometimes, that can be the case with acute conditions.

But, my Mighty reader, you know that homeopathy often takes a very long time to uproot chronic conditions. AND we must conscientiously observe to ensure that we are utilizing the correct medicine in the proper potency with the optimum frequency.

Protocols take the guesswork out of choosing a remedy, potency and frequency. But even then, we may have employed an ill-chosen protocol because we didn't have the proper diagnosis. The result can be an aggravation or proving.

In a nutshell, an *aggravation* can be defined as “getting worse before it gets better.”

But a *proving* is when an incorrect medicine is utilized, and consequently, the sufferer begins to display new symptoms that they’ve never had before.

For instance, Vanessa had severe headaches. The assumption was made that her headaches stemmed from her demanding work schedule, so she began taking *Kali phosphoricum* for tension headaches from overwork.

Lo and behold, she almost immediately developed vertigo – a new symptom she had never experienced before.

One look in her *materia medica* under the entry for *Kali phosphoricum*, and, indeed, vertigo was listed as a condition associated with that medicine! Vanessa realized she was experiencing a proving. She’d apparently chosen the incorrect medicine for her headaches.

But did Vanessa panic? No, not in the least. She took one dose of *Camphor* 200 – to antidote the errant homeopathic – and she was fine!

However, if she hadn’t known what to do, Vanessa may have continued taking the incorrect homeopathic medicine for her headaches and caused herself continued annoyance.

Now, obviously, a proving is not a *dangerous* side effect, such as pharmaceutical drugs often carry. But it does point out that even the safest, most natural things can cause trouble if we’re not prudent and observant. Heck, we can drink too much water and develop hyponatremia!

That’s why I worry when posting homeopathic solutions to chronic issues on the blog. The general public may not be as fastidious as you are – or, should I say, not quite as “mighty.”

But let's get back to our topic. Hirsutism is a chronic condition. It generally doesn't come on overnight, and it typically won't go away overnight. In fact, in my experience, it takes a looooooong time to see a change. So, during that time, sufferers must be cautious that they are properly continuing the right homeopathic medicine and carefully observing for a potential proving.

How will one know if a proving is occurring? By doing just what Vanessa did. If a new symptom presents, one should look up the currently employed homeopathic medicine in a *materia medica* and see if the new presenting symptom is related.

My favorite homeopathic for hirsutism is *Silicea* 12X, twice daily. (If one has trouble finding 12X, then *Silicea* 12C may be substituted.) Again, this condition will generally take a long time to resolve. But with patience – and diligent observation – *Silicea* can be a very successful answer to the unwanted hair growth associated with hirsutism.

However, *Silicea* is but one choice. As always in homeopathy, there is more than one way to skin a cat. That's why we need to observe, observe, observe to be sure we have chosen correctly.

For instance, in the book "The Banerji Protocols," on page 86, there's an entry for hirsutism containing additional protocols. In fact, if (and ONLY IF) the hirsutism results from polycystic ovarian disease (one of the most common syndromes causing hirsutism), the Drs. Banerji utilize *Conium maculatum* 3C, twice daily, in addition to *Silicea*.

So, while this chronic hair growth may seem simple at first glance, you can see now that it's actually more complex than one might think. It requires careful consideration to choose the precise homeopathic medicine.

But I have faith in you, my Mighty friend. I have faith you won't use *any* homeopathic medicine willy-nilly. Instead,

you'll research your choices in the way that I've taught you (through a conventional diagnosis, a protocol, or a repertory and a *materia medica*) and be observant for any potential proving that may require a pivot!

Your investment in your education is well worth it! If one has the time and the patience, homeopathy has a history of eventually uprooting (pardon the pun) the excess hair of hirsutism – without risking the dangerous side effects from a pharmaceutical prescription.

And there's nothing MIGHTIER than that!

P.S. Should you want to learn more about provings and aggravations, I encourage you to listen to Podcast 49: Shedding Light on Provings and Aggravations or to the archived recording of my Facebook Live, Provings and Aggravations, Take 2.



Let's add *Silicea* (*Silica*) to our list of must-have homeopathic medicines. It's also been shown to be as effective in removing foreign items from the body – items that are not meant to be there, such as splinters and glass (see When the Bough Breaks). It has also been used historically for Bunions, and may be considered for Dermatoporosis: Aging, Fragile Skin.

My friends, why not become one of my Mighty Members? You don't know what you're missing. I send out a blog memo just like this one every week. Plus, I do special videos a couple of times a month. Right now, I'm reading chapters from one of my favorite homeopathy books and giving my take on what we've read. Mighties also receive inspirational daily quotes from luminaries throughout history and me, of course.

And struggle no more with locating that specific video on

Facebook you're eager to rewatch. (You know how frustrating that can be.) My tech team recently added a searchable database of my Monday Night Live events! Plus, you can watch the next live event right there within your Mighty Member site without having to belong to a public social media site – including a private chat for members only that I can read while I'm recording to catch your questions.

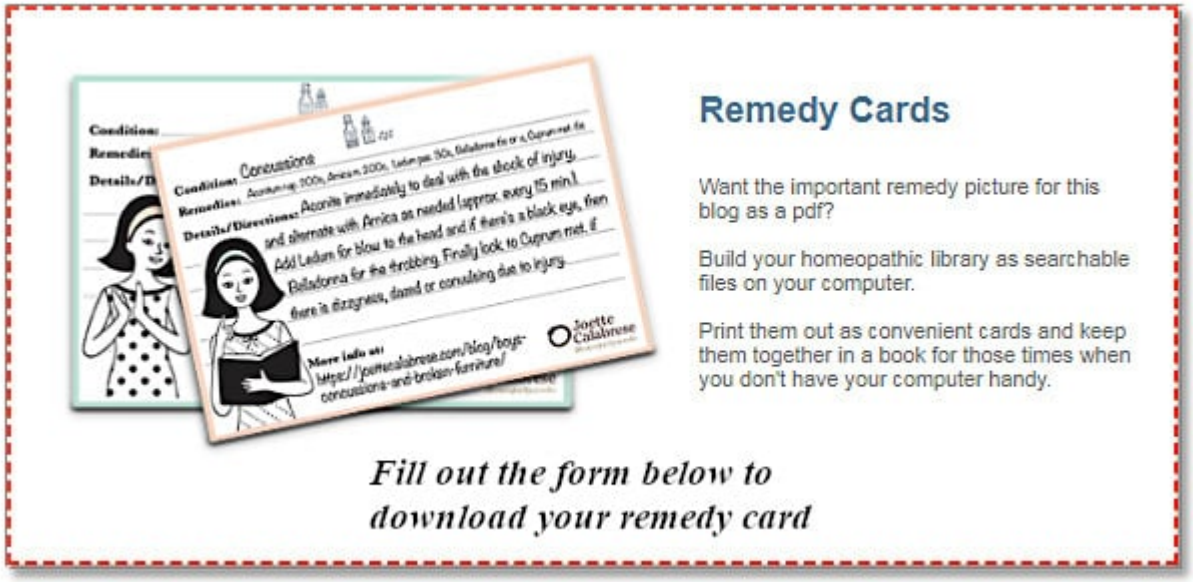
And while we're on the subject, by utilizing my members-only Social Center, you can also enjoy safe threaded discussions away from the censorship and prying eyes of social media. Hold conversations with new like-minded friends in this environment that could only be safer if we utilized two Dixie cups and a string!

Still not tempted? (Really?) Well, if you join Joette's Mighty Members with a monthly membership, I'll give you access to a convenient, downloadable PDF of the Remedy Cards from prior years' blog posts. Better yet, with an annual membership, you'll also receive my Remedy Reference Guides – annual eBooks containing all the blog posts from the previous year to quickly search by condition or remedy to find the information your family needs. Download them so you'll be prepared even if the internet goes down.

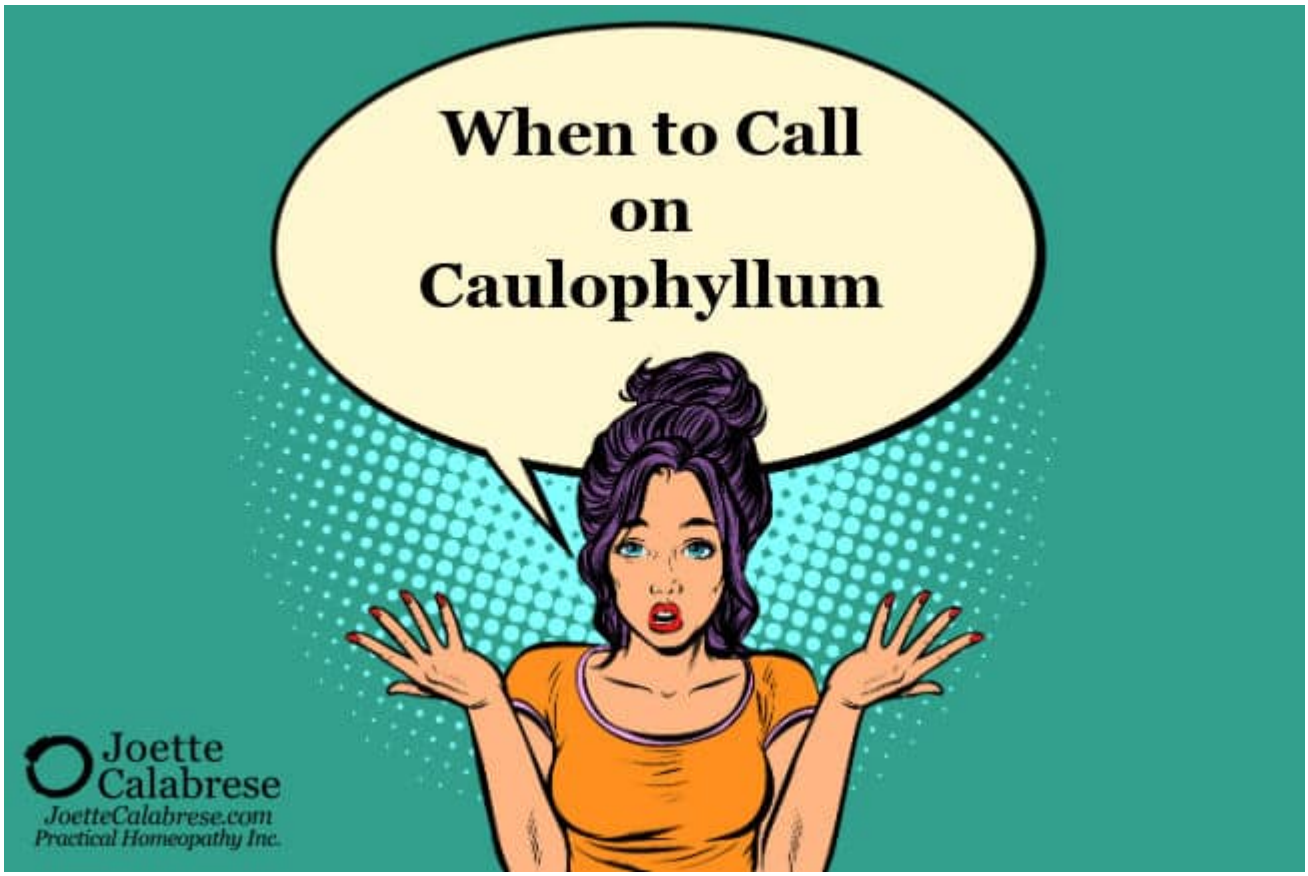
And remember, all my Mighties qualify for a 10% discount on course purchases.

What more can I say? Over two thousand members can't be wrong! Join us – Joette's Mighty Members – and enjoy learning even more about Practical Homeopathy®.

Warmly,



When to Call on *Caulophyllum*



How's your inventory of homeopathic medicines? If you've been reading my blog posts this year, you should be building quite an impressive – and valuable – homeopathy kit. We've discussed about 35 medicines over the past nine months.

So, let's look at another one today: *Caulophyllum thalictroides.* That's a bit of a mouthful, so let's just call it *Caulophyllum*.

Caulophyllum is known as a powerful uterine remedy for female hormonal issues surrounding menses, pregnancy and menopause.

I've discussed this medicine previously on several occasions for various conditions surrounding pregnancy: when labor presents with weak, erratic and irregular contractions; for stalled labor when the mother is exhausted from pushing; and delayed delivery of the placenta.

But today, I'd like to add to your education on *Caulophyllum.*

It is also a strong consideration in cases of vaginitis. Plus, homeopaths have used *Caulophyllum* during miscarriage. In fact, it has historically been shown to save pregnancies that might otherwise have resulted in miscarriage.

However, here's one you may not have heard about before. *Caulophyllum thalictroides* 30, twice daily, has also been shown to aid with arthritis of the small joints, most notably fingers and toes.

Since we've established *Caulophyllum* as a premier uterine remedy, you may be asking if it can be given to men with arthritis of fingers and toes. Well, it's not that I would never suggest it for men; it's just that other homeopathic medicines would likely be a tighter fit.

But for a woman with clear, concomitant hormonally related symptoms, *Caulophyllum* could fit like a glove. For instance, should a woman have small joint pain after a miscarriage, *Caulophyllum* should be considered. A mother-to-be experiencing arthritic pain in small joints during pregnancy might turn to *Caulophyllum.* Equally, a woman exhibiting menstrual dysfunction in conjunction with small joint pain may do well to read up on *Caulophyllum.*

However, remember: the general rule is to stop utilizing any homeopathic when the condition is very much better! *Caulophyllum* is not a supplement; it is a medicine.

You may find other sources that mention the utilization of *Caulophyllum* in higher potencies. This can indeed be the case. However, as I write these blog posts, I remain cognizant that this goes out to a broad audience. I have no way of knowing how much you – as an individual – know!

Some of you may be well-educated in the use of homeopathy, while others are brand new to the paradigm. So, in the absence of an established protocol, I usually endeavor to start with the lowest potency shown to be effective. My

specific course will give you more information, allowing you to absorb the nuances of which medicine to choose, when to employ it and when to stop.

For feminine issues like those we've discussed here and more, I highly recommend my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy. Women the world over have benefitted from this super-popular course, correcting all manner of conditions affecting ladies and girls. And remember, all my Mighty Members qualify for a 10% discount on course purchases.

Let's spread the word! Practical Homeopathy® is the future of homeopathy! It's not esoteric; it brings this healing paradigm to the kitchen table and into the capable hands of mothers and others – right where it belongs. So, pass on the good news of homeopathy!

Warmly,



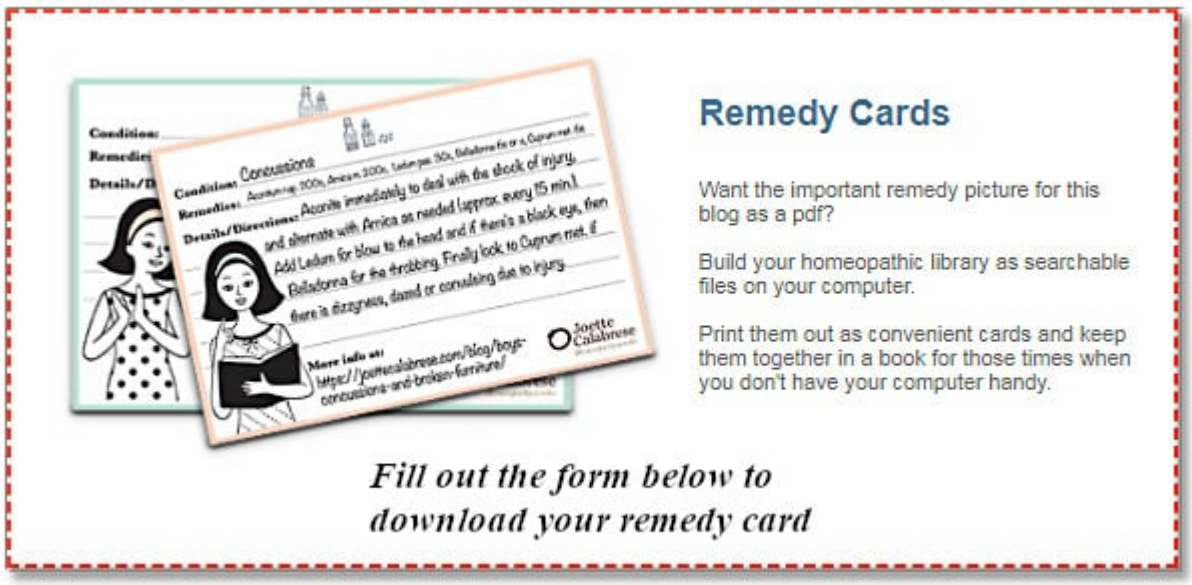
P.S. Mothers, if your child has constant or recurring health problems right now, I can only imagine how stressed and worried you must feel. So, wouldn't it be nice to get

support to guide your child towards better health without it being confusing and overwhelming?

My friend Bettina Gross handpicked 28+ leading health experts (including me) for a complimentary masterclass series on how to finally start healing your child when suppressing symptoms through conventional medicine hasn't worked.

Get to the root cause of your child's health problems! Claim your front-row seat and get access at NO COST to the online "Holistically Heal Your Child Summit" series by clicking right here.

The summit begins tomorrow. See you there!



PPP: *Pulsatilla* for Premature

Puberty



Wasn't it Maurice Chevalier who sang "Thank Heaven for Little Girls"? Indeed, as the song goes, "They grow up in the most delightful way."

That is unless they grow up too fast … *unnaturally* fast.

A seven-year-old should be playing with dolls, learning multiplication, developing language skills, and coloring. They shouldn't be shopping for maxi pads.

Unfortunately, an article in the New Yorker, Why More and More Girls Are Hitting Puberty Early, notes that an increasing number of girls in industrialized countries are experiencing menarche much earlier than previous generations did.

Is it any wonder? Our modernized society is rife with endocrine-disrupting chemicals, such as preservatives, pesticides and chemicals added to plastics (BPA, for instance). Little girls – and little boys alike – are exposed to so many synthetic hormone disrupters in their food, hygiene products, and clothing that it's not shocking their systems are out of whack.

When my children were growing up, my maternal instinct (and the reading I did) convinced me not to buy any foods or toys that were in or made of plastic. Now that these reports of early puberty due to hormonal tampering are increasing, even my husband said, "You were right!"

While it's always satisfying to be right, I sure wish I weren't. This is a societal tragedy! What are we doing to our children?

Avoidance becomes more and more difficult with each passing year. These toxins are becoming ubiquitous! Even the clothes we put on our children and their bedding are often treated with flame retardants. (You know… to protect those kids who smoke in bed!) This is why I urge everyone to wear only cotton or linen – natural fibers – next to the skin. A waterproof jacket is one thing, but synthetic undergarments are quite another.

So, obviously, I stand with other mothers fighting to remove them from our daily lives.

But with homeopathy, we can possess such freedom from the angst of external influences. The Practical Homeopath™ says, "Give me the name of the condition, and I'll give you the remedy that has a history of righting the ship."

Premature puberty is no exception.

However, before getting further into this discussion, I want to underscore that we only utilize homeopathy in the face of

a pathology – a textbook, diagnosable, "Holy cow, something is wrong" condition. We don't jump to conclusions. We never cavalierly employ a homeopathic because we simply wonder if something might be off.

Homeopathy is medicine, my friends. I cannot stress that enough.

While homeopathic medicines are relatively safe compared to drugs of commerce and are free from dangerous side effects, they do act upon the body as a medicine! So, we do not interfere with our bodies' delicate balance without a clearly defined pathology.

You can learn the nuances of treating female hormonal conditions (among other ailments unique to women) in my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy. Download a free, helpful infographic by clicking on that link.

Of course, the conventional medical machine has devised an intervention for premature puberty. It's the use of Lupron, a medication that blocks reproductive hormones. Well, that makes sense, doesn't it? (That's sarcasm, my dear reader.)

A little girl is becoming a woman before she knows how to ride a bike *because* of chemical interference in her natural development. So, the industrial medical complex's answer is *MORE* chemical interference. More tinkering with hormones. More unnatural meddling.

How has our society gone this far astray?

They can keep their Lupron.

I have consulted with mothers whose seven- and eight-year-old daughters have begun to develop breasts or begin menses as part of a *diagnosed* premature puberty onset.

It has been shown that *Pulsatilla nigricans* 30, once daily,

provides the usual success we expect from homeopathy. It's often the gentle nudge a little girl's body needs to recalibrate the hormonal pandemonium caused by the onslaught of synthetic chemicals in her environment. It allows our little girls to mature when their bodies are truly ready, not when artificially induced by extrinsic influences.

We've previously talked about adding *Pulsatilla* to your well-curated homeopathy kit for digestive disorders from fake dairy products. We've also discussed it as a counter for menstrual changes after chemical exposure and for weepy winter blues. But I wanted to add this additional information to highlight what a valuable medicine *Pulsatilla* is.

Let's face it: All homeopathic medicines are valuable! In fact, it's challenging for me to narrow it down to just a few to have on hand. It all depends on what you and your family can reasonably expect to experience in your lives.

But the way I see it is you can never own too many homeopathic medicines. Even if your family never needs it, a loved one's family may! And you'll be glad you have the homeopathy education and appropriate medicine to share in their time of need.

It's a marvelous way to pass on the good news of homeopathy!

Warmly,



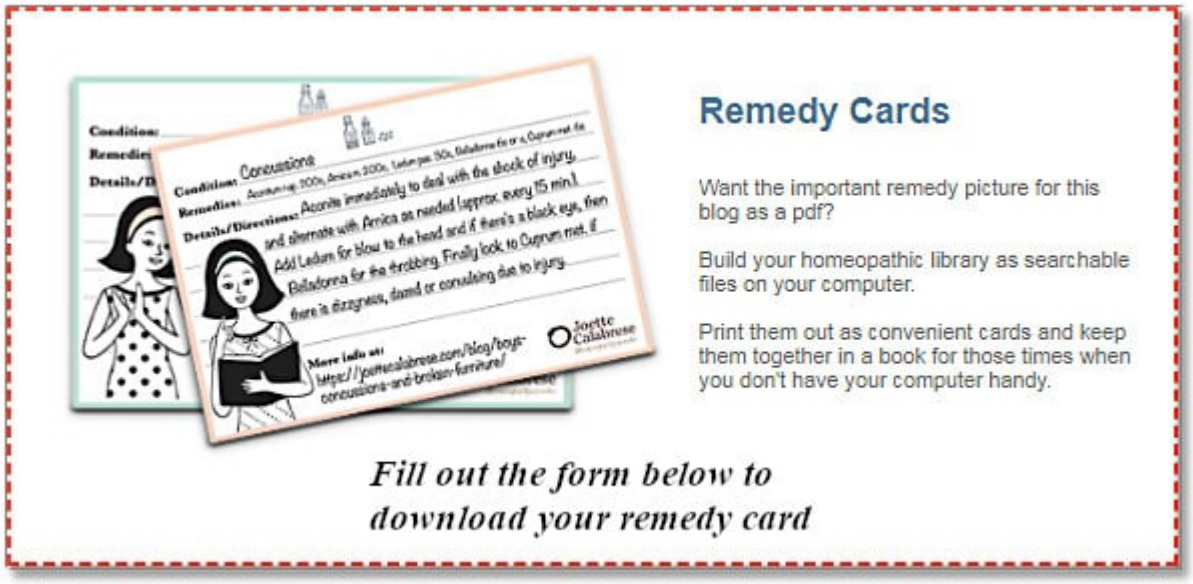


P.S. Kids' health problems are on the rise in all age groups. Is your child one of the 54% of children with a chronic illness diagnosis, or are they constantly battling health problems like allergies, eczema, frequent colds, asthma, insomnia, digestive issues, ADHD, autism, or emotional and behavioral issues?

If the answer is YES, my friend Bettina Gross handpicked 28+ top health experts – including me – for a complimentary masterclass series on how you can finally start healing your child when treating symptoms just hasn't worked by getting to the root cause of your child's health problems!

It is called the "Holistically Heal Your Child Summit," and you can access all of it at NO-COST by clicking here.

I look forward to seeing you there as I discuss how homeopathy can help!



When You Feel Like You're Freaking



Certain homeopathic medicines have so many uses that just covering them once isn't enough! Sometimes, it just takes a slightly different description for a sufferer to grab ahold of the medicine's bigger, broader pattern.

For instance, in February, we discussed Wartime Suffering for individuals diagnosed with PTSD. The same blog post also covered those engulfed with fear amidst all the world's violence.

But occasionally – war or no war – we can just freak out! Maybe we've had our fill of anxiety-ridden news, or we're under pressure at work, or maybe we've simply put too many scary Halloween decorations into our subconscious. (That's just around the corner, you know.)

When you feel like you're freaking, homeopathy has the answer.

Let's say a sufferer wakes in the middle of the night with a startle, maybe even a scream. Something dire feels imminent.

If it happens once? Eh, ignore it. It happens to all of us.

If it happens twice? Well, still, no big deal.

But if this becomes a pattern that continues – if the sufferer is awash in a sense of impending doom – that's the time to consider employing a homeopathic medicine.

Aconitum napellus 200 has been shown to stabilize the feelings of upset and dread from jolting awake during the night with overwhelming apprehension.

Awakening with a sense of foreboding can sometimes stem from too much worry during the day. The sufferer may feel completely justifiable in their nighttime fears because there's a legitimate concern that feels so real. In fact, they may feel so righteous in their angst that they believe it can't possibly be merely a psychological hurdle that can

be overcome.

But indeed, it can be. We know that homeopathy acts on the presenting condition. But don't forget, it has been reported to act deeply on other levels as well.

So, when you feel like you're freaking – and have the nightmares to prove it – consider reading more about *Aconitum napellus* (*Aconite*, for short). See if it applies to your situation as it has for many individuals over the last two centuries.

Historically, *Aconitum napellus* 200 has successfully eradicated all-encompassing nighttime panic when utilized once a day, for a few days, right before bed. When the condition is very much better, we stop the medicine. If the condition returns, *Aconite* remains ready to finish the job.

And then we can sleep like a baby without fear of waking up in the midst of a panic attack!



Before I sign off for this week, let me just say that nightmares can also stem from certain foods and food intolerances. As I've said many times before, many health conditions originate in the gut. So, if you suspect you or a loved one need a more targeted education on gut health through homeopathy, I have created a comprehensive course just for you.

Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind contains protocols for physical, mental and emotional conditions that every family can use. In fact, my entire family – father, mother, husband and sons – has benefitted tremendously from the information I'll share with you.

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

Until then, just know that *Aconitum napellus* is a powerful, sweeping medicine for all manner of conditions involving shock, fear and apprehension. It deserves a prominent spot in every well-curated homeopathy kit.

So, get a good night's sleep, and tomorrow, you can wake up rested and reinvigorated, ready to pass on the good news of homeopathy!

Warmly,



P.S. Speaking of interrupted sleep, ladies, there's no need to daydream about suffocating your husband with a pillow to stop his snoring, especially when homeopathy offers several appropriate medicines to consider.

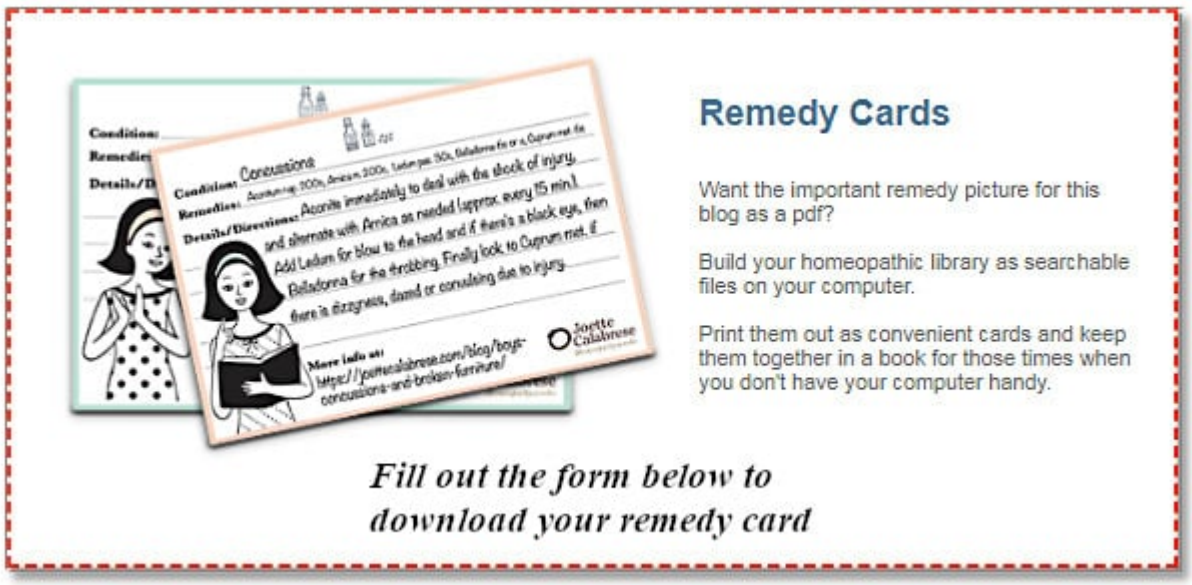
Later this week, I'll discuss with my Mighty Members how a Practical Homeopath™ might cope with incalcitrant snoring. So, if you haven't joined my Mighties yet, what are you waiting for?

Gain access to archives of all my Monday Night Live events,

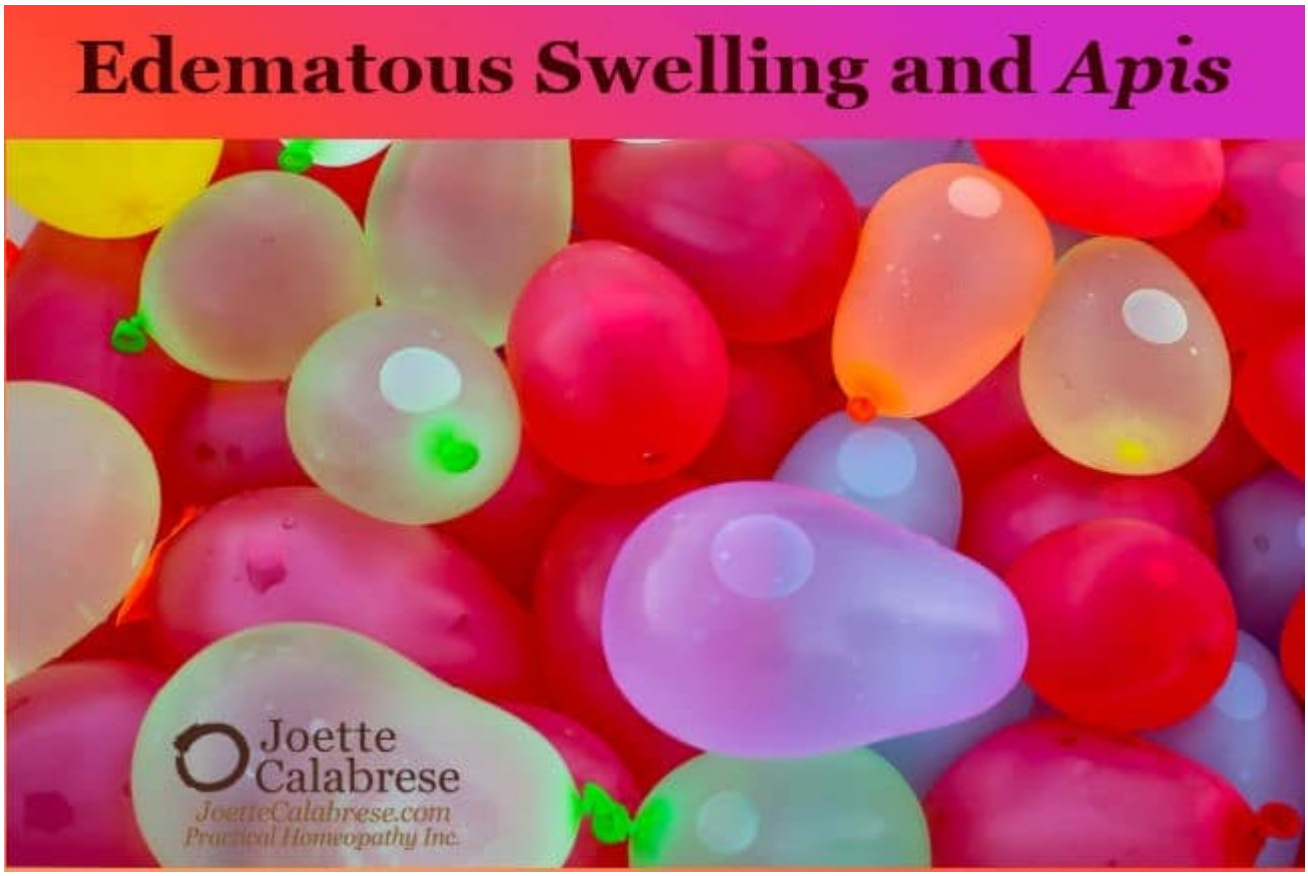
my private twice-monthly Mighty Musing videos, Daily Quotes to inspire, and a searchable database of *ALL* the Memos to Mighty Members going back to their inception in 2020. (These memos are more candid additional weekly blog posts written just with my Mighties in mind).

Plus, are you tired of Facebook? Well, my tech team has designed a Social Center hosted on our own servers – free from fact-checkers, data collectors and worse. Join all your fellow like-minded students and have discussions that could only be safer if you used two Dixie cups and a string.

[Joette's Mighty Members] is the place to be! Where are you?



Edematous Swelling and *Apis*



There you are! Let's add another medicine to our well-curated homeopathic inventory, shall we?

A few weeks ago, I discussed the swelling of extremities from heat and humidity in my blog post, Having a Swell Summer, focusing on the cell salt *Nat sulph* 6X. However, you may recall I mentioned that we also find *Apis mellifica* strongly suggested as a medicine for edema in the homeopathic repertory.

What's the difference? Well, *Nat sulph* is more for the overall body: hands, wrists, ankles and feet.

Conversely, *Apis* has been shown to address edematous swelling around the more tender tissues of the body: the eyes, lips, tongue, uvula and throat. We're talking about a distinct edematous swelling that almost mimics bags of water.



Imagine a water balloon under your eyes or surrounding your tender tissues.

Often, this kind of water-logged swelling can result from food allergies, chemical sensitivities, and even insect stings. In fact, *Apis* has been historically noted for reactions that show up on the skin – such as a rash, wheals or hives – especially when the itching is stinging and severe.

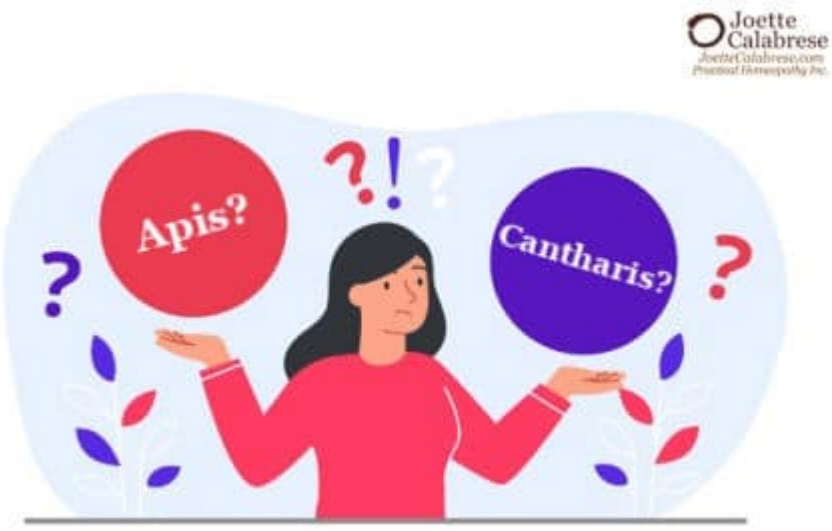
For acute conditions such as these, *Apis mellifica* 30 is generally employed every 3-6 hours, depending on severity, until very much better. However, if the situation is a dangerous allergic reaction, *Apis* 30 has been reported to be utilized every few minutes while on the way to the hospital emergency room.

Before we go any further, I want to caution that *Apis mellifica* is one of the few homeopathic medicines that should not be used capriciously during pregnancy without the guidance of a professional homeopath or a well-trained understanding of the medicine.

Apis mellifica 30 is also a valuable choice for urinary tract infections (UTIs), especially when accompanied by a scalding pain. Generally, it would be employed every 3-12

hours, again, depending on severity.

“But Joette, what about *Cantharis* for UTIs?” Good question. It shows you listened to my podcast, [“Ladies Only.”]



Indeed, *Cantharis* is most often our first choice with UTIs, so what are the differentials between the two? My friends, in any situation where we have two (or more) medicines that are both appropriate for a condition, that’s where a good *materia medica* comes in.

Whether you use my easy-to-read [*Materia Medica*: Practical Homeopathy® for Busy Families] or a more in-depth professional volume, such as [Dr. Robin Murphy’s Nature’s *Materia Medica*], this is what my students learn to do:

They crack open their book and read the entry of one of the medicines in question. Then, they read the entry for the other potential remedy.

But they’re not done yet.

They go back and reread them both again! Reading important information twice can help bring items you may have missed the first time to the fore.

Then, they choose the medicine that fits most closely with

all the symptom nuances.

I encourage you, dear readers, to do the same (when there is no specific protocol to follow). The more understanding you have about this process, the better your choices of homeopathic medicine will be. So, education is key.

Never. Stop. Learning.

To that end, have you already joined a Gateway to Practical Homeopathy® study group? Utilizing my easy-to-follow curriculum, you and like-minded friends can learn the basics of homeopathy and begin your journey to health freedom.

No, my friends. Not just garden variety health freedom but the kind that reduces and eventually eliminates fear altogether.

You know… Distress. Anxiety. Dependency on a scary and unreliable industry and its questionable medicaments. Apprehension. Dread. Horror.

All of that melts away when you know what to do in a health crisis.

Allow me to explain further.

Interestingly, many conditions – physical, emotional and mental – begin in the gut. So, an excellent way to continue your education is by diving into my course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind. You'll find I cover utilizing *Apis* for swelling and allergic reactions, plus so many more Practical Protocols for gut issues and the ailments they cause. With a little education, you *can* successfully care for yourself, your family, and your loved ones.

Nothing is more valuable than health autonomy. So, join me and the thousands of students who've preceded you in making homeopathy their preferred health paradigm.

And add *Apis mellifica* to your growing collection of carefully chosen homeopathic medicines. All the education in the world won't help if the precise medicine needed is not readily available to use.

If your inventory is beginning to get unwieldy, I have shared quite a few ingenious organizational methods in my Memos to Mighty Members over the years. Last week's Memo contained one of the most decorative and elaborate organizational systems yet. You'll be inspired when you join my Mighty Members.

Pass on the good news of homeopathy! (It really is good news, isn't it?)

Warmly,



P.S. And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

Fill out the form below to download your remedy card

Cuprum vs. Spasms



I've written about *Cuprum metallicum* before. So, perhaps you remember its history of usefulness for restless legs, strabismus or colic. But today, I want to stress *Cuprum's* ability to address spasms.

Muscle spasms? ✔

Spasms and cramps of any muscles (legs, hands, back, neck, etc.) may be addressed with *Cuprum metallicum 6,* twice daily, until the condition is very much better.

Facial tics and twitches? ✔

Yes, even that annoying eye twitch that we all get from time to time. Generally, these conditions are self-limiting (meaning they'll go away of their own accord, given enough time). But as a neurological remedy, *Cuprum* has been shown to address the spasmodic nature of facial tics and twitches. It may be a choice to employ *Cuprum* twice daily, until the condition is very much better.

Spasms in the abdomen? ✔

The stomach muscles perform many tasks, from keeping your organs neatly in place to supporting your body in motion. But the various muscles in the abdomen can experience painful spasms sometimes, signaling a need to contemplate *Cuprum.*

In fact, while we often initially think of *Ipecac* for vomiting, *Cuprum* is great for vomiting accompanied by spasms of any sort.

Whether the act of vomiting itself is spasmodic or the abdomen and stomach muscles are spasming during the sickness, *Cuprum* may likely be a tighter fit than *Ipecac*. If the sufferer is even experiencing concomitant spasms in unrelated areas (legs, hands or back) while vomiting, those symptoms are a call to consider *Cuprum metallicum 6*, as

needed, until the condition is very much better.

Paroxysms of coughs? ✔

Indeed, everyone has experienced a coughing jag. “Cough, cough, cough, cough – GASP – cough, cough, cough, cough.” You know the drill.

For spasmodic coughing fits that result in breathlessness or feel like an attack of suffocation, once again, homeopathy’s spasm medicine, *Cuprum metallicum 6*, may be just the ticket to regaining equilibrium. It’s worth a thought!

So, we’ve discussed several usages of the 6th potency here. However, in my practice, clients with frozen shoulder have reported success by utilizing *Cuprum* in the 200th potency. Consequently, I’d say no well-curated homeopathic kit should be without *Cuprum metallicum* in several potencies.

And my friends, in this coming week’s Memo to Mighty Members, I will share a fantastic organizational system for homeopathic medicines. Organizational tips are just one of the things we share in our private enclave, along with additional information on medicines, current events, homeopathic research, recipes, success stories, and the list goes on. Don’t miss out! Join my Mighty Members today!

And pass on the good news of homeopathy!

Warmly,



P.S. Speaking of stomach spasms and vomiting, our guts are

much more critical to our overall well-being than we realize. So many conditions – both physical and emotional – stem from gut dysfunction.

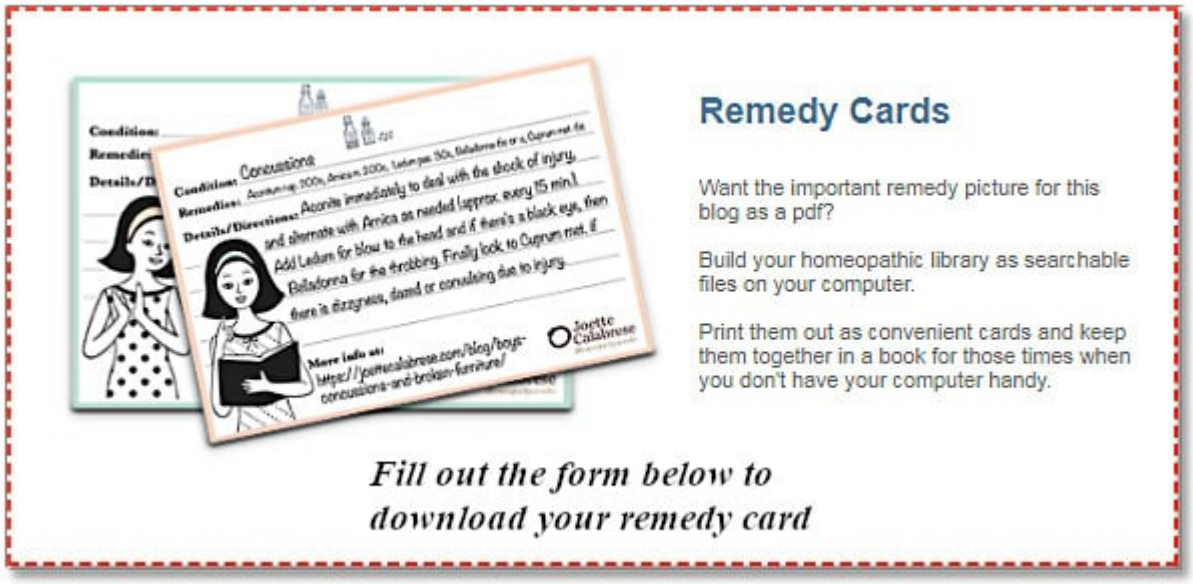
Many may not realize that homeopathy can be the needle-mover to bring the gut back to its optimal health … undoing years of antibiotic use and poor eating habits.

I created my course **Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind** to provide concrete solutions – solutions drawn from my almost 40 years of practice dealing with the gut and gut/psychology connections.

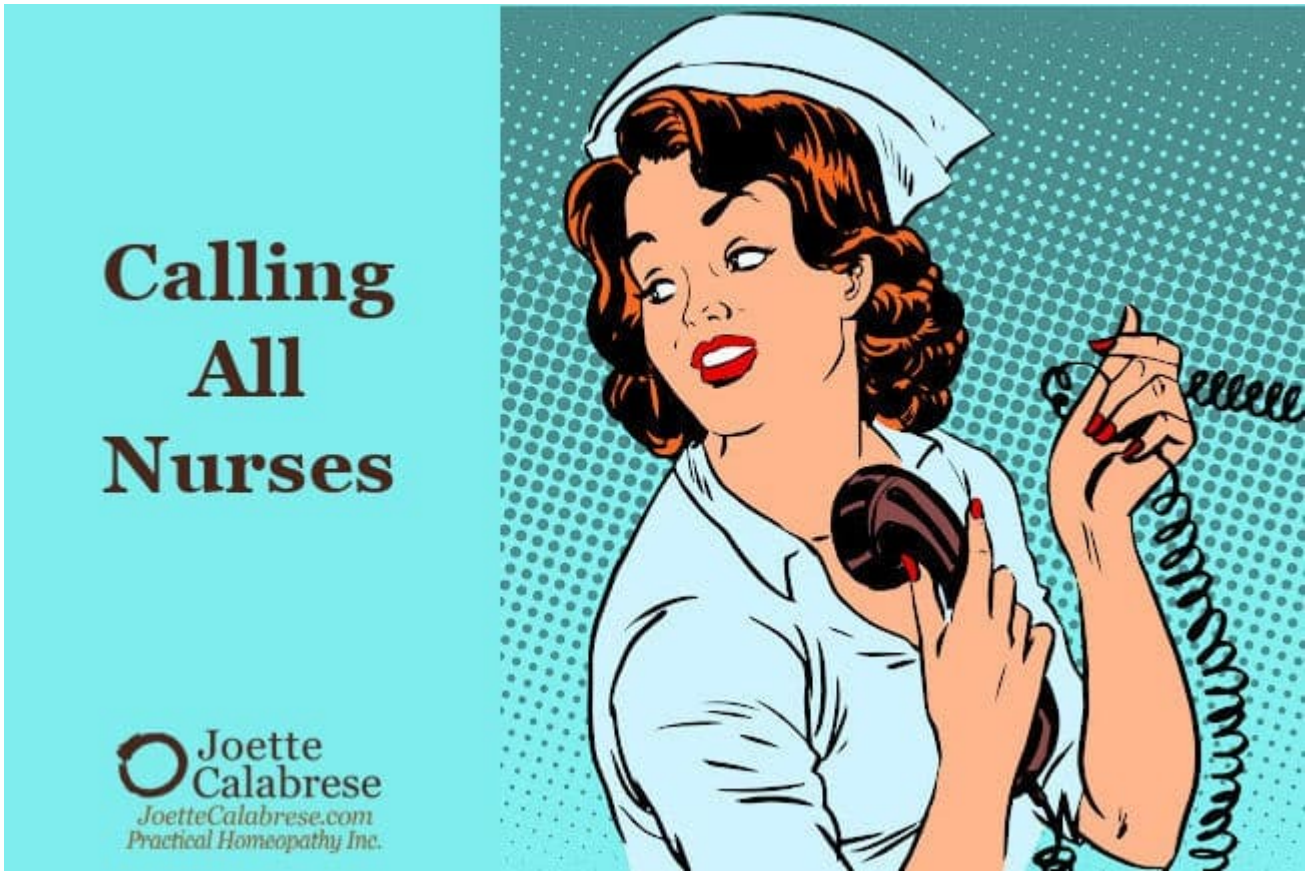
Intrigued? I encourage you to download this free infographic to show you that effective, polite homeopathic protocols (with reproducible results) *do* exist.

And if you need two more reasons to stay engaged on your journey to health autonomy, join my Mighties and qualify for an immediate 10% discount on all my courses or become a Gatewayer in a Gateway to Practical Homeopathy Guided Study Group.

If you join in a Gateway group purchase, you'll receive a 30% discount! Once you are Gatewayer, all the details are provided. I can't think of a better way to spend the cool nights ahead in front of the fire.



Calling All Nurses



People trust nurses.

And they should! Nurses are in the trenches.

They're the ones who have gathered practical, day-to-day experience over years of observation. They're the ones who give invaluable tips and tricks. For instance, I had a necessary surgery decades ago. Upon release, my nurse showed me how to get out of bed without pain or risk of further injuring my surgical site. She was an angel.

Nurses know the little things that will make their patients' lives easier.

In a hospital setting, the attending doctors prescribe and walk away. The nurses stay. They're attuned to people's needs. They witness the fallout after drugs are employed firsthand because they are left to deal with it.

Nurses know.

How many times have you had an experienced nurse – a friend or relative – unofficially alert you to the dangers of a specific pharmaceutical? "I wouldn't take it," they might offhandedly say. Sometimes they make a special effort to whisper it to a patient after the doctor has left the room.

Indeed.

Why? Because they have witnessed the repercussions – nay, the *fallout* of synthetic, patented drugs of commerce.

I see it constantly. As of this writing, approximately 15% of my Academy of Practical Homeopathy® students are nurses. Those whom I've spoken to are frustrated by the fact that Big Pharma has such a debilitating strong hold on patient care. They are disillusioned by the repercussions of synthetic drugs.

So, they are learning homeopathy as a natural progression in their thinking of how to make patients' lives better without introducing new, iatrogenic consequences down the road.

As I said before, these nurses are more attuned to patients' needs, and they are turning to homeopathy in large numbers.

But if I may be so bold, we need more nurses to join our movement! Can you imagine the good that can be done with more boots on the ground – or should I say "Crocs" on the ground? Indeed, these women and men could be the difference-makers in the future of health care.

So, if you're a nurse, I urge you to join us. If you know a nurse, I urge you to share your knowledge of homeopathy with them. Once they witness the tip of the iceberg of homeopathy's potential, they'll want to learn more.

A great place to start – for nurses, mothers and other caregivers alike – is my course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind. So many human health issues originate in the gut that this course has become a popular entry point to learning homeopathy's ability to affect overall well-being, whether physical, emotional or mental.

For instance, students learn more about *Nat phos* 6X (*Natrum phosphoricum*) for indigestion, which I briefly discussed in my cell salt series blog post, David vs. Goliath. It's a more polite replacement for over-the-counter antacids.

But even if one's meals are perfect, food sources are top-notch, and every meal is made from scratch, one can still experience problems related to the gut, such as anxiety, depression, bloating, brain fog and weight gain. My course, Good Gut, Bad Gut, provides education on homeopathic medicines and protocols that have been shown to act for the last two centuries!

So, I'm calling all nurses! I want to give you hope that real solutions exist! Click here to download your copy of my free infographic, From Bad Gut to Good Gut, containing a sneak peek at a few of the medicines covered in the course.

In fact, share this link with others as an easy way to pass on the good news of homeopathy!



Recently, I received an email from Homeopathy magazine granting public access to two fascinating research articles. These two laboratory studies "add evidence for the existence of physical phenomena in homeopathic dilutions," says the editor of Homeopathy magazine. As continuing investigations into nanoscience deepen, I have no doubt we will see more and more of these studies further substantiating homeopathy scientifically.

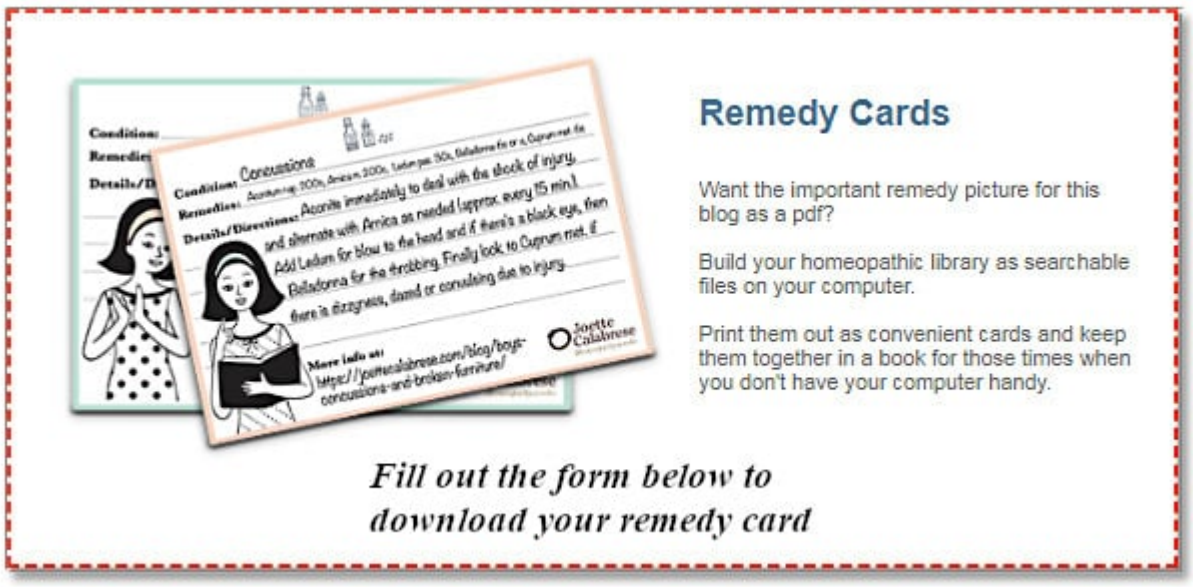
I have placed links to both of these articles in my free Resource Library in The Learning Center at the bottom of the list of Homeopathic Research Sites.

While you're there, click around. My free Resource Library contains many other articles and resources validating homeopathy's astounding body of work. New scientific methods are helping to uncover the underlying reasons for what homeopaths have known for years: Homeopathy works!

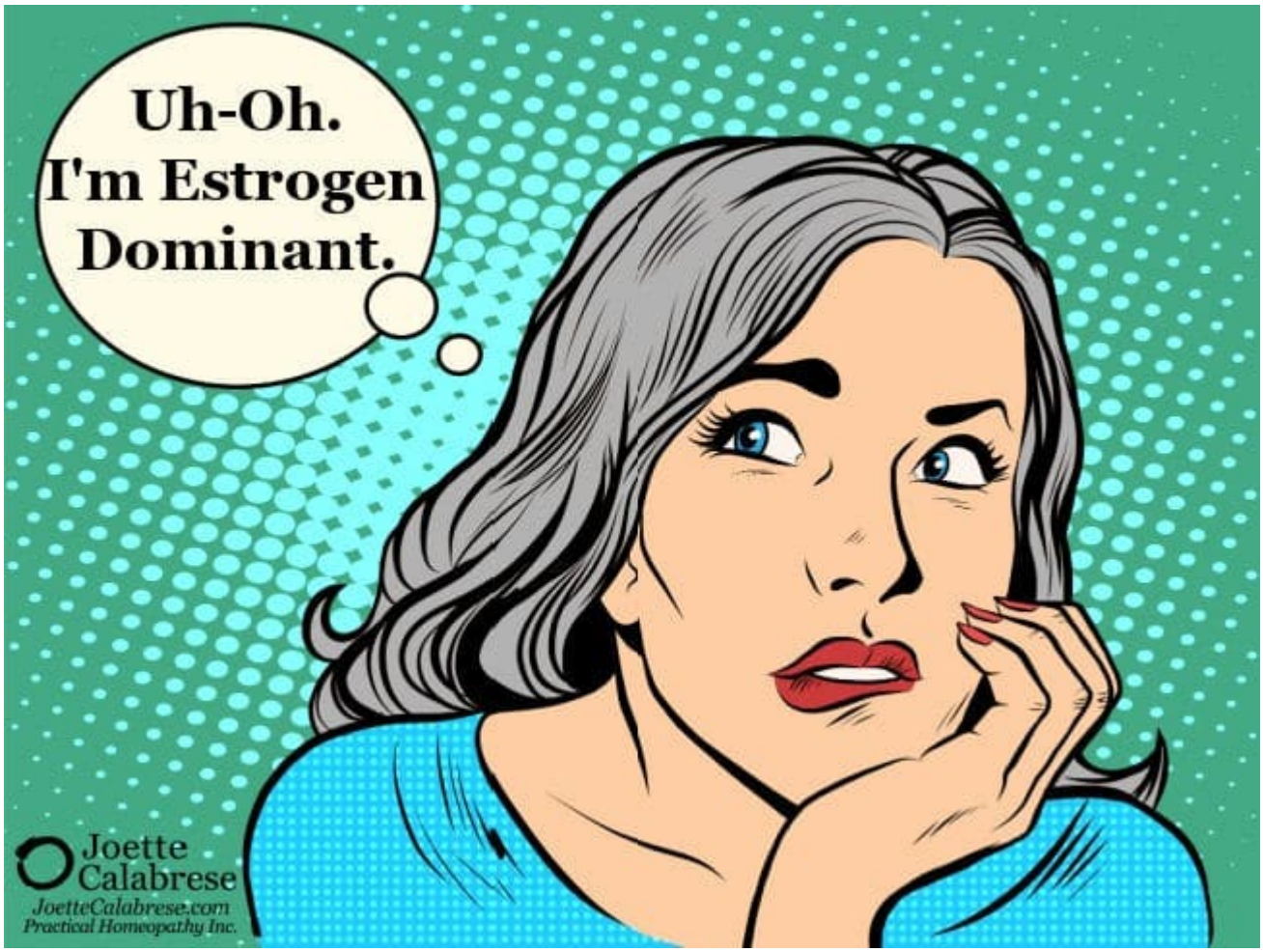
Warmly,



P.S. Not quite ready for an in-depth course? Join a Gateway to Practical Homeopathy® study group. Addressing your family's conditions requires confidence. And confidence comes from competence!



Uh-Oh, I'm Estrogen Dominant



I hear it from women all too often. “Uh-oh, Joette! I found out I’m estrogen dominant!”

Well, that sounds quite ominous, but in truth, estrogen dominance is not a true conventional diagnosis. It’s an explanation of the diagnosis.

We’re not going to treat “estrogen dominance” because we don’t treat the dominance of any one hormone or another. So, we don’t need to know the explanation; we need to know the conventional diagnosis and the symptoms.

The true diagnosis is no great mystery. It hits every woman around the ages of, say, 42-60. It’s menopause – the symptoms being hot flashes, weight gain and lowered libido.

These kinds of hormonal fluctuations – while natural with age, of course – can be exacerbated by anything that tinkers

with one's endocrine system (e.g., pesticide exposure, plastics in water bottles and food containers, birth control pills or thyroid issues).

But the only reason I mention those potential "causes" is to urge women (and their daughters) to stay away from those influences. But it's not essential that we really, truly know what stimulated the shift.



So, what can we do if a sufferer feels like menopause is a rollercoaster? What if they can't soar through menopause because symptoms are burying them – holding them down? They don't need a test. Instead, in Practical Homeopathy®, we use the symptoms to help us make the most informed medicine choice.

I've written many times about *Sepia* 200 – generally utilized every three days – as our primary medicine to consider for menopausal symptoms.

However, today, I want to point out another excellent choice for hormonal fluctuations that belongs in every well-curated homeopathy kit: *Ammonium carbonicum* 200C, employed every seven to ten days. It's even worth consideration for perimenopausal symptoms as well!

So, there are two good choices to consider, but only pick one or the other. *Ammonium carb* would be appropriate for more generalized menopausal conditions, while *Sepia* more

specifically covers hormonal headaches, vaginal pain and low libido. But, as always, I suggest you study both medicines thoroughly in a *materia medica*.

However, *Ammonium carb* doesn't work quickly. It could take months to observe improvements. But often, many women report, "My symptoms are not nearly as bad as they used to be."

And that's what we're going for, right?

If you have concerns about women's health issues, I suggest you learn more about my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy. A simple blog post doesn't allow me enough time to discuss thoroughly the potential that homeopathy has been shown to offer. But taking a deep dive into a course on women's issues could be, as they say, just what the doctor ordered. (And wouldn't that be one order from a doctor we would be happy to act upon?)

Get off the menopausal rollercoaster and pass on the good news of homeopathy, my friends.

Warmly,





P.S. Spurred by comments on the recent blog Dogs Days, I have added additional information to the post for new readers. However, for those of you who may not have reread the post since its initial publication, let me add my addendum here:

Remember that *Pulsatilla* is a medicine and should not be given indefinitely. We generally use a medicine for a few weeks and then reassess.

We reassess by looking at what symptoms and conditions remain, if there's been an improvement and, if so, to what extent. According to our findings, we either halt the medicine (because its job is done) or carry on because there's still plenty more work to be completed.

One of the most important ways to determine if a medicine has done its work is to halt the medicine and see if the suffering returns. If it does return, we can either begin utilizing the medicine again – less frequently (such as every other day instead of twice daily) – or carry on for another few weeks while always observing.

The same principle applies to pooches or people.

Join [Joette's Mighty Members] for more in-depth weekly blog posts, video conversations with me, daily quotes, and a safe, secure social center to discuss what you're learning about homeopathy with like-minded new friends. It's the place to be! Don't miss out on the fun.

