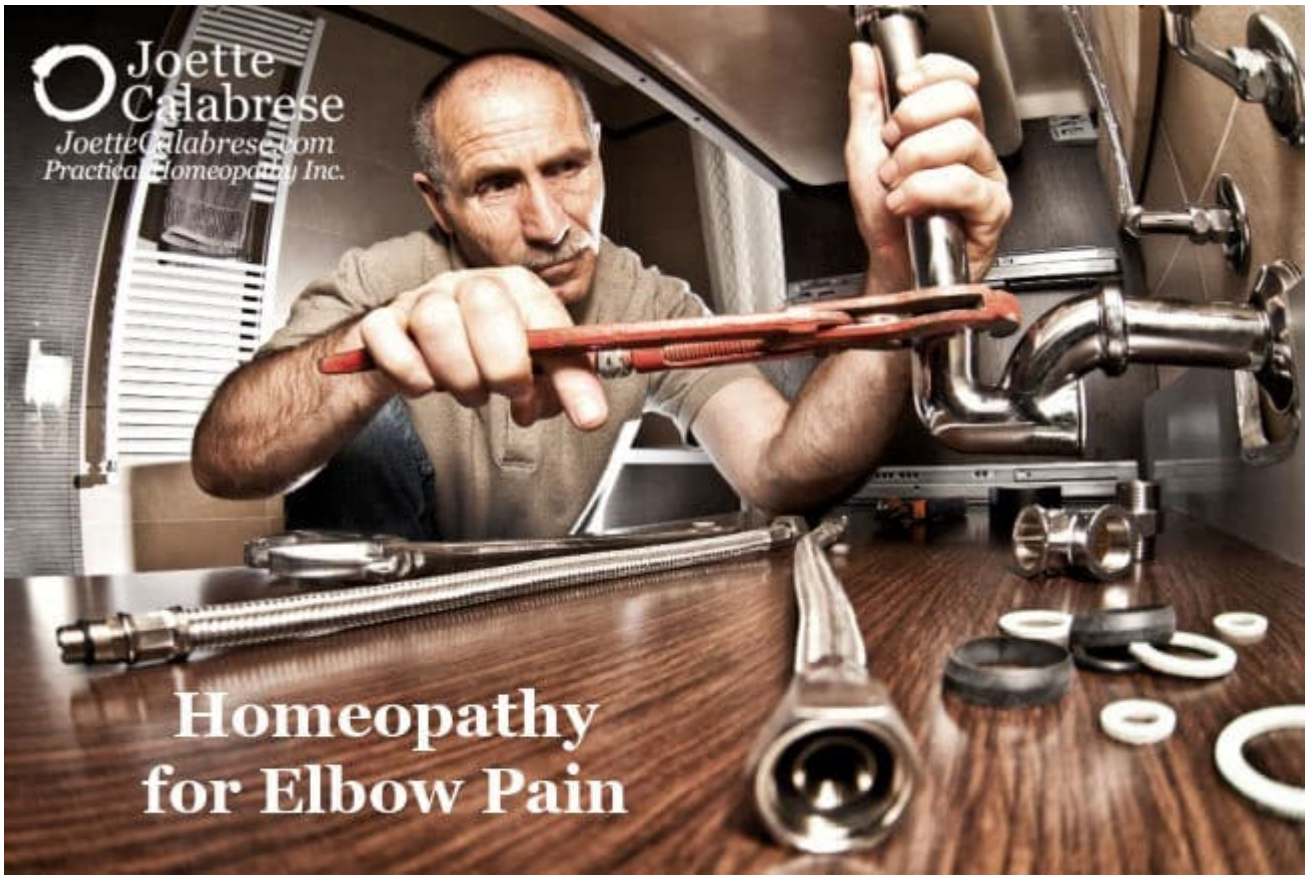
Homeopathy for Elbow Pain



Some joints are easy to ignore – until they cause problems. That's true in plumbing, and it's certainly true in our bodies.

For instance, how often do you think about your elbow?

Well, okay, okay. Maybe you do when you hear your mother's voice inside your head saying, "Take your elbows off the table!"

But if you hit your funny bone, I guarantee you that your elbow will be the only thing on your mind. (Hopefully, you'll quickly recall what you learned in the blog post The Funny Bone is Not Funny.)

If you think about it, the elbow is one of the hardest working joints in our bodies. As such, it is quite susceptible to injury from overuse.

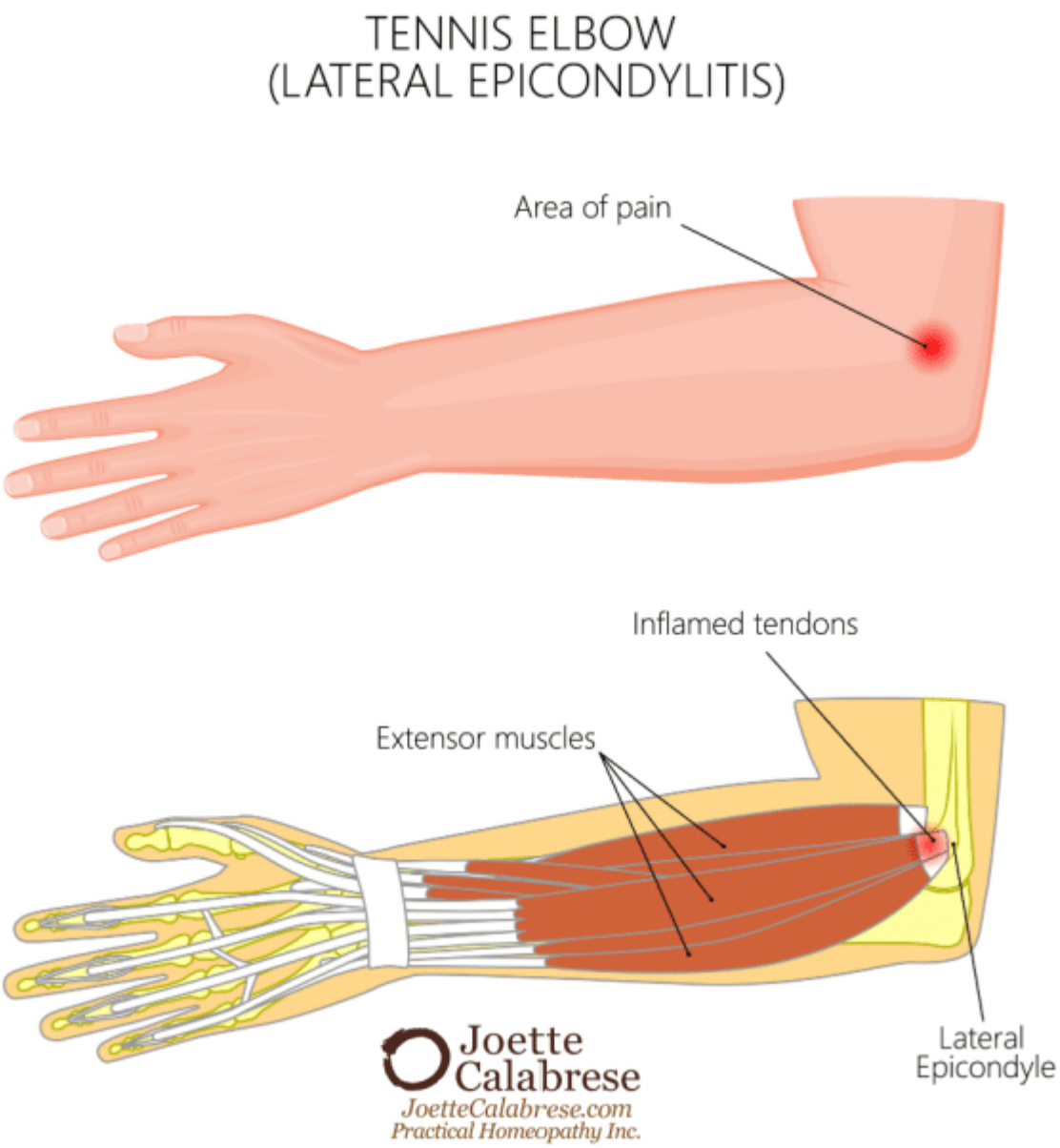
Mike worked as a plumber in a busy community. He suddenly began experiencing burning pain on the outside of his elbow. This was an entirely new sensation for Mike. Heck, the only elbows he ever thought about were the elbow joints he installed under sinks!

But now he couldn’t get his mind off his excruciating elbow pain. He could barely hold his wrench and grimaced when he tried to tighten a fitting. Finally, it got so bad that he could hardly turn a doorknob! Each day, it was getting more and more challenging to do his job.

That’s when his wife convinced him to go to the doctor for a diagnosis.

Now, Mike wasn’t athletic. In fact, he considered himself about as athletic as his wife’s lazy cat. So, imagine his surprise when he was diagnosed with tennis elbow!

“Tennis elbow? I don’t even watch tennis on TV!” he argued.



Let me assure you, you don’t have to step on a court to suffer from tennis elbow. It’s just vernacular for lateral epicondylitis (slight tears and inflammation of the tendon that attaches to the bony bump on the outside of the elbow). Tennis elbow is a fairly common condition, especially among those whose occupations require repetitive forearm motion.

Plumbers are especially susceptible, as are butchers, manicurists, mechanics, housekeepers, gardeners, dentists, construction workers, and even those who work all day on a computer (especially if they use a mouse).

Luckily, Mike's wife had studied homeopathy. So, she started him on a schedule of *Symphytum officinale* 200 twice daily. As I discuss in A *Materia Medica*: Practical Homeopathy® for Busy Families, *Symphytum* is useful for injury to the bones, sinews, tendons, and joints. So, it's a perfect fit for this elbow tendon condition.

And, rather than overload her husband's sensitive stomach with ibuprofen for pain (as the doctor had suggested), Mrs. Mike put a little purple tube of *Hypericum perforatum* 200 in his pocket as he went off to work. When the pain increased during the day, instead of reaching for Advil, Mike took a dose of *Hypericum* as an SOS (only as needed). And boy, did it work!

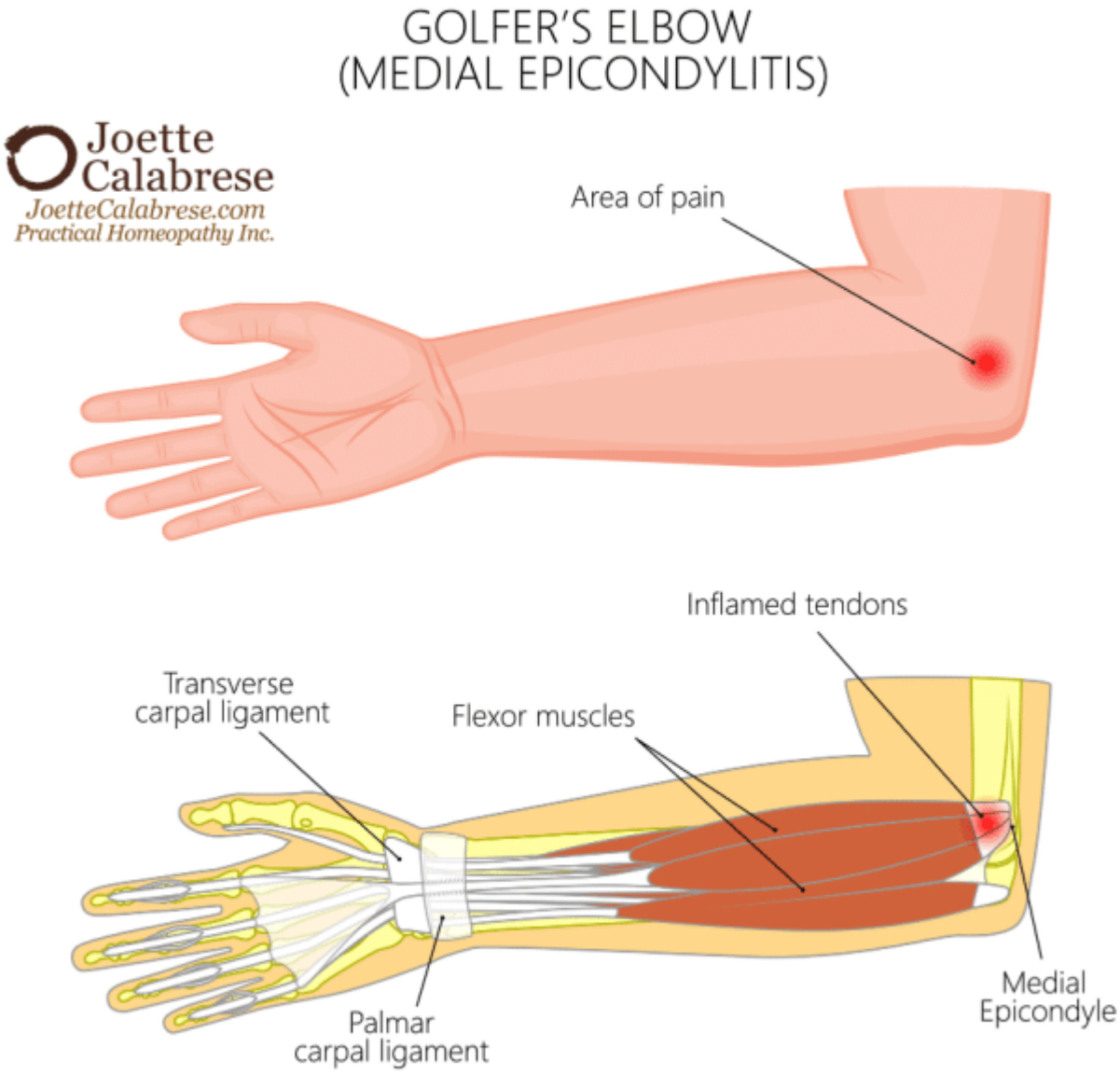
Mike was stunned that his "plumber's elbow" (he refused to give tennis top billing) gradually relented over time.

If the symptoms recur because of an unusually physical plumbing job, Mike simply starts the homeopathic medicines again, and the condition diminishes in short order. Each time his elbow feels very much better, he stops the medicine. That's how homeopathy works! But more importantly, no synthetic drugs, no surgery, no agony, and over time as the homeopathic is used, (only as needed) a few doses will be required less and less frequently and the pain will diminish.

That's what I mean when I say that homeopathy uproots conditions. It may take time but, so what? My personal goal is to stay off of drugs of commerce for as long as possible. It was Mrs. Mike's idea too.

But what if the pain had been on the *inside* of the elbow rather than the outside? Well, there's a name for that, too … Golfer's Elbow also called *medial* epicondylitis. (Remember, in medical terms, lateral means away from the midline of the body and medial means towards the midline of

the body.)



The pain of Golfer's Elbow symptoms is similar except that it occurs on the connection of the tendon to the bony bump *inside* the elbow. And, as with tennis elbow, you don't have to be a golfer to experience this condition. It seems to stem from repetitive motion of the fingers and wrists, especially when excessive force or weight is involved.

Because both conditions involve tendons, the homeopathic medicines would be the same.

So, whether you're a tennis player or a golfer – a plumber or a manicurist – homeopathy adroitly addresses elbow pain.

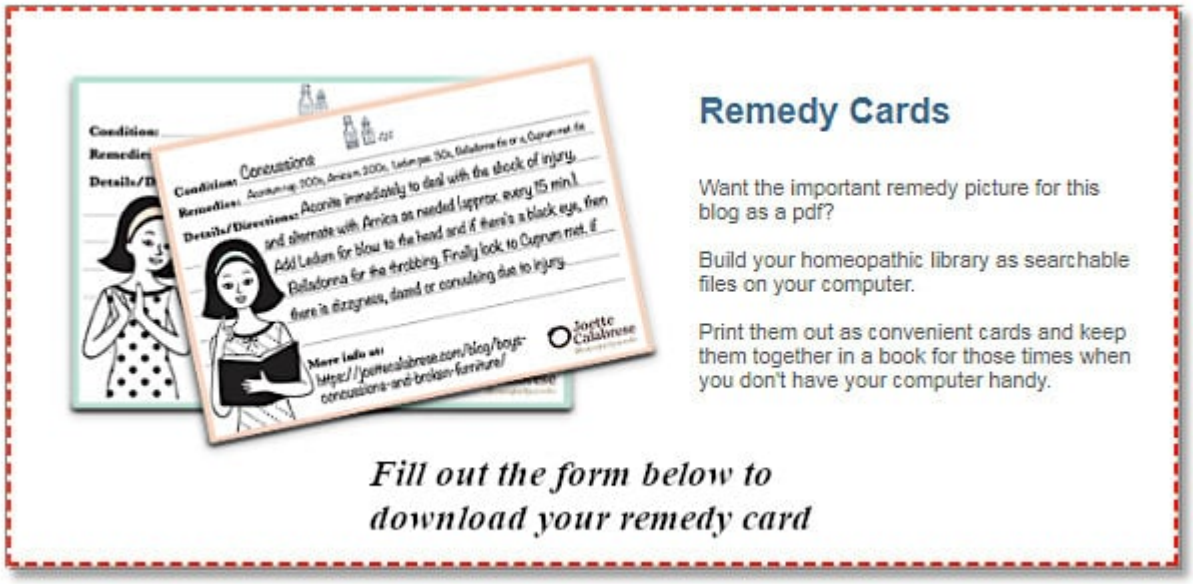
The next time you see someone wince and grab their elbow, why not consider passing on the good news of homeopathy?

Warmly,



P.S. Where can you learn homeopathy like Mike's wife did? I suggest you join one of my online study groups! Sharing information in a group setting can turbocharge your learning. Your group will not only explore the topics that interest you but also will examine subjects you may not have considered if studying alone. Don't know anyone to start one with? Call my office and we'll get you set up with an online group.

So, for a well-rounded homeopathy education, start with Gateway to Homeopathy: A Guided Study Group Curriculum. Even if you already know a bit about homeopathy or even a lot, a study group will provide lifelong friends who can share your journey, trials, and successes. Consider it a strong foundation on which to build a lifetime of homeopathic healing.



Tennis or Golfer's Elbow 6-10-22
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Facial Neuralgia: A Torturous

Pain



Oh.

My.

Gosh.

The pain from facial or trigeminal neuralgia can be horrendous. It certainly must be a curse on humanity! It can be so bad, in fact, that many sufferers resort to daily ingestion of synthetic drugs, even for years. And you know how I feel about *those.*

I wish I could tell you that there's one big, fat homeopathic remedy that will always do the trick, but facial neuralgia is indeed rather tricky!

Granted, homeopathy does have a history of treating facial neuralgia with aplomb. But my, oh my, it can sometimes be

trying to find the precise medicine for the precise TYPE of facial neuralgia.

Let me explain how a homeopath would look at this condition.

The location of the pain will often dictate the remedy needed. For example, is the pain focused on the lower jaw or area around the nose, lips, eyes or ears?

Another consideration is on which *side* of the face the pain is located.

Then we must determine what *kind* of pain is experienced. For example, is it stabbing, burning, shooting along a nerve, cutting or jerking?

And lest you think that that's *all* that needs to be taken into account when choosing a homeopathic remedy, hold on! Let me also throw in a few more factors to consider: When does it occur? Is it constant? Worse from touch? Worse from heat? Better from cold?

Okay. You think we're done, right?

Nope! More questions:

What brings on the suffering? What are the triggers? Cold wind? Allergies? At night, upon lying down? Did the pain follow a dental appointment or whiplash injury?

Okay. Okay. Don't be discouraged. Indeed, there are ways for the at-home caregiver to tease this apart.

First and foremost, there is a Banerji Protocol for general facial neuralgia:

- *Tarentula cubensis* 200C, purchased as a liquid, taken every seven days
- *Hypericum perforatum 200*, twice daily; or, as an SOS, may be taken every hour for pain

Having a protocol allows those who practice Practical Homeopathy® to eliminate the guesswork. So, let's look at those remedies, shall we?

Hopefully, by now, you've learned through my blogs and Monday Night Live events that *Hypericum* is a marvelous medicine for nerve pain in any part of the body. Consequently, *Hypericum* should always be included in any well-stocked collection of homeopathic medicines.

I've not written about *Tarentula cubensis* here on my blog before. So, it's a medicine to consider adding to your quiver. One of my team members experienced outstanding success using *Tarentula cubensis* 200C for her husband's geniculate neuralgia (severe, debilitating, stabbing nerve pain in the ear caused by a blood vessel compressing a small nerve).

Doctors had no solution to offer except surgery. But utilizing this homeopathic once a week did eventually uproot his relapsing-remitting neuralgia. It took some time – but the result was well worth the investment in time.

However, as I mentioned before, facial neuralgia (and the myriad ways it may present) can sometimes require a bit more digging to uproot the condition completely. And that's what I love about homeopathy! There is always more than one way to skin a cat.

So, let's look at another excellent medicine for facial neuralgia.

Spigelia anthelmia can be especially useful in cases of trigeminal neuralgia (severe, excruciating, sharp, stabbing, burning or shooting pains along the side of the face that often feel like an electric shock). We would consider *Spigelia* most often for LEFT-sided facial pain along the temple, eye, cheek and even teeth – pain so severe the entire area becomes highly sensitive to touch. If the

neuralgia is made worse from cold, rainy weather, then *Spigelia* should most assuredly be considered.

For this condition, generally, *Spigelia* is utilized in the 200th potency a few times per day depending on the severity of the attack. And of course, we all know to halt the use of a homeopathic when it's not helping at all.

Now, for RIGHT-sided facial neuralgia, *Magnesia Phosphorica* 30 every 3-12 hours, depending on the severity is a good consideration. When warm compresses help this type of facial pain, that is a good confirmation of the need for *Mag phos*. And when activating the jaw (opening the mouth) triggers the right-sided pain, it's more often than not a slam-dunk for utilizing *Mag phos*.

Mag phos is a remarkable medicine for neuralgia and cramps, but in my clinical experience, I have found it becomes even more impressive when dissolved in hot water! That's why I like to call it "Mug phos." (To clear up any potential confusion, that article discusses its use for cramps in a 6X potency – not the 30th potency that we are talking about here for neuralgia. But the concept is the same.)

If a sufferer knows they will require several doses over the course of a day, dissolving one dose (as stated on the outside of the tube or bottle) in a few ounces of hot water and keeping that mixture in a thermos nearby is a good way to use this medicine. A few sips every few hours for right-sided facial neuralgia is generally "just what the homeopath ordered" (to spin a phrase).

Now, before I close, one caveat about facial pain: Sometimes, a sufferer may think their facial pain might be caused by a dental infection, but in actuality, it's neuralgia! Or vice-versa! It's often very hard to tell because the nerves in the face and mouth can cause referred pain. We should always start with the obvious, but we have

to be open to considering other options should we not find the answers. A diagnosis from a well-respected medical doctor or dentist can be invaluable.

And homeopathy provides many more medicines to be considered. Among them are *Colocynthis*, *Verbascum*, *Hecla Lava, Plantago* and *Ranunculus bulbosus,* etc., etc. But I can't discuss them all in this short blog post format. As you can see, the details of symptoms do matter. So, I encourage everyone to own at least one *materia medica* in their homeopathic library to help discern which medicine is the best fit for their symptoms. In fact, there are some available online for free!

If you're not quite ready for an intense deep dive into a traditional *materia medica*, I encourage you to consider *A Materia Medica*: Practical Homeopathy® for Busy Families. I wrote this book, containing over 150 of the most commonly used homeopathic medicines, specifically for you. In it, I present a description of each medicine written in plain English, accompanied by illustrative stories from my practice.

The more you learn, the more you can pass on the good news of homeopathy!

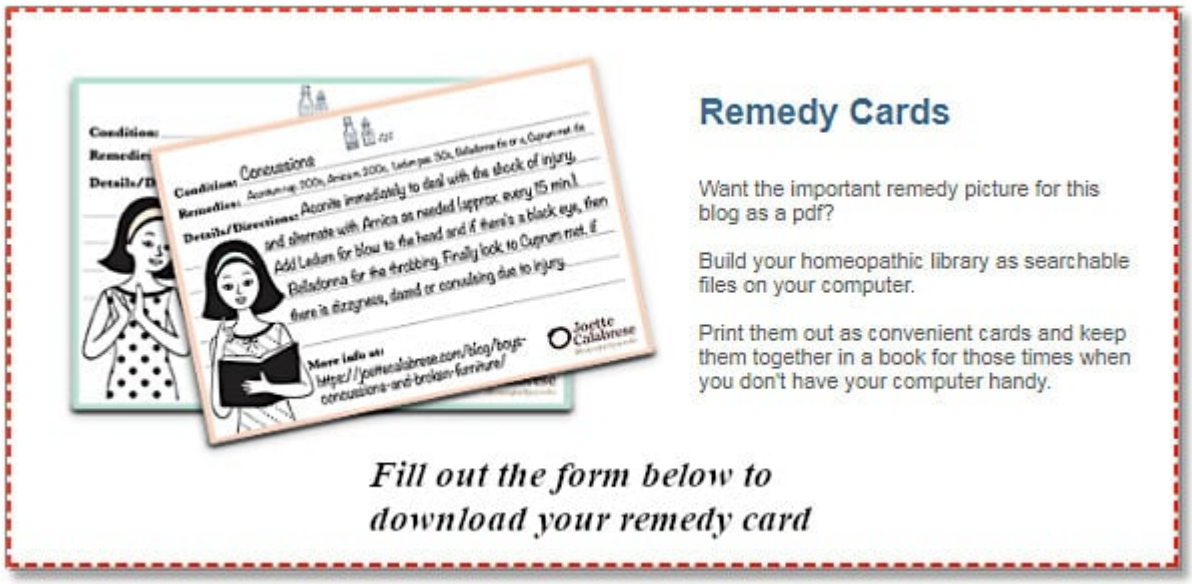
Warmly,



P.S. If pain is a concern in your family, might I suggest my very popular 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. In it, I cover all manner of topics from neuralgia to plantar

fasciitis, headaches to kidney stones, sciatica to shingles and everything in between.

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.



Must-Have Memorial Day Medicines for Hay Fever, Overindulgence and Anxiety



Happy Memorial Day weekend!

Some consider it the unofficial beginning of summer. No doubt, there will be plenty of picnics, baseball games, parades, beach days and other sorts of commemoration. So, this weekend may be synonymous with allergies from the outdoors or perhaps overindulgence from having too much fun.

Yet, depending on the school district, some of you may be cramming for upcoming final exams. So, this weekend may be overtaken by intense study – and perhaps a bit of apprehension.

To tackle all these issues, we need only look as far as our homeopathy kits for answers!

Whether you spend the day in your local military cemetery placing flags or just enjoying a fun-filled day in the park with family and friends, one common issue that accompanies an outdoor spring day is hay fever. One of my all-time favorite medicines for hay fever is *Ambrosia 30*.*

After moving to my new clime in Florida, I have used this myself from time to time when my eyes got watery, itchy and swollen. However, after using *Ambrosia* occasionally in the past (for a couple of days or so), I rarely need it now. It's just another beauty of homeopathy – as opposed to the almost addictive quality of over-the-counter conventional allergy concoctions!

Are you planning on attending a party? Along with contributing your world-renowned potato salad, you might win other partygoers' eternal gratitude by also bringing a medicine to counter overindulgence.

Do you remember which medicine that would be?

A few doses of *Nux vomica* 200 (or 30, if that's all you have on hand) can alleviate the unpleasantness resulting from an over-the-top day!

From A *Materia Medica*: Practical Homeopathy® for Busy Families: "The inability to fall asleep from an overactive mind, an upset stomach or a headache from every noise that he notices and resents calls for *Nux vomica*. Awakening in the middle of the night, especially with digestive distress, can be an indication for employing this remedy as well. It has won a stellar reputation for quickly removing the ill effects of a hangover (or even just the sensation of a hangover) after a night of drinking alcohol."

So, if you notice someone at your Memorial Day celebration has perhaps imbibed one too many adult beverages, present them with a little lavender tube of *Nux vomica* 200. They'll thank you in the morning. (Actually, maybe even that night – since *Nux vomica* is often helpful for insomnia.)

And lastly, I can't forget those of you with your noses buried in the books this weekend. Fear not! You're doing precisely what you need to do to excel on your upcoming finals! Plus, one robin's-egg-blue tube of *Gelsemium*

sempervirens 30 contains a first-rate medicine for relieving anticipatory anxiety! Those exams won't stand a chance against your well-earned knowledge and your nerves of steel.

Folks, having these three medicines at the ready this weekend will make you the hero in your family! And you'll deserve all the credit, as I am simply your guide.

You can purchase all these medicines through BoironUSA, where you'll find their 30th potency medicines in blue tubes and their 200th potency medicines in purple tubes.

And don't forget, Boiron has graciously created a unique discount code for my readers. Just enter the word "Joette" on the checkout page. I receive no kickback. But as of this writing, you will receive 20 percent off any order. And by ordering directly from the manufacturer, you will be assured of Boiron's quality and the integrity of their direct shipping and handling.

So, have fun today with the confidence that you can handle anything with homeopathy! What better purpose can there be than helping others become healthier and happier?

With that said, I hope you'll also take a moment to commemorate the true reason for this holiday – remembering the individuals who gave *their* lives so that *ours* could be free. The very fact that we can enjoy the weekend with our families is a testament to the soldiers who fought and died to protect our way of life.

In fact, it's not too much of a stretch to think that our right to care for our loved ones autonomously – with homeopathy – is also because of soldiers who gave up everything to ensure our nation has never fallen to an oppressive regime.

Don't let their sacrifice be for naught. We owe it to them

to appreciate and utilize our freedom every day. So, I urge you to reaffirm your dedication to keeping this nation as free as the Founders intended.

And for those of you who are veterans or family members suffering this Memorial Day from memories of wartime atrocities and loss, take a moment to read my blog post on the use of *Ignatia* for PTSD, grief and stress. Then, if someone you know is having a difficult time, share the article and a tube of *Ignatia* 200 with them as a "thank you" for their service and sacrifice.

As always, pass on the good news – of both freedom and homeopathy!

Warmly,



*P.S. There are many more homeopathic medicines that address allergies than can be discussed here in this abbreviated blog format. So, if you want to take a deeper dive, may I suggest my course Allergic?! Escape Allergies, Sensitivities, and Intolerances with Homeopathy. Practical Protocols to Get Your Life Back. I share my lifetime of learning how to uproot allergies in this online course, which is chock-full of education and protocols. And there's no better time to get started! Indeed … 'tis the season! (Allergy season, that is.)

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.

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Lumps and Bumps: Homeopathy for Thyroid Nodules (Warts and Moles, too)



The road of life may hold a few lumps and bumps along the way. Unfortunately, I can't help you there. But if lumps appear in the thyroid gland or bumps emerge on the skin, I've got a secret weapon.

Before I go further, I want to add a caveat. In Practical Homeopathy®, we address pathologies, not minor annoyances. Benign thyroid nodules are lumps caused by abnormal growth of thyroid cells. These benign nodules are super-common and generally don't need to be treated. So, simply receiving a diagnosis does not necessarily require immediate action, as there is no reason to assume that they will become dangerous.

However, occasionally, thyroid nodules can become obstructive or uncomfortable. If they present in such a manner that it becomes difficult to swallow or induces

frequent coughing, then that would be the time to employ a homeopathic medicine.

As I've said before, there's more than one way to skin a cat in homeopathy. So, while several other medicines and protocols may be beneficial, I strictly want to talk about *Thuja* today.

A helpful reminder to think of for *Thuja* is that it's a good "lumpy" remedy. So, *Thuja* would also be considered for warts, nevi (moles), skin tags, oral granuloma, uterine cysts and nasal polyps, as well as for thyroid nodules.

So, what is *Thuja*?

Well, believe it or not, it's made from the plain ol' arborvitae plant, which grows like a weed in many locales! Almost any stereotypical photograph of Italy shows arborvitae plants lining the winding roads. (Now you know why I chose this photo for the blog post!)

My husband and I generally plant them wherever we live because they're inexpensive, grow fast, provide excellent privacy and require no maintenance. Plus, I can make my own botanical *Thuja* from it! (Stay tuned, my Mighties. I will tell you how I make my own botanical remedy in this coming week's Memo to Mighty Members # 101.)

However, for the previously mentioned conditions, I have successfully employed homeopathically prepared *Thuja* 30, twice daily until very much better.

Now, in some clients' estimations, it took a long period of time for the remedy to act fully. It can, indeed, take a while when using homeopathy for a chronic condition. However, a lengthy time frame does not mean that we are not moving along steadily toward our goal.

But whereas those clients' particular thyroid conditions may

have required many months, this is not necessarily true for *all* conditions and individuals. Other individuals have seen a vast improvement in 6–8 weeks!

One student of mine was shocked to discover a dramatic reduction of her thyroid nodules after taking *Thuja* 30, twice daily, for two months for another condition! That's how sweeping this polychrest medicine is!

And just between you and me, there's one other significant use for *Thuja* 30 – addressing vaccinosis (conditions resulting from vaccination). In a medical climate where so many various vaccinations are thrust upon our families – from birth until death – *Thuja* is a vital medicine to have in your collection.

Indeed, with this one medicine in our arsenal, we can address so many different conditions! So, perhaps purchase a few extra tubes for your loved ones and pass on the good news of homeopathy!

Warmly,



P.S. Addressing your family's conditions requires confidence. And confidence comes from competence!

There is no better way to begin than by joining a Gateway to Homeopathy Study Group. For far less than a doctor's visit co-pay, you'll learn Practical Protocols® ***you can use as you learn***.

Plus, you'll discover how to observe the entire picture of a

condition and use that observation to choose the best medicine for your unique situation.

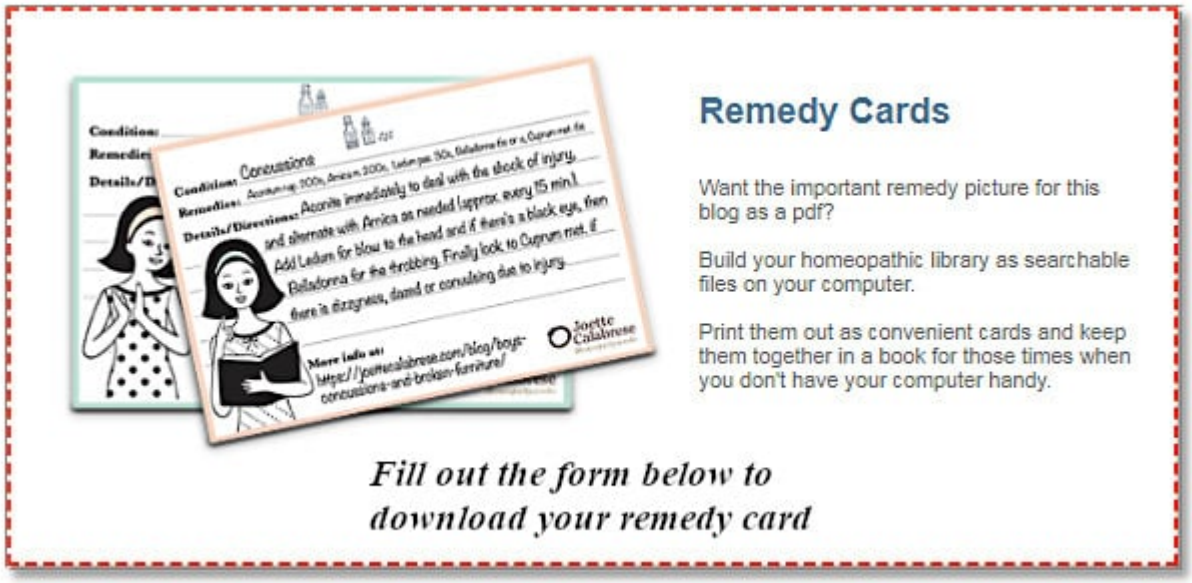
All that while meeting like-minded friends and making new friendships that can last a lifetime!

My curriculum makes it easy to start your own group, OR you can join a group that is forming. You can find the groups starting soon at Joette's Study Group: Find Your New Study Group Friends.

I urge you to join a group today. It worked for me! Group study catapulted my abilities to care for my family decades ago.

But my office advises that you order your copy of Gateway to Homeopathy first! Due to increasing demand, it can take a few weeks to receive your study guide. So, don't wait! Don't let choosing your study group leader (or building your own group) become a hurdle. Get your guide and go from there.

The inexpensive cost of this curriculum will be repaid many times over with the money you'll save on unnecessary medical visits and expensive allopathic drugs.



Strabismus



“Be careful with that stick, or you’ll poke your eye out!” Have you ever said something to that effect?

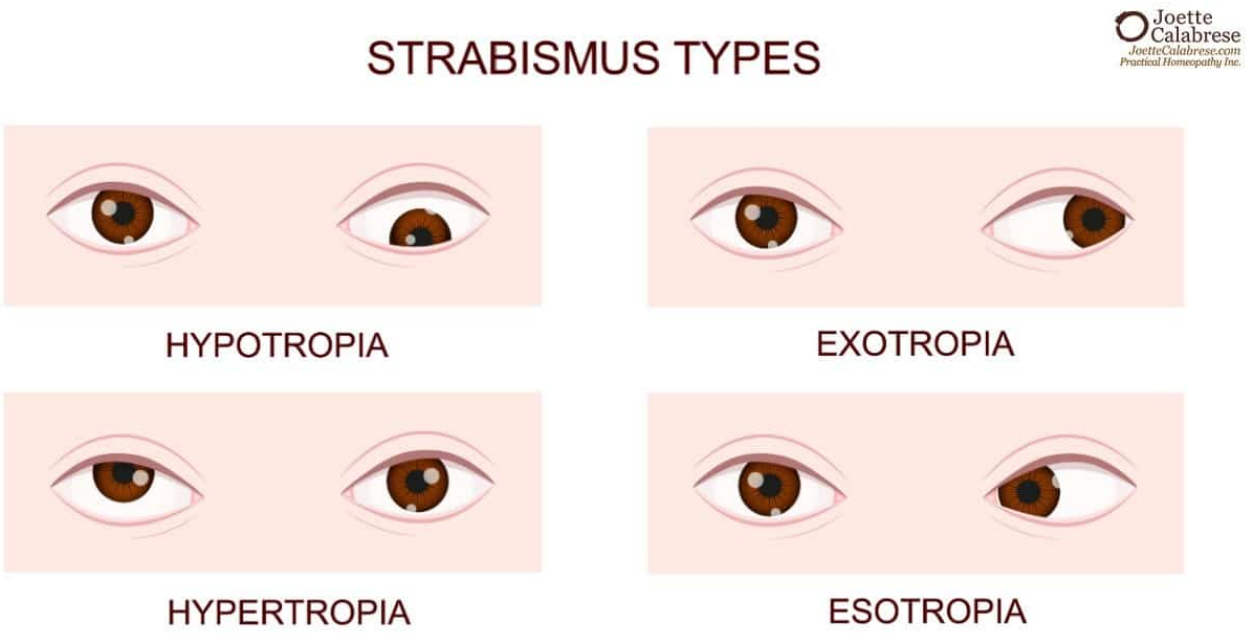
Yep, guilty as charged. Right? Unfortunately, we moms tend to create common expressions out of worst-case scenarios.

How about this one? “Don’t cross your eyes, or they’ll get stuck that way!”

Okay, okay. One might experience muscle fatigue from too much eye-crossing, but I’ve never heard of anyone actually getting their eyes stuck!

However, there is a medical condition of crossed eyes called strabismus. Some call this condition by the vernacular term “cross-eyed.” But in truth, strabismus also includes many

different manifestations of eye misalignment.



It’s estimated that about 5% of pre-school children exhibit some degree of strabismus. The condition can be subtle, or it can be pronounced, forcing the sufferer to squint in order to see adequately. However, in cases where the eyes do not track together correctly, the “binocular effect” of normal 3-D vision may be adversely impacted and even lost.

Strabismus can result from damage, synthetic drugs, muscle weakness, or even serve as a manifestation of other medical conditions. So, it’s important – as always – to get a diagnosis. However, there is no need to panic that surgery will be required.

There are several homeopathic medicines that we might call upon to address strabismus, either alone or with or without surgery. Of course, this blog format does not allow enough time for a complete education on all the potential medicines, so let me share two and some of my ideas surrounding them.

Today is a lesson on how to choose a homeopathic medicine when we have to differentiate between a couple of choices.

So, there will be no remedy card with specifics.

The first medicine that one might consider is *Argentum nitricum.* Given that this medicine has sweeping effects on the eyes in general, we ought to at least consider it in the running. So, we're more or less *extrapolating* from a general eye protocol medicine.

Using the homeopathic method, we strive to keep medicine schedules tidy by observing other pathologies that might influence the medicine choice. This is done by using a homeopathic repertory as well as a couple of *materia medicas.* Indeed, if we can uncover another clue about the sufferer's total picture – even something that doesn't necessarily relate to the eyes, such as mental, emotional or general symptoms – it may help pinpoint the best homeopathic medicine for the specific condition of strabismus.

For instance, does the individual also suffer from anxiety or muscle spasms?

Those "seemingly" unrelated pathologies can all be clues to which Strabismus remedy would be most appropriate.

So, for instance, if I have discerned that the person suffers from anxiety, then *Argentum nitricum* might very well be especially warranted, as it addresses both strabismus and anxiety – wrapping two pathologies in one tidy package!

If the eyes shutter or spasm, that would be a slam dunk for my second-choice medicine for strabismus: *Cuprum metallicum.* Why? Because *Cuprum* also addresses spasms!

So, even if the sufferer commonly experiences muscle spasms in another part of the body (such as leg cramps or twitching), I would still lean towards *Cuprum* rather than *Argentum* for the simple reason that its a more inclusive choice.

If they’ve had a head injury, I would also lean towards *Cuprum* for the strabismus condition because *Cuprum* is a particularly good medicine for head injuries.

Do you see how this works? We strive for a neat, tidy package. We choose a homeopathic medicine that benefits not only the primary pathology but also addresses any secondary issues.

Ophthalmologists warn that if left untreated, strabismus can lead to another condition called amblyopia (the medical term for a lazy eye), leading to loss of sight.

So, it’s important, as always to work with a medical doctor who has your best interest at heart.

But we need not panic. Homeopathy has a history of addressing this and a myriad of other conditions without side effects.

Remember to pass on the good news of homeopathy! We can’t keep this medicine to ourselves. You owe it to your family, friends and community to share the knowledge that you’ve learned!

Warmly,



P.S. How does one determine which potential homeopathic medicines are best in any given situation if there is no specific protocol to follow? Why, with a *materia medica*, of course. I've written an accessible *materia medica* covering over 150 of the most used homeopathic medicines.

Why do I call it "accessible?" A typical *materia medica* can be thousands of pages written in a homeopathic language that takes a bit of education to fully and instinctually appreciate.

Instead, my *materia medica* is written like this blog post – in my everyday language with my stories and examples.

But I don't consider it simply for entry-level students. No! Even those who have studied homeopathy will appreciate my *materia medica's* clinical examples, illustrations and ease of use. After all, we don't always need thousands of pages when we can find the answer more readily in A *Materia Medica*: Practical Homeopathy® for Busy Families.

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Night-Watching: A Medicine for the Exhausted Mom



They say that moms have eyes in the back of their heads!

It’s true. No matter what a child gets into, chances are their moms are keeping closer tabs than the child thinks.

Why? Because moms worry. It’s their job; it’s in their DNA.

This can be said especially when a child is sick. Moms will stay up all night, watching their child closely for escalating symptoms or a glimmer of hope that the illness is abating.

But who’s watching after Mom?

Homeopathy, of course!

We just need to choose the correct medicine to provide the necessary support.

Now, just because I'm addressing this to moms doesn't mean one has to have a child. "Mothering" takes many forms. You may have a sick husband or a sick pet! That's mothering!

You may have an elderly parent with whom roles have switched. Now, you're mothering them instead of the other way around.

Heck, you might be caught in the "middle-age squeeze" – what I like to call the years when one might be caring for both a parent AND a child! Indeed, that's mothering on the grandest of scales.

(You may even be a dad yet find yourself in a "mothering" role.)

If a mom has been up all night tending to someone's needs, she might drag the next day due to sleeplessness. The feeling of being physically beat is a good fit for *Arnica montana 200*, twice daily until revived.

Losing sleep can make even the strongest among us more prone to getting sick. Consequently, employing *Arnica* after a missed night of shut-eye will make us feel better the next day and bolster us just enough to avoid falling prey to illness.

Win-win!

But if *Arnica* has been well-used – say for a week – and Mom is still dragging, then it's time to reassess.

If intense worry is a part of the overall picture, then we should strongly consider *Cocculus indicus 30*, twice daily until very much better.

A keynote of *Cocculus* is "night-watching" – an old-fashioned

term for, as Jay Yasgur's Homeopathic Dictionary puts it, "staying up at night to care for a loved one who is ill."

Night-watching implies a certain level of stress and worry in addition to the physical act of staying awake overnight.

Picture the bedside vigil – that's night-watching. That's *Cocculus indicus* 30.

So, although I am teaching two medicines, we need to choose the one that best fits.

As you have probably gathered, the differential between the two is worry. If it's strictly physical exhaustion from sleeplessness, it's *Arnica* 200. On the other hand, if there is a strong component of worry, then it's *Cocculus* 30.

Mothering – of children, parents, spouses or pets – is a full-time job. So, even though today is Mother's Day, there is truly no holiday from the responsibility and the mental anxiety of mothering and nurturing.

But when the going gets tough – too tough for even the toughest of moms – remember homeopathy is there to help you soldier on and remain the steadfast rock of your family.

Happy Mother's Day to you, my friend!

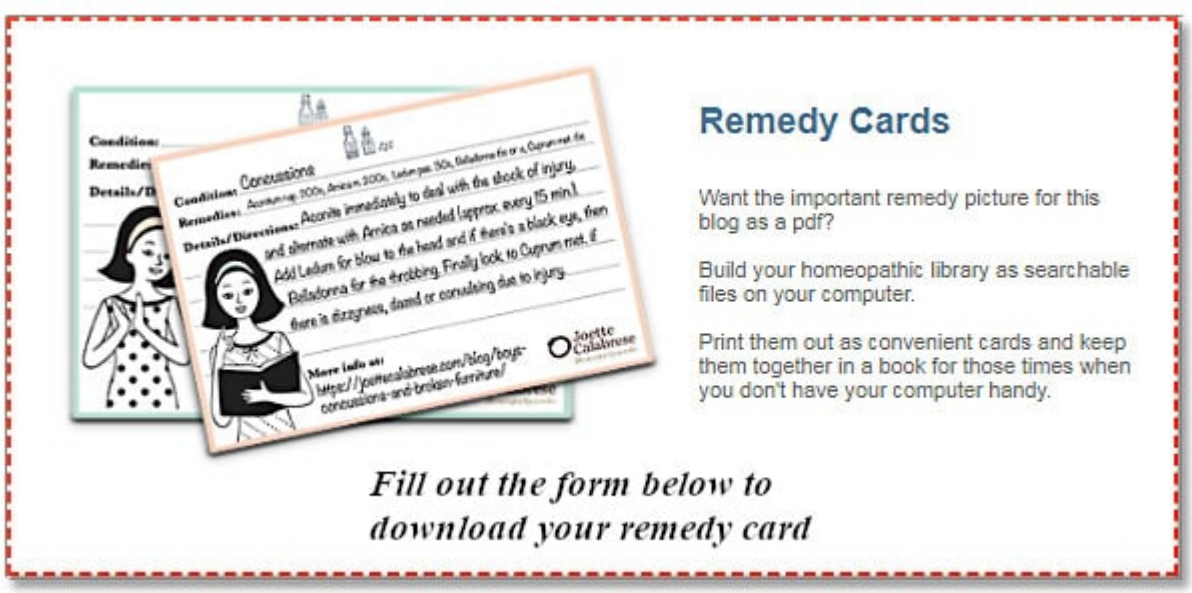
Warmly,



P.S. If you're still shopping for a Mother's Day gift for your own mom (or if your kids are still asking *you* for hints), consider the gift of homeopathy. Click here to

peruse my Learning Center. Choose a course with the highest impact on your family or use my course selector to help you narrow it down.

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.



Sundowner's Syndrome



Nothing can be more beautiful than a gorgeous sunset. However, the waning day can trigger a fog of confusion or upset for people with dementia.

It’s called sundowner’s syndrome or sundowning.

I’m sure I don’t have to explain it to those of you who are beginning to feel these symptoms yourself or are caregiving for your aging parents or loved ones. Unfortunately, roughly 20% of dementia or Alzheimer’s patients will suffer some measure of sundowner’s syndrome in conjunction with their disease.

But for those of you who are unfamiliar, sundowning can take many forms. For example, one might observe unusual emotional outbursts, sadness, anxiety, agitation, fatigue, restlessness, wandering, confusion, paranoia, hallucinations and even downright fits of anger.

Getting enough sleep, spending time outside each day, providing adequate household light (avoiding shadows) and minimizing changes to routine are practical techniques that can help mitigate the unpleasantness.

However, nothing is more practical than Practical Homeopathy®!

I am delighted to share this testimonial from my student, Monique B., who figured out the correct medicine through the techniques she has learned to utilize when there is no given protocol:

"My father had dementia, and in his last few weeks, his sundowners got progressively worse with anxiety and restlessness. One night when I was caring for him, I looked in the Materia Medica, and Arsenicum album fit perfectly. He would be calmer and relaxed for about 3 hours before needing another dose. The next morning, he was more coherent than any other morning, and all without drugs or side effects. So grateful for your teaching!

"P.S. We found out later (no doctors told us – we found out "accidentally" from hospice) that my dad actually had the triple threat of Alzheimer's, Dementia, and Cerebral Arteriosclerosis."

Monique, employing *Arsenicum* was brilliant. That's precisely the medicine I would choose.

However, contrary to its name, symptoms of sundowning don't

always wait for sundown. The symptoms can begin even earlier in the day. So, because of that, I would probably utilize *Arsenicum album* 30 every day in the early afternoon – just after lunch.

If the sufferer were experiencing an unusually distressing episode later, it could certainly be employed again as an SOS. But hopefully, utilizing this schedule of once daily will provide the stabilization needed.

If someone you love has been diagnosed with dementia or Alzheimer's Disease, may I suggest my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions. In this course, I delve more deeply into psychological conditions and the homeopathic protocols to address them. It's a good resource for people with early-stage dementia and a must-have for all caregivers.

Plus, the course covers so much more. You'll also learn about other conditions of the mind that can benefit almost any family going through the joys and traumas of life: ADHD, addictions, anger, body dysmorphia, depression, insomnia, PANDAS, PTSD, and the list goes on.

Homeopathy is powerful – if you have developed the competence and confidence to employ it adeptly. So, keep learning and continue to pass on the good news of homeopathy!

Warmly,



P.S. Mother's Day is almost upon us. So, what is the perfect

gift to get your mom – the treasured caregiver of your family? Are you stumped?

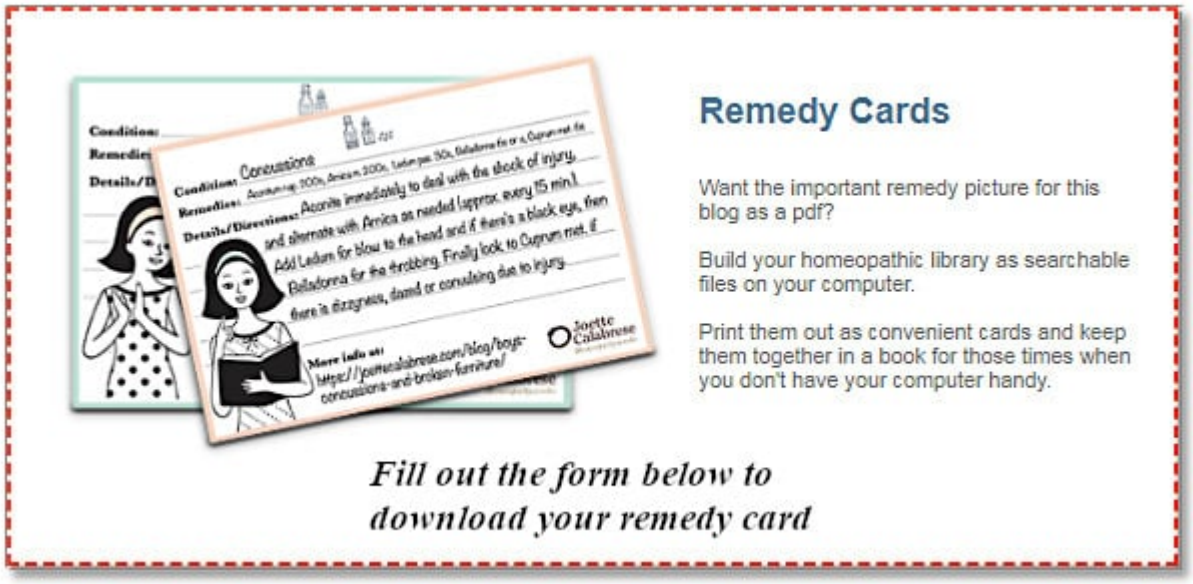
Why not give the gift of health? Choose one of my homeopathy courses from the various topics I offer. Or you can send your mom a digital gift card and allow her to pick out a course she's been eyeing! Shopping for a meaningful gift has never been easier. Just click here!

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 for Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, email contact@practicalhomeopathy.com for more information.

P.P.S. In the absence of a specific protocol to follow, it's best to look up conditions in a repertory followed by a more thorough consideration of the most appropriate medicines in a *materia medica*, as Monique mentioned. Might I suggest you own a copy of A *Materia Medica*: Practical Homeopathy® for Busy Families?

Unlike the professional books, my *materia medica* is designed for busy mothers and others who cotton to healing their families themselves but don't have the time to sift through voluminous choices. The book contains over 150 of the most frequently used homeopathic medicines, their key features and my take on their proper use.

With the proper education and resources (like this *materia medica*), you can regain autonomy over your family's healthcare.



April Showers Bring … Sinus Headaches



Susy has suffered from sinus headaches and infections ever since she had mono in college. Long ago, she noticed that every time the barometric pressure shifted as the weather changed, a headache would come on – often followed by a sinus infection.

She tried analgesics, antibiotics and even steroids, but nothing relieved the pain. And worse yet, Susy learned that steroids could cause bone loss. She suspected that it was no coincidence that she recently broke her ankle in a minor fall.

A little hesitant about venturing into the world of alternative health, Susy's apprehension lifted after she consulted with a homeopath. She learned that homeopathy is gentle, causes no side effects, and can be used in tandem with conventional drugs. So, she finally had hope that as her sinus pain diminished, she would be able to cut back on those side-effect-laden sinus pain prescriptions. (And that's just what happened!)

You see, the homeopath listened to her headache symptoms carefully and recommended *Kali bichromicum 30,* every 1-3 hours as needed until the pain subsided. Other symptoms supporting this remedy choice included intense pain above the eyes and sinus pressure that worsens when stooping down.

Although Susy had been skeptical, once she began this new regimen, she had to admit that the pain did lessen. In addition, the chronic post-nasal drip (that had become a part of her daily life since who-knows-when) was also resolved.

After a few weeks, Susy was completely free of head pain – even when a storm came through and the pressure dropped.

After a few months, she also realized it had been some time since she had suffered a sinus infection – even though she had eliminated the antibiotics.

Susy's sinus issues were history!

Now, let's consider Lucy.

Lucy suffered terribly from pollen allergies and sinus pain caused by weather changes. Years ago, she had tried allergy shots but found that instead of improving her symptoms, they only worsened. Her doctor told her that it was because she was getting older – that life is just like that, and she simply needed to accept it. Her list of triggers continued to mount.

She found some relief from her symptoms after eliminating wheat and pasteurized dairy, but a significant portion of her allergies lingered.

Changes in barometric pressure ushered in sinus pain that began above the eyes and spread into the sinuses. In fact, whenever the barometric pressure changed or the cottonwoods released their fluff, her sinuses would become so painful she could barely function.

Lucy had joined a Gateway to Homeopathy study group to learn about homeopathy in a fun, supportive group of like-minded individuals. The weekly online meetings were Lucy's happy place! She was taking her health matters into her own hands, and she knew that this path would one day make her both confident and competent in using homeopathy for herself and her family.

During a meeting, a fellow group member was excited about her recent purchase of *A Materia Medica*: Practical Homeopathy® for Busy Families.

I wrote that book for people just like Lucy – people who wanted to learn more about the more commonly used homeopathic medicines in an easy-to-read format.

Excited to delve deeper, Lucy ordered a copy of my *materia medica* for herself! Her eyes opened wide when she got to the section on *Kali bichromicum* (also known as *Kali bi* or *Kali bich).* She could hardly believe her good fortune as she read a case that precisely mirrored her own!

Her Gateway to Homeopathy study group reminded her to search my blog for further information. So, after typing "*kali bichromicum*" into the search box on my website, she discovered my blog post from a few years ago, Not Tonight, Honey, in which *Kali bich* 30 had uprooted another person's suffering!

She learned that *Kali bichromicum* is our first thought for acute or chronic sinusitis. This homeopathic medicine is made from potassium dichromate, a bright orange, caustic, corrosive compound used in the manufacture of dyes and batteries, to tan leather, to etch or clean glass and in photography – deleterious to health in its **gross** form.

Wait. What?

Well, for those who don't know, homeopathic medicines are often derived from toxic substances. When harnessed by employing the homeopathic super-dilution and succession process, the harsh material becomes a helpful aid – even curative for some. And in this case, for conditions featuring thick, stringy, yellowish, or greenish mucus, especially from the nose – but also from the throat or larynx.

Kali bich coughs are dry, forceful coughs that often go on for some time without relief. These coughs often worsen when breathing damp cold air, worsen in the early morning hours, and improve in warm air.

The person often feels pressure and fullness in the sinuses and experiences extreme pain at the root of the nose that improves when pressure is applied to the painful spot. They may also experience fullness or pressure in the middle ear or migraine headaches that start at night.

So, the next time a front moved through her area, triggering an overwhelming episode of dripping sinuses, stringy mucus and powerful sinus pain, Lucy took a dose of *Kali bichromicum* 30.

She repeated the dose two hours later, realizing that it might take a round of three to four doses before improvement ensued.

Just after the third dose, Lucy fell asleep for two hours.

This was unusual for her, but those familiar with homeopathy know that sleep is a noteworthy sign that the correct homeopathic medicine has been chosen (and is hard at work).

Historically for Lucy, the pain and weariness from one of these episodes lasted for days. But this time, upon awakening, she found that the head pain wasn't merely minimized – it had *vanished*! Lucy was energized and pain-free even though the usual provocative weather conditions were still at hand.

A month later, when the rain pelted after a long stretch of drought, Lucy got another characteristic headache. However, this time, its intensity was uncharacteristically mild. Nonetheless, she took a dose of *Kali bichromicum* 30 again and promptly fell asleep for 20 minutes.

When she awoke, the aching and soreness were absent once again, replaced by a sense of well-being.

Many months later, Lucy again noted a developing weather change. But because she had experienced no sinus pain for the last several months, she smiled to herself knowingly. No headache, no dripping sinuses, no fatigue.

It's been two years since her first dose of *Kali bichromicum.* And thanks to her Gateway study group, her *materia medica*, and my blog posts, Lucy is still pain-free!

Thanks to their experience with *Kali bich*, both Lucy and Susy learned firsthand why homeopathy has a reputation for addressing self-limiting illnesses and ensuring that those problems never return. These two ladies now understand the difference between feeling okay and radiating authentic health.

Gentle, efficacious and cost-effective homeopathy brought them to a better place in life, and neither woman is ever looking back.

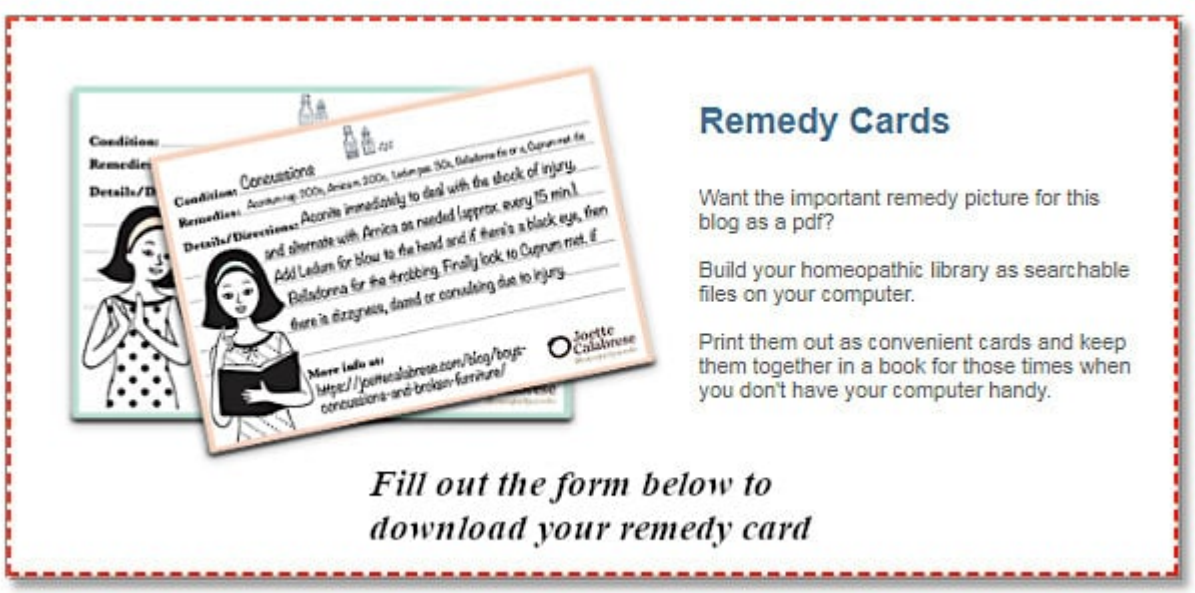
Now, Susy’s looking to lose some weight using homeopathy, and Lucy has taken on her mother’s arthritis and her husband’s irritable bowel condition.

That’s how this works. We can’t help but want to do more and more using this medicine.

So, if weather-induced sinus headaches plague someone you love, hand them protection against the storm – a homeopathic “umbrella” called *Kali bichromicum*. What a marvelous opportunity to pass on the good news of homeopathy!

Warmly,





Christus Resurrexit!



Our holiest and most solemn day!

Buona Pasqua a te e alla tua famiglia.

Warmly,



Where to Buy Homeopathic Medicines



Shopping can be fun. But shopping for something *specific* can sometimes become frustrating.

This is especially true when looking for a precise homeopathic medicine that you or your family needs. It starts to feel like a treasure hunt, right? I understand. We've all been there.

With that in mind, I've put together this guide – your treasure map – to give you an organized starting point to help you build your collection of homeopathic medicines. This guide contains my preferred homeopathic pharmacies (the

manufacturers of their specific brand) and one of the top online resellers of homeopathic products.

So, bookmark this list, and let's get shopping!

Keep in mind: This kind of shopping is not like buying a new pair of shoes or a fresh pillow for the couch. Instead, this kind of shopping is an investment in your family's health that will likely save you thousands of dollars in medical bills and countless hours of angst. Plus, these medicines have a reputation for remaining usable well into the future. I have bottles of homeopathics manufactured in 1918 that have remained efficacious over 100 years later! So, don't throw them out when they get dusty.

I generally encourage the support of our American homeopathic manufacturers. However, with homeopathy under closer scrutiny by the FDA, it is more critical than ever that we show our support to our homeopathic pharmacies. We vote with our dollars – so make your voices heard.

Unfortunately, certain medicines are difficult to purchase from American companies because of tightened regulations. In those cases, one may choose to turn to the British companies listed below. But keep in mind that foreign companies cannot control what U.S. Customs allows in through the border. So, certain orders may not be guaranteed to arrive intact.

Once again, this is a reason to make your voice in support of homeopathy heard – to both the FDA and your representatives in our governing bodies.

Homeopathic Pharmacies (Manufacturers of Medicines)

BOIRON
https://www.boironusa.com/
Boiron, a French company has been in the pharmacy business since 1932 and established a presence in the U.S. in 1983. I count on Boiron! They are known for their ubiquitous little

blue tubes found at Walmart, Wegmans, Amazon and most health food and drug stores. Use their Store Locator application to find a retailer near you or simply order from their website, where they sell the most commonly used remedies and potencies directly to the consumer. When you enter the promo code **Joette** at checkout, Boiron applies a 20% discount on your purchase. I might add that this is *not* an affiliate program offering me a kickback. The discount is given to you.

Boiron is also well known for its stellar proprietary combination medicines for various conditions. For instance, many people depend on their product for colds (ColdCalm®) and flu (Oscillococcinum®, the top-selling over-the-counter pharmacological product in France).

HAHNEMANN LABS
https://www.hahnemannlabs.com/
Located in California, they offer a large selection of medicines sold through their website. They are also well known for their product SinEcch™, sold through their marketing arm at Alpine Pharmaceuticals. Many traditional plastic surgeons depend on this branded *Arnica* medicine both before and after surgery.

OHM PHARMACY *LF
A professional pharmacy that only provides homeopathic remedies to practitioners, students of homeopathy, and their clients/patients – not directly to the public.
http://ohmpharma.com/
OHM is a different kind of pharmacy because they are not public retailers. Not only do they offer a wealth of homeopathic medicines in an array of potencies, but they are also a specialty compounding homeopathic pharmacy where one can buy **pre-mixed combination Banerji Protocols**. In addition, OHM offers lactose and sucrose-free remedies and custom-made medicines in an aqueous solution (either alcohol or water).

My clients and students (who have received their certificates upon completion of one of my courses) are able to contact OHM to order and at a discount. The discount code will be provided to you when you set up your account with OHM. The discount percentage may vary depending on whether you are a student or a client, and the type of discount offered by OHM at the time. Any questions regarding OHM discounts (once you have earned a certificate) should be directed to OHM Pharma.

WASHINGTON HOMEOPATHIC PRODUCTS *LF

https://www.homeopathyworks.com

Beginning in 1873, Washington Homeopathic has offered a wealth of homeopathic medicines in seemingly boundless potencies. They also provide a selection of refills for the 100 and 200 remedy kits previously sold through my office. (As of this writing, my office no longer has inventory available.) Washington Homeopathic also sells a vast collection of homeopathy-related books, which are definitely worth checking out.

HELIOS

https://www.helios.co.uk/

Helios is a household homeopathic name in Europe, especially in the U.K. Surprisingly, shipping costs are not as high as one would expect when shipped to the U.S. and other areas of the world. However, don't lose hope if you need a medicine not listed on their website. In many instances, they can accommodate special requests. Contact Helios via email here: pharmacy@helios.co.uk. They respond as quickly as can be expected from a busy manufacturer and retailer, and they provide excellent customer service.

HYLAND'S HOMEOPATHIC

https://www.hylands.com/

We are lucky to have had Hyland's as a trusted homeopathic pharmacy since 1903. You may recognize Hyland's cell salts because they label each of the 12 cell salts in numerical

order. But they are not simply a cell salt manufacturer. Here you'll find many excellent proprietary combination medicines for both adults and children. Please note however that Hylands has recently come under new ownership which may mean nothing to customers or that there will be forthcoming changes.

AINSWORTHS
https://www.ainsworths.com/
Ainsworths is a long-standing pharmacy based in London. Through their ordering process, they make available many homeopathic medicines in a myriad of customizable formats and potencies. They also offer mother tinctures and nosodes. Plus, they additionally specialize in medicines specific to veterinary and farm use and have an interesting library of books available for purchase.

OLLOIS *LF
http://ollois.com/
Ollois, formed in 2012, offers exclusively organic and lactose-free medicines. In 2020, this American-based company merged with a French laboratory and homeopathic manufacturer. In their "seed-to-shelf" process, they now plant, grow and harvest their plant-based substances to create homeopathic medicines.

THOMPSON'S HOMEOPATHIC SUPPLIES, LTD.
http://www.thompsonshomeopathic.com/
Thompson's, in Toronto, Ontario, was established in 1868, making it Canada's oldest supplier of homeopathic products. They have over 154 years of experience manufacturing a wide array of homeopathic medicines according to Hahnemann's exact standards.

*LF = Lactose-free
The reason most homeopathic medicines are made in sucrose is

that sugar is stable. Nonetheless, many people wish to avoid sugar. Therefore, many pharmacies offer remedies that are sucrose-free (sugar-free). Often, these medicines are carried in liquid form. Contact the pharmacy for more information.

– Compiled April 2022, revised February 2023

Online Retailer of Homeopathic Medicines

ABC HOMEOPATHY
https://abchomeopathy.com/
They sell an extensive array of medicines from different manufacturers, allowing you to select which pharmacy (brand) you prefer.

Brick-and-Mortar Stores That May Be Local to You (Some also have websites from which you can order):

Vitamin Shoppe
https://www.vitaminshoppe.com/c/herbs-natural-remedies/homeopathic-medicines

Walgreens
https://www.walgreens.com/store/c/productlist/N=360535/1/ShopAll=360535

Rite Aid Pharmacy
https://www.riteaid.com/shop/catalogsearch/result/?q=homeopathy

Sprouts
Whole Foods
Wegmans
Locally owned health food stores

Disambiguation of Banerji:

Paramesh Banerji Life Sciences
http://www.pblifesciences.com/

In India, the surname Banerji is as common as Smith is here in North America. However, this pharmacy is not associated with the Prasanta Banerji Homeopathic Research Foundation (PBHRF).

TIPS

Take photographs of the available homeopathy at your local health food store. That way, you have a log of what is available to you locally – in case you find yourself in need at the last minute.

Your understanding of homeopathic medicines and owning the medicines you need are inextricably tied to your family's healthcare. So, do as much as you can to learn more. Read my blogs, download the Remedy Cards, listen to my podcasts, start a Study Group with Gateway to Homeopathy or start taking my online courses. (Remember – all of my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.) I want to provide you with as much education as I can so that you can make good choices for health freedom and we can keep this movement linking mother to mother, grandmother to grandmother.

I also urge you to have access to a *materia medica* – a listing of the homeopathic medicines along with their keynotes and other information. There are free versions of historical *materia medicas* available on the internet. But those can be more difficult to interpret for someone new to homeopathy. So, might I suggest a small investment in *A Materia Medica*: Practical Homeopathy® for Busy Families. I've created this easy-to-understand *materia medica* just for people like you – in plain English with illustrations and stories to help flesh out your knowledge.

With this list, you should be able to locate and purchase all the medicines you choose.

In closing, did you notice anything conspicuous by its absence from this list? Indeed, where is Amazon on this list? Unfortunately, I no longer recommend purchasing medicine from Amazon due to reports of cases of incorrect or even fraudulent medicines being received by students and team members.

Pass on the good news of homeopathy!

Warmly,

