Allergy Season? Meet Homeopathy



Enough with the pollen already!

It seems as though everywhere I look, there is a dusty film of yellow-green pollen on sidewalks, cars, balconies and windows. Heck, if I stood still long enough, the pollen would probably coat me!

I used to have severe hay fever that resulted in an allergic reaction causing itchy, watery eyes. If you've watched my videos for any length of time, you've probably witnessed my apologies for my swollen eyes.

However, as of late, I've not been experiencing those symptoms – at least not as consistently as I used to. It began when we moved to Florida. I believe homeopathy has *uprooted* my allergies to the point that I only suffer on a

very few days with an extremely high pollen count. Then with a mere dose or two of my chosen remedy, I'm good for months … even a year! This is what I mean when I say homeopathy "uproots" the condition rather than temporarily suppressing the symptoms.

I bet you're wondering what I utilize, aren't you?

Well, I'll get to my favorite homeopathic medicine for allergic eyes in a moment. But first, I want to mention a few single medicines that have been shown to relieve allergy symptoms:

- *Euphrasia officinalis*: abundant and irritating eye discharge
- *Galphimia glauca:* itchy nose and sneezing due to hay fever
- *Histaminum hydrochloricum*: allergy symptoms, including hay fever and hives

Keep in mind, those are just the top considerations. There are more. In fact, there are so many allergy-specific homeopathic medicines that I dedicated an entire course to the subject: Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back. If you or anyone you love has suffered from allergies, this course will be just the education you're looking for!



But if one is new to homeopathy, a solid place to start is with a combination remedy, such as AllergyCalm™ (formerly RhinAllergy). Combination products contain a proprietary mixture of several of the most commonly called upon homeopathics, carefully curated by expert homeopathic pharmacists. They're also generally more accessible, carried by many drugstores and grocery chains.

Okay, now, back to your question. What did I use for my itchy, watery, swollen eyes when my allergies flared?

Well, in fact, I employed the first medicine on Boiron's list (above): *Euphrasia officinalis* 30. *Euphrasia* is known as an eye-oriented medicine. However, it has also been shown to benefit the whole sinus system during bouts of hay fever,



including the nose and ears.

But for itchy, swollen eyes with profuse lacrimation? I immediately think of *Euphrasia.* If my symptoms were really severe, I might have used it two or three times a day. Once I saw a shift toward improvement, I would back off to utilizing it only once or twice daily. Then, as my symptoms would shift again to what we call “very much better,” I would halt the medication. Remember, homeopathy is medicine. We don’t take it willy-nilly; we only employ it when needed.

Symptoms are of utmost importance in homeopathy. They serve as signs … reminders. When the symptoms no longer remind us that we need the medicine, we no longer utilize it! It’s as simple as that.

And if we see absolutely no improvement whatsoever, we also halt. No improvement at all – not even in the slightest – generally means we have chosen the wrong medicine for our condition. So, we pivot to another medicine.

Homeopathy triggers the body’s natural defenses to allergies, making it the optimal choice over antihistamines and decongestants of commerce, which suppress symptoms and may cause unintended consequences (drowsiness, dry mouth,

urinary suppression, headaches, etc.).

Let's add *Euphrasia officinalis* 30 to our kit of must-have homeopathic medicines. Then, when a loved one's eyes are red, watery and itchy, it will be easy to pass on the good news of homeopathy!

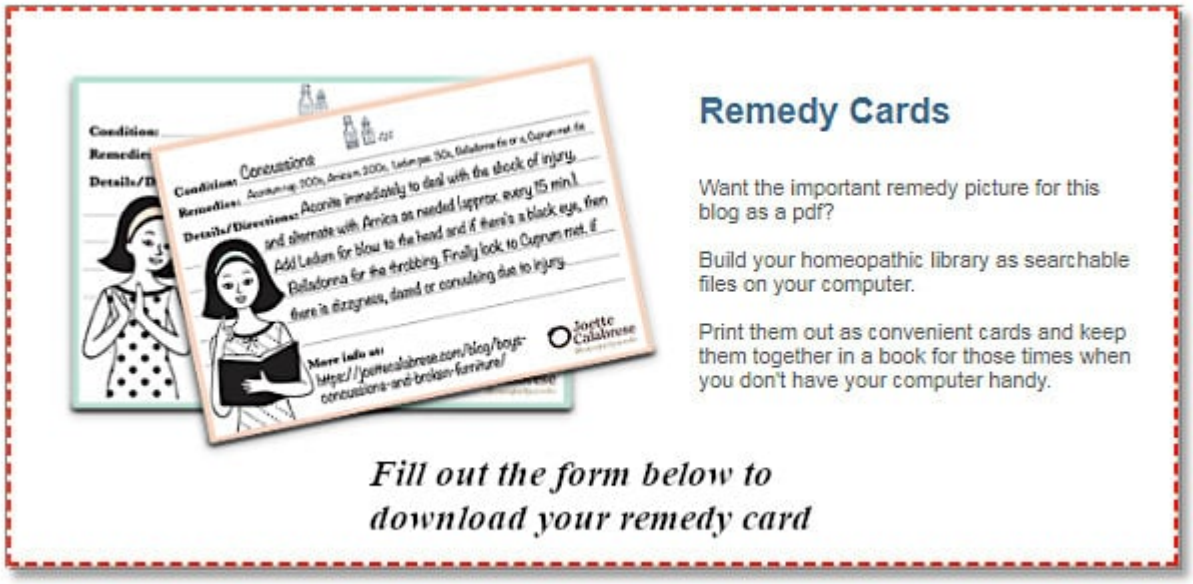
Warmly,



P.S. As a matter of course, I receive no affiliate commission for promoting Boiron products. Instead, if you use my name "Joette" at check out, you'll receive a discount.

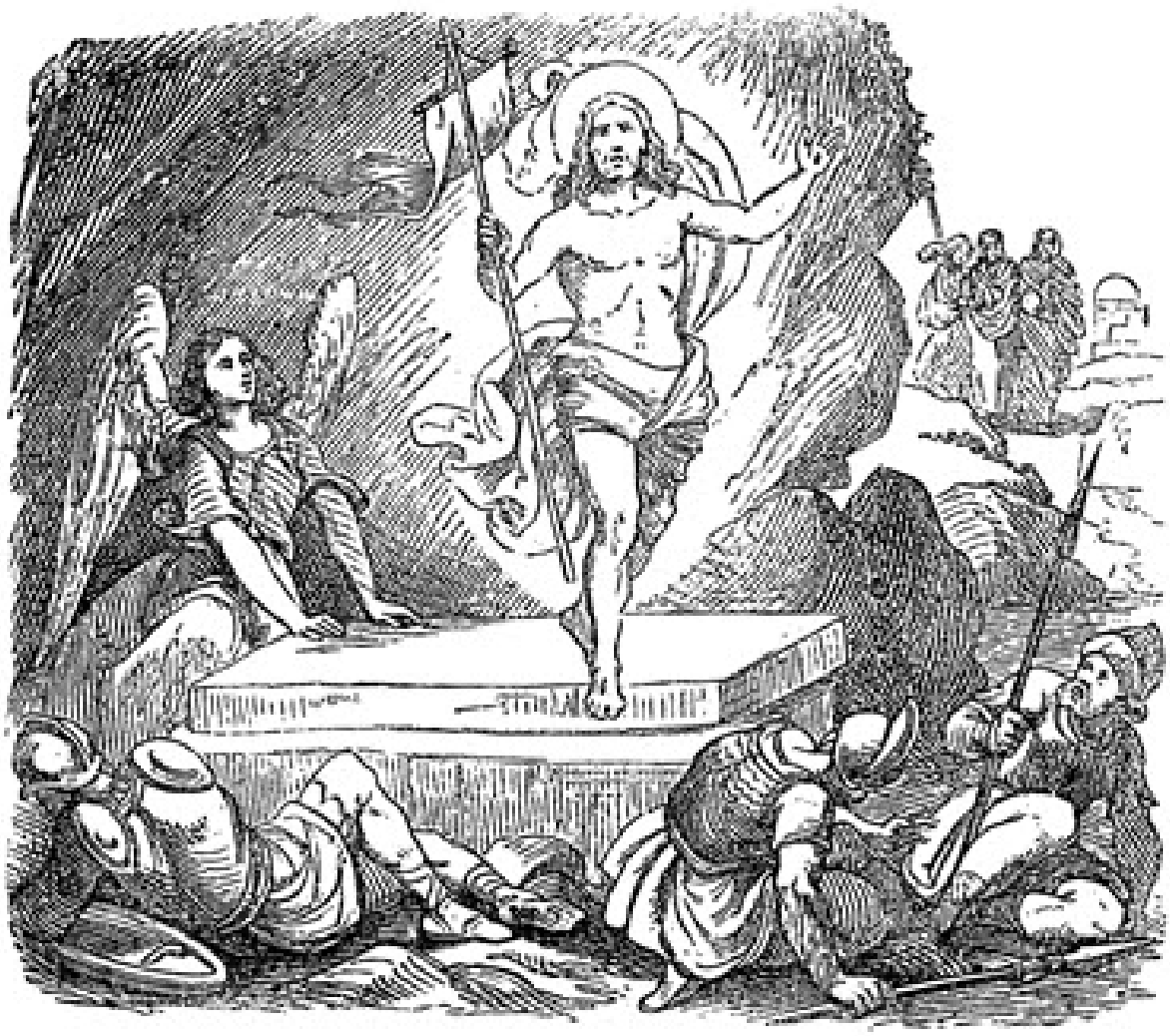
P.P.S. Learn how to deal with allergies, sensitivities and intolerances of all kinds in my course, Allergic?! Yes, a course is an investment, but think of the money you'll save when you no longer have to stock up on over-the-counter drugs of commerce or expensive allergy shots. Perhaps it's time for some spring cleaning in your medicine cabinet!

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.



4/16/23 Allergy Season?
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Happy Easter 2023



Happy Easter, my friends. Indeed, He is risen!

In recent years, I have abstained from posting a regular blog post on Easter Sunday because I hold the day sacred. However, I've been mulling over a concept that I wanted to teach you, and to be honest, this is the perfect time to do it!

Why? Because I gave up desserts for Lent.

In case you are unfamiliar, Lent is generally observed by practicing self-control through fasting.

So, let me be honest: The most challenging part of my observation of Lent is not giving up the desserts. I mean,

that's not necessarily *easy*, but the hardest part is *remembering* that I gave them up!

For instance, a few weeks ago, I attended the Palm Beach Garden and House Tour with some friends and my daughter-in-law. It was a wonderful day of inspiration shared with other women. And they had fabulous cookies on the tour – not store-bought, but gorgeous homemade cookies.

So, I popped a cookie in my mouth and then realized … "OH NO!"

My mind was reeling. I had broken my commitment!

And after my initial shock wore off, I got annoyed with myself. "What a jerk you are, Joette! Can't you keep a cookie out of your mouth? Even when you make such a pledge? What is wrong with your brain?"

And that's when it hit me that I was fuzzy-brained.

I recently taught a Facebook Live on one of the best homeopathic medicines for stupefication, poor memory, mental dullness or slow responses. (Click here to listen to the entire event on Facebook for more details. Of course, my Mighty Members can watch in the Archives on your private page under "03-06-23 Post Viral Foggy Brain.")

The medicine? It's *Helleborus niger 30* and is generally employed once daily or once every other day, depending on severity.

Now, remember, homeopathy is not a vitamin, supplement or herb. It's *medicine*. And we only take medicines when we're suffering from a *pathology*. And let's face facts here: One cookie does not a pathology make. Eating that cookie was more or less garden-variety stupidity.

However, if it's *exponential* stupidity – a recognizable pathology of memory and recall – then *Helleborus* 30 has been

shown to facilitate improvement such as the onset of Alzheimer's it can be a very good medicine to add to the well-thought-out homeopathy kit we are slowly assembling through my blog posts this year.

So alas, I could not blame my mistake on a need for *Helleborus*. I just needed to step away from the gorgeous cookies (and stay on my toes going forward by eating mindfully). Lesson learned.

But Lent is over, and I can assure you today, I am going to eat dessert. Last Thursday, I shared my family recipe for Sicilian traditional Easter cassata cake with the Mighty Members.

But today, I'm going to eat cannoli! No two ways about it!



And I make my cannoli from scratch, my friends. I even make my own shells.

When my brother and I were little, my mother bought a wooden dowel about the size of a broomstick to make the tubes. My father sanded it, then cut it up into appropriate cannoli lengths, and that's what she'd wrap the dough around.

But these days, I use metal tubes. I wish I still had my mothers. I deep fry them in lard, fill them with my homemade cannoli filling, and dig in. Oh, are they delicious! There is absolutely no comparison to those purchased at the store. *Any* store, even Italian specialty stores.

You know. Come to think of it, perhaps during Lent, I was suffering from a new pathology – Cannoli Brain! My head was hard and crispy on the outside yet filled with goo on the inside! (I wonder if I can look that up in the repertory? No doubt, it will lead back to *Helleborus*.)

Okay, okay. We've had some fun, but I want to circle back around to the real meaning of today. It's a glorious Easter Sunday, my friends. It's the holiest day of the year for Christians.

And it beautifully coincides with the time of Passover on the Jewish calendar.

So, spend today with loved ones, with traditions, and with reverence and appreciation for the sacred religious meaning of this special day – our holiest and most solemn day.

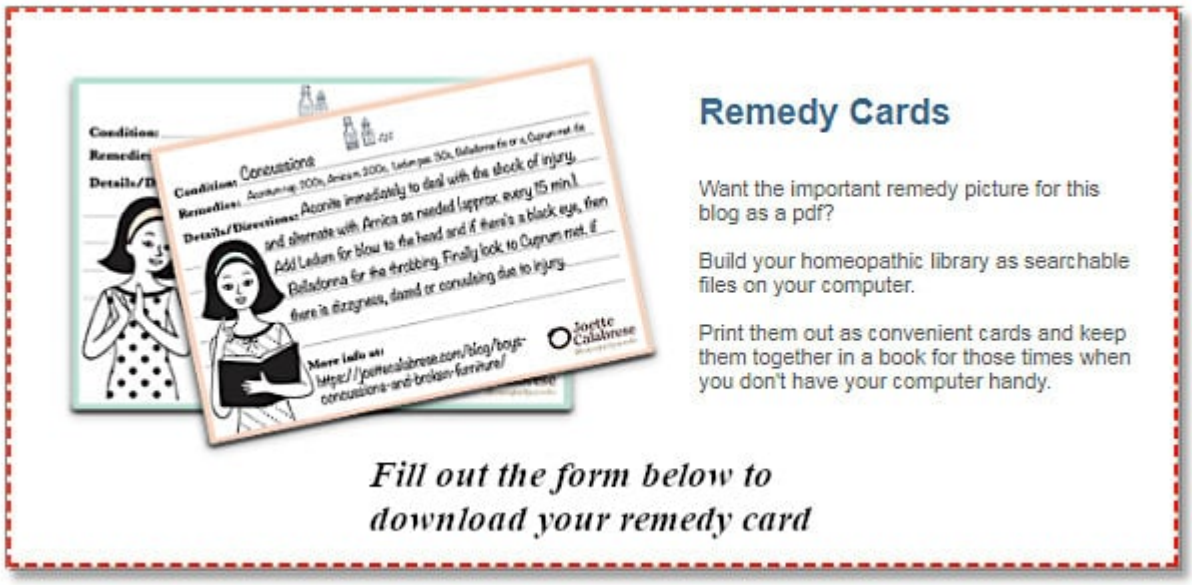
Buona Pasqua a te e alla tua famiglia.

Warmly,



P.S. My mission is still to bring homeopathy to every medicine cabinet in the nation – heck, the world! So, we're including more social media sites in our outreach. We just joined Rumble and hope to add more sites in the coming

weeks. So, stay up to date with all the places you can find my content by using this link on Linktree!



‘Advanced’ Disease and Back Pain



“Um, I’m not sure what you mean by that.”

Have you ever been asked a question that leaves you feeling a bit perplexed because you don’t know exactly what it means?

Well, recently, I was asked a question by one of my Academy of Practical Homeopathy® students, and I felt precisely that. Perplexed.

I bet now you’re wondering what the question was! It must have been a real stumper, right?

Well, here it is: Can homeopathy treat advanced diseases?

On the face of it, that doesn’t seem like it would be a confounding question, does it? Especially not when the public has been indoctrinated to fear the word “advanced” when placed before certain diseases.

But let’s take a step back, my friends. What exactly is an

“advanced” disease?

Does it mean the sufferer has experienced 30 years of eczema? Does it mean they’ve had arthritis so long that their fingers are now deformed? Are we talking about a lifetime of scoliosis?

Let’s expound on that last example … scoliosis. People can have scoliosis and not have pain. Certainly, the extent of the curvature *could* be the cause of the pain, but it doesn’t mean it *has* to be.

When taking a case of someone who blames their back pain on “advanced” scoliosis, the first thing that ought to be asked is, “Describe the pain and when it’s at its worst.”

“Well, it’s really bad first thing in the morning when I get up. I just feel beat up! Then as the day goes on, I feel a little bit better. Sometimes I even feel considerably better by afternoon!”

So, does that mean their scoliosis doesn’t exist in the afternoon? Is their spine only curved in the morning?

More than likely, that pattern of pain indicates it may not be caused by the scoliotic bones at all! The sufferer may well have scoliosis AND back pain from, say, the stress on muscles from overuse or from sleeping in the wrong position or from eating inflammatory foods … or … or … or.

The same thing can be said when people tell me, “Oh, Joette, you just don’t understand. Walking in the morning is just too painful because my knee joint is bone-on-bone!”

Then, why can they walk in the afternoon with considerably less pain or even without pain at all? Did cartilage suddenly build up in the joint after lunch?

Perhaps it’s just not the “bone-on-bone” condition that is

fully responsible for the pain.

Look, I'm not dismissing the diagnosis. I'm not a medical doctor, so I can't and don't debate the diagnosis. But I can say from years of experience that just because a sufferer has received a diagnosis does not mean that it is a disease that belongs to them forever – that they are defined by the disease! "I'm an asthmatic." Or "I'm a victim of RA." Or "My knees are bone-on-bone."

It's decidedly easy to fall into that mindset. Why? Because words have power – particularly those words that, in a rather sneaky way, lead us to believe that there is no hope for our particular condition.

Indeed, I urge folks to take their illness in stride. Don't point it out to yourself. Let it roll off your back. Just like a duck." Otherwise, we will be a victim – a casualty – of every ill that comes our way. And there will be plenty.

Indeed, don't we already have enough "victims" in our society today?

As you know, in Practical Homeopathy®, we highly value diagnoses. But here's when a diagnosis can become a wicket that is sticky– when adjectives get involved.

"Oh, Joette. I don't just have irritable bowel syndrome. The doctor told me I have *advanced* IBS."

"My case isn't going to be easy because I have *chronic* depression."

"You probably have never seen this before, Joette, but I have *dyshidrotic* eczema!"

"Look, Joette. I don't think homeopathy can help me because this isn't garden-variety eczema. Mine is *nummular* eczema‼"

“I’m going to have to learn to live with the pain, Joette, because the doctor said I have *advanced* arthritis.”

Again, we’ve been indoctrinated to fear the adjectives to our conditions. Once a sufferer hears that adjective – whatever it might be – in most cases, they will never hear another word until they experience a shift in the condition. They get scared; they believe the “insert-adjective-here” condition is permanent, can never change and will likely advance.



Frequently, people look for a way to *complicate* their conditions – to make them unique. But that’s not how the Practical Homeopath™ sees illness. I’ve seen “advanced” psoriasis turn around. It may take a couple of years, but I’ve seen it!

Positive results require utilizing a well-chosen homeopathic medicine and applying a tincture of time. I’ve witnessed incalcitrant irritable bowel syndrome make an about-face within months.

I’ve also observed individuals with so-called “advanced” back conditions who rarely experience pain. So, the Practical Homeopath™ doesn’t flinch at the adjective.

We just boil it down: “Is the back pain worse in the morning upon first getting up and then gets slowly better after

continued movement?”

“Yes.”

As Sergeant Joe Friday used to say in Dragnet, “Just the facts, ma’am.”

If it turns out that the generalized homeopathic protocol doesn’t act fully, then we can always go back and more closely examine the etiology. But at this point, it can oft be simply “back pain worse in the morning upon first getting up.” It’s as simple as that.

And what would the homeopathic protocol be for that back pain that’s worse on first movement? Why, we would immediately consider the medicine nicknamed as the “rusty gate” remedy, *Rhus toxicodendron*. Think about a rusty gate. It’s resistant and noisy upon first movement, then gradually loosens over time. Doesn’t that sound like our morning back pain?

So, that’s why we will add *Rhus tox* to our list of must-have medicines in your homeopathy kit.

In this case, we would turn to the Banerji Protocol of *Symphytum officinale 200* mixed together in the mouth with *Rhus toxicodendron 30,* twice daily – halting after very much better or if absolutely no improvement is seen after giving it due time to act.

We already discussed *Symphytum*, the premier medicine for bones, in a recent blog on Shin Splints. So, when coupled with *Rhus tox,* it creates a time-honored protocol for joints, muscles, ligaments and bones. This method has been shown to be effective for joint pain *regardless* of the cause – overuse, menopause or arthritis, just to name a few.

“But you don’t understand, Joette. This is *advanced* back

pain."

No matter! Even though someone scared the bejeebers out of the back pain sufferer with that adjective, the most effective protocol is often (of course, not always) still *Symphytum officinale* 200 mixed with *Rhus toxicodendron* 30!

Now, homeopathy is not magic. It doesn't cure all. There is nothing that can do that. But it certainly has a solid enough track record to offer hope in many situations that have been insinuated as hopeless.

So, no more thinking, "My condition is advanced. I'm hopeless. Nothing can help me now."

Oh, nay, nay, my friends. Homeopathy has been shown to help sufferers in a small way, in a medium way and, in other cases, *all* the way for the last 200+ years – whether the conditions are "advanced" or not.

Pass on the good news of homeopathy!

Warmly,

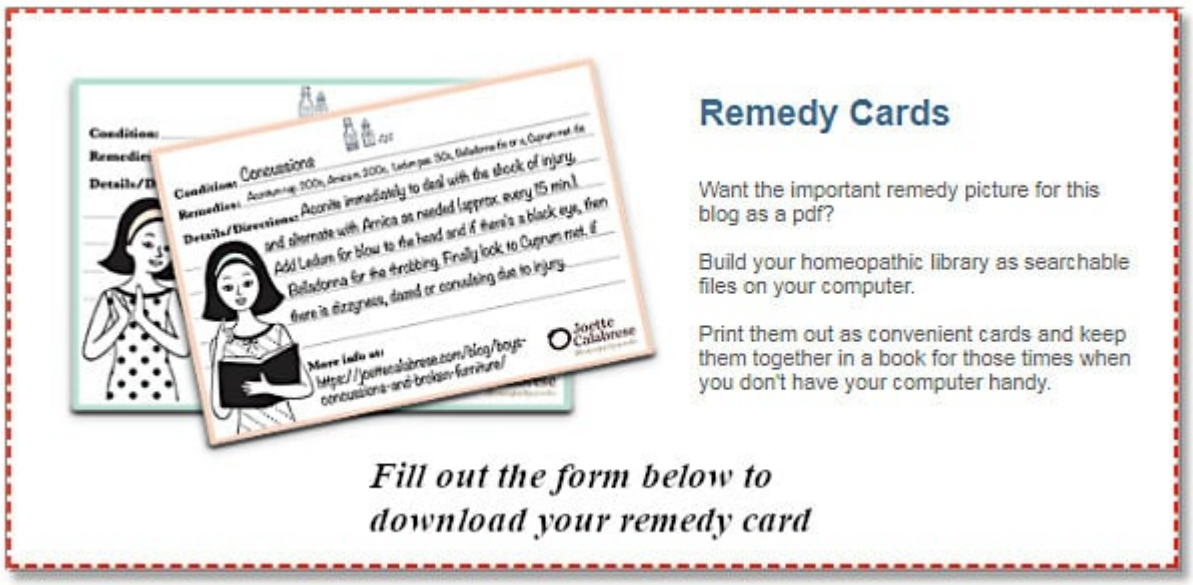


P.S. While we're talking about pain, if you want to learn more, take a deep dive into my course, Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good. Not only do I cover other, more specific back pain protocols, but I also instruct on headaches, frozen shoulder, shingles, arthritis and various organ pains – just to highlight a few. And remember – all of my

Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.

If you're not quite ready to consider a course, then joining a Gateway to Practical Homeopathy® study group will be just the learning opportunity you're looking for. It's the same way I began my studies – except you'll benefit from my years of teaching experience. The curriculum, which I recently revised to reflect my current teaching methods, is easy to follow. Plus, you'll make lifelong, like-minded friends who will be there to support you throughout your *genuine* healthcare path.

I offer something for every level of interest in homeopathy. So, join me today and learn how to become your family's trusted healthcare provider!



Psychological Protection



Fear and uncertainty. It’s everywhere.

Sometimes it seems as if the human condition works against peaceful optimism.

I could blame it on today’s mainstream media (which enjoys packaging almost every story with anxiety and dread). But throughout history – even before the invention of the 24-hour news cycle – human civilization has been brimming with plagues, governmental collapses, wars and natural disasters.

Humanity seems to gravitate towards chaos, eschewing the calm and uneventful. I can understand why people who don’t possess any tools live their lives in fear.

But I don’t.

Why? Because I possess psychological protection provided by my faith and homeopathy.

Fear comes when we are uncertain of the future or, more

specifically, uncertain of our *response* to whatever the future can throw at us.

Are you fearful when driving to a new locale?

What if you have a specific address, a navigation system in your car, a map (in case the navi system fails) and the phone number of a friend nearby?

Then, the anxiety melts away. You're prepared. Instead of foreboding, you feel certainty.

Well, in much the same way, homeopathy has given my family and me certainty.

Flu pandemics? I'm ready.

War? I'm emotionally covered.

Chemical exposure from an accidental spill? Check!

Fires? Yep, that, too.

And the list goes on.

Look, we don't have to have ALL the answers to life's uncertainties. We just need to know where to get those answers when something unexpected occurs. That knowledge gives us confidence that we can handle anything!

A good repertory and *materia medica* can help. Owning my Survivalist Guide to Homeopathy – a hardcopy binder filled with homeopathy information – will be invaluable if the internet's infrastructure ever goes down. And my Mighty Members can print out my Remedy Reference Guides (printable e-books of all of my blog posts dating back to 2013).



So, step one of attaining psychological protection should be clear: You know where to get answers when you need them. You simply need to have secured those resources in advance.

AND – step two – you need to own as many homeopathic medicines as you possibly can afford!

Believe me, having the confidence that you can find the information you need *and* owning the medicines that may be required will enable you to relax. There'll be no need for trepidation; you're ready.

I tried so many medical paradigms throughout my life only to be disappointed. Each modality was supposed to be "the answer." But when I finally found homeopathy, the angst inside me quieted.

You see, my friends, homeopathy is the medicine I thought I was getting all along – through the trial and error of all those other paradigms. Homeopathy is a gentle, polite, efficacious, time-honored medicine with the sweeping potential to keep my mind at ease – simply by knowing it's there when I need it. As a student of mine in The Academy of Practical Homeopathy® recently said about learning homeopathy, "It's a slow infusion of bravery."

We can all be psychologically protected with homeopathic preparedness.

However, if anticipation of traumatic events triggers grief,

produces anxiety or leaves us feeling overwhelmed, homeopathy offers a specific medicine to combat that upset: *Ignatia amara* 200. Generally employed twice daily, until very much better, *Ignatia* can help nudge the body to overcome the disquieted emotions that tribulations can engender.

Once again, we're psychologically protected by having this appropriate homeopathic medicine at the ready.

Indeed, we've discussed *Ignatia* before, but I mention it again today because no list of must-have medicines would be complete without it. So, add *Ignatia* 200 to the homeopathy kit you're building this year with each blog post!

While we're at it, let's take a moment to review the list we've created for our homeopathy kits thus far and the blog posts associated with them:

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*

My friends, we never know what tomorrow will hold. However, we can rest assured with preparation for the unknown. So, again, know where to find the information you may need and own the medicines required for any eventuality.

It's a pretty simple formula for psychological protection, wouldn't you say? So, get prepping and pass on the good news

of homeopathy!

Warmly,

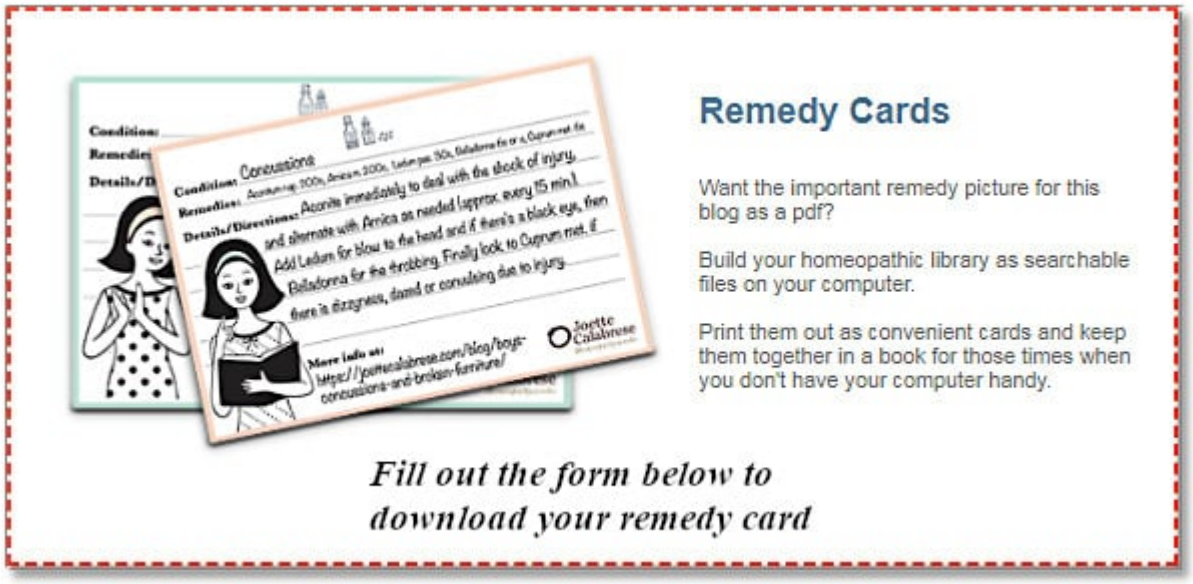


P.S. If you're new to homeopathy – and even if you've studied it before – my greatest hope is that you will join a Gateway to *Practical* Homeopathy® I study group. Consider it your map – your navigational system into the extraordinary medical paradigm of homeopathy.

Plus, you'll meet other like-minded people who will quickly become your support system – the friends you can call when times get tough.

And there's no better time to choose to participate than now. My recent revisions to Gateway I have resulted in a much tighter curriculum, more in keeping with the way I teach Practical Homeopathy® today. I encourage you to purchase now so you can join me in the remaining live events over the next few weeks as I livestream an introduction to each new lesson.

There's a lot of excitement around this new Gateway to Practical Homeopathy® I, Second Edition. Don't miss out!



Fake Medicine



Fake. Fake. Fake!

You've seen them in every corner of our society. Fake eyelashes, fake tans, fake designer handbags, fake IDs, fake news … even fake food!

Is there anything more disheartening than ordering a pizza, taking that first bite and realizing it's slathered in fake cheese? Unless we make our pizzas at home, there's really no way to be sure the ingredients aren't fake … that is … until they hit our digestive system and make us sick.

Fake is usually synonymous with cheap, gaudy and disingenuous. So, the upshot of using the word "fake" is to encourage us to be wary, to question further, to distrust and examine carefully.

But how about medicine? Can medicine be fake?

Let's think about that for a minute. Drugs of commerce are synthetic. They're factory-made –something not found in nature. You see, medicine has been taken out of the hands of the mothers and grandmothers. Instead, medicine is now squarely in the hands of factories, industry and more recently even government!

The drug manufacturers don't tell you what the drug *really* is. They don't tell you what it *really* does. And often well-meaning doctors are trained by pharmaceutical companies to believe synthetic drugs are the only way.

I want medicines that are truthful and celebrate the home, and celebrate authenticity. I don't want something that merely covers up symptoms only to cause a more sobering condition in the future.

That means its lying to you … via stealth omission.

I want – no, I *demand* – medicines that are truthful. I want medicines that tell you what it is *in its name* – and I don't mean some cutesy or lofty-sounding marketing manipulation of

words.

With synthetic drugs, we must dig two, three or even four layers deep to discover just how dangerous and stealthy an injection, a pill or an ointment is.

But …

not so with homeopathy.

Homeopathy doesn't lie to you. Everything you need to know about a homeopathic medicine is right in its formal Latin name. Everything you need is accessible, available to read – and not in fine print, mind you.

And this information hasn't changed! Most of the homeopathic medicines we use have been in use for *centuries* by the best medical minds in hospitals, clinics and private practices around the globe. There's nothing capricious or veiled about them.

There are no patents on homeopathic medicines, so no one owns them. Let me repeat: There are NO patents, so NO ONE OWNS THEM. This means they cost what a good medicine should cost – under $20 – and there's no industry pushing them.

More importantly, we needn't be cajoled into using homeopathic medicines. We either use them, or we don't. There are no government mandates that *require* us to use them. No one *forces* us to give them to our children through threats that social services will come knocking at our doors or our child will not be allowed to enter school.

However, learning to depend on drugs of commerce for sinusitis, antibiotics for UTIs, steroid ointments for rashes or acetaminophen for headaches is *learned* – much the same way language, dress and behavior are learned. And that dependency is buried in a deep and inaccessible part of our psyches. And so, it's become a part of our culture.

My friends, we must widen our gaze and not stay focused on the world from the myopic view.

Good medicine is medicine that people love – authentically, naturally and wholeheartedly. Good medicine is one that people are happy – even proud – to give to their children and elderly parents.

Homeopathy is the honest medicine.

So, what about that fake cheese we inadvertently ingested on our take-out pizza?



Homeopathy counters fake with honesty, as *Pulsatilla nigricans* 30 has been shown to address fake-dairy digestive disasters when employed as an SOS (as needed until very much better).

Since we never know when fake might fool us, let's add *Pulsatilla* to our list of must-have homeopathic medicines to add to our arsenal. The rest of the world can keep their fakes; we'll stick to the real and honest.

Now, how would you have learned when and how to use this little medicine if you hadn't read it here?

Why, from becoming a member of my Gateway to Homeopathy

Study Group that's wrapping itself around the world one family at a time!

Pass on the good news of homeopathy … the honest medicine!

Warmly,



P.S. Speaking of fake, Big Pharma is concerned – as it always has been – as homeopathy regains exponential popularity in the United States.

In this week's Memo to Mighty Members, I'll share some very interesting legal wranglings currently underway. It's fascinating information that every proponent of homeopathy should be aware of. Look for it, as usual, this Thursday!

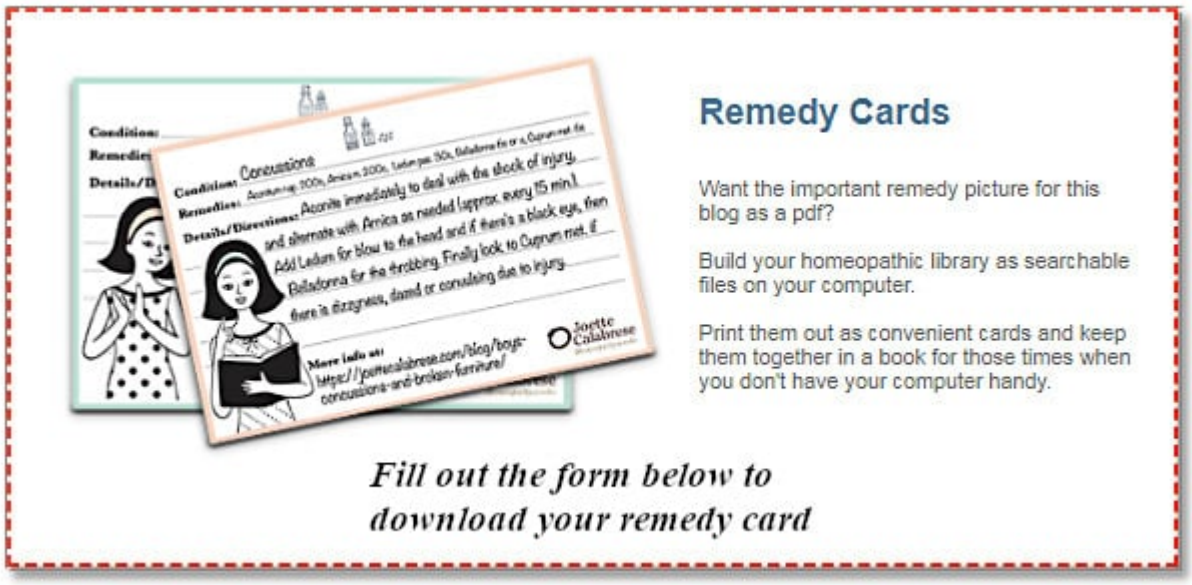
If you haven't joined **Joette's Mighty Members**, what are you waiting for? My Mighties enjoy all sorts of benefits:

- Memos (which are extra weekly blog posts on topics I don't feel comfortable sharing in a public venue)
- Musings (videos of my interests that I want to share)
- Remedy Card booklets,
- Remedy Reference Guides (downloadable e-books containing my blogs going all the way back to 2013)
- A safe discussion group without the censorship of public social media forums
- A Facebook-free place to participate in my Monday Night Live video events
- More perks currently in development

And all of my Mighties qualify for a 10% discount on course

purchases. (If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.)

There’s no better time to join than now!



Elusive Sleep? Zzzzzzzzzz.



“What?

I’m sorry, did you say something?

My mind was wandering because I just didn’t get a good night’s sleep.”

Boy, if you had a nickel for every time you’ve heard someone say that … or even said it yourself … you’d have a big ol’ stack of nickels.

Sleep may seem like a luxury. But it’s a necessary part of our existence. It’s certainly not something to scrimp on – at least, not on purpose.

But what about those days when sleep won’t come? You’re up to 3,489 sheep, yet you’re still wide awake!

Sleeping pills such as benzodiazepines or Ambien carry the usual array of side effects we expect from patented pharmaceuticals. Some can even lead to loss of motor function or amnesia. So, as usual, our answer is not to be found from Big Pharma.

Many people pat themselves on the back for going “natural” with their sleep aids. I’m sure you’ve heard a friend extoll the virtues of valerian or melatonin. But natural does not always mean perfectly safe. Indeed, valerian carries a potential for toxicity. Both valerian and melatonin can result in next-day fogginess. And melatonin must be taken in the proper dosage and at the precise time in order to perform as desired.

In fact, melatonin is a hormone, my friends. And you know how I feel about tinkering with hormones.

Instead, I find (as I most often do) that homeopathically prepared botanicals are far superior to the gross form of herbs.

So, which homeopathic medicine is best for sleep? Let’s turn to the experts at Boiron.

As you should know from reading my blogs, the homeopathic pharmacists at Boiron know their medicines! They should. They’ve been in business for almost a century in France and opened BoironUSA 40 years ago. That is a lot of experience, my friends!

They have created a combination remedy called SleepCalm® (perfect name, wouldn’t you say?) by blending four single homeopathic medicines that, through clinical observation and study, have been shown to address sleep issues.



Let’s take a look at the back of this combination remedy to learn more about the ingredients Boiron has chosen*:

- *Hyoscyamus niger (black henbane)* 3C*:* Relieves restless sleep associated with nervousness.
- *Nux moschata (nutmeg)* 4C*:* Relieves restless sleep.
- *Passiflora incarnata (passionflower)* 3X*:* Relieves sleeplessness associated with worries and exhaustion.
- *Stramonium (thornapple)* 6X*:* Relieves sleeplessness with intermittent awakening.

That gives us a good start. But as I often suggest, open up your *materia medica* and do a bit more research on each of these medicines. As a student of homeopathy, you should understand what works and why!

Always stay curious.

Believe me when I say that homeopathy is the most valuable rabbit hole you can possibly fall into! So, learn as much as

possible with the joy of knowing there will always be more to discover! Look at me, for instance. I've been studying and practicing for over 36 years and often glean new nuances. Indeed, homeopathy is intellectually delicious!

In fact, Christophe Merville, D.Pharm, director of education and pharmacy at Boiron (whom I've interviewed extensively as a lesson in the Academy of Practical Homeopathy®), has prepared a Q&A regarding homeopathy as an alternative to melatonin, as well as a white paper on SleepCalm® and a comparison of herbs, supplements, OTC sleep aids and sedatives. There is so much good information in those resources that I will be sharing them with my Mighty Members later this week. (If you haven't joined, now's the time!)

But before I go, I'm sure you recall that each week in 2023, we've discussed a medicine that should be included in any well-stocked homeopathy kit. SleepCalm® has certainly earned its place among them.

If you order from Boiron's website, don't forget to use my name (Joette) in the coupon box at checkout to receive a discount. But let me be clear: I have no affiliate program with Boiron. That is, I have no financial relationship with them. I tell you about this and their other offerings simply because I like their products. Why? Well, number one, they work! And number two, they are an excellent entry point for those meandering the aisles of Walmart, Wegmans and other stores.

My mission is to get homeopathy into the hands of *all* families, *especially* those unfamiliar with its many abilities. Building this support "from the moms up" will ensure that homeopathy will live on.

"But Joette, I don't have any sleep issues."

Well, that's excellent! Perhaps *you* won't need this medicine. But what about your family? What about after a

crisis, when sleep patterns are interrupted? Heck, what about last night's time change to Daylight Saving Time? (That extra evening sun is enough to throw off many people's sleep patterns.)

Plus, others have reported SleepCalm® to be an excellent entry point into homeopathy when friends and relatives visit. Travel (changing time zones or simply being over-weary) can affect sleep. What better win-win than to provide a loved one with a box of SleepCalm® to ease their wakefulness? I'll bet that in the morning, they'll be asking more about homeopathy!

And that's the perfect time to pass on the good news and further my mission – *OUR* mission!

Warmly,

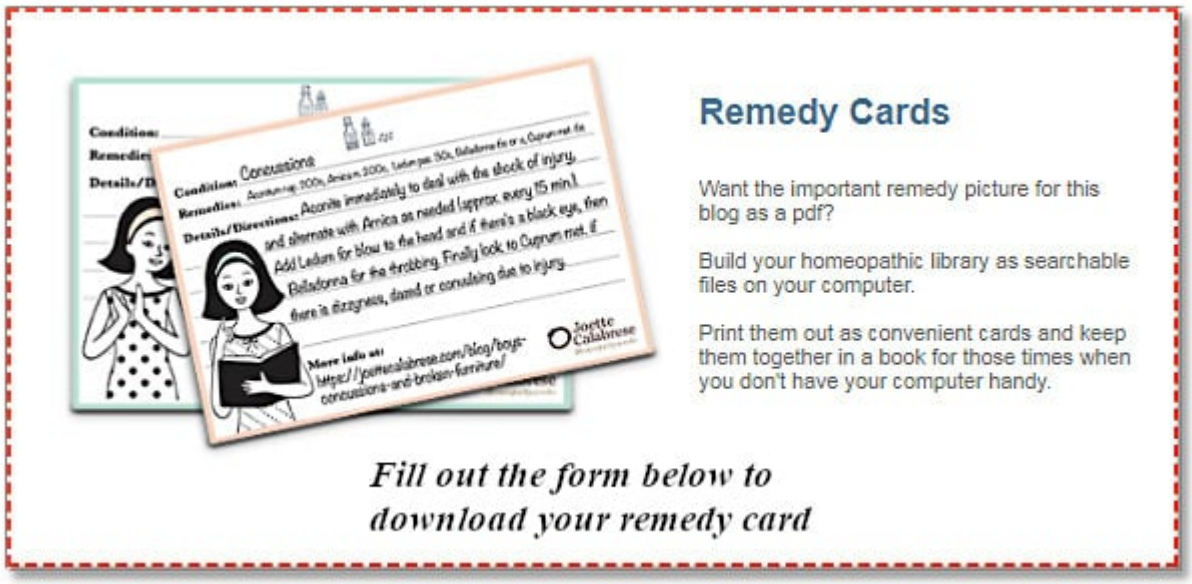


P.S. You might enjoy the story of Boiron's history in this short YouTube video: The Boiron Story: 90 Year Saga. It's subtitled in English, so you'll understand the narration. (But who doesn't love listening to the beautiful French language?)

P.P.S. Thorough *materia medicas* can be expensive and, at first blush, daunting. But they can be ever so beneficial for the serious homeopathy student! However, sometimes a simple, plain-talk *materia medica* is often all the busy parent needs to look up a common medicine and its top keynotes quickly. That's why I wrote *A Materia Medica: Practical Homeopathy® for Busy Families*. Through the lens of

my stories and experience, you'll learn important information about 150 of the most used homeopathic medicines. It's a great entry-level *materia medica* AND one that may be more easily accessible during a health emergency.

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



I Want My Body Parts Back

I Want My Body Parts Back!



Joette Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

"I've been robbed! One pair of tonsils and two pairs of wisdom teeth were stolen, Officer. Does anyone have any ideas on where they are and how I can get my body parts put back where they belong?"

First, let me say that my body parts were innocent. They never broke any laws. They were not misaligned, misplaced, septic or otherwise unruly.

Well, okay, my tonsils used to get infected, but homeopathy would have fixed that in a jiffy. My little body parts had never turned on me – or the robbers, for that matter.

Their only crime was being too close to the surgeon's scalpel. And so, the robber couldn't resist convincing my parents and me that it was time for them to go.

But luckily, they didn't steal my brain, so I've been thinking.

Since I'm griping about other stolen property, I'd like my old gut back – you know, the one I had *before* it was tainted with antibiotics. And how about my old immune system before I was jabbed with other questionable stuff? Yep. I'd like

that back, too!

But interestingly, I wasn't left with nothing. Instead, the robbers who stole my body parts didn't leave without putting something else in their place. They filled my other teeth with mercury and injected more into my arm.

Additionally, I was given a daily prescription of pills that suppressed my womanly hormones so that my body could not produce another human being.

I was also given the gift of steroids. They forced my skin to stop acting rashy and later produced a decade full of asthma. Good times!

Then there were the myriad painkillers for migraines that had been initiated by all the other trash (I mean prescription drugs) I took.

Somehow my uterus, ovaries, gall bladder and appendix were spared. But I still yearn for my tonsils and wisdom teeth.

However, I must clarify that the robbers didn't steal my body parts stealthily in the dark of night. They didn't leave me in a worsened state when no one was looking. No. They did it with my permission!

And something even stranger happened: I actually PAID them for this grand theft. And to add more insult, at the time, I was HAPPY that they took them. I probably even praised them for their work.

But as time rolled on and common sense finally prevailed in the brain they left me, it became clear that an out-and-out robbery had been committed. But unfortunately, it took decades – and a lot of self-directed education– for me to flip the switch in my thinking.

So, my friends, I have to admit that the doctors and dentists who robbed me aren't really to blame. My parents

and I actively sought out the professionals' opinions and agreed to submit to these procedures.

Indeed, we made the phone call, scheduled the appointment and dutifully listened to the sales pitch. Then, on the day of the theft, we gave them permission to dig, cut and cart my body parts away.

It makes me wonder. You know how you do your research before buying a car – because it's a significant investment and you don't fully trust the dealer? You know how you spend hours, days, even months deciding how to spend a large sum of your hard-earned money?

Well, I could have done the same before submitting to these medical procedures – to **any** medical procedure. But I didn't. So, why didn't I kick the tires and look under the hood? How come I didn't do my homework? Why have I spent more time studying the cars I've purchased?

I know why. It's because I trusted. I fully believed that a shiny new paint job was all that mattered, and I didn't consider the long-term consequences.

So, what could I have done differently? I mentioned that homeopathy could have nudged my tonsils into better behavior. Although, in fact, they already were behaving precisely as God intended. The tonsils' uncomfortable but useful function may have *protected* my body from subsequent respiratory infections.



You see, tonsils – the sentry guards of our immune systems – hinder germs from entering the rest of the body through the nose and mouth and are rich in white blood cells to fight the local infection. They are there for a reason.

But to relieve my tonsillitis, I might have employed *Hepar sulphuris calcareum* 30 or 200, twice daily until very much better. In fact, let's add *Hepar sulph* to our list of must-have homeopathic medicines in our collection. I prefer to own it in several potencies – 6, 30 and 200 – as it has been shown to be invaluable in certain kinds of cases of infection, as you may remember from my blog post, Hepar sulph: The Homeopathic Antibiotic.

Hepar sulph is not the only potential choice of medicine. There are others. For more specific details, read my blog, Ultimate Remedies for Strep Throat and Enlarged Tonsils.

How far can I go with all of this? I must admit, not very far. All I can do now is complain. And I hate complainers.

So, instead, I'll just warn you not to let your important body parts be tinkered with. Keep your God-given parts! Protect them like they are something important – because they ARE!

No one is going to give you your money back, and, more importantly, no one will hand those parts back to you once they're taken. Instead, you'll end up just like me – spending your time longing for pieces of your body that were taken long ago. Believe me, that's not a good way to pass the time.

If you know anyone suffering, pass on the good news of homeopathy! When you know something this important and impactful, you shouldn't keep it a secret!

Warmly,

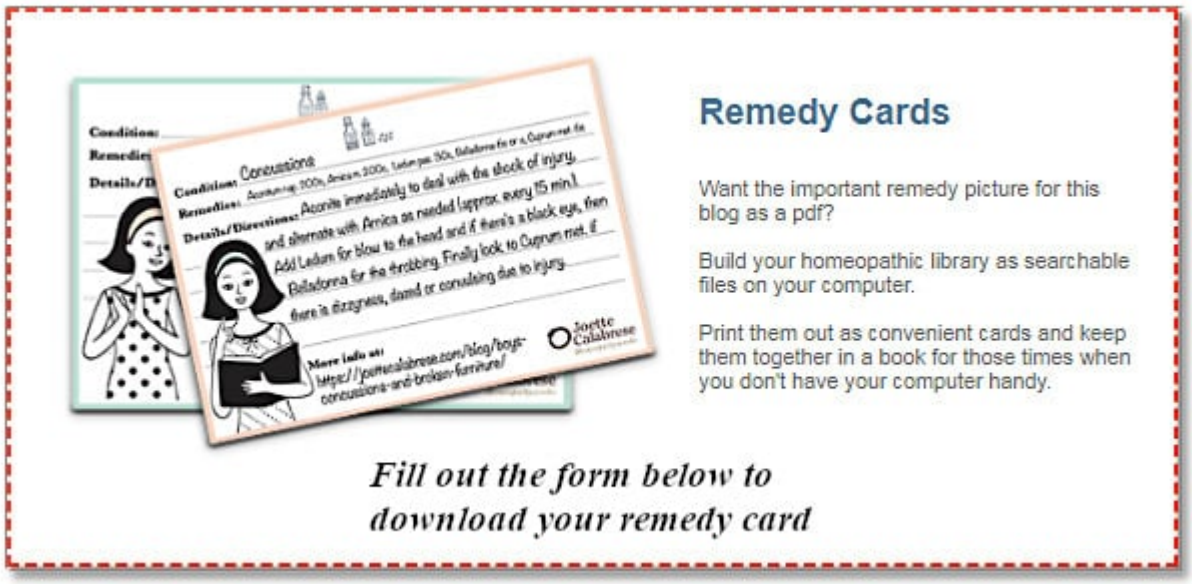


P.S. If you'd like to learn more about avoiding antibiotics and unnecessary surgery, consider my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs: Practical, Proven Homeopathic Protocols. Overuse of antibiotics in our society has led to widespread antibiotic resistance and superbugs. So, not only are our more common antibiotics becoming less and less effective, but the more powerful ones in use today cause even greater upheaval in the gut biome and can produce side effects galore.

But all is not lost! We can get off the conventional antibiotic conveyor belt and return to trusting in the natural healing abilities our bodies innately possess – with

just a gentle, polite nudge from well-chosen homeopathic medicines. Education is key! So, I developed The Antibiotic Alternative course to teach you what I've learned through almost 40 years in practice and from learning beside the famed Drs. Banerji in India.

You can't afford to miss this information before an infection strikes your family. 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.



Homeopathy and Chemical Exposure



We never know!

We never know from day to day what challenges life may present. Such is the case for the folks in East Palestine, Ohio, after the catastrophic train derailment and subsequent hazardous chemical smoke plume that enveloped the surrounding area.

No one knew as they were going about their day that they would soon face unimaginable exposure to vinyl chloride.

Indeed, we never know.

That's why we need to be prepared! We need to develop the skill of thinking homeopathically and own all the necessary homeopathic medicines to survive any potential eventuality.

I discussed this in depth during last Monday night's Live event. However, I realize that not everyone can access my Facebook Lives. Many understandably prefer not to join Facebook, so you missed the conversation.

That's one reason we created Joette's Mighty Members – so you could watch the Live events *without* Facebook's prying eyes. If you have not yet joined my Mighties and me in our private sandbox, I urge you to do so. The site is housed on

my own servers, so it's the only environment where I feel comfortable discussing certain subjects candidly!

But because this topic is so timely – on the forefront of everyone's minds – I want to summarize just a bit of what I taught last Monday. I can't include it all here, so I encourage you to listen as well.

Again, I am not a medical doctor, so I cannot offer medical advice to victims of chemical exposure.

If the situation is non-emergent, we can sleep on it, gather more facts and formulate a plan. However, it's human nature to want to react as soon as possible in a crisis. So, it's crucial to learn how to react *appropriately*, especially when we don't know precisely what's happening.

My friends, the first step to a proper reaction is learning and *practicing* the ability to think homeopathically. And that is why I am here as your homeopathic teacher.

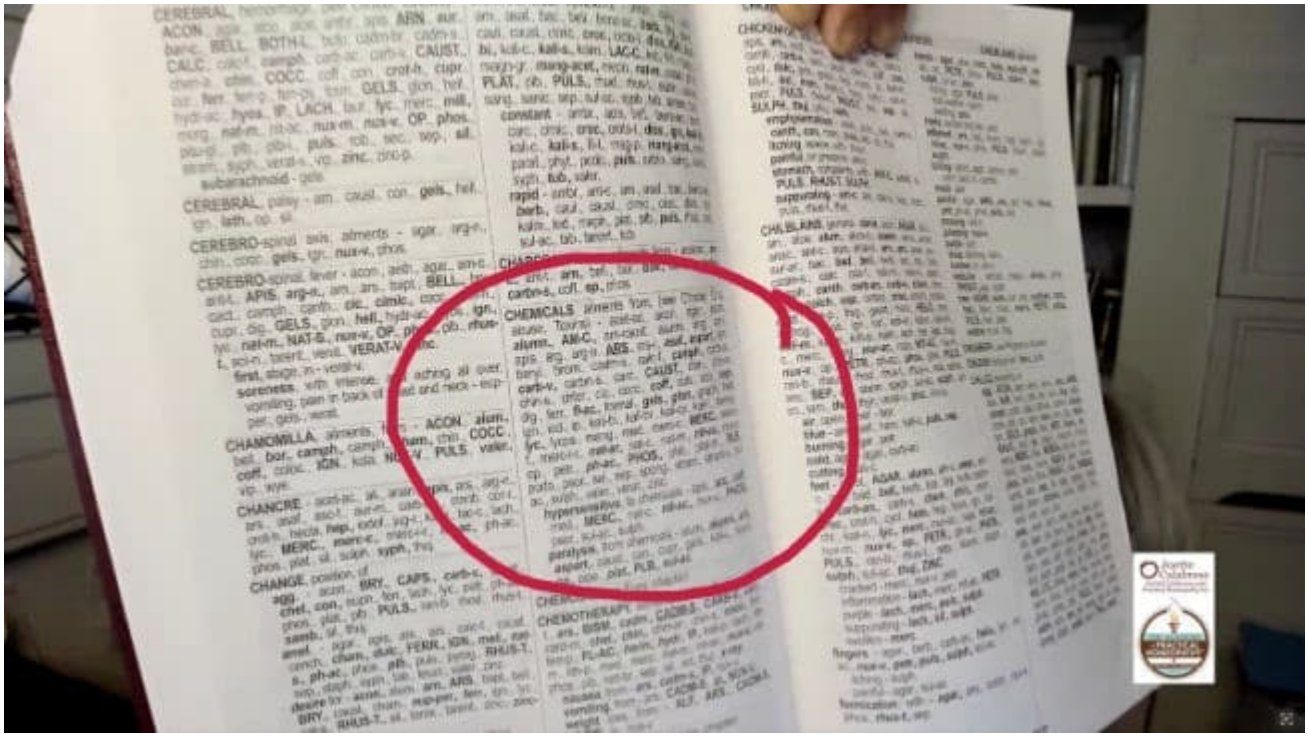
We use the symptoms to determine which medicines are best for whatever the sufferer is experiencing – regardless of etiology. In other words, whether the noteworthy symptoms have been caused by a chemical spill, a bee sting or contact dermatitis, it matters not. The homeopathic thinker uses the symptoms to choose a medicine.

In this particular instance of the train derailment in Ohio, symptoms currently seem to range from urticaria (skin rashes) to breathing issues. We don't yet know the long-term effects. It's too soon. However, chickens, fish and pets have died.

In a blog post, I certainly cannot direct anyone as to which homeopathic medicine may be the best choice for them individually. But I can teach you how to get the information you need to make an informed decision for yourself.

It involves utilizing a homeopathic repertory – a compendium of all human suffering. A repertory is a dictionary-thick book printed on super-thin Bible paper in which almost any imaginable symptom and condition is listed, along with the homeopathic medicines most specific for that particular rubric.

My current favorite is Dr. Robin Murphy's "MetaRepertory, Fourth Edition." The **Clinical**-Generals section in the back of the book is the first place I would turn in a situation such as this chemical spill. If you own this book, turn with me to page 2126, where you'll note in the right-hand column, "**CHEMICALS,** ailments from," where there are 70-plus homeopathic medicines mentioned as being worth consideration after a chemical exposure results in illness.



So, how do we pick?

The potential homeopathics are listed with different font treatments highlighting the medicine most commonly found to act. Several medicines are in bold font; several medicines are capitalized. (I go into this much more in my Live event, so I urge you to listen on Facebook or join the Mighty

Members.)

But the most agreed upon, successfully utilized medicine for ailments due to chemicals is listed in bold capitals and underlined: **ARS** (short for *Arsenicum album*). We don't know that this medicine is specific for the chemical released in this instance. However, we do know that *Arsenicum album* has been shown to be so sweeping and useful (regarding susceptibility to illness after chemical exposure) that its a top consideration.

So, let's say we choose to employ *Arsenicum album* for chemical exposure. How do we know which potency to use? That, my friends, comes with more education. That's why folks take my courses at The Learning Center. A pattern starts to emerge with each medicine.

For instance, *Arsenicum album* 3 is more for stomach issues (which we discussed recently in the blog post, Stomach Flu). *Arsenicum album* 6 is more for the nose, while *Arsenicum album* 30 tends toward addressing diarrhea. And finally, *Arsenicum album* 200 (one of my favorite potencies of this medicine) is generally called upon for chronic issues.

If exposed to toxic chemicals, I would generally lean towards utilizing *Arsenicum album* in a 30 or 200. But that is up to each individual to decide according to their symptoms.

Remember, homeopathy is medicine. If we use it injudiciously, it can cause a proving (which means a specific symptom that a homeopathic medicine can *address* can actually be *caused* briefly if someone takes the wrong medicine unnecessarily). As discussed in Podcast 49: Shedding Light on Provings and Aggravations, a proving is not something to fear. But it's something to keep in mind when utilizing a medicine.

Now, I also teach how to look in the repertory under *other*

symptoms that may be experienced – in addition to the general category of ailments for chemicals. So when a medicine such as *Arsenicum album* appears under several different yet applicable rubrics, that's a healthy indication that it's a good place to start.

Arsenicum has been noted to address angst and fear. It also addresses diarrhea, respiratory distress, skin conditions, liver inflammation and poisoning. With that many applicable keynotes, *Arsenicum* will generally become a standout in our homeopathic thinking for this situation. Again, it's not an absolute – not 100% – but it's a well-informed place to start.

However, as with any condition, we don't hang our hat on one medicine without careful observation. If the first chosen medicine doesn't act, we pivot to another. As I said, under the repertory rubric of ailments from chemicals alone, there are 70-plus medicines to choose from! The best way to determine another possibility is to look up each listed remedy in a *materia medica*.

A *materia medica* is a companion book to a repertory. (Dr. Robin Murphy's "Nature's Materia Medica, Fourth Edition," containing over 1,500 homeopathic medicines, is an excellent consideration.) While a repertory lists illnesses and conditions, a *materia medica* lists each of the homeopathic medicines with their keynotes and clinically observed actions. Together, they provide the entire picture to inform our decisions better.

If you're looking for a more user-friendly *materia medica*, you might consider one I wrote just for busy moms and dads, "A *Materia Medica*: Practical Homeopathy® for Busy Families." It contains about 150 of the more common homeopathic medicines.

Again, I am not telling you what to do. I'm teaching you how

to THINK through these medicines. Competence and confidence – especially in an emergency – depend on having developed homeopathic thinking and accumulating education. Then, you need to own these medicines. Own as many as you can. As I said at the outset of this post, we never know what we may need tomorrow. So, order as many homeopathic medicines as you can afford from reliable pharmacies. (See Where to Buy Homeopathic Medicines.)

And my friends, no matter what life throws at us, we're going to be just fine. We have our medicines, our trained brains and our prayers.

That's a hard combination to beat!

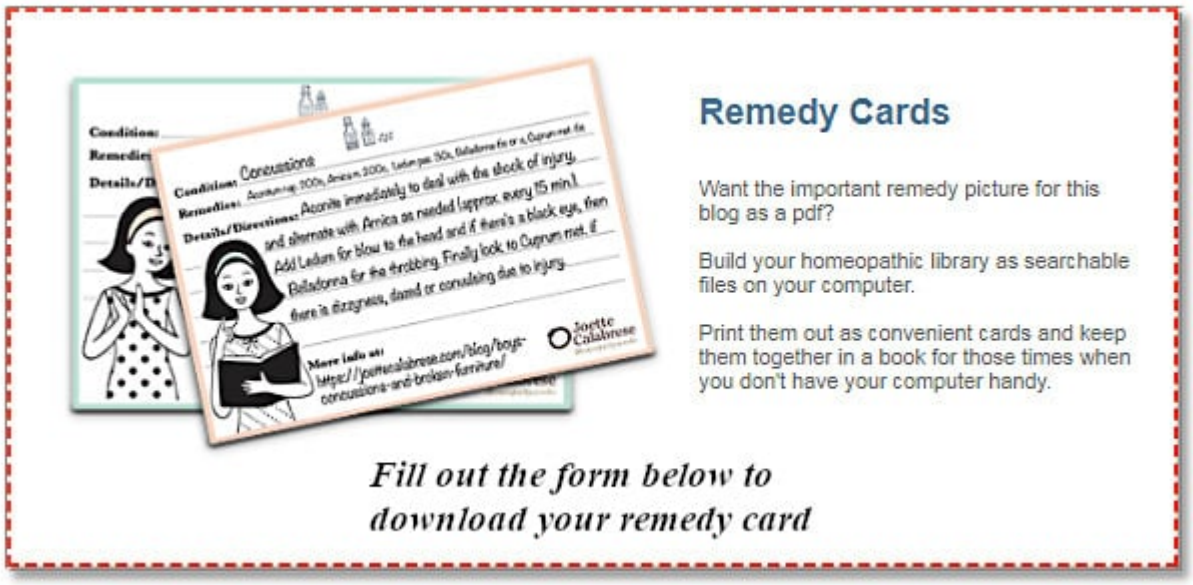
My team and I will continue to hold the Ohio area in our hearts. And as always, pass on the good news of homeopathy to all those affected!

Warmly,



P.S. Joette offers a homeopathic strategy for self-reliant health care in her course, The Survivalist Guide to Homeopathy. Whether your family must navigate medical care alone after a natural disaster or you suddenly become your elderly parents' caregiver, the Survivalist Guide will be your anxiety reliever. It provides a plan of action with time-proven and clinically tested homeopathic protocols for countless conditions. Click on this link and download my free infographic containing 23 emergency homeopathic remedies.

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.



Wartime Suffering



When the conflict in Ukraine became more evident, I began making notes for this article. But the optimist in me hoped the conflict would be short-lived, so I never sat down and completed the post.

It’s hard to believe that this has been going on for a year.

Observing violence and atrocities – even by watching from afar– can be a significant shock to the nervous system. As a result, sensitive individuals (and even those not so sensitive) can be thrown into an “*Aconitum* state,” meaning anything along the spectrum from aghast shock to full-blown panic attacks.

For this condition, *Aconitum napellus* 200, twice daily for a few days, has been shown to restore balance.

In fact, *Aconitum* (*Aconite*, for short) is this week’s must-have medicine to add to your well-stocked homeopathic kit!

There's always a tube of *Aconite* 200 in my purse. We never know what life will throw at us when we least expect it, so I never go anywhere without it. (You can read more about this in Emergency Remedy Series: Aconite in My Purse.)

But shock and panic attacks are not the only conditions that can arise during wartime. Often, individuals who have witnessed violent atrocities can internalize the event so profoundly that they experience violence in another way. Perhaps their thoughts become more violent, or they experience violent dreams. Children may become more violent in their play.

Homeopathy, as always, offers a countermeasure to gently and politely assist the body in naturally restoring equilibrium. It's *Stramonium* 200, generally utilized twice daily until very much better.

I have discussed this subject before in Podcast 94: Stramonium and The Swiss Family Robinson and, more recently, in The Angry Child. But this homeopathic medicine is equally applicable to adults as it is to children.

Men and women who have served in the military and witnessed atrocities – or even had to commit one themselves – have been helped with this medicine. It's a terrible burden to the healthy psyche of a soldier to feel forced to follow orders to do something unthinkable. Even though they generally have no choice but to comply, now they have to live with what they've done.

This medicine may be important for bystanders as well. Observing something shocking and egregious can affect the central nervous system to such a degree that the witness cannot cope. It throws them off in such a way that they manifest violence as though they are looking for parity against potential continued aggression.

Remember the old expression, "Practice random acts of

kindness”? The implication is that kindness begets kindness. Well, in like manner, violence begets violence.

It matters not if one is enmeshed at ground zero of a conflict or watching hellacious videos from the relative safety of home a continent away. Experiencing violence can create emotional upheaval in any individual.

But *Stramonium* has been shown to counter this turmoil whether nearby or remote. (And by remote, I mean remote in time as well as physical distance. Veterans have often reported success with *Stramonium* well after their time in service has ended.)

Look, my friends, watching the news is an invitation to fall down a rabbit hole of emotional chaos these days. Endless news coverage of the spy balloon and other objects shot down in our airspace can make even level-headed folks consider the fragility of peace and the horrors of war.

But our homeopathic medicines stand at the ready to counteract wartime suffering – both real and imagined.

So, pass on the good news of homeopathy. And consider sharing these valuable medicines with all those who suffer – whether at home or abroad! We must keep our faith strong, yet always know that at times when our faith might waver, homeopathy has our back.

Warmly,

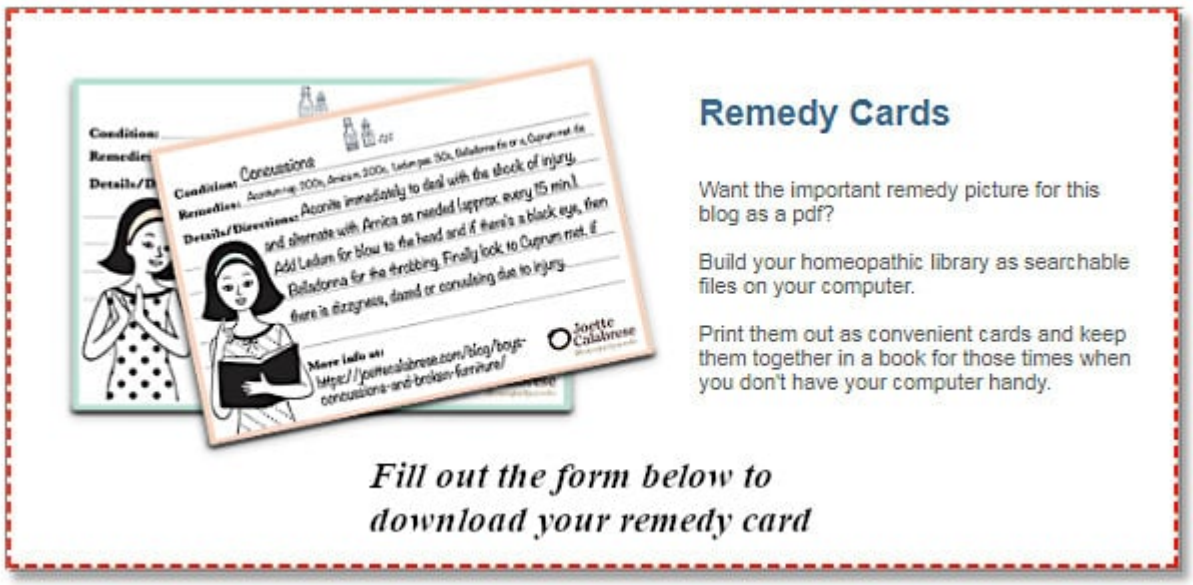


P.S. Another excellent coping mechanism for concerns about

war and disaster is preparation. That's why I wrote "The Survivalist Guide to Homeopathy." The Survivalist Guide is my magnum opus – a homeopathic reference book that can be utilized even if the internet infrastructure has failed. In it, not only do I cover first aid, shock, radiation and chemical exposure and epidemics, but I also teach how to address many common systemic illnesses and conditions if the hospitals and medical facilities are no longer available. Homeopathy allows us to deal with our family's health, even if support from the outside world is no longer available.

But the time to learn is *now* – before anything happens! If you wait until you *need* this information, it will probably be too late. That's just the nature of emergencies, right? So, I urge you to learn more about The Survivalist Guide by clicking on this link. The homeopathic competence and confidence you will gain will offer true peace of mind.

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.



Stomach Flu



“Everything on the inside wants to be on the outside.”

That’s how my family describes the adventure of stomach flu. If you’ve ever had it, I’m sure you know exactly what we mean.

Recently, I received a request from a Mighty Member to teach about homeopathy and the stomach flu. As luck (?) would have it, I had just gotten over a bout myself. So, I can speak from recent, personal experience here.

It started with cramps in my upper abdomen – in the stomach area. Then the nausea came … in waves. Every time a cramp hit, the nausea would follow, washing over me like a suffocating blanket. It grew and grew until … well … until I

became the human embodiment of a confetti cannon.

Everything on the inside tried to get on the outside in whatever way it could. Exit stage right, left and center!

Now, lest you think this was just some little brush with stomach upset, let me tell you, my friends, I had relentless cramping that resulted in *severe* vomiting. Indeed, I turned into a pathetic ball of mush, declaring to my husband, "I want to die! No, I think I AM dying!"

It seems almost laughable now. But it certainly wasn't funny at the time.

Now, you'd think that after all the years I've been in practice and have spent researching as an educator, I would immediately employ the perfect matching homeopathic remedy.

I did not.

My mind was reeling with potential possibilities. What on earth did I have? I hadn't been to a restaurant in the previous days, so it wouldn't likely be food poisoning from an unknown source. Likewise, it couldn't be food poisoning from our own food. I had prepared our family meals, and everyone who ate the same things was just fine.

Could it be a stomach bug? At the time, we were up north, trapped indoors by the blizzard. I hadn't been around anyone for a few days to catch a bug. And that colored my thought process.

So, what was the etiology of this decidedly explosive event? Who knows? I couldn't figure it out. And perhaps in my state, I temporarily forgot that the "cause" really didn't matter. As is often the case, our struggling brains may emphasize particular symptoms and scenarios more than others. Sometimes we may ignore symptoms altogether.

So, in my misery, I tried several homeopathic medicines,

giving each their due time to act. But they did not. It wasn't until I tried *Arsenicum album* 3C that I hit the nail on the head! It was miraculous! (Well, it's not really a miracle, now is it? It is a well-documented homeopathic medicine for vomiting and stomach pain, substantiated by years of clinical use.)

I took one dose, curled up on the sofa, and promptly fell asleep.



Those familiar with homeopathy know that in most acute situations, sleep is a good sign. The body is relaxing into the healing process, signifying (more often than not) that the correct homeopathic medicine has been administered.

My husband covered me with a blanket. To my great surprise, in the morning, it turned out I was going to live after all! I woke up feeling fine, ready to meet my responsibilities of the day! What a difference a few hours – and the correct homeopathic medicine – made!

However, as they say, "Your mileage may vary." Not everyone will respond as quickly as I did. Resolution after just one dose is pretty spectacular and certainly not always to be expected.

A similar sufferer might require one dose every 15 minutes or so during the first hour. Then they might back off in frequency to perhaps once every one to three hours

(depending on severity) until very much better.

While we're on the topic of my story, I should say that *Arsenicum album* 3C is not an easy remedy to find. You're not going to pick it up at Whole Foods, Wegman's or Walmart. My clients and students can order it through OHM Pharma, a non-retail homeopathic manufacturing pharmacy. But not everyone has earned access to that resource.

As an alternative, quite a few retail pharmacies (such as Boiron, Hahnemann Labs and Helios) carry *Arsenicum album* in the 6th potency. And, as of this writing, Boiron even carries it in the 5th potency on their website.

Now, before you start writing a comment below, yes, I have seen it sold in a 3C on the internet through unfamiliar pharmacies. But as you know, I do *not* encourage purchasing from foreign pharmacies where the manufacturing process may be less controlled, professional and meticulous. Instead, always buy from a reputable pharmacy, such as those mentioned in my previous post, Where to Buy Homeopathic Medicines.

But that said, do keep in mind that many of our reputable pharmacies offer potencies that are not visible on their retail websites. So, it's worth a direct call to their customer service to ask if they can fulfill a request for *Arsenicum album* 3C.

However, when we can't get our chosen medicine in the correct potency, we use what we've got – the closest potency available.

So, this week, I nominate *Arsenicum album* for inclusion in the well-rounded homeopathy kit. Perhaps own it in several potencies!

For instance, *Arsenicum album* 30 acted beautifully for

little Buster in Homeopathic Emergency Series: Just One Lick. In a 6X, *Arsenicum* may be considered one potential alternative for nasal allergies, as mentioned in Water Damage and the Worry of Mold. And *Arsenicum* 200, as part of a protocol, has been shown to be effective for severe itching, as mentioned in A Fungus Among Us.

Arsenicum album is undoubtedly a versatile and powerful homeopathic medicine to have on hand.

And if anyone you know contracts the stomach flu – or whatever I had – pass on the good news of homeopathy!

Warmly,



P.S. If stomach upset, food intolerance, bloating, gas or chronic diarrhea is common in your family, perhaps my course Good Gut, Bad Gut would be an excellent investment in health. And tummy troubles are not all that this course covers!

As any good practitioner will tell you, much of the body's health emanates from the gut. So, this deeply foundational course also offers education on anger, anxiety, chronic fatigue, C. diff, depression, eczema, gallstones, headaches, immunity, parasites, reflux and … well, the list goes on. Click here and see for yourself the numerous topics covered in Good Gut, Bad Gut! It's the perfect course to elevate your competence and confidence in homeopathy.



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