Summertime and the *Ledum* Is Easy



You know how much I love singing, so you'll forgive me for changing the lyrics of "Summertime and the Livin' Is Easy." Indeed, summertime is when I think of *Ledum* the most often, so doesn't it deserve to be in the title?

My friends, let's just cut to the chase. The next medicine we should all have in our homeopathy kits is Ledum palustre (in both 30 and 200 potencies).

I've discussed *Ledum* on several occasions before, especially for insect stings and bites – bites actually from any animals, not just insects:

- Emergency Remedy Series: Bites Make Me Itchy. You Too?
- My Top 5 Sizzling Summer Remedies
- Watch Out for the Chiggers!

Ledum is also useful for snake bites. Last week, my Mighty Members enjoyed a lengthy article I wrote containing detailed information from a graduate of The Academy of Practical Homeopathy® (and current Mastery student) who addressed a 5-foot rattlesnake's bite on a dog's paw … with homeopathy. Her entire community now has seen the proof that homeopathy works! It's inspirational!

Ledum is known for addressing puncture wounds. That's exactly what animal and insect bites are, right? So, let's not forget Ledum's usefulness in any type of puncture situation, especially in areas of the body that are rich in nerves (such as hands and feet).

For instance, it's summer. Who needs shoes? Allen was out walking in his backyard when, suddenly, YEEE-OUCH! Somehow, he managed to step on a nail!

Having studied my magnum opus, The Survivalist Guide, Allen chose to employ *Ledum* 200, every 4 hours or so, until the puncture wound appeared very much better. Then, he continued to utilize *Ledum* 200, once daily for three weeks post-injury, as some literature has shown that *Ledum* can help guard against tetanus.

Allen also recommended *Ledum* to his mother, Edna, who had been suffering from rheumatism of her lower extremities. Now, while it is not considered a specific medical diagnosis, rheumatism is a common, informal term used in instances of inflammation and joint pain caused by any disease or syndrome.

Edna's pain was – pardon the pun – nerve-wracking. She was unable to work in her garden or play with the grandkids on the swing set. Here it was summer, and she was having no fun at all – just severe pain.

While there is no particular protocol for *Ledum* with cases of rheumatism, it has been shown that Ledum 30 or 200

(depending on the severity), utilized twice daily, can uproot the condition over time. (Scroll down, as this week's free Remedy Card provides this information.)

Allen bought his mom a tube of *Ledum* 200 and made sure she knew how to pop the appropriate number of pillules that make up one dose (as shown on each manufacturing pharmacy's label) into her mouth and allow them to dissolve.

That's right, Edna! It may sound too easy, but that's what we love about homeopathy. It's inexpensive, easy to utilize and efficacious, yet it doesn't usher in the dangerous side effects that conventional medications can.

Another beauty of homeopathy is that there is often more than one way to shear a sheep. That's why one should always confer with a repertory (to find common ailments and their associated medicines) and a *materia medica* (to read up on the characteristics of each suggested medicine).

For instance, we often think of *Rhus toxicodendron* for joint pain. But *Ledum palustre* is also a viable choice. In a nutshell, sufferers whose joints feel better from warmth generally consider *Rhus tox.* On the other hand, sufferers who prefer cold applications might do well to consider *Ledum*.

We make our choices based on the specific symptoms as they present.

Another example: *Ruta graveolens* is known to be especially useful in sprains of the lower extremities such as the ankle. But *Ledum* is well regarded as an alternative, especially when the sufferer desires to dunk their foot in cold water for pain relief.

It's such a simple differential (cold vs. warmth), but recognizing that distinction may make all the difference!

In case you're not yet in awe of the power of Ledum, I also have mentioned utilizing it for eye orbit injuries in Baseballs and Black Eyes and also for gout (in combination with *Belladonna*) in The Disease of Kings and Commoners.



But right now – summertime – we often closely identify with *Ledum's* handling of tickborne diseases, most notably the hot topic of every summer, Lyme Disease. If you've not read these blog posts, they may interest you.

- Chronic Lyme Disease: Are You Sure About That?
- Lyme, Lyme, Lyme: Just Making Sure You Know What to Do
- Protocol for Lyme Disease Using Homeopathy
- Podcast 29 – Lyme Q & A

However, let me add this clarification. Determining which microorganism may be at play in our condition can be useful, but that's not where we start. In Practical Homeopathy®, we first ask ourselves, "What are the symptoms?"

So, if a tick bite is causing fibromyalgia, then we use the medicine for fibromyalgia!

And now is a good time for a reminder: We're not *treating*

symptoms. We are doing the exact opposite of that. We are using those little gifts we call symptoms to determine which homeopathic medicines might be useful.

Certainly, fibromyalgia can come from Lyme disease, but it can also come from other sources, such as hormonal shifts, overuse and food intolerances. It matters not!

Now, if we've used the appropriate medicine for our symptoms – in this case, let's say fibromyalgia and fatigue from Lyme Disease – and they are not helping, then at that point we might consider the etiology or the microorganism. But we don't start by chasing after one of a million different microorganisms. Indeed, if we start down that rabbit hole, we will miss a cathedral of good homeopathic medicines that could successfully address the condition as its presenting.

So, I'll say it again, when choosing our medicines, **we start with the symptoms**!

We don't treat a lab result.

If a client comes to me with their blood work, I generally say, "That's useful, but put it to the side. Now, tell me what's *really* happening with you. Oh, there's fatigue and fibromyalgia. Then, we'll use *this* medicine for fatigue and *this* one for fibromyalgia." (You might be interested in How I Cured My Fibromyalgia with One Simple Medicine.)

We choose our medicines according to what is happening in real-time.

Before many sufferers began looking for alternatives to the conventional medical paradigm and discovered naturopathy and functional medicine, we didn't have this conundrum.

If a sufferer told a conventional doctor they felt fatigued all the time, he would simply tell them, "That's called chronic fatigue."

Or if a patient went to the doctor and said, “These joints hurt right here at the thumb,” the doctor would reply, “Well, that’s arthritis!”

“Every fiber in my body aches” would be answered with “That’s called fibromyalgia.”

You know what I mean. Doctors simply took the description of the symptoms and couched it in a medical term. It was actually easier for me as a homeopath in those days.

But in the last 20 years, I’ve seen a significant shift with sufferers placing importance on myriad lab tests that may be useful to the naturopathic or functional paradigm but not necessarily to homeopathy. It *can* be. But it’s not the first, secondary, or even the tertiary way we look at a condition.

So, observe symptoms carefully and appreciate the signs they provide, especially with blanket diagnoses such as Lyme Disease, chronic fatigue or adrenal fatigue. Sometimes a name can cloud our judgment when only the *symptoms* – what’s happening right now – are all we need to begin our research to find the most appropriate homeopathic medicine.

Enjoy summertime and pass on the good news of homeopathy!

Warmly,

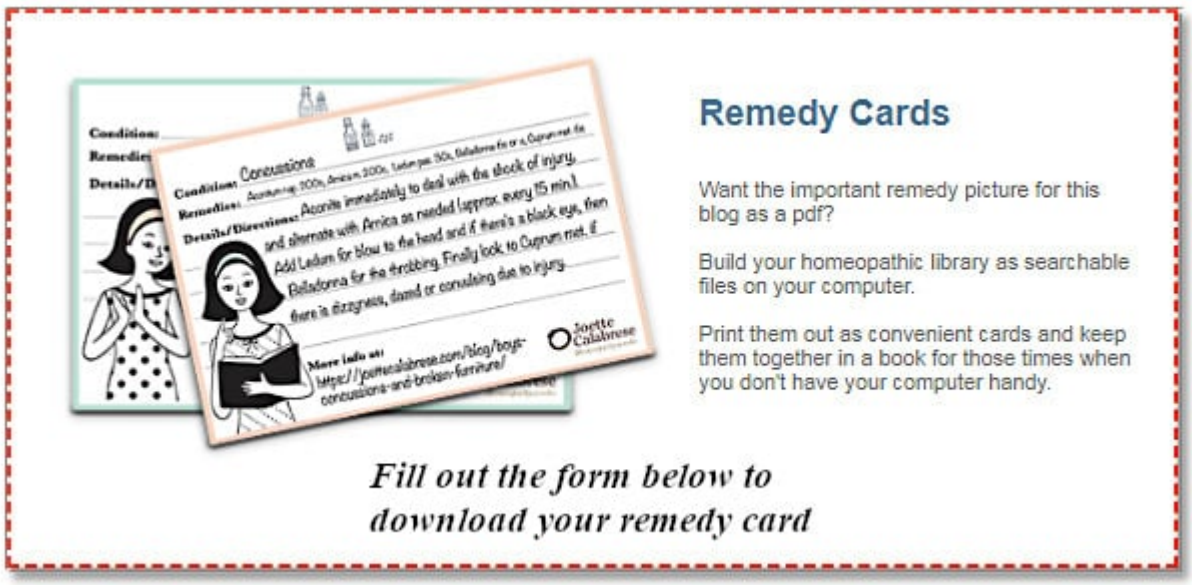


P.S. Feeling a bit left out that you didn’t receive the fascinating and educational article on my student’s rattlesnake bite experience? Well, there’s one simple

solution, you know. Join Joette's Mighty Members!

My Memos to Mighty Members are extra blog posts on topics I feel more comfortable discussing in a private setting where I can be more candid (unlike in a public blog). You'll receive a new one each week. Plus, all my previous memos are archived (so you can still learn about the rattlesnake case).

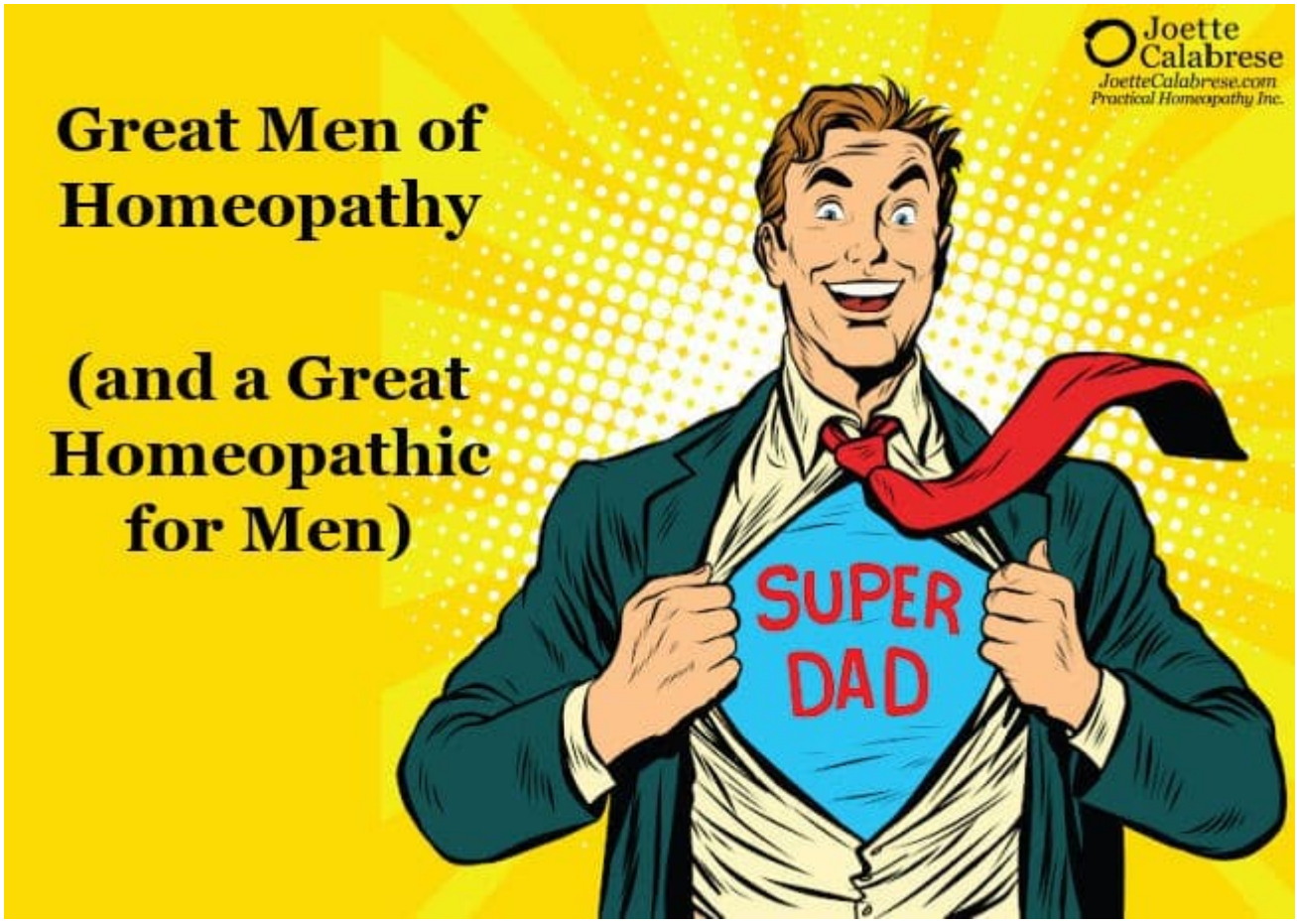
There are all sorts of extra benefits to Mighty Membership, so take a look! And remember – all my Mighties also qualify for a 10% discount on course purchases!



Is Easy
6/25/23 Summertime and the *Ledum*
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Great Men of Homeopathy (and a Great Homeopathic for Men)



Let me climb up this ladder, and … whoops, missed a rung … ah, here I go. I'm shouting from the rooftop:

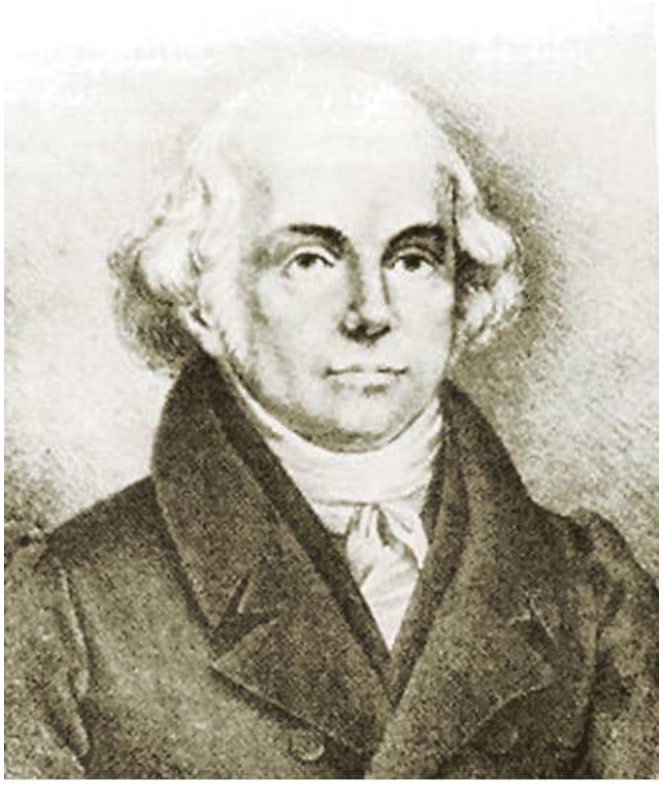
Happy Father's Day!

My dear dads, granddads and men who care for others, this is your day! We humbly thank you for all that you do.

Often, my teachings are more weighted toward my female audience because moms and grandmoms make up the overwhelming majority of my readers. But I hope you don’t interpret that to mean I appreciate you any less.

Men are our builders, inventors, warriors, partners, protectors, strength when we are depleted, and the love that fills our hearts. Indeed, we celebrate you!

So, today, I would like to mention a few of the incredible men who helped create this living paradigm of homeopathy. (Plus, I will share an equally incredible homeopathic medicine that many men may find useful.)



Dr. Samuel Hahnemann
(1755-1843)

No digital list of great men in homeopathy would be worth its pixels without first crediting Dr. Samuel Hahnemann for discovering, researching and refining this unparalleled

medical paradigm.

Dr. Hahnemann was a German physician and scholar whose practice served aristocracy and royalty. Disappointed in the results of the medicine he and his colleagues were using at the time, Hahnemann left his prominent practice. He discovered a profound natural law, *The Law of Similars*, which became the foundation for homeopathy.

The Law of Similars asserts any substance that can cause symptoms when given to a healthy person can help to heal those experiencing similar symptoms when given in a very minute amount.

Until around the 1940s, homeopathy occupied a central place in American medicine. In fact, in Washington, D.C., only one memorial is dedicated to a physician – the founder of homeopathy, Dr. Samuel Hahnemann.



Dr. Constantine Hering
(1800-1880)

German doctor, Constantine Hering, was charged with writing

a book to *discredit* homeopathy. However, the more he investigated, the more he became convinced that homeopathy was a valid, effective medical paradigm. He then became one of homeopathy's most ardent champions.

In the 1830s, he emigrated to the United States and became the Father of American Homeopathy. Yes, upon scientific investigation, a "non-believer" became the Father of Homeopathy! In concert with several other doctors, Hering founded the first homeopathic medical school in the United States and also published several homeopathic journals.



Dr. James Compton Burnett
(1840-1901)

Dr. James Compton Burnett began his medical career in Great Britain as a conventional doctor; however, after trying homeopathic methods, he was converted. He was also one of the first medical professionals to address concerns that vaccination may trigger illness!

Dr. Burnett was a prolific author, and his book "Fifty Reasons for Being a Homeopath" is one of my favorite reads.

In fact, I am reading – and commenting – on it now in videos I create for my Mighty Members. In this work of literary and educational excellence, Dr. Burnett records letters written to an allopathic doctor who was particularly skeptical of homeopathy.

Indeed, his fifty reasons for being a homeopath still hold true today.

To quote, Dr. Burnett, "Believe me, we homeopaths are not what you have been taught to think; we have no secrets; we aim all of us, each according to his ability and in his own way, to advance the true interest of our beneficent art, and our most earnest desire before God and man is to teach all we know to all knowledge-seeking lovers of truth."

Dr. John Henry Clarke, the author of "A Dictionary of Practical Materia Medica" and a renowned homeopathic doctor in his own right, said of Burnett, "It is not too much to say that during the last twenty years Burnett has been the most powerful, the most fruitful, and the most original force in homœopathy."

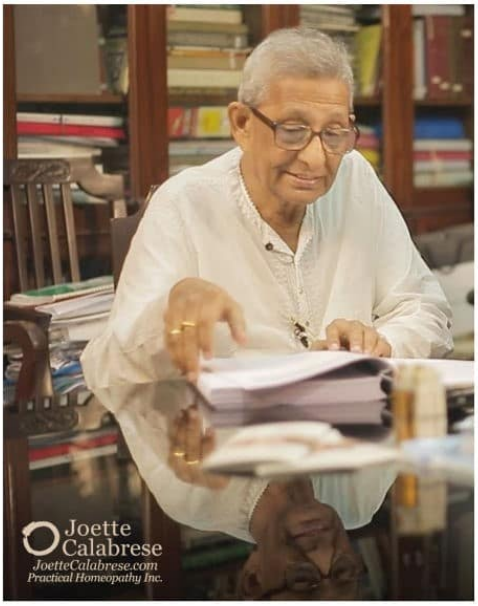


At the age of 93, the indomitable Joe De Livera – known by the moniker "Joepathy" – lives in Sri Lanka, which allows him familiarity with epidemics and conditions that don't always affect the Western hemisphere. He is a unique, well-

regarded figure in the world of homeopathy and has a stellar reputation for helping tens of thousands of people across the globe through his online presence.

His highly successful technique differs slightly from our usual method of placing pillules in the mouth. Joe De Livera recommends placing a dose of liquid homeopathic medicine in about two cups of water and then utilizing about one tablespoon as a dose. He discusses his technique thoroughly in an interview lesson for The Academy of Practical Homeopathy®, but you can read more about his method for free in my blog post When in Doubt: Arnica.

And my Mighty Members can also learn about his successful approach to the recent pandemic in Memo to Mighty Members #63, archived on your members-only page.



Dr. Prasanta Banerji (1933-2018)



Dr. Pratip Banerji (1964-2021)

I cannot close this list of Great Men of Homeopathy without my dear mentors and friends, Drs. Prasanta and Pratip Banerji of Kolkata, India. Their immense body of work resulted in the development of reproducible, condition-specific homeopathic medicines, which have revolutionized homeopathy: the Banerji Protocols.

Indeed, their scientific research spans well over 150 years, encompassing their lifetimes and also the lifetimes of the familial generations preceding them. This data collection center is unrivaled in the world today, not only in the homeopathic world but the world of medicine in general. When I studied with them, their patient database had more than 40,000 cases with over half-a-million visits recorded!

They've presented their findings at the National Institute of Health, Anderson Cancer Institute, Roswell Cancer Institute, Columbia University, The University of San Diego, St Luke's Hospital and other distinguished institutions across the globe.

Assisted by their senior doctors, the Banerjis saw approximately 1,200 patients a day in their clinic, from royalty and heads of state to the poorest of India's citizenry. No one was turned away.

I invite you to read the tributes I wrote to both Dr. Prasanta Banerji and Dr. Pratip Banerji.

Especially today, on Father's Day, I think of Dr. Prasanta, who was affectionately and reverently referred to as "Baba," meaning esteemed father. And then my mind turns to Dr. Pratip whose entire countenance would light up when his young daughter came into his office.

Indeed, they were admirable fathers as well influential homeopaths.



Well, my friends, I promised to share a great homeopathic

medicine for men, didn't I?

Berberis vulgaris is a valued kidney remedy. Consequently, it's another homeopathic medicine to consider for kidney conditions caused by gout (elevated uric acid).

They used to say that gout afflicted men who drank too much beer, ate too much meat and were sedentary. But updated information has indicated that's not necessarily so! (Although, too much beer may contribute to gout because alcohol causes inflammation and other issues. Sorry, Dad!)

I've already discussed homeopathic considerations for the painful joint pain caused by gout in The Disease of Kings (and Commoners). However, pain located in the kidneys, ureters and even the lower back may indicate gout-induced kidney stones! Then *Berberis vulgaris* 6 (or in mother tincture) – employed twice daily – may be a solid homeopathic choice for sufferers to consider during these painful events.

However, as always, we halt the medicine if no improvement is observed after giving it due time to act, and we certainly stop utilizing the medicine once the condition becomes very much better.

Indeed, thanks to these great men – and many others not mentioned – homeopathy is the best medicine in the world, and I simply won't hear another word about it!

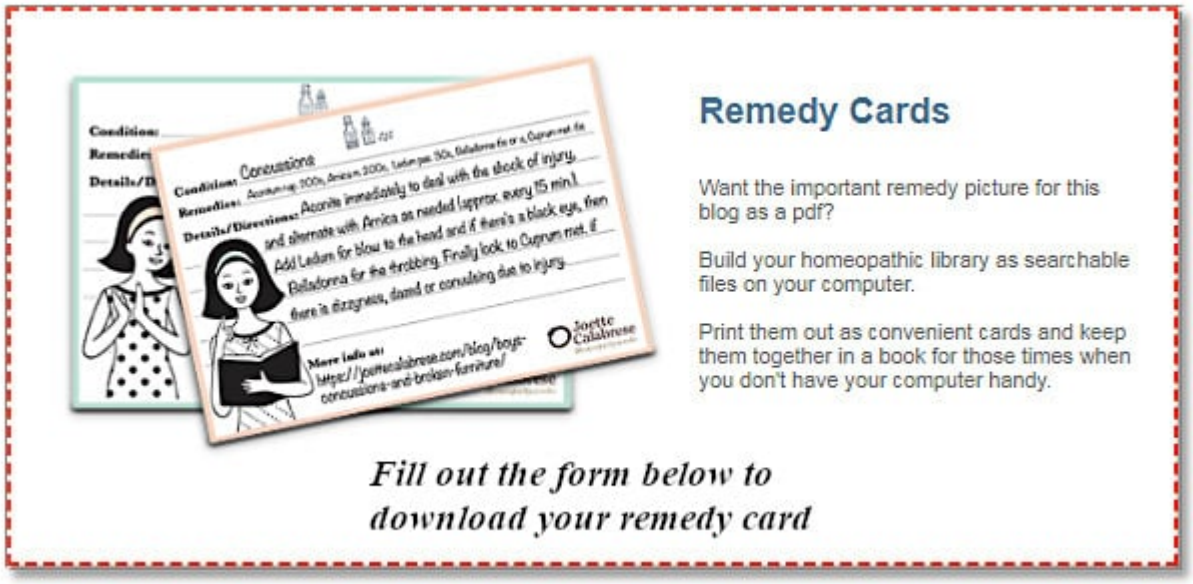
Pass it on to all the great men in your life!

Warmly,



[1] See page for author, Public domain, via Wikimedia Commons

P.S. Men, my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum is not just for moms and grandmoms. Indeed, we have wonderful men – fathers and even boys – who have joined our growing ranks. If you're interested in joining a study group or forming your own, please reach out to my office through this form. We'll connect you with an experienced group leader who will be happy to assist you!



Bryonia: Breast Pain Is

Breast Pain



What is a list of must-have homeopathic medicines without *Bryonia alba*? It's an incomplete list, I'd say!

Bryonia probably should have been at the top of the list we are creating together. Talk about burying the lede! But I'm trying to keep you intrigued for 52 weeks, so I'm sharing my favorites in no particular order.

If you've been following me for any length of time, you probably already own *Bryonia*. I've often discussed the efficacy of *Aconitum napellus 200* mixed with *Bryonia alba 30* (a Banerji Protocol) taken at the first inkling that a respiratory condition is coming on.

Most recently, you may recall my mentioning that hallmark Banerji Protocol in my blog post, The Alphabet Soup of Viruses. Now, It's RSV. You also learned about its use (along with other essential protocols) in Ferocious Flu

Fears, published in March, 2020. (That specific date is a clue to the underlying topic … if you know what I mean.)

I've also written about *Bryonia's* customary use for joint pain that is worse with movement in Ouch! My Back, Joint and Bone Pain is Killing Me!

We've also discussed employing *Bryonia* for mastalgia (breast pain) in Breast Pain: When Even Hugs Hurt.

But recently, this question came in: "Do you know of a homeopathic remedy for my adolescent son who has swollen, tender breasts?"

If you know anything about homeopathy, you know this: Bryonia in Practical Homeopathy® provides a condition-specific protocol for breast tenderness and pain.

When boys like this young sufferer approach puberty, their hormones shift. They can become unnerved by breast pain and wonder, "What the heck is happening to me?"

But had this sufferer gone through the classical case-taking method, the best homeopathic medicine for breast tenderness might have been overlooked.

As you know, the Practical Homeopath™ would simply respond to the condition as it presents.

Consequently, we would generally turn to a condition-specific protocol that has been shown to act in cases of breast pain or tenderness: *Bryonia alba* 30, twice daily, until very much better.

Let me repeat in case you are skeptical: Yes, the question did involve an adolescent *boy's* breast pain! That's a critical elucidation I may not have discussed before in this venue.

My friends, breast pain is breast pain, whether the sufferer

is a premenstrual woman, pubescent girl, postnatal mom, adolescent boy or even a newborn.

Indeed, newborns of either gender can experience breast tenderness "due to exposure to maternal hormones in the womb."[1] It's natural, and so is our customary homeopathic response to the condition. We'd still consider *Bryonia alba* 30, no matter the age or gender of the sufferer.

However, let me be clear. As with any condition, we generally address pathologies when utilizing homeopathy. Homeopathic medicine is just that … medicine! We don't use it willy-nilly like a supplement.

So, if the breasts are merely mildly tender but not inordinately painful, that's not a pathology. Just buck up and move on. However, if the breasts are causing significant discomfort, then *Bryonia* is worth consideration.



If you don't already own it, now's the time to secure a place for this all-important medicine, *Bryonia alba* 30, in your homeopathy kit. And if you order from Boiron's website by following that link, remember to use my name, "Joette" (without quotation marks) to receive a discount at checkout. And I might add that I have *no* affiliate program with Boiron.

Isn't homeopathy exquisite?

No matter the age, gender or even species, homeopathy is an

equal opportunity health paradigm, providing peace of mind and health autonomy to all! And that's certainly some good news to pass on!

Warmly,



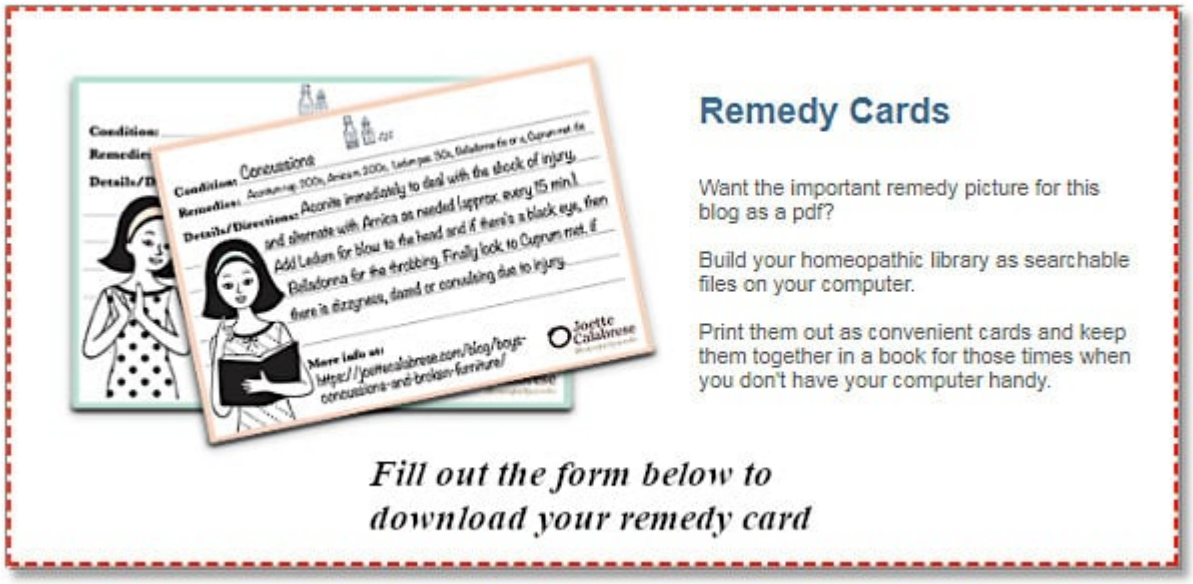
P.S. Have you ever wondered what you're missing by not participating in a Gateway to Practical Homeopathy® study group? Let me tell you, you're missing a LOT! Over 20,000 mothers and others – just like you – have joined one of my study groups.

That's a lot of people honing their homeopathy skills, meeting other like-minded people and having fun doing it. I began my journey into homeopathy by belonging to a study group. So, I guarantee you will never regret creating or joining one yourself.

But allow me to let you in on a little secret: Your study group companions will assist you in much more than just homeopathy. You'll make lifelong friends with whom you can confide and share information.

Start on the path of finding your new best friends on my dedicated Facebook page: Joette's Study Group: Find Your New Study Group Friends.

[1] https://www.webmd.com/parenting/baby/your-newborn-baby-breast-lumps



Is It Hot in Here? *Sulphur* and Hot Flashes



Is it hot in here?

How many times do perimenopausal and menopausal ladies check the setting on the air conditioner only to discover that the room is not hot – it's just them? Plenty!

Hot flashes can range from annoying to downright debilitating! So, here's something of a follow-up on last week's blog post, Death, Taxes, and Menopause.

(But men, don't turn away yet! This blog post holds some educational tidbits for you as well!)

Last week, we added Boiron's Cyclease® Menopause to our list of must-have remedies. However, as you've come to expect from homeopathy, there's more than one way to cook an egg! (I thought I'd give my feline friends a break from the age-old "skin a cat" proverb.)

Today, let's discuss another must-have homeopathic medicine that addresses hot flashes as well as numerous other conditions: *Sulphur*.

Sulphur occupies a significant entry in the *materia medica* because it has so many uses. Even in *A Materia Medica: Practical Homeopathy® for Busy Families* (my abbreviated materia medica written in everyday language for moms and dads), the entry for *Sulphur* takes up two pages!

I've discussed it before in Podcast 76 as a medicine to consider for skin eruptions, especially when one has tried many other remedies and nothing is acting.

Sulphur 30 may also be worth considering for anyone who exhibits unusually foul body odor – even animals. For example, I employed *Sulphur* successfully with a sickly little smelly cat named Carmelina adopted by my family back in 2012.

Sulphur may also be a choice for folks who are

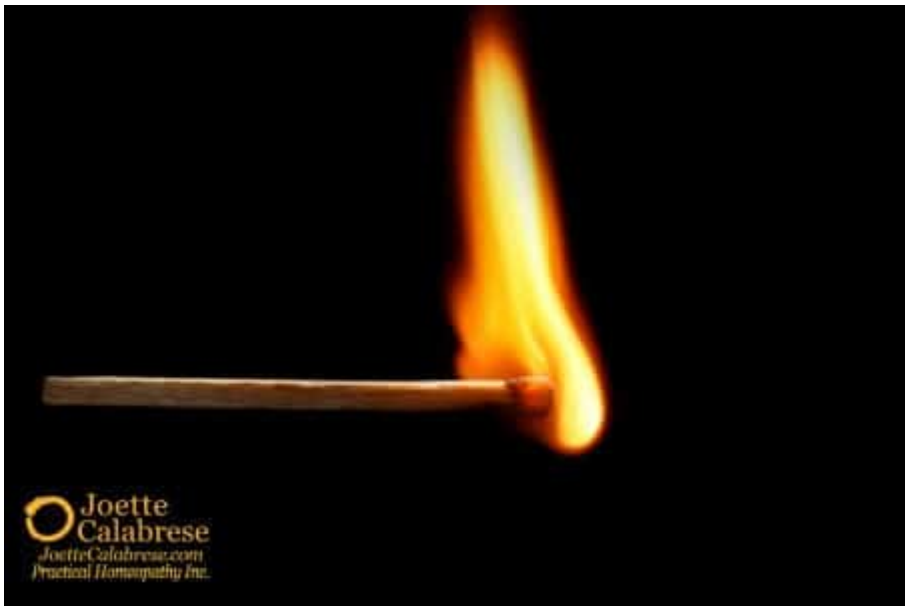
pathologically messy, especially those who suddenly begin doing their bathroom duties in inappropriate places. (Read more about these conditions in my blog post, Living with a Pig.)

Certain gastrointestinal ailments may benefit from its use. Plus, *Sulphur* is my go-to inside trick for lingering colds and flu.

The depth and breadth of homeopathic medicines are astounding. But you already know *that.*

Even for hot flashes, we have several choices from which to choose. There's Cyclease® Menopause, *Glonoinum* and *Lachesis mutus,* to name a few. But let's get back to our featured medicine of the day.

Sulphur's keynotes are "hot and smelly," which makes sense when we consider the substance from which homeopathic *Sulphur* is derived. So, what's a clever way to remember this? Why, with the common match tip (made in part with the chemical sulfur). The sulfuric odor, the heat and the burning capabilities of the match are all qualities of *Sulphur* as a potentized remedy as well.



In keeping with those keynotes, *Sulphur* 30 has been shown to

address hot flashes, particularly when the sufferer notices any unusual odors emanating from the body, hair or breath. Odor doesn't have to be part of the picture, but its presence confirms we're on the right track with our medicine choice.

For this condition, *Sulphur* 30 is generally employed twice daily, until very much better. However, as always, if no improvement is noted, halt its use and reconsider a different medicine.

You know, sometimes people know just enough to be dangerous, yet they forge ahead as though they're experts. Case in point: Many folks think one should get worse before getting better. To a certain extent, a sufferer may infer that idea from classical homeopathy. Classical homeopathy often states that an aggravation (or a distinct worsening of symptoms) in a condition indicates that a medicine was well-chosen.

Then there is the Herxheimer reaction, in which it's considered a good thing when the condition gets worse (especially in skin conditions) because that means it's going to get better. The body is purging, cleansing itself of toxins. This is especially notable in the naturopathic paradigm.

Now, I'm not saying those practitioners are wrong; I'm simply stating that it doesn't apply in Practical Homeopathy®. Instead, if no improvement is observed, the wrong medicine may have been chosen.

But it's a matter of degrees. For instance, if a sufferer addresses a skin issue, it's one thing if a pimple or two pops up. It's quite another to have a rash everywhere that's so itchy it's maddening.

Yet, those two paradigms confuse people by declaring that a condition has to get worse to get better. Their tacit advice? "Just put up with it."

No, no, no. In Practical Homeopathy®, when there is no improvement after giving the medicine an adequate amount of time to act, or if a worsening of the condition to a high degree is experienced, we've likely chosen the wrong medicine, and it should be halted.

And while we're on the subject of "degrees," let me add this. An occasional hot flash now and then is not a pathology to be addressed. Instead, I say we should just ride the wave. It means we're moving through to the next stage in this glorious life God created.

However, if hot flashes become debilitating to the point that they impair our ability to accomplish our daily duties or sabotage our sleep, homeopathic medicines can be an appropriate response.

Again, it's all a matter of degree.

I have been where you are now. I've dieted and taken supplements, essential oils and herbs, but nothing – nothing – has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. To read the syllabus for my Feminopathy course and the testimonials of other women who have been helped by my Practical Homeopathy® methods, click here.

And pass on the good news of homeopathy!

Warmly (but not *hot,* thanks to *Sulphur* 30),





P.S. Tick tock, tick tock! The alarm is just about to sound …

Tomorrow, June 5, is the last day to submit an application to join

The Academy of Practical Homeopathy®.

Over the last several weeks, I've provided behind-the-scenes looks into the unique lectures, interviews, teaching and training included in this one-of-a-kind curriculum. Plus, I've shared glimpses into the special Academy culture – where you will be inspired, supported and create lifelong friendships.

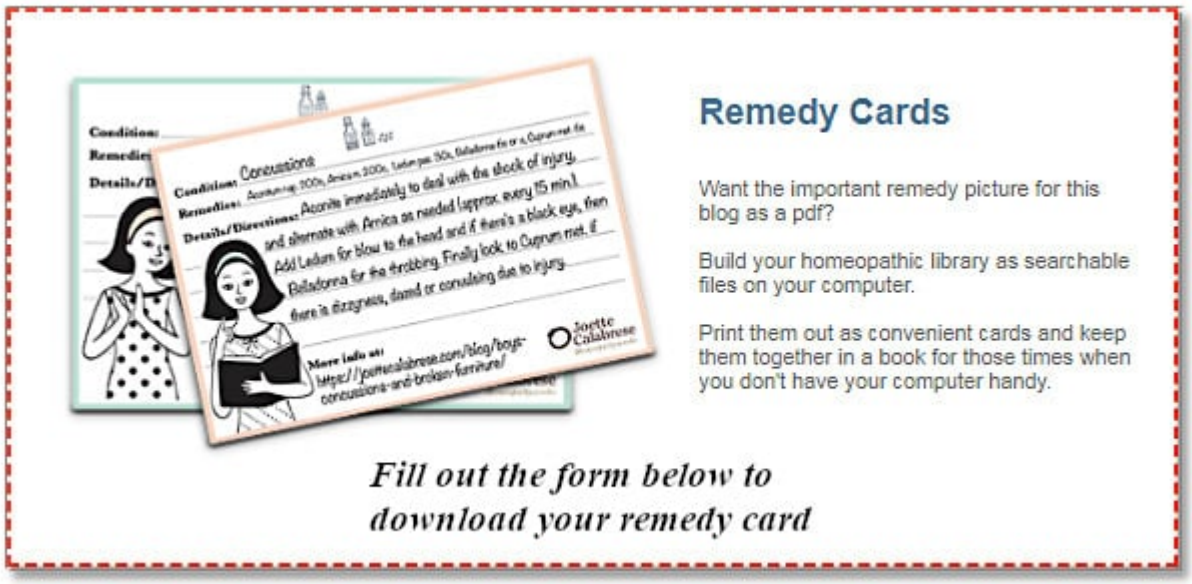
Don't wait until next year! Now's the time … whether you want to join the next graduating class or set your sights on joining in the future.

There's no obligation to learn more. Just join my Founders' List to receive additional information.

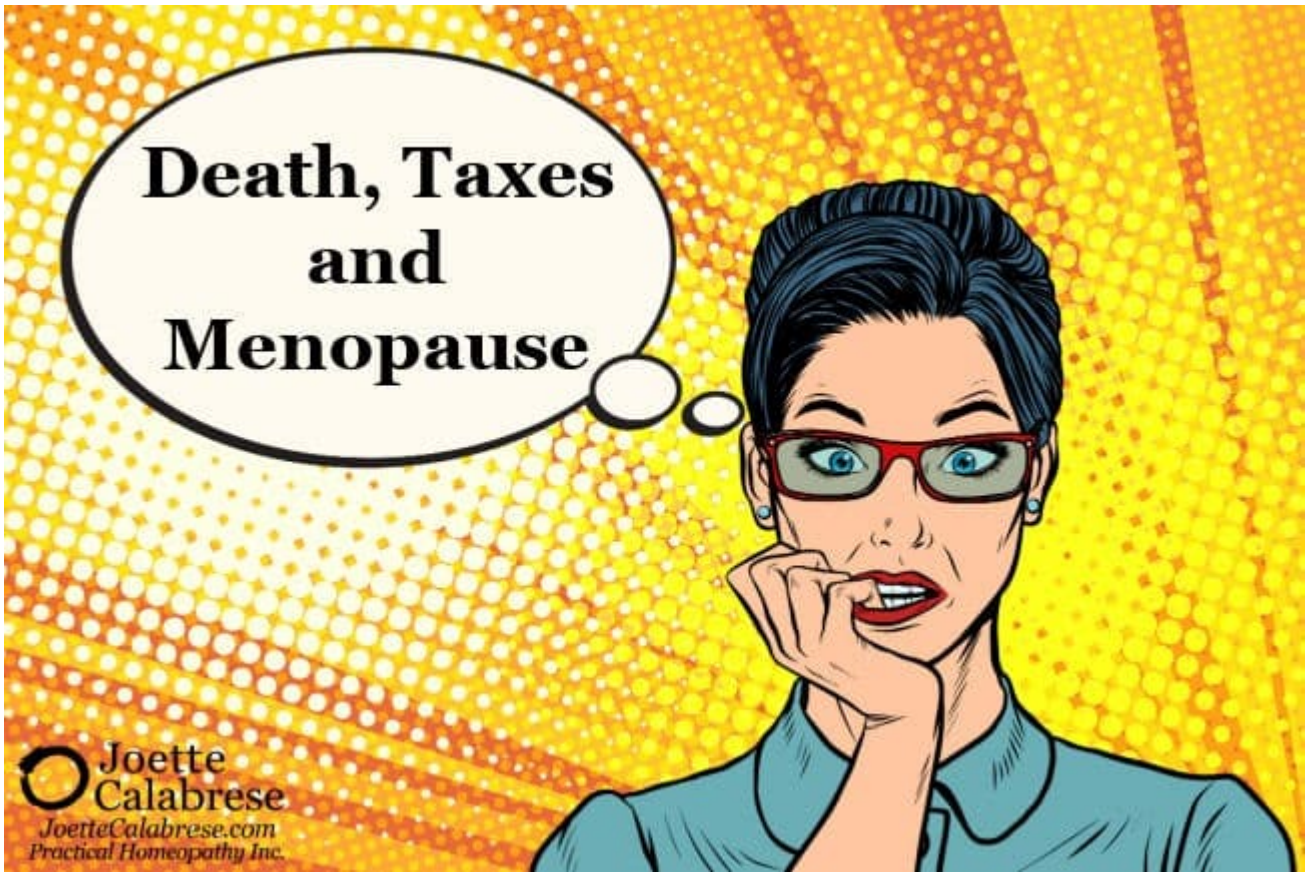
The Academy of Practical Homeopathy® may be precisely what you're looking for to raise your skills and abilities to an exceptional level. You will be ready.

Over 300 graduates are now Practical Homeopaths™. You can be

too! Sign up on the Founders' List to determine if you have what it takes.



Death, Taxes and Menopause



Wise elder statesman Benjamin Franklin said, “In this world, nothing can be said to be certain, except death and taxes.”

With apologies to our dear Mr. Franklin, half of the population can easily spot that he missed something.

Nothing is certain except death, taxes and *menopause*!

Yes, menopause is an event in every woman’s life. It’s a matter of *when*, not if. And it not only affects the women themselves, but indeed menopause has repercussions in every aspect of their lives: family, friendships and even work.

So, are we expected to grin and bear the hot flashes, night sweats, sleeplessness, mood changes, irritability and throbbing headaches?

Unless we want to jump on the conventional medical conveyor belt and begin a regimen of hormonal prestidigitation, what do we do?

Monkeying around with hormone replacement therapy can cause iatrogenic diseases (diseases resulting from medication). Reading the medication insert regarding increased cancer risk can strike fear in one's heart. Plus, the therapy must continue for life, or else the menopausal symptoms will begin again.

Is that really the best way to go?

"But Joette, I'm thinking of *bioidentical* hormone therapy. Isn't that safer?"

As you know, I'm not a medical doctor. So, let's defer to how the experts at the Mayo Clinic answer that question:

"… the hormones marketed as "bioidentical" and "natural" aren't safer than hormones used in traditional hormone therapy. There's also no evidence that they're any more effective."

Bam! I'd say they just lowered the boom on the whole bioidentical hormone industry.

However, it doesn't help to know what NOT to do; we need to find a safer, more effective alternative. And we don't have to look far …



Our trusted friends at Boiron® have created a proprietary combination remedy called Cyclease® Menopause that "works naturally with the body to temporarily relieve hot flashes, night sweats, and mood changes associated with menopause and perimenopause."

In fact, it's so effective – and appreciated – that it just won a Women's Essentials award from Taste for Life Magazine.

But although awards are a nice affirmation, skeptics are generally more impressed by research study results. Boiron® has that, too! Listen to this:

"An open, multinational, noncomparative observational study conducted among 99 physicians in eight countries with 438 patients showed that hot flashes and the quality of life in menopausal women were improved with homeopathic treatment. The study revealed a 56% reduction ($p<0.001$) in the frequency and intensity of hot flashes by day and night, as well as a significant reduction in the daily discomfort the hot flashes caused."[1]

Gobsmacking, isn't it?

The monograph for Boiron's Cyclease® Menopause contains additional clinical and pharmacological information I found impressive. So, I'll share those extra details – and even a coupon for $2.00 off – with my Mighty Members* later in the week. Cyclease® Menopause's well-documented clinical studies certainly substantiate my belief that homeopathy is a much preferable approach than the synthetic or "bioidentical" hormone balderdash.

And who can take issue with the convenience of this carefully curated combination remedy? ONE tablet that melts in the mouth contains:

Arnica montana 4C – Relieves red, blotchy face associated with hot flashes

Cimicifuga racemosa 4C – Relieves mood changes, irritability and occasional sleeplessness associated with menopause

Glonoinum 4C – Relieves sudden hot flashes with profuse sweating and throbbing headache associated with menopause

Lachesis mutus 5C – Relieves hot flashes, night sweats, irritability and mood changes associated with menopause

So, let's add Cyclease® Menopause to our list of must-have medicines in our homeopathy kit. All women will benefit from having it handy, whether for yourself or as a stellar way to pass on the good news of homeopathy!

Warmly,



*Remember Joette's Mighty Members receive in-depth, more candid information than is generally published in my public blog. We learn; we share; we even laugh! It's our private playground, away from the prying eyes of social media. Join us. Don't let us have all the fun without you!

P.S. I encourage women to consider my online course, "Feminopathy," where this condition and its specific remedies with protocols is covered in detail.

P.P.S. Can you hear that? It's time ticking away … and it's getting louder!

The enrollment window for The Academy of Practical Homeopathy® only opens once a year, and now's the time.

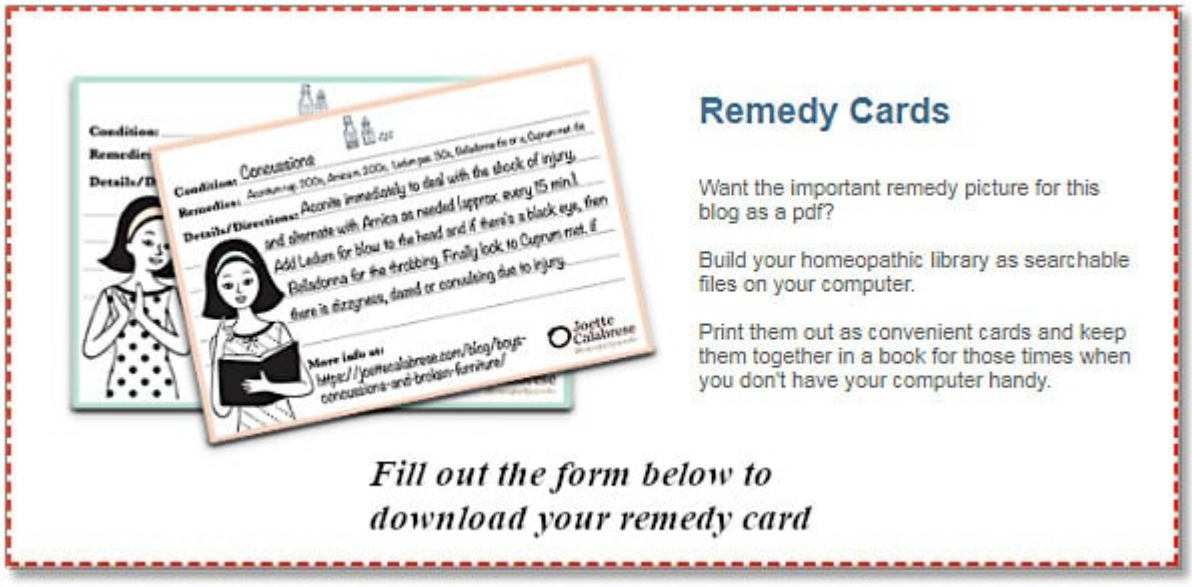
Whether you want to join the next graduating class or set

your sights on joining in the future, now is the perfect time to learn more. There's no obligation. Just join my Founders' List. The Academy may not be suitable for everyone, but you won't know if it's for you unless you find out more.

The Academy of Practical Homeopathy® may be precisely what you're looking for to raise your skills and abilities to an exceptional level. Over 300 graduates are now Practical Homeopaths™. Sign up on the Founders' List to determine if you have what it takes to join them.

[1] Bordet MF, Colas A, Marijnen P, Masson JL, Trichard M. Treating hot flushes in menopausal women with homeopathic treatment–Results of an observational study. Homeopathy. 2008;97(1):10-15.doi:10.1016/j.homp.2007.11.005.

*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.



Cantharis for Burns



Burns.

Many folks head for the aloe, but I'd love to see a world where everyone first thinks of *Cantharis*.

We have discussed its use when burning symptoms signal a urinary tract infection. We've also given examples in which it has been shown to relieve sunburn.

However, *Cantharis* is an incomparable remedy for burns. Period.



Helen and her husband, Ralph, were traveling in the tropics. Ralph was feeling sweaty and uncomfortable and asked Helen for a baby wipe to refresh himself a bit. Helen really should have been a bit more attentive when she reached into her bag. Instead of handing Ralph a baby wipe, she gave him a bleach-laden disinfectant wipe!

Poor Ralph rubbed the caustic chemical all over his neck skin, and that night, the pain of the chemical burn kept him awake. It wasn't their favorite vacation memory!



Agnes was cleaning up her elderly mother-in-law's yard. She wasn't familiar with the Dictamnus plant and rubbed up

against it. Now she knows why its nickname is “burning bush.” Who knew such a pretty plant could cause a chemical burn?



Sandra’s husband was well-known for being handy around the house – but not famous for reading instructions. He didn’t realize that mixing cement with bare hands could cause chemical burns. Next time, he’ll take the “wear gloves” warning seriously.

As will Mary Sue, who splashed a caustic drain opener on her hands as she tried to unclog her toilet!

And then there were the kids at camp. Toasting marshmallows is grand until inattention results in fingers briefly getting too close to the fire.

But cause matters not! Whether the minor burn results from exposure to the sun or chemicals, electrical contact, steam, or direct exposure to fire or heat, *Cantharis* can speed recovery, minimize the chance of infection, reduce pain and swelling, and promote healing.

Generally, *Cantharis* 30 or 200 (depending on the severity of the condition) may be used every few hours until improvement is observed. For more vexatious burns, it can be employed

every 30 minutes until the pain begins to settle down, then used less frequently.

For serious (second- and third-degree) burns, *Cantharis* can even be used in conjunction with conventional medical treatment by giving *Cantharis* as soon as possible on the way to the emergency room.

[1]

But here's a situation also worth consideration: *Cantharis* for fire ant bites! The clue is right there in the name, isn't it? Fire ants produce a much different reaction than other insect bites and stings. When vesicles form after exposure to fire ants, along with the tell-tale burning and itching, one might consider *Cantharis* (especially if *Ledum palustre* – generally, our first thought for insect bites – doesn't fully act).

So, this week, we should have a "***burning*** desire" to add *Cantharis* 30 or 200 to our list of must-have homeopathic medicines. It will serve us well in so many situations!

Want to learn more about homeopathy and remedies like *Cantharis* and how to be the hero in your home? Why not join a study group and learn alongside others?

Utilizing my newly revised curriculum, Gateway to Practical Homeopathy®, Second Edition, the Gateway study guide makes it easy for you to start your own group! However, if you'd prefer to join others, new study groups are forming all the time. You can find a leader on my Joette's Study Group: Find your new Study Group Friends' Facebook page.

Also, once you've purchased your Gateway to Practical Homeopathy® curriculum, **you'll receive access to an online learning portal with a list of upcoming study groups hosted by our most experienced Global Leaders.**

Believe me, studying with others in the Gateway setting is THE effective, time-tested way to begin employing Practical Homeopathy®.

Pass on the good news of homeopathy!

Warmly,



P.S. "But Joette, I'm ready for a deeper dive into homeopathy! I want to commit to getting "skilled up" for my family, friends and perhaps even my broader community as a career."

My friend, I have the answer.

The next class of The Academy of Practical Homeopathy® – my

year-long, immersive Academy – will soon begin.

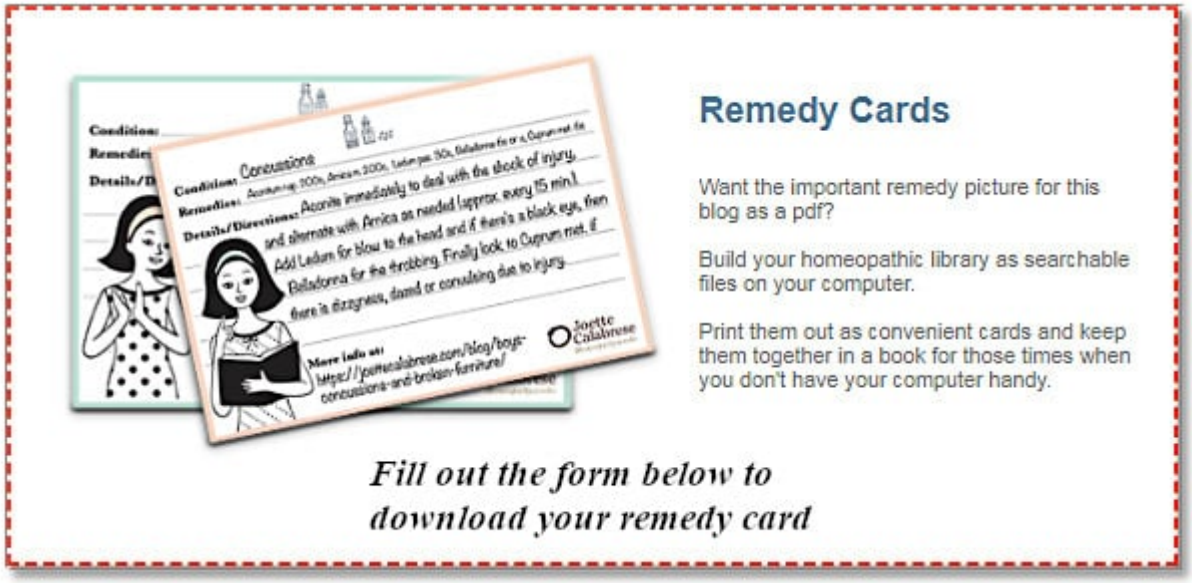
The Academy is not for everyone. It's not intended to be. Admission is by invitation only. However, you can learn more by joining my Founders' List now (with no obligation).

If, after learning more, your passion for homeopathy calls you toward The Academy, you'll be guided through the admissions process.

But now's the time! This will be the ONLY enrollment period during 2023. Don't miss out.

Join my Founders' List now and see if The Academy of Practical Homeopathy® is a good fit for you.

[1] Fire Ants: Photo by Daniel Wojcik https://www.ars.usda.gov/ARSUserFiles/oc/graphics/photos/sep99/k8575-31.jpg
This image or file is a work of a United States Department of Agriculture employee, taken or made as part of that person's official duties. As a work of the U.S. federal government, the image is in the ***public domain****.*



Don’t Forget Sepia for Headaches!



Hello, my fellow moms! Happy Mother’s Day!

I hope your family is celebrating you, or you’re celebrating your own mom. There is nothing more heartwarming than having our children surround us.

Did your family give you some new homeopathic medicines to add to your collection? (If not, you know it’s never too late to drop a hint!) In my blog posts this year, I’ve tried to give one must-have medicine each week to help you create a well-appointed homeopathy kit.

So, why don't we recap the remedies we have covered thus far? If you missed one of these discussions, click on the medicine name to link to its blog post.

1. ColdCalm®
2. *Ruta graveolens*
3. *Symphytum officinale*
4. *Arnica montana*
5. *Hypericum perforatum*
6. *Oscillococcinum®*
7. *Arsenicum album*
8. *Aconitum napellus*
9. *Hepar sulphuris calcareum*
10. *SleepCalm®*
11. *Pulsatilla nigricans*
12. *Ignatia amara*
13. *Rhus toxicodendron*
14. *Helleborus niger*
15. *Euphrasia*
16. *Lycopodium*
17. *Nux vomica*

And today, it's time to add number eighteen!

In honor of Mother's Day, it seems only fitting to add *Sepia* to our list. But truth be told, we've covered *Sepia* quite a bit in prior blog posts.

No matter. I remain undaunted! Some medicines are so essential they deserve repetition.

And since we must include *Sepia* in any conversation about well-curated homeopathy kits, let's discuss it again! (Besides, so many new readers and students have joined our ranks, and they need this information, too.)

Sepia 200 is a mainstay for headaches and a stellar medicine for women.

Why women? Because when we think of *Sepia*, we think of the female reproductive hormones as having been "flexed" in some way. In other words, women who have had children have been shown to benefit from *Sepia* as well as women who have spent years on birth control pills (the tiny hormonal assassins that they are).

Now, just because you have a whopping headache doesn't mean *Sepia* is always the correct choice. Remember that a "*Sepia*" headache is NOT a sinus infection headache or pain resulting from changes in the weather.

Instead, a *Sepia* headache's timing often– although not always – can be related to the cycle. The pain may come before one's period, during ovulation, or even during menstruation (especially when accompanied by scanty flow). Whenever there is a calendar-like pattern to these often-repetitive headaches, *Sepia* may be considered.

As I've taught previously, we want to be able to defend our medicine choices in court. So, we endeavor to check off all the boxes:

✔ Headache

✔ Woman

✔ Hormonal "flexing" (having had children or artificial hormonal tinkering)

✔ Calendar pattern (surrounding menses)

And here's another component I don't think I've written about before. If there is also a thyroid issue at play, we can, generally, hang our hat on *Sepia*. (Or I should say, "rest our case," in keeping with our court metaphor.)

✔ Thyroid issues

Keep in mind that Sepia is generally not utilized as an SOS

(meaning as an immediate reaction to a headache). As I've written before, as an SOS when the headache strikes, one might consider employing the Banerji Protocol of *Picric acid 200* (*Picricum acidum*) mixed with *Belladonna 3*, every 3 hours.

However, *Sepia 200* might be considered once or perhaps twice a week as a baseline to uproot the chronic propensity for this type of regularly occurring headache, rendering an SOS medicine eventually unnecessary.

Mothers bear the weight of a lot of stress. I know! I am one! So, I want to offer you a superpower – a power so great that it will enable you to embrace your motherhood more fully, develop an even keener ability to care for others, and even contribute to the financial security of your family.

I've prepared a short video to celebrate the day with you, and I hope you will take a moment to watch it. Watch your inbox for my celebratory message.

Until then, have a wonderful Mother's Day and pass on the good news of homeopathy!

Warmly,



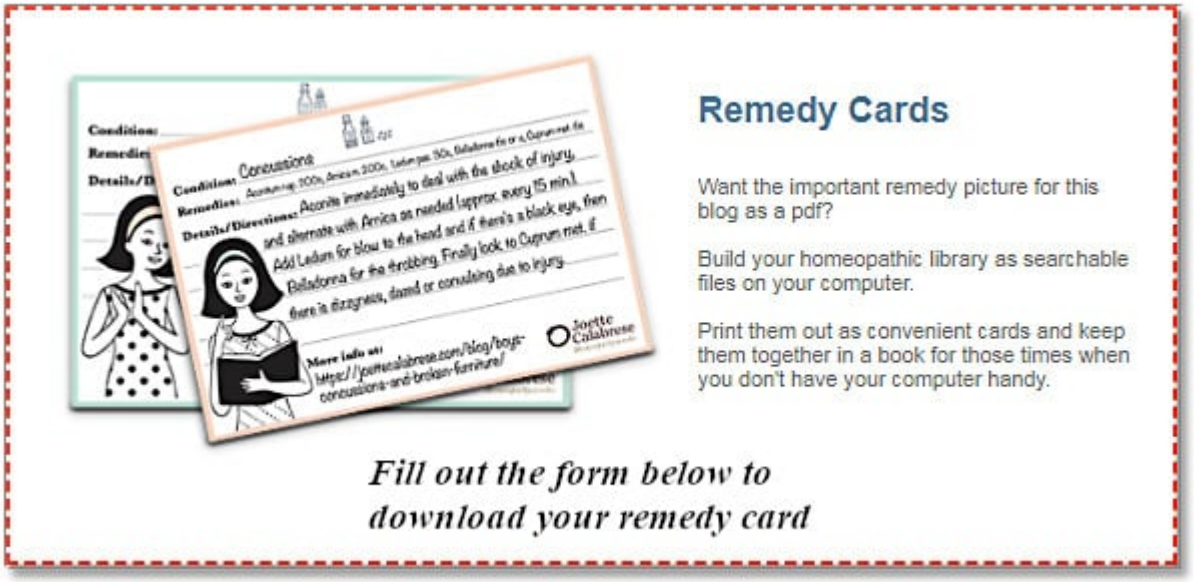
P.S. I discussed Sepia and headaches two years ago in one of my Monday Night Live events. Here's the archive of that discussion, in case you want to learn more! And if Facebook is not for you, don't forget that my Mighty Members have their own special enclave in which to watch and participate! The Mighties join me on our private server so they don't

have to deal with social media scrutiny.

There are many other benefits to being a Mighty Member, such as:

- An additional, much more candidly written weekly blog, privately distributed as a Memo to Mighty Members
- Daily inspirational quotes
- Remedy Reference Guides (all my blog posts compiled by year into downloadable ebooks)
- Personal videos from me (right now, I'm sharing my favorite homeopathy book)
- A social center for discussing homeopathy with other members (all the fun of social media conversations without the censorship)
- A 10% discount on course purchases

I hope you'll join us there.



All Creatures Great and Small



One of my favorite things about homeopathy – and truthfully, there are so many – is that it is an equal-opportunity medical paradigm! Whether the sufferer is a baby or a grandfather, a mom or a mouse, homeopathy has been shown to be equally polite and efficacious.

Indeed, homeopathy displays no ageism or speciesism! Come one; come all! No matter who you are (or what you are), homeopathy belongs to you!

It makes no difference if it's a dog vomiting after getting into the garbage or a human made sick from eating bad food from an unclean restaurant. (After all, garbage is garbage.) Indeed, we would consider the same medicines in the same potency with the same frequency.



So, for our example of vomiting from bad food, it might be *Pulsatilla nigricans* or *Arsenicum album (or others, but for the sake of brevity, let's start with these two)*– for either Rover or the man of the house. Homeopathy doesn't discriminate.

I've told the story before (listen to Podcast 106: "Old MacDonald Had a Farm, E-I-E-I-O.") about a cow who collapsed after giving birth. The farmer was seasoned and had seen this happen many times. It's called milk fever. (The medical term is hypocalcemia – a severe drop in calcium.)

This distraught farmer was preparing himself to lose the cow. Once this condition takes hold, cows don't get up after birth and are usually gone within three days. Then, naturally, his concern would turn to the calf. With her mother no longer there to nurse and nourish her, he would, more than likely, be facing the loss of two heads of cattle – two important animals.



But he called me for help. Homeopathy has been shown to uproot this condition by correcting the sufferer's ability to uptake calcium through the medicine *Calcarea carbonica* 200. He delivered one dose to the suffering animal (details in the podcast), and then, almost like clockwork, the farmer called me again in about half an hour. The suffering momma-cow had risen to her feet and was on the mend!

Out of appreciation, they named the calf, Joette! That was a first!

But my point is that *Calc carb* is not just for cows! It has been shown to address post-partum hypocalcemia in human moms too!

Homeopathy shows no favoritism; it applies to all creatures, great and small.



Heck, I've even treated llamas! And let me tell you, one in particular was a baaaaaaad llama. I'm not sure what the world had done to make her that mad, but she was one angry llama. She'd kick, butt, and spit. But homeopathy – As I recall, we used *Stramonium* – turned her behavior around (just as it did for my own child, for a different set of circumstances) as detailed in Podcast 94: *Stramonium* and the Swiss Family Robinson, as well as one of my student's children in The Angry Child.

But I was recently reminded of another case involving animal husbandry. This time it was an aggressive rooster named Beauregard who belonged to a neighbor/friend of mine when I lived in New York.



But Beauregard wasn't like my llama friend, who was just generally irritable.

Instead, Beauregard was a man on a mission.

A rooster with a responsibility.

He was protective of his territory and his flock … fiercely protective … downright *dangerously* protective.

Picture a homicidal Foghorn Leghorn, if you will.

Gradually, his sphere of influence grew until no one could even walk on the street past my friend's house without running the risk of a rooster attack. And given the talons that roosters develop, Beauregard certainly had the ability to do some real damage to people and other animals. So, his owners were considering putting him down.

But when they asked for my advice, I considered Beauregard's symptoms and his mental state. He was overzealous! He was aggressive against any perceived danger to those under his charge. He saw every innocent situation as an impediment to his family's success. One might say he really *overindulged* in his masculine role.

Whether rooster or human, that picture – suggested by the word "over" – can be a call to consider *Nux vomica* 200.

After Beauregard's owner administered the remedy, he began to relax. He began to settle down a bit, and passersby no longer ruffled his feathers (so to speak). His life was spared, and he became a valued family member again – instead of soup!

So, this week, let's add *Nux vomica* 200 to our list of must-have medicines! It has many important uses, some of which I've discussed before: overindulging in alcohol or chocolate, overeating at meals, too much partying, or even post-hospitalization gut issues. But now you've also learned that for a man who is overzealous in his responsibilities – when it is a pathology – *Nux vomica* may be worth crowing about.

In closing, my friends, don't forget that homeopathy is not only polite and efficacious but also equitable! It doesn't discriminate. What's good for the goose is good for the …

Hey, wait a minute … have I ever treated a goose? I don't recall, but I have confidence homeopathy would be just as helpful. (Oh, and I have an impressive story about chickens that I'll share with my Mighty Members in this week's memo.)

So, pass on the good news of homeopathy – to everyone!

Warmly,



P.S. I created my Academy of Practical Homeopathy® with the

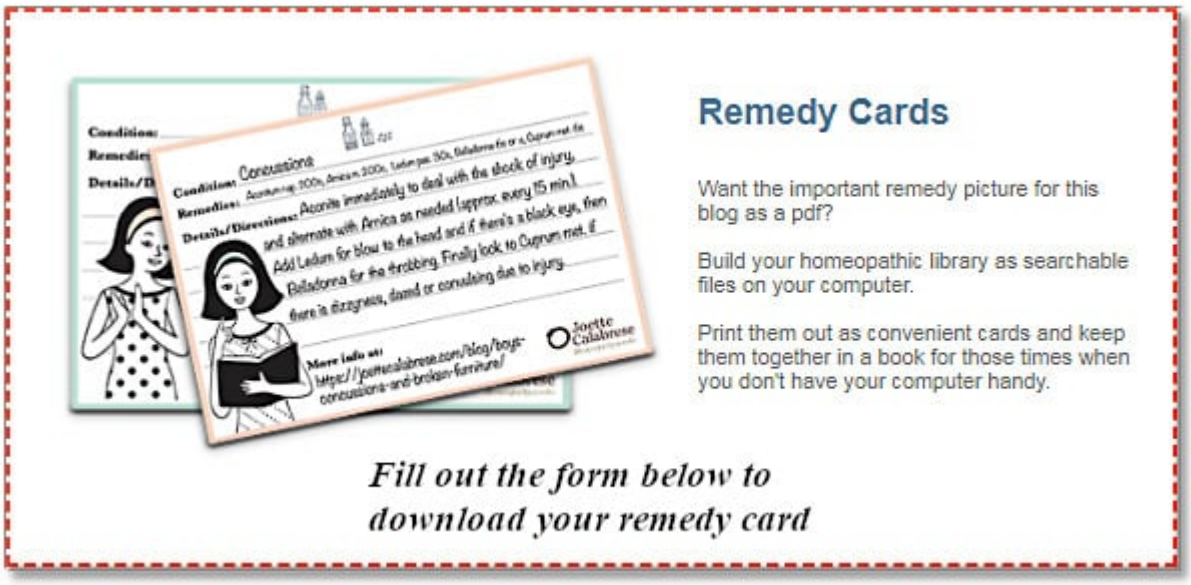
mission to impart knowledge and wisdom to my students so they can bring it onto their kitchen tables, where life's lessons are actually taught.

So many have joined me already. These brave, proactive people seek more self-reliance and are courageously taking a stand by doing something good and right for their health, life, family, and loved ones.

The Academy can help you make a difference for those you love and care about, too.

This has become a movement. We've created a safe, sacred place where we care for each other while we gain the knowledge, competence, and confidence to become the healers in our families.

In a few short months, the third graduating class of The Academy of Practical Homeopathy® will begin their studies. If you want to learn more, I encourage you to join my Founders' List while there is still time. There is no obligation. This list is the fastest way to receive more information about this exciting opportunity to take your education to the next level.



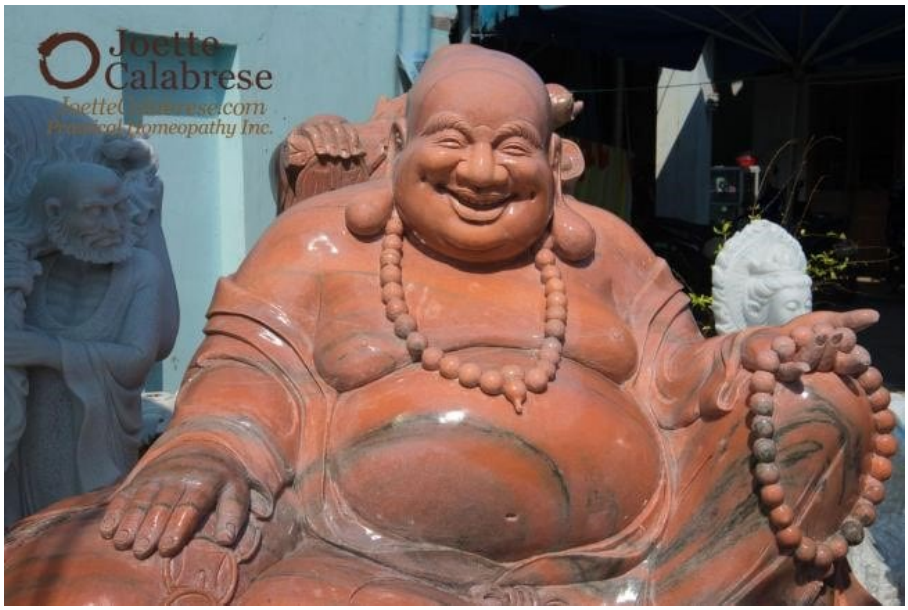
Bloating



If you're a pufferfish, bloating is a good thing. If you're a human … not so much.

My friends, this week's featured homeopathic medicine – one that should have a place in every homeopathy kit – is quite specific for bloating.

But before we get to the remedy, let's talk about exactly what I mean by "bloating." It's different than what some people think. It's not to be confused with what is commonly called a "Buddha belly." His face, chest, arms and legs are chubby as well, not just his belly. Let's face it, when we look at those statues of Buddha, he's obese!



Instead, bloating is not a general weight condition. Instead, it's a feeling of fullness in one's abdomen, the gastrointestinal tract, causing the stomach to protrude outward. It's often accompanied by gas, burping, and belching.

Bloating occurs in some folks whenever and whatever they eat. It's just par for the course. Some people bloat when they drink carbonated drinks. Still others bloat from eating cruciferous vegetables such as cabbage, cauliflower or broccoli. For some, just the simple act of drinking water can cause gastrointestinal bloating. And, of course, bloating can stem from food intolerances. But not always. It doesn't matter what the cause is. Gastrointestinal bloating is gastrointestinal bloating.

So with this sweeping medicine, we don't necessarily need to know the exact cause. We can just consider employing *Lycopodium clavatum 200*.

Now, occasionally, one might decide to employ this medicine as an SOS to address an unusual acute occurrence of bloating. But more often, bloating is a chronic pattern – in which case, we would utilize it twice daily, until very much better.

Many sufferers believe they need to go for testing to identify the culprit. But again, at least to start on this journey, we don't need to know the exact cause. Whether the bloating results from an intolerance to gluten, dairy, citrus or something else entirely, this medicine has been known to act.

Granted, testing can be helpful if one merely desires to abstain from the offending foods. But my focus is this: I hate to see people abstain from good, quality foods if we can correct the underlying condition.

Now, I'm not advocating that we get silly about this! I'm not encouraging the use of homeopathy so that someone can survive a steady diet of boxed cereals doused in commercial, low-fat milk, giant sub sandwiches, and beer packaged in aluminum cans.

But when good, healthy food causes bloating, then we consider turning to *Lycopodium* 200 to uproot the condition.

However, if the sufferer does not see a shift toward improvement within a week or so, it's likely that *Lycopodium* is not the correct medicine for their condition. In that case, the *Lycopodium* should be discontinued, and more information should be gathered to determine a more specific medicine.

In a previous blog post, You Can't Judge a Book by Its Cover, I also discussed utilizing *Lycopodium* 200 mixed together in the mouth with *Plumbum metallicum* 200 for constipation involving dry, hard, reluctant stools. And the same Banerji protocol has been shown to act for hernias (see Update: Hernias and Homeopathy).

So, it is no surprise that we should add this versatile medicine – *Lycopodium clavatum* – to our well-stocked homeopathy kit.



And here's a bit of trivia about homeopathic *Lycopodium* that I shared in my Memo to Mighty Members #13 back in 2020. Did you know that the gross substance it's made from – club moss – is one of the *oldest* plants on earth? I find it fascinating to think even the earliest man had access to a plant that could address bloating – if only they had understood homeopathic potentization!

Thank goodness for Dr. Samuel Hahnemann in the late 18th century. Because of his brilliance, the next time you bring a Broccoli-Cauliflower Casserole to a potluck, you might have the opportunity to pass on the good news of homeopathy!

Warmly,

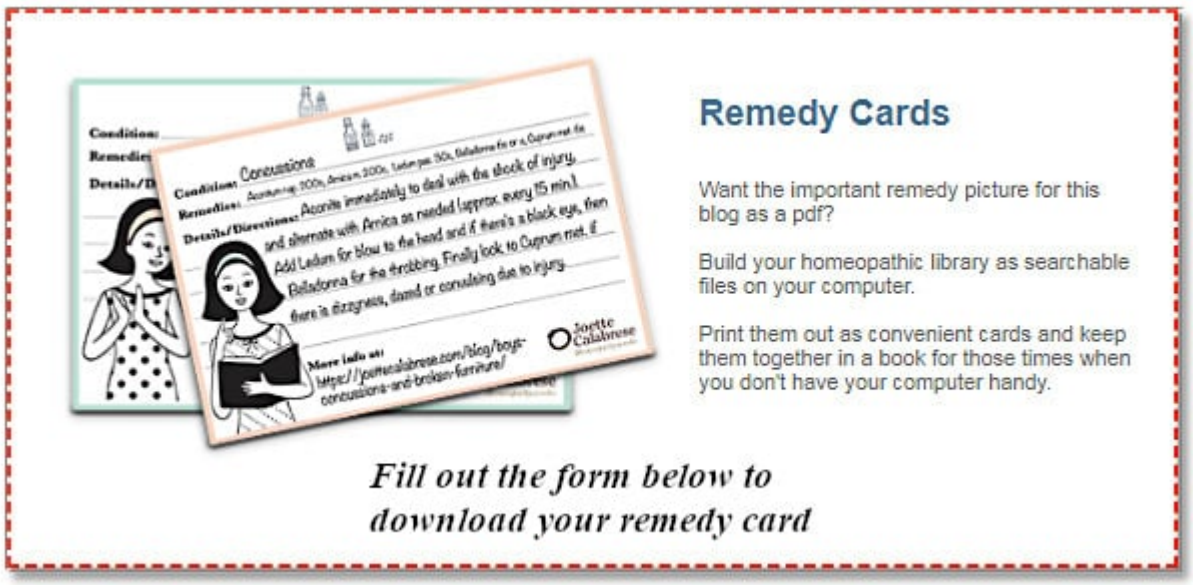


P.S. If your family deals with gut issues regularly, perhaps it's time to consider my seminal course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness

in Body and Mind. Even if your meals are well-prepared – your food sources are top-notch, and you make everything from scratch – family members may still have problems related to the gut, such as anxiety, depression, bloating, brain fog and weight gain. That's what my course addresses. Learn more by clicking here.

And remember – all of 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.

P.P.S. We've added new social media venues to our outreach, such as Gab, Gettr, Truth Social and Rumble. To stay on top of all the places my information can be found, check out my listings on Linktree.



C, CH or CK? The Answer Revealed



Now, you may be wondering what that photo has to do with homeopathic dilution scales. Patience, my friend. I'll tell you in a moment.

I often receive questions about homeopathic potencies and dilutions. It's a topic I introduce in Gateway to Practical Homeopathy® I, Second Edition, and discuss a bit in my protocol courses.

My Academy of Practical Homeopathy® students receive a more immersive education on the inner workings of homeopathic manufacturing pharmacies. In fact, The Academy features several in-depth interviews I conducted with the head pharmacists of the major homeopathic manufacturers. My

students have remarked that the information is invaluable to their understanding of homeopathic medicines.

However, recently, I received a question from one of my Academy students. They noted that there had been some confusion – perhaps even misinformation – being spread by other sources about the various dilution scales used in homeopathy, specifically the C, CH and CK scales. So, they wanted clarification.

I had previously discussed the differences between X and C in my free blog post, Answering Questions: X or C.

But this time, rather than put my spin on the topic of the differences between the C, CH and CK scales, I decided to get the answer directly from Boiron. "Straight from the horse's mouth," one might say. (And now you understand the photo!)

So, we owe a special thank you to Christophe Merville, Director of Education and Pharmacy Development at Boiron, for creating the following educational explanation:



What is the difference between the CH and CK scales?

The C or CH scale is the most used scale of dilution. Each dilution consists of: mixing 1 part of the previous dilution with 99 parts of solvent (usually 70% alcohol), followed by succussion (vigorous agitation during 7 seconds). Each dilution is prepared in a new vial. This process is repeated 6 times for a 6C and 30 times for a 30C. In Europe, the C scale is named CH – H for Hahnemannian, because Hahnemann created the method.

The CK scale has been created by the Russian Simeon Korsakov. Each dilution is diluted 100 times, but only one vial is used through the entire process. Also, pure water is used instead of 70% alcohol. This process enables the manufacturing of higher dilutions, because it is more economical and faster. So, 30CK, 200CK, 1000CK (1M) are commonly used. The scale goes up to 100,000CK.

What can we deduct?

- *C and CK scales are not prepared the same way, and can only be compared in terms of low, medium and high dilutions. For the C scale, 6C is low, 9C is medium, 30C is high. For the CK scale, 30CK is low, 200CK is medium and 100,000CK is high.*
- *Some homeopaths have experience in using certain scales and prefer prescribing in these scales.*
- *There is no valid method to calculate equivalences between scales, except for the very first dilutions (1C, 2C, 1CK, 2CK) where we can still measure the quantity of active ingredient in the dilution. After a few dilutions, we cannot make the equivalence anymore.*

What about 200C?

- *A 200C is a Hahnemannian dilution, using 200 vials. This takes a lot of times to manufacture. Most of the time, 200C are mislabeled 200CK, far easier to prepare. Boiron doesn't sell 200C dilutions anymore. For comparison between 200C and 200CK, see above.*



While this information was originally designed for my Academy students, I felt it was of significant importance for everyone interested in homeopathy.

Dilution scale designations can be confusing. When I started my blog 15 years ago, I generally did not include the dilution scale letters with the remedy – unless it was for an exact protocol.

The omission prompted many folks to ask why.

The reason was simple. At the time, in certain parts of the world, *either* an X *or* a C was easier to procure. And by that, I mean one or the other, not both. So, choices were limited depending on where the reader lived. Even here in the United States, it was difficult to find Cs in my early years of learning homeopathy (before the 1980s, as I recall).

So, I left it vague so as not to concern people who might not be able to obtain the medicine manufactured in the recommended scale.

Today, with the revival of homeopathy's popularity and the advent of online ordering through the internet, we don't have that same issue. However, I often still omit the dilution scale as a matter of course.

Generally speaking, from *my* point of view – from a practical, everyday kitchen table standpoint – the dilution scale can be somewhat interchangeable if necessary. Now from a pharmaceutical point of view, they are obviously quite different.

However, when following a specific protocol, both the potency *and* dilution scale matter. I teach that we ought to follow the protocols precisely as written.

And speaking of protocols, we'll resume our series of must-have medicines to include in a well-stocked homeopathy kit next week. (Spoiler alert … it's *Lycopodium*.)

Until then, pass on the good news of homeopathy!

Warmly,



P.S. If you've not yet ordered my new Gateway to Practical Homeopathy® I, Second Edition, what are you waiting for? With this curriculum, you can learn homeopathy in much the same way I did – with like-minded others who will become lifelong, supportive friends. New study groups are forming all the time.

My final event to celebrate this new revision will be live-streamed this Wednesday, April 26, at 8 p.m. EDT. Even if you've missed the other live streams, this wrap-up session promises to be very informative. The study of homeopathy will forever be a delicious, stimulating and ***beneficial*** journey. Come see why.

Join a Gateway Study Group with one of my Global Leaders and watch the entire series of 5 videos where I brought the pages to life with stories of this brilliant lifestyle. Check out our list of Global Leaders when you log into the Gateway Lesson.

