# Abrotanum for Appetite

Today is traditionally met by eating too much candy. If that's already your issue, I've previously discussed how to address the effects chocolate can have on your metabolism in Put Down That Chocolate.

But the thought of all that Halloween overeating (coupled with the visual of skeletons everywhere) made me think of folks who don't eat enough! Whether by nature or pathology, certain individuals may find they have no appetite. Even a meal of real food doesn't appeal to them.

Given that homeopathy offers an elegant solution, we mustn't stand idly by and watch our loved ones become skin and bones.

A client once approached me with grave concern for his son – a handsome little toddler who was wasting away because he wouldn't eat more than a few bites of bread each day. (The thought of breadcrumbs still reminds me of Hansel and Gretel. So, to protect his privacy, let's call him Hansel.)

Hansel had no appetite except for the occasional bite of bread and water. But as we know, "Man shall not live by bread alone."

And neither can toddlers.

Poor Hansel was literally wasting away. By the time my client approached me, the situation was dire. We needed to act quickly – perhaps too quickly for homeopathy to address this chronic issue. So, little Hansel received an interventional feeding tube to preserve his life, giving his parents time to address the underlying problem homeopathically.

Simultaneously with the feeding tube insertion, his family began administering *Abrotanum* 6C twice daily. Over time, the *Abrotanum* slowly helped increase young Hansel's appetite until the doctors were able to remove the feeding tube. After that, Hansel continued to eat enough to sustain himself and eventually thrive.

Indeed, this example beautifully illustrates that there is a place for modern medicine in our healthcare. Homeopathy can work seamlessly with necessary conventional lifesaving techniques. In Hansel's case, conventional medicine provided an immediate solution while homeopathy addressed the long-term pathology.

It is important to note that this medicine is not only for youngsters. It is also appropriate for individuals of any age who experience appetite suppression. Since my last few blog posts have focused on the caregiving of seniors, let me share the experience one of my team members had with *Abrotanum* 6C when her elderly mother, Eleanor, was using it.

Eleanor had lost over 20 pounds in short order. You know that I always stress the importance of getting a proper diagnosis; however, in this case, no pathology was found to be responsible. Her weight loss simply stemmed from having no appetite. Even her favorite foods were left uneaten and were merely pushed around on the plate.

My team member was at her wit's end! You can lead a horse to water, but you can't make a horse – or an elderly parent – do anything they don't want to do.

The good news? After only a few days of *Abrotanum* 6C, Eleanor began to show interest in food again.

My team member was astonished.

In only a few days, her mother's weight began to stabilize and then increase. Eleanor devoured entire plates of her favorite foods and even volunteered to try foods she hadn't tried before. It was a complete turnaround.

And, as is always the case, the homeopathic medicine did not interfere with the conventional drugs that Eleanor was currently taking. I say it all the time … homeopathy is polite. Indeed, it's so polite that it plays well with others!

Of course, as with other homeopathic medicines, *Abrotanum* should be discontinued when the sufferer's condition is very much better. However, observe carefully. In Eleanor's case, when the lack of appetite would seem to return, another few days' administration of *Abrotanum* would again resolve the problem.

There is enough for caregivers to worry about without fretting over their charge's sustenance. *Abrotanum* is the homeopathic answer for young children, the elderly, and anyone in between who suffers from a complete lack of appetite – even pets!

So, the next time your friends or loved ones express concern

over a diminished appetite, pass on the good news of homeopathy!

Warmly

P.S. I discuss *Abrotanum* in my course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind and how to integrate it into a full schedule of homeopathic medicines for other concerts. In fact, I cover a great many medicines in that seminal course. Many conditions begin in the gut and can be nipped in the bud with proper use of homeopathy.

I highly encourage you to complete a Gateway to Homeopathy study group to lay a good foundation. But, when you're ready to take your first course, start with Good Gut, Bad Gut. The gut is the seat of a lot of our illnesses. This isn't a principle we learn in homeopathy (it's more naturopathic), but usually, if your gut is fine, then your brain is fine, your skin is fine and your uterus is fine (and on and on). That's obviously a broad generalization, but I often find it to be true. I also thoroughly cover case management within Good Gut, Bad Gut. It will be a valuable, comprehensive resource for your entire 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.**

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# Calm the Stress of Aging

One might think retirement would mean unburdened relaxation – a reward of serenity for a lifetime of hard work and stress.

Perhaps for some.

But for many of our elders, the promised joys of retirement are marred by illness, physical decline, dementia, loss of independence, relocation or a host of other stressful events that they are no longer emotionally equipped to navigate.

Agitation ensues.

The very last thing our senior citizens need is to add a conventional pharmaceutical sedative to their regimen. A broad-spectrum blunting of their emotions is generally unnecessary and unproductive – not to mention, it ushers in potential side effects that can lead to falls and further deterioration.

But we have homeopathy! And, more importantly, we have Boiron!

Rather than repertorize for each rubric, why reinvent the wheel? Boiron has developed a combination product that works elegantly to address unusual irritability, hypersensitivity or fatigue stemming from stress. It's called StressCalm™ (formerly known as Sedalia). It gently and politely smooths the rough edges of nervous tension with no sedating effects. As a result, your elderly loved one will experience a relieving sense of calm yet remain alert – not feel drugged or drowsy.

And the best part? This combination medicine is not just for seniors!

Caregivers (those who undergo tremendous, unrelenting stress while prioritizing another's needs) can also benefit from StressCalm. Business folks can mitigate their apprehension before a big presentation. Fearful flyers can soothe their nerves before boarding a plane. Students can alleviate test-taking jitters. Bridezillas can reduce their distress leading up to the wedding. The applications for StressCalm are endless.

Why? Because Boiron developed a well-rounded, thoughtful combination of homeopathics known for their ability to address stress-induced anxiety.

So, what are these efficacious homeopathic medicines? I quote from Boiron's website:

- Aconitum napellus 6C HPUS – Relieves restlessness and agitation
- Belladonna 6C HPUS – Relieves hypersensitivity to stress
- Calendula officinalis 6C HPUS – Relieves nervous fatigue, hypersensitivity to noise
- Chelidonium majus 6C HPUS – Relieves digestive

symptoms caused by stress
- Jequirity 6C HPUS – Relieves uneasiness
- Viburnum opulus 6C HPUS – Relieves nervousness and restless sleep

As you experience (or witness) success with StressCalm, you may want to increase your knowledge about these ingredients. I encourage you to look up each of them in a *materia medica*.

I wrote A *Materia Medica*: Practical Homeopathy® for Busy Families in plain English (well, perhaps with a bit of a Western New York accent) to make it easier for you to become familiar with the most commonly used homeopathics. Those medicines that are a tad more obscure can be researched in one of the available free online materia medicas.

Learning the hallmarks of each of these medicines will expand your education in homeopathy. Additionally, over time, it may be determined that only one of the individual medicines is needed. (But if StressCalm is working, why mess with success?)

Best of all, homeopathic medicines have a reputation for not interfering with other medications, supplements, or vitamins.

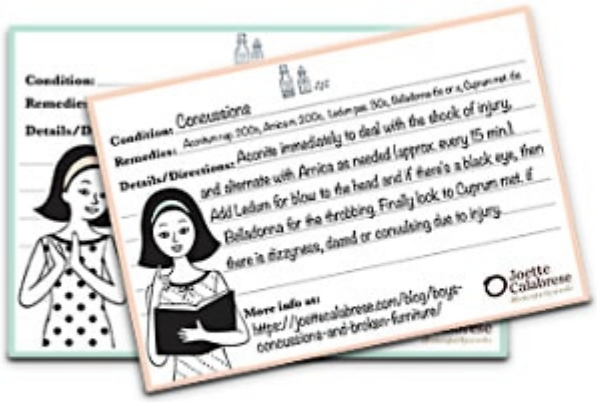
Look, everyone experiences occasional stress. It's part of life. But when we can no longer cope adequately, StressCalm gently nudges our body and mind to find a place of calm amid the turmoil. What a lovely gift to give the seniors (or anyone) whom we love.

Pass on the good news of homeopathy!

Warmly,

P.S. Should you want to turbocharge (or perhaps I should say "potentize") your homeopathic knowledge, I urge you to join a Gateway to Homeopathy study group. Studying with others can equip you to lay a stronger foundation in homeopathy than any other learning method. They say, "Two heads are better than one," right? So, imagine ten heads! Or twenty! Learning alongside others exposes you to a broader array of health concerns and solutions. Plus, learning in a study group reinforces your ability to discover answers to questions others might have – questions you may not have even thought about without them.

It's how I learned and how I suggest all of my readers become students. Even if you have a cursory awareness of homeopathy, a Gateway to Homeopathy study group is the perfect place to refresh and organize your knowledge. Over 9,875 study group members have benefitted from my curriculum. Join their ranks today – develop the confidence and competence you need to care for your family.




## Remedy Cards

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Click Here To Get Your Card

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# Care for the Caregiver

# Care for the Caregiver

We expend a great deal of energy attending to those who need care. It’s only natural.

But who provides care for the caregiver?

As we engage in these homeopathy lessons regarding our loved ones’ health conditions, the bulk of our attention is obviously focused on the sufferers. But more often than not, we lose awareness that we are also suffering.

Caregiving is physically, mentally and emotionally

challenging. I've been there with my children, of course, and later, with my parents. I would sit by my mother's side and watch her. I'd vigilantly observe her to detect changes in her condition or simply to be on the lookout to anticipate her needs. As I sat, perhaps I'd read to her or pray or quietly tend to her comfort.

Meanwhile, the world was passing me by.

As I sat beside my mother – watching – one moment, I would feel tremendous worry, then suddenly, a change for the positive would make me hopeful, only to have my hopes later dashed back into resignation.

Back and forth between conflicting emotions, I bounced like a Super Ball in a tiny room. I was all over the place.

And that all-encompassing emotional rollercoaster takes its toll on even the most stalwart caregiver.

Exhaustion ensues, but homeopathy, as always, offers a solution.

*Cocculus* is a gentle, polite medicine to nudge the caregiver's body and mind into a more well-adjusted space – a perfect fit for the rubric described as "night-watching." I love that expression because it is so explicit. We caregivers can viscerally identify with the term (although, unfortunately, 24/7-watching might often be more accurate).

Let me quote from A *Materia Medica*: Practical Homeopathy® for Busy Families:

"*Cocculus indicus* is an excellent remedy for those who have been feeling weary and burned out for a long time but won't admit their exhaustion. In many cases, they are people who care for others and remain awake for long hours, ignoring their own needs in favor of those they care for. It is therefore an excellent remedy for overworked doctors,

nurses, midwives, rescue workers and mothers."

I have used both *Cocculus* 30 and 200 with equal success. Generally, the use of *Cocculus* (whichever potency is on hand) twice a day for a few days is enough to restore the caregiver's vitality. Then, when the weariness hits again, the medicine may be resumed for another few days, until very much better.

As they say on airline flights, "In case of emergency, put your oxygen mask on first and then assist others." That's an industry-specific way of saying that you can't do anybody else any good if you don't take care of yourself. But when most of us become caregivers, we throw that wisdom out the window. Instead, we hurl ourselves full force into caretaking and abandon our own needs.

It seems like the righteous thing to do, but that degree of self-deprivation can't last long. We're only human.

Put your oxygen mask on first, and then assist others.

As a caregiver, I considered *Cocculus* 30 or 200 to be my oxygen mask.

I can assure you, from experience, that caretaking is one of the most demanding jobs you will ever do. But it is also one of the most rewarding. Now that my parents are gone, I don't remember the exhaustion and difficulties as much as I treasure the precious memories of spending their last months with them, intimately involved in their care.

Caregiving is a beautiful gift that we initially believe we are giving to others – but in fact, the gift is ours as well.

So, pass on the good news of homeopathy – to sufferers and caregivers alike!

Warmly,

P.S. *Cocculus* is not limited to palliative or hospice caregivers. Caring for suffering children, spouses or even unwell pets can be a call for *Cocculus*. It's up to you to employ your education and determine if it is a good match. To that end, I encourage all devoted students of homeopathy to own a good *materia medica*. There are several available online for free, but most of those were published decades ago and written quite technically. Their information may be difficult to absorb at a glance, especially with a weary mind.

I wrote A *Materia Medica*: Practical Homeopathy® for Busy Families in plain English – my English, my voice. It's easy to use as a reference when you are choosing between several potential medicines. Even if you don't have an emergent need, it's quite illuminating to acquaint yourself with homeopathic medicines you may not already know. Plus, it's a fun read (even if I do say so myself) with lots of illustrations and explanatory stories from my personal and professional experience. I hope you'll add it to your homeopathy library.

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# Palliative Care

For those of you in my generation, a significant concern is

caring for our aging parents. If you've followed me for any length of time, you probably know that both of my parents have already passed. But I cared for them both. My mother even lived with my husband and me during her final years.

I've discussed caring for the elderly in several formats: a podcast and a blog post, and I've touched on it in several Facebook Live sessions.

However, there is one topic I haven't covered, which was recently brought to my attention by a student:

*"I would love to hear a talk on palliative care for the dying. I sat at the bedside of 3 of our parents as they passed. I didn't know about homeopathy at the time, but in learning and studying, I would love to know what might be some remedies to stockpile … Things to help ease the transition and calm minds and hearts."*

Palliative care at the end of life is a broad topic, so let's focus on the student's central question about calming minds.

First, let me say that the emotional turmoil experienced by the dying may seem unique. But in homeopathic terms, it really is no different than the anxiety experienced by someone who has undergone a shock by witnessing a catastrophic event, the restlessness a child suffers when they can't sleep at night or the fearfulness of a family pet when their master is away.

**Anxiety, restlessness and fear are addressed in the same manner – no matter the cause.**

Individuals tend to think their situation is different from others' issues because of the "whys" behind their current suffering. During the years I have taught homeopathy, this seems to be a common misconception among students. Perhaps it's because they don't hear many other people talking about

it (whatever “it” is). That isolation leads them to believe their condition is unusual, requiring a more specific homeopathic medicine than others might choose.

But let me assure you, the symptoms are the symptoms. Whatever symptoms present, they are the symptoms we address – regardless of the causation.

Anxiety, restlessness and fearfulness can occur because of a variety of underlying conditions or situations. These symptoms are not unique to the end of life, but they certainly feel more crucial as you try to calm the sufferer’s mind as the inevitable transition approaches.

*Aconitum* 200 or *Arsenicum* 200 are generally good choices to consider. If a person is in a total panic, either one may be used every 15 minutes for the first hour. Then, endeavor to reduce the frequency to every few hours, as needed.

For instance, if the anxiety, restlessness or fear returns three hours after the last dose, we would know every three hours is the proper frequency. But we keep trying to open it up. Perhaps next time, the disconcerting emotions don’t return for five hours. Then that becomes the correct frequency.

However, whatever the chosen frequency of the medication is, we always stop when the condition is very much better. Often, in my experience, I haven’t needed to use more than one or two doses to resolve the issue!

This demonstrates one of the more gorgeous characteristics of homeopathy. It encourages us to keep our finger on the pulse of what’s happening to the ones we love through careful observation.

That’s a far cry from conventional medicine, in which a handful of pills are consumed at specific intervals without a second thought! Give me thoughtful homeopathy over

impersonal conventional medicine any day!

The desire to smooth our loved one's transition at the end of life is a natural human instinct. In its polite and gentle manner, homeopathy helps us ease the sufferer's mind and provide a safer, calmer environment during this emotionally charged yet precious time.

Next week, I will write about a homeopathic medicine for the caregiver. So, stay tuned, and pass on the good news of homeopathy!

Warmly,

P.S. I plan to elaborate (albeit tangentially) on this topic in next week's Memo to Mighty Members. If you're not yet a member, I encourage you to join! Don't miss out on additional educational offerings and more candid conversations with me – not to mention the camaraderie with other members.

Plus, due to the recent difficulty we've experienced with presenting our live events on Facebook, you'll also enjoy being able to more efficiently view and interact with me on Monday nights through the Mighty Members' site – without the frustration of Facebook.

**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.**

Condition: Concussions
Remedies: Aconitum 200c, Arnica m 200c, Ledum pal. 30c, Belladonna 6x or 6, Cuprum met. 6x
Details/Directions: Aconite immediately to deal with the shock of injury
and alternate with Arnica as needed (approx. every 15 min.)
Add Ledum for blow to the head and if there's a black eye, then
Belladonna for the throbbing. Finally look to Cuprum met. if
there is dizziness, dazed or convulsing due to injury
More info at:
https://joannecalabrese.com/blog/boys-concussions-and-broken-furniture/
Joette Calabrese
Remedy Cards
Want the important remedy picture for this blog as a pdf?
Build your homeopathic library as searchable files on your computer.
Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.
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# Oral Thrush

Yes. There can be too much of a good thing.

A certain amount of the fungus Candida albicans normally inhabits our mouths. It serves a purpose – to help with digestion. However, when an overgrowth of Candida occurs, oral thrush appears!

This overgrowth can happen because of a diet too laden with sugars, a suppressed immune system, or as a side effect of medication, particularly from antibiotics.

(Go on! Antibiotics can cause this?)

Oral thrush may cause a variety of symptoms. Sometimes, it can go completely unnoticed.

Other times, one might experience white lesions on the tongue, gums, inner cheeks or throat, cracking or bleeding of the corners of the mouth, heavy salivation, difficulty

swallowing and, occasionally, even a loss of taste.

It can occur in anyone but often feels most distressing when it occurs in babies.

We moms hate to see our tiny ones suffer.

A baby with oral thrush will fuss and cry when attempting to nurse and not be fully nourished because of the difficulty.

Sadly, they may end up passing the oral thrush onto their mother's nipples as well. And then the thrush may continue to be passed back and forth between them in a never-ending, uncomfortable, unpleasant cycle.

*Borax* 6 should be the first medicine that comes to mind for oral thrush, especially when it's accompanied by excessive salivation.

It matters not whether the sufferer is an older person with oral thrush from immune disfunction, a baby with oral thrush, or even a new mother who contracts thrush on her nipples by nursing her affected infant.

No matter the underlying cause, we address the condition as defined by the diagnosis and the symptoms.

Several homeopathic remedies are effective against Candida overgrowth. In fact, I've written about other effective choices in Vaginal Yeast Gone with Homeopathy. But specifically for oral thrush, consider *Borax* 6, directly in the mouth twice daily.

And of course, as it is with all homeopathic medicines, we stop when the condition is very much better.

Conventional medicine offers antifungal drugs that carry with them unnecessary side effects.

Why replace your thrush with diarrhea, abdominal pain, or

kidney or liver damage? Homeopathy offers a solution to oral thrush by working to politely nudge your body into gently making the needed corrections – with no side effects.

There's no contest between the two! So, be sure to have a bottle of Borax in your remedy kit just in case accessibility to homeopathics changes.

And be sure to pass on the good news of homeopathy!

Warmly,

P.S. I've received quite a few queries in the past regarding systemic yeast overgrowth. You may desire to delve deeper, so I direct you to my course, Good Gut, Bad Gut, as gut health is a significant contributor to fungal population control. However, others of you may be more concerned about yeast overgrowth on the skin (often in reproductive areas of men and women). In that case, you may benefit from my course, Skin, the Ugly Truth.

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.

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# Organizing Complaints

As you can imagine, I get loads of questions. Some queries are posted here in the comments; some come through Facebook; some are emailed to my office. I'm just glad they're not all snail-mailed to me on paper. I'm not that tall. I'd be buried alive!

Many times, the questions posed are too specific to personal cases for me to address. As you know, I cannot consult or take a case on these public platforms.

However, I welcome general questions. Through them, you help me understand what topics need to be covered more thoroughly.

For example, here's an excellent question from a student:

*"One thing I'm stumbling with is where to list complaints … like do I put 'cold sore' under C, or S for skin, or R for rash? Does knee pain go under K for knee, or P for pain, or A for arthritis … etc.?*

“If you are going to share more organizing tips, would you consider weighing in on how you might categorize/file complaints?”

I *love* that question!

Look, I’m very old-fashioned. I prefer hard copies of material, replete with painstakingly curated, handwritten notes. If you saw the books in my office, you’d laugh.

My most precious collection – the consolidation of most of my notes from my extensive time spent in India at the Prasanta Banerji Homoeopathic Research Foundation – is contained in a large 3-ring binder. The pages are different sizes and eventually obscured the organizational tabs along the sides of the pages that segmented my giant book of notes into sections. I couldn’t sift through the pages without great effort, which became quite frustrating.

So, here’s one little trick I came up with to overcome that obstacle. First, I created a heavy-stock lead page at the beginning of each of the section partitions. Then, I taped a popsicle stick to each lead page, taking care to have it jut out far past the edge of the largest pages so that the sticks remain readily accessible. (See the photo above.)

(Stop laughing. I told you I was old-fashioned, and nothing in this modern world can be handier than a well-placed, low-tech popsicle stick!)

Next, I wrote the name of the section’s category on both sides of the popsicle stick (so that the labels are legible whether my book is open or closed).

Now, here’s the answer to my student’s question: The popsicle-stick-designated sections are loosely arranged according to some of the old homeopathic repertories! I find that to be the most intelligent, intuitive way to organize notes.

Here are my categories:

- Mind
- Head
- Eyes (including sight)
- Ears
- Mouth (including dental)
- Throat/ lymph nodes/thyroid
- Respiratory (including nose and sinuses)
- Cardiac
- Gastrointestinal
- Urinary tract
- Male/Female (reproductive)
- Muscular/Skeletal
- Skin
- Generalities (fevers/and specific conditions unrelated to above categories)

Some repertories contain different, more detailed breakdowns, while modern repertories (such as Robin Murphy's) contain additional chapters and a different layout. But this basic hierarchy, as listed above, is what works for me.

So, going back to the question, I would place information about cold sores in the Mouth section. I'd organize Dengue Fever under Generalities. See?

Once you have the general binder set up to your liking, you can also customize your collected information about specific complaints according to hot topics that matter most to you. For instance, you could add a section called Vaccination if that is of particular interest to you. Make it your own!

The easier it is to access your information when complaints arise, the faster you and your loved ones will regain good health … and the quicker you can pass on the good news of homeopathy!

Warmly,

P.S. To learn more tips and tricks from other like-minded folks, I suggest you join a study group. Sharing information in a group setting can turbocharge your learning. I recommend it because it's the way I learned when I first started out in homeopathy. Your group will not only explore the topics that interest you but also will examine subjects you may not have considered if studying alone.

So, for a well-rounded homeopathy education, start with Gateway to Homeopathy: A Guided Study Group Curriculum. My self-guided curriculum will take your group by the hand and give you a strong foundation on which to build. Even if you already know a bit about homeopathy, a study group will provide lifelong friends who can share your journey, your trials and your successes.

They say two heads are better than one, so imagine how much better an entire study group filled with industrious noggins can be!

# Sneezing Jags

In Walt Disney's film, "Snow White and the Seven Dwarfs," Sneezy was adorable and humorous. In real life, however, excessive sneezing can be embarrassing, unpleasant and sometimes downright distressing.

I should know. My husband suffered from intense sneezing jags, and there were no friendly bluebirds or catchy tunes anywhere in sight. Once, he sneezed nearly 40 times in quick succession. Finally, he became so physically weak from the onslaught, he was literally brought to his knees!

Now, before you start reaching for the homeopathy to stop one or two little sneezes, let me say this: "Don't overreact! Don't take sneezing by itself too seriously. A few sneezes in a row are not a big deal. It's just your body's way of getting rid of an irritant, allergen, or foreign substance."

If you've been aggressively peppering your dinner before your sneezing jag occurs, you don't need to take action.

But if you notice pervasive sneezing – incapacitating sneezing – then it's time to make some determinations. First, I want to make this clear: We're not simply addressing the mere act of sneezing. No. Our focus is on tackling the underlying condition regardless of its cause.

So, what is associated with the sneezing? What condition is being ushered in? A cold? An allergy? It really doesn't matter. If a pathology presents with severe, repetitive, all-encompassing sneezing, then *Arsenicum album 6* is the generally accepted homeopathic medicine of choice.

When my husband collapsed from that particularly crippling sneezing jag I mentioned, I gave him *Arsenicum* 6 as an SOS. Also, I encouraged him to continue it twice a day until he no longer felt unwell. Not only did *Arsenicum* stop the event; most importantly, it also began to nudge his body to correct the underlying disorder naturally.

*Arsenicum* was so efficacious in my husband's case that he no longer suffers from those agonizing sneezing fits!

You may recall, I've written about excessive sneezing before in Break Out of Prison. In it, I discussed *Galphimia glauca* for unrelenting bouts of sneezing. But as I always say: "In homeopathy, there's usually more than one way to skin a cat." So, I try to provide my students with several medicines to consider, allowing them to make their own well-informed decisions.

Now, uprooting allergies is a dense topic requiring much more time and study than a simple blog post can allow. If you want to become as proficient as possible in addressing allergies, may I suggest you take my course, appropriately entitled Allergic?! I've been there. I had chronic allergies for years. My allergies were so severe, I was relegated to a life indoors away from perfumes, flowers, pesticides and restaurant food. Let me share what has worked for my clients, my family and me. I want to share with you what I have learned in my 34+ years in homeopathy!

It's my mission to bring homeopathic medicines to every medicine cabinet across the globe!

Once you've experienced it in action, you can help in the cause by passing on the good news of homeopathy to friends, neighbors, and relatives!

Warmly,

P.S. And remember – all of my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases, such as the Allergic?! course we just discussed. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

P.P.S. If you're not ready to invest in a full course quite yet, there is no better way to begin your journey in homeopathy than by joining a Gateway to Homeopathy Study Group. For far less than a doctor's visit co-pay, you'll start to learn how to observe the entire picture of a condition and how to use that observation to choose the best

medicine for your unique situation. You'll develop confidence and competence as you learn many practical protocols.

All that, while also meeting and making new like-minded friends – 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 upcoming groups at Joette's Study Group: Find Your New Study Group Friends.

I urge you to join a group today. Group study is what catapulted my abilities to care for my family decades ago.

Buy your copy of Gateway to Homeopathy! 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.

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# It’s Fall. Allergies Are Back!

I suppose you might say I've been on a theme lately: yard work.

Do you remember our imaginary friend from last Sunday's blog post? Dear John was hit by a postal truck as he was mowing the lawn.

After spending a few days thinking about John's dilemma, I then shared a clever lawn care solution with my Mighty Members.

Now, as I'm writing today, I still can't get end-of-summer yard work out of my head! And what comes along with yard work?

Yep. Allergies.

Seasonal allergies don't only occur in the spring. Many people experience much worse symptoms in the fall.

So, with those folks in mind, here's a link to a product we haven't discussed before: Allergena™.

Allergena offers allergy relief in a range of customized products, each formulated with ingredients representing the most prevalent outdoor allergens – each carefully curated and homeopathically prepared – from nine specific geographical zones across the United States. Customers purchase the appropriate product according to where they live.

If a person lives in Florida, the offending grasses, flowers and trees are obviously not the same as if they lived in, say, Oregon. So, Floridians would purchase Zone 2, and Oregonians would order Zone 8. There's a handy chart right on their site to determine in which zone you reside.

Now, even though Allergena does contain homeopathic medicines, Allergena is not *strictly* homeopathic. It also utilizes isopathy.

Isopathy subscribes to the principle "exact cures exact." In other words, the actual gross substances that are causing the allergic reactions are employed.

On the other hand, homeopathy means "similar suffering" – remember, "like cures like."

What do I mean?

Well, I often use the example of *Rhus tox*, a homeopathic medicine created from the poison ivy plant. If one were to use *Rhus tox* to address a bout of poison ivy, that would be isopathy – "exact cures exact."

But in homeopathy ("like cures like"), the first choice is generally *not* homeopathic poison ivy (*Rhus tox*). Instead, *Anacardium orientale*, a homeopathic medicine made from a type of cashew tree, is chosen because the symptoms it causes are *similar to* the symptoms typically seen in a reaction to poison ivy.

While I'm not advocating for Allergena as the perfect answer, it does appear to be a viable SOS to make the sufferer more comfortable. If it softens the symptoms, then that is undoubtedly worth it, in and of itself!

Permanently uprooting allergies with homeopathy should be our long-term goal. But uprooting any chronic condition takes time and, most importantly, education. That's why I created my course, Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.

Depending on the severity of the allergies, it may take up to a year to fully address them. So, why not take a two-pronged approach?

Allow Allergena from the appropriate zone to help now and, simultaneously, get to the bottom of the allergies by learning specific homeopathic medicines and practical

protocols for the exact type of allergy you're dealing with. Win-win!

As an aside, I have no affiliation program with the manufacturer of this product. As with all of my blogs for the last 14 years, I teach you for the sake of teaching and getting the word out about homeopathy.

And while you're out doing your yard work with no sniffles or sneezes, pass on the good news of homeopathy to your neighbors!

Warmly,

**P.S. 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.**

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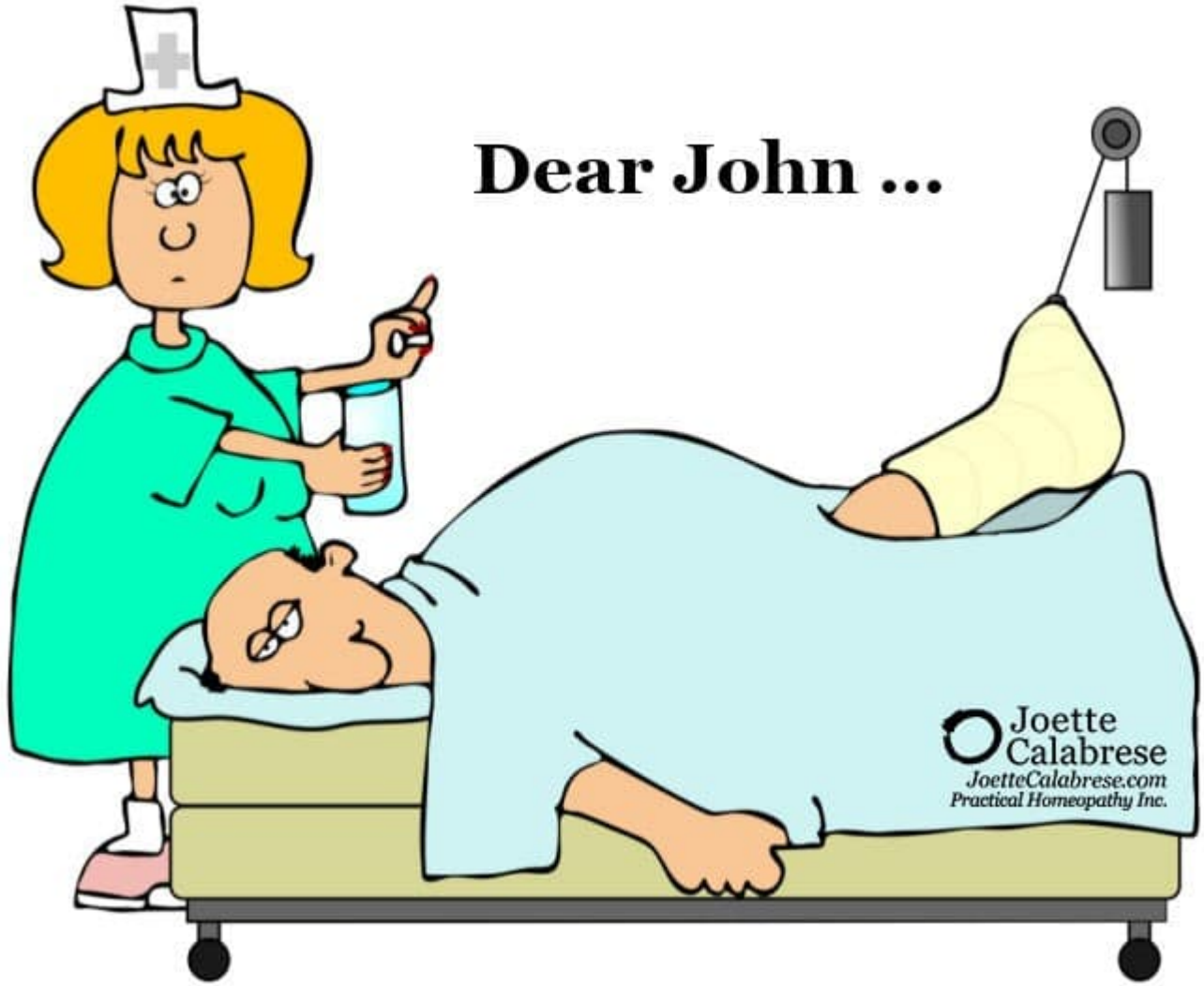
# Dear John (The Difference Between Classical Homeopathy and Practical Homeopathy®)




Happy Labor Day Weekend!

While tomorrow commemorates Labor Day, this week also marks an exciting milestone in my Labor of Love – The Academy of Practical Homeopathy®. We are sending out general admission acceptance emails to our Founding Pioneer Students!

As I'm putting the finishing touches on The Academy's foundational lessons, I'm reminded of how many people ask me about the difference between classical homeopathy and my preferred practice of Practical Homeopathy®. So, it occurred to me that an abbreviated portion of this lesson might also benefit all my blog readers.

In classical homeopathy, the homeopath will choose one medicine and one medicine only.

The theory is that one person-specific medicine will act so deeply it will address the whole constellation of ills in one person. Thus, when employing classical homeopathy, only the *person* should be treated – not the condition. (That is to say, GI bloating in one person will be treated quite differently than in another person with the same condition.)

I used classical homeopathy full-time in my practice for 15 years, even taught this method at a nursing college and wrote about it extensively. However, my opinion changed over time. Not only can this method be limiting, it's also unnecessarily complex and difficult to accomplish.

I use the example of my imaginary friend, John.

John's life is a mess. Without going into all the details that I go into for The Academy, let me just summarize his issues:

John can't consume wheat because that causes severe pain and bloating, but he also suffers a bloated belly from simply having eaten anything at all.

He's always suffered from chronic dizzy spells and a sense of fullness in his ears – instigated by exposure to freshly cut grass. But John has to mow the lawn!

Unfortunately, as he mows, he makes a wide pivot with his mower and walks too far into the street. At that moment, the mailman's truck barrels around the corner and wallops John, torpedoing him up against a coconut tree.

John regains consciousness in the ER with a multi-fractured tibia, cracked patella, and several developing coconut-shaped hematomas.

While in the ER, the nurse attending to him confesses that she's going home early because she has a budding lung infection and should probably be home in bed.

Days later, John has surgery on his tibia, where two pins are screwed into the bone. When he awakens hours later, his consciousness is met with vomiting – most probably from the general anesthesia but possibly from the looming lung infection that the drug-administering nurse had shared with him.

The next morning, the surgeon checks his incision. Unbeknownst to them both, the surgeon has MRSA on his fingertip, and he gives John the gift of a virulent bacterial infection – planted right at John's surgical site.

Days later, John finally arrives home and seeks comfort in his own bed when he notices an envelope on his pillow from his wife:

"Dear John, I am leaving you. By the time you read this, the mailman and I will be in Las Vegas – getting married."

**Now, John has relentless nausea from the drugs and excruciating pain from the pins in his leg, a surgical site infected with MRSA, a developing lung infection, a bloated and nauseated abdomen from hospital food, a muzzy head and ears from his allergies, and intense grief at the loss of his marriage.**

So, I ask you:

Using the classical homeopathy paradigm: **"What is John's ONE remedy?"**

You're right. That's an impossible question to answer. Conditions rarely come neatly packaged so that only one medicine may be chosen.

Using Practical Homeopathy® – specific protocols for specific conditions – John will require several homeopathic medicines.

I will train The Academy students how to take this case and

provide John with a complete schedule of homeopathic medicines addressing each issue – with some remedies serving dual purposes to handle more than one issue. As we witness less and less need for the particular homeopathic associated with each condition, we will judiciously remove it from his schedule accordingly. Certain homeopathic medicines will remain in John's schedule for only days and others for weeks and months.

Of course, John's schedule (and the rationale behind each choice) is too much to share in a short blog post format. But I always endeavor to give you one remedy in my blogs.

So, let's look at the MRSA infection.

Now, keep in mind, his MRSA infection may not become evident for a few weeks. But when it presents, the Banerji Protocol of *Hepar sulph 200*, twice daily, is the protocol of choice for John's MRSA infection.

John will heal over time. His surgical wounds will heal – as well as his broken heart. His bone will knit, and his case of bronchitis and even the MRSA will clear.

But what have we done for John by utilizing Practical Homeopathy®? First, we've hastened his recovery from *multiple* conditions. Second, as a bonus, we've neither *suppressed* his symptoms nor numbed his pain with synthetic drugs.

We have facilitated – and accelerated – John's recovery. And more importantly, we have protected him from the ravages of more drugs for pain, more antibiotics for MRSA, antacids for his leaky gut, and perhaps an anti-depressant for his emotions would most likely have been applied – wreaking their own havoc with side effects.

Wait.  There's one more advantage I can teach in short order to anyone willing to learn.

Once John is fully healed, he will have a new-found trust and admiration for Practical Homeopathy®. As a result, he will most likely go forward in life with greater confidence.

(Although, I wouldn't be surprised if he developed an understandable aversion to U.S. Postal trucks and the men who drive them.)

So, I urge you: Learn how to treat all the "Johns" in your life.

Warmly,

P.S. We've received overwhelming interest from an outpouring of applicants hoping to become Founding Pioneer Students in The Academy. Consequently, we've been busy making some tough decisions. But make them, we have!

As acceptance letters go out, potential students will have a short time to confirm their enrollment in The Academy. However, if they delay their confirmation (or decide now is not the right time for them), their spot will be made available to someone else.

I can assure you that The Academy will take you on the most wondrous, delicious, intellectually stimulating and meaningful adventures in your life. More than just discovering homeopathy, you'll be learning more about yourself. You will develop a deep and abiding confidence that comes from achieved competence – allowing you to treat

your family, extended family, church or community efficaciously, safely and quickly.

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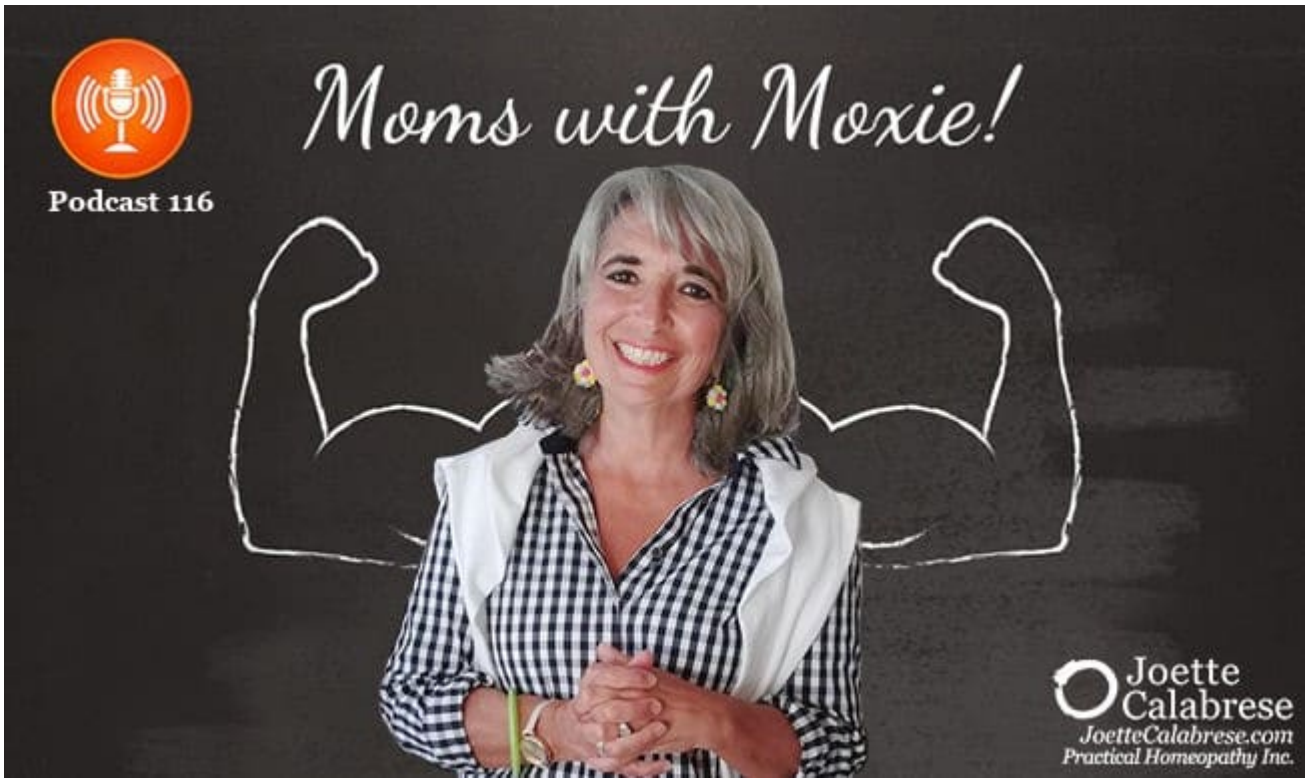
# Podcast 116 – Moms with Moxie: A Close-Knit Study Group




**IN THIS PODCAST, WE COVER:**

**03:47** Introduction

**11:03** Zoom Meetings

**19:33** Success Stories

**39:46** Joining the Study Group

**46:14** Benefits of The Study Group

**LINKS AND RESOURCES MENTIONED IN THIS PODCAST:**

"Carle has asthma" [Four Homeopathic Medicines for Asthma]

I Was an Itchy Little Girl

Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy

The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®

Where There's Fire, There's Smoke

Joette's First Aid Chart

S is for *Staphysagria*

Liver Vitamins are Like Jewels

Repetition is Good 'til Causes Painful Hands

Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch

[Symphonic] *Symphytum* for Pain

Snap!

Teeth Worthy Tips [Sign in and scroll down through the list.]

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

Joette's Study Group: Find your new Study Group Friends' Facebook page

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

**Kate:** This is the Practical Homeopathy® Podcast Episode

Number 116.

**Joette:** Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories.

With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

**Kate:** Hi, this is Kate. I want to welcome you to the Practical Homeopathy® podcast. I have a lot of Moms with Moxie with me today. I'm so excited to hear their stories. I haven't had much of a chance to get to know these ladies, but I do know one of them pretty well. We've gotten to know each other over the past year.

I'm very excited to hear what you all have been doing with your group. You've been meeting together now for a while, studying homeopathy together and kind of "doing life," because I understand you met through a homeschool group. So, you've known each other for quite a while, and you're on a

journey together. I would love for the listeners to hear your stories and how you guys interact, how your study group works and what you guys do. I want to welcome you to the podcast.

And I want to first introduce my friend, Beth. She's here, and she's going to tell us a little bit more about the group and introduce you to these lovely ladies.

Beth …

**Beth:** Hi, Kate. Thanks so much. We're all very excited to be here. I'm here with five of my good friends, and we meet

about once a week. We just love homeopathy. It started with one of our homeschool moms mentioning it in our group and telling us, you know, “This is really cool.”

We were like, “Oh, well, we’ve got essential oils. We’ve got all these other things.”

She sent us to Joette’s website, and we’ve all just fallen in love with it. We’ve had so much success. And just being together once a week and talking about things and supporting each other through text messages has been amazing.

**Kate:** I know that you guys all met, like you said, through homeschool group, and then Suzy’s enthusiasm was contagious.

**Beth:** Yes.

**Kate:** That’s awesome. Actually, there are two Suzis on the podcast today. That’s going to be a little interesting. We have Suzy with a Y and Suzi with an I.

It’s Suzy with a Y that got you guys all fired up about homeopathy. I love that you said, “Oh, we have our essential oils. We’re fine. We have all these other natural modalities.” I think you said when we were talking earlier, Beth, that it’s like, once you find homeopathy, you’re like, “Ahhh!!”

That’s it! I mean, that is what you’ve been looking for all this time, right? Is that how you all felt?

**Beth:** Yes, absolutely.

# Introduction

**Kate:** Can you just introduce us to these ladies, and maybe you all could share a little bit about where you’re from and your story or your family? We would love to get to know you.

**Beth:** I’ll start with Suzy with a Y, our enthusiast. Suzy is still a homeschool mom. A couple of us are alumni, but she’s still doing homeschooling. She has a background in working in business and got into hospice and really loves to help people that have different issues. And homeopathy just fits her really well with helping people to be better. Anyway, Suzy …

**Suzy:** Thanks, Beth. Hi, Kate. It’s great to finally meet you. I’ve been listening to your voice for years, and it’s great to finally meet you.

**Kate:** Oh, put a face with the name, right?

**Suzy:** Yeah! I’ve been homeschooling two boys for the past

10 years now. Our homeschool group has gotten pretty close. We share in each other's lives. So, we know when our kids are sick or whatever. We've been sharing health tips for a long time.

I feel like mine has been a journey. Like Beth said, I started out with essential oils, and then I dabbled in colloidal silver. Then a friend of mine sent me an article from Joette regarding allergies because she knew my son suffered from debilitating allergies, respiratory, skin, asthma (resulting in asthma and hospital visits). So, I had just really dove into the website and started learning. The "Carle has asthma" [Four Homeopathic Medicines for Asthma] was very helpful. "I Was an Itchy Little Girl," – some of the articles that Joette had put out.

I started listening to podcast after podcast. My family didn't know what happened to me because I kind of disappeared mentally from them for a while because I just couldn't get enough of the information I was being fed. It made so much sense. I was finding results pretty immediately with the itchy nose and the sneezing.

It took me a little longer to clear some of the asthma issues. I wound up taking the Allergic?! course so that I could dive in a little deeper and get to the chronic issues having a little more confidence. Certainly, the website and the blog is a great starting point to jump in and start testing and using. I've just loved it ever since.

So, in our group, I started sharing that passion with Beth

who I knew her daughter had some issues – some health issues. She started looking into it, and just all the other moms started to kind of jump on board, and some of them really caught the bug.

**Beth:** The next person I'd like to introduce is Debbie, because without Debbie, we wouldn't have this group. Because Debbie was learning from the website and from Suzy and from us talking and she's like, "Beth, you got to start a group. You got to start a group." She's the one who talked me into getting the group started and has been involved ever since we've been meeting like two years now. Debbie …

**Debbie:** Hi, my name is Debbie. I'm a wife and a mom of two, a son and a daughter, and I have a stepson. I'm a homeschool mom alumni. Both my kids are going to go to school this year. One's a senior, and one's going to be a sophomore. I was introduced to homeopathy through Suzy when my son had a major head trauma. That's what got me into homeopathy. Then I've seen the results of her and her son and one of the other girls that had a lot of allergies and also with Beth. That's what got me started.

**Beth:** Thank you, Debbie.

**Debbie:** You're welcome.

**Beth:** Next, how about we go to Suzi with an I. Suzi is our newest member. She joined us with the last class we did. We've done Gateway I, Gateway II, and Allergic?! She joined

us for Allergic?! Suzi had been looking at Joette's stuff and learning things, but I think the group really kind of solidified it for her. We're really glad that Suzi's here.

**Suzi:** Yeah. Thanks, Beth. I'm so glad to be here. I'm also a homeschool mom. I'm still in the midst of it. I have a five-year-old all the way up to a 15-year-old.

I've been doing homeopathy through Joette's site for about three years. I've been really happy to be able to throw out a lot of drugs out of my home, to be able to take care of the family, my family. But this last year, I finally agreed and just was dragging my feet timewise to join a group with them. From there, it just exploded. I've been able to go into uprooting some long-term things, and it's just been a blessing to my family. My confidence has just soared with homeopathy.

**Beth:** Thank you, Suzi.

Next, we're going to go to Karlin. Karlin wasn't part of our original homeschool group, but she's been my friend for a very long time, and we homeschooled our daughters and sons together. So, Karlin has seen some really great success also and is a good center for us in our group. She gets us back on track sometimes when we start going off. Anyways, go ahead, Karlin.

**Karlin:** Wow. I appreciate that introduction. That was sweet of you. I have two college-aged kids. My husband and I have

been married 29 years. But I am very new to homeopathy. I probably missed some of the sweet spot for helping my kids through childhood illnesses. We did do the regular route – the allopathic route. But I've had a few little successes with insomnia for my husband and general upset stomach. I am definitely still on the upward part of the learning curve trying to learn as I go, and this group has been so helpful to me as a newbie.

**Beth:** Thank you, Karlin. And last but not least, of course, Birgit.

**Birgit:** Hello, everybody. My name is Birgit. I know these beautiful ladies, most of them through homeschooling. It was Suzy who got me interested in homeopathy about two years ago, but I got really serious about it through Beth and our beautiful group.

I'm a mother for three children. I have a 15-year-old daughter and 11-year-old twins. Homeopathy has helped us so much with our allergies. We've had a lot of success with rashes and eczema. Homeopathy has given so much hope, because we struggle a lot with various allergies and stomach pains and all this, and homeopathy has been Godsent to us.

**Beth:** Yes, and I'd like to add that Birgit's daughter did the Cool Kids' class with me this year, and it was awesome. Emma was great. She did a beautiful little presentation at the end. So, they're all getting involved.

# Zoom Meetings

**Kate:** Thank you, everyone, for sharing a little bit about yourself and your families. I think what's really interesting about this group is you all meet on Zoom, yet you live near each other.

Groups can really look differently. I know a lot of them that are far apart, and they meet on Zoom. But I find it interesting that you guys are local, but it's just easier – I would assume, right – for you guys to meet on Zoom. Do you fit it in better that way? Tell me why you meet on Zoom as opposed to in person?

**Beth:** Yes, I would say that our families are still coming in the room. There's still noise and things that are going on, but if we do it Zoom, we're much more likely to meet where if we have to leave and go somewhere and try to find a central location, it just became more complicated. This way, you know, it's no big deal if our kids run in the room and start screaming. I think it's great.

**Suzy:** It's kind of neat, Beth. It's neat because Beth prepares slideshows, and she can put them up on the screen. We're all sharing and seeing the same information, and we don't have to crowd around. The technology has really just helped us not skip meetings as much as we may have if we were having to travel 30 minutes or so to go meet with each other.

**Kate:** Let's hear a little bit about your individual success stories with homeopathy. I know you all have your own stories to share with the listeners. So, maybe, Beth, can we start with you, and you tell us a little bit about how you've used homeopathy over the years?

**Beth:** Yeah, I think I "think" in homeopathy now, like anytime I'm out somewhere, and I see something, I'll think of something. Like someone's on a tube and out in the lake, and I see them, and I think, "Oh, that kid's going to need *Arnica* because of his head." You know? And I just kind of think that way now because there have been so many amazing success stories.

One of the biggest ones for me is my own where I have two big dogs, and they were wrestling. They slammed into the side of my leg and tore the ligament on the side of my leg. There's really not a lot to do for that, and it's very painful. I went to a couple of doctors just to make sure nothing was broken. And it was amazing that in two months, that was healed. I just haven't had any problems at all.

It just still amazes me.

As you get older, you kind of feel the things that happened in the past. I don't feel that one at all. That was a big one for me.

Another one is a friend's son who really has problems with dairy. Every time he would have dairy, he'd have to run to the bathroom. In just a few weeks of helping him, he was able to eat dairy, and he's been fine. He can eat as much dairy as he wants now which is amazing! His mom was just really blown away with that.

**Kate:** I'm going to stop you right there for a second, Beth. I'm sure everyone wants to know. What did you use for your ligament injury?

**Beth:** For the torn ligament, I used *Ruta* and *Arnica* together. It's a Banerji protocol, I believe. Then I later added a little bit of *Symphytum*, and it only took about two months.

There was another one where a man couldn't catch his breath. I went in, and I looked in the blog, it's "Where There's Smoke, There's Fire" ["Where There's Fire, There's Smoke"] and it talks about *Carbo veg*. I don't remember exactly what was happening with him at the time, but I just remember he couldn't catch his breath. I did go in, and I found that blog, so that helped.

There's an older man who has nosebleed issues. He's on blood thinners … and several other reasons. I got out the first aid chart that Joette has, and I only had the remedies that I carry in my purse. In the first aid chart, they recommend *Ferrum phos*. I gave it to him only twice, and it stopped. He couldn't believe it. He can't usually get it to stop. He's gone to the hospital because he can't get his nose to stop. That was a really big one!

So, Suzy, do you want to share some of the successes you've had?

**Suzy:** Sure, I'm happy to. You know, that's what's part great about this group is that the people in this group actually care. Sometimes out in the world, some people don't even really, they're just looking at me strange, but sure.

One of my favorites is my dad, he got really sick, and he had to go to the hospital, and he was catheterized. When he came home from the hospital, he couldn't urinate after being catheterized. It was, I don't know what that is, swelling or whatever, but I had just remembered reading an article on the blog called S is for *Staphysagria*. They mentioned that that remedy almost never fails for that reason.

So, I had *Staphysagria* 30 in my red box kit, and I gave him a dose of that. I waited 30 minutes and gave him another. Then he started, he just was able to go to the bathroom, and it was never an issue. That was one of those that was really cool because he's elderly. I've seen people have to go back to the hospital for those issues, you know? So, that's one of my favorites.

Another one is a neighbor friend of mine. They had just moved here, and their daughter suffered from chronic ear infections and strep throat. They hadn't gotten a doctor yet here. We've been under the pandemic and getting to the doctor was a little issue. So, she called me at 10:30 at night, and I just said, "I'll come over. I have a few things if you want to try it."

She said, "Sure."

Also from the blog, I was able to pull something up on chronic strep throat and *Hepar sulph* 30 – I think – mixed with *Belladonna* for the pain was what was recommended. So, I ran that down to her.

Two hours later, she's texting me at midnight saying, "I can't even believe it! The fever's down. She's sleeping. There's no coughing."

They'd never even heard of homeopathy before. So, to see a tiny little sugar pill do what it did, they were astounded. She's now interested in learning more. Those are two of my real favorites.

Another one was a friend of mine, who was living with me at the time, suffered from hepatitis. I had gone with her to her doctor, and her doctor said, “Well, you know, there is this new drug that’s out, $75,000 a dose or whatever.”

Both our eyes were just opened, and I just mentioned, “I’m a student of homeopathy. Do you think that I have enough time to try my methods before you might consider being aggressive with whatever therapy you have?”

He kind of shrugged me off and laughed at me a little bit because he’d never really heard of anything besides his methods of helping, but he did give me the chance to say that there was time to try something.

So, after researching on the blog, I found an article called “Liver Vitamins are Like Jewels” and homeopathic remedies for liver disease. On there, they suggested using *Chelidonium,* which I did for several months. When she got retested, there was a slight improvement on her numbers, but she still was testing positive for hepatitis.

Once I was a student of Joette and had taken a class, I’m able to get on to the Students of Joette Facebook group and started asking questions and researching the blog and found a Banerji protocol by adding *Thuja* 30 into that protocol with the *Chelidonium*. After five or six months, she was retested, and she tests negative now for hepatitis – where she never thought she would be rid of this disease.

**Kate:** That’s incredible. Wow. Wow!

## Success Stories

**Suzy:** Debbie, why don’t you talk about Zach’s head injury? It just so happened though with Debbie, I was just learning. I always took around a little kit with me, so I always had the red box kit and all this stuff. So, when her son was bleeding all over, I just ran and grabbed my bag and just handed Debbie the bottle of *Arnica* and just said, “Dose this every 15 minutes until everything starts to improve.”

And then I’ll let you take it from here, Deb.

**Debbie:** We were at a jump place, and my son was on an obstacle course and the metal bar came and smacked him square in the middle of his forehead. He had an inch laceration. He was bleeding all over. I had asked her son, Noah, I said, “Go get your mom quick” because I knew she was full of everything.

She gave me some *Arnica*. She gave me a little butterfly stitch. We stitched it up, and she gave me the *Arnica*, and we went home obviously after that.

I was in a bad car accident, and I didn’t really want to take him to the emergency room and have all that trauma. We decided to stop on the way home at Whole Foods, and I got Colloidal Silver Gel and vitamin E. Then we continued to do the *Arnica*.

And his head did not swell at all!

He had fallen one time in a babysitter, and he had a big knot because he hit his head (from a different injury) because I didn't know about *Arnica*.

But then after Suzy gave me the *Arnica* this time, we didn't have to get stitches or anything. We just did use the butterfly and the other Colloidal Silver Gel and vitamin E. There was a little bit of infection here and there, which maybe I could have done *Hepar sulph,* knowing about it now. But it all cleared up, and there's practically no scar whatsoever there. That's what started me in the homeopathy.

Then I have so many other stories in addition to that one.

**Kate:** Well, tell us a few more.

**Debbie:** My husband, he's a painter, so he would get carpal tunnel quite a bit. His wrist would be super knotted up from carpal tunnel for six weeks, and he'd be in excruciating pain. So, I decided to look it up on Joette's site the carpal tunnel. There's one on there for "Repetition is Good 'til Causes Painful Hands."

On there, it talks about using *Symphytum* 200 and *Rhus tox* 30. We tried that, and every time he comes home – when he comes home and he complains about it – he's like, "Give me that stuff. Give me that stuff!"

It has worked miracles because he has not had any of the other issues since then. He starts using it as it starts to

irritate him, but other times, he literally would be in excruciating pain for six weeks or more.

Then recently, my dog had a spinal cord injury. She had a fibrocartilaginous embolism. She was having a really difficult time walking, and they call it “knuckling.” Their paws slide and would get all scraped up when she walked.

I called or texted Beth. I think I texted her and asked her about what to do for this injury. Within 48 hours, she made such a turnaround. Beth helped me out, and we used *Symphytum* and *Hypericum*. She’s running all over the place. She still has a little bit of a problem.

She went on vacation with my husband, and we stopped it for a short period of time. And I think I’m going to start it again because when she sits, her leg will slide out a little bit, but before, she could barely walk.

Within two days of giving her the protocol … I had taken her to the vet and stuff, and he didn’t know what to do. I looked it up online. Like the dogs couldn’t walk for a year or so – depending on their injury. She didn’t have a substantial injury, but she did have a pretty bad one. It worked for that also.

**Suzy:** The neat thing about Zach’s injury was, Debbie was sharing photos the very next day of the wound. I had the before and the after picture of the wound – in just one day, which was miraculous because it’s gushing and open and bleeding on day one. And on day two, it had already fused together – the wound on his head.

When we were sending those pictures around our little group, people were just oohing and ahhing. They couldn't even believe that the injury they saw the day before had already started closing, and there was no swelling or bruising or anything. Debbie took great care of her son that day. It was really encouraging.

**Debbie:** My son also had a friend that had a major injury to the head, also, that I gave them the protocol. It was probably five or six o'clock at night; he went to the hospital. He had been diagnosed with a concussion. That was a Saturday night, I believe. (It might have been Sunday – Saturday or Sunday night.) My son said to me, "Mom, did you give them the protocol?"

I'm like, "No," because I had told her something for her husband's Achilles tendon, but it didn't seem like she used it.

But he's like, "Well, mom, maybe you should tell her."

I'm like, "All right. I'll tell her one more time, and after that, you know, I'm not going to, like, force things on her."

So, she went out to the store that night; it was like 8:40. She runs to the store and gets the protocols. Before he went to bed, he had a big black and blue, also. He said by the

next morning, the black and blue was gone.

They went to the hospital on Tuesday to confirm about his concussion, and it was gone by using just the protocols for concussion. That was another one in addition to Zack's.

**Beth:** Birgit also had some. I have some photos that I just love with her daughter with the eczema.

**Birgit:** That was quite a sight. Her eczema behind her knees got so bad. I had to take her to the doctor, and the doctor prescribed steroid creams which I refused to use.

With the help of Beth, she found me a good protocol from Joette's site, which we did. It was *Arsenicum* 200C, three times a day, and also *Hepar sulph* 200, every other day. I think within a few days, it cleared up. It was incredible. She was so uncomfortable. It was super itchy; it was also so inflamed; it was bloody from scratching.

She's also on *Bovista* and *Calc carb,* actually, (200) on every other day for general allergies.

If I could also share the story of my rash. I broke out in horrific rash all over my body – my arms, my legs, my stomach, my back. The doctors suspected pityriasis rosea which is also called "Christmas tree." They did biopsy, and they didn't get confirmed. They said it's just the dermatitis.

I was really devastated because I'm a realtor, so I have to meet with my clients, and I was covered with this rash.

I looked at Joette's Facebook videos. She was mentioning in

one of her videos that she had bad rash and the regular rash protocol which is *Antimonium crudum* 6C with *Arsenicum album* 200C didn't work for her. She mentioned that she tried *Sulphur* 200. [Discussed in Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch.]

I couldn't believe! I just took one or two doses, and it completely cleared up. I was suffering with it for a couple of months. Even after the first dose, like, it calmed. I immediately felt, "Oh, it's calming." It calmed everything down. It's just amazing.

But I think what the miraculous story of all is my neighbor. I ran into my neighbor, and she mentioned that she has herniated disk, and she is going to have a surgery.

I said, "If you're open to homeopathy, I can look up in Joette's site some protocols." She was very eager to find out about it.

I found two great articles. One was "[Symphonic] *Symphytum* for Pain" and the other one was "Snap!" And, I found protocols. For … herniated disk, it was *Symphytum* 200 mixed with *Calc phos* 3X, twice a day. Then also it was *Hypericum* 200C, twice a day for pain.

She was taking these for three weeks before she saw any results. But then within one week, the pain was completely gone, and she was able to cancel the surgery. She's now such a strong believer in homeopathy. She's taking courses and helping her whole family. It's been amazing to see her getting into it through her own experience.

**Kate:** That’s so great. I love how Suzy helped you. Then now you’re able to help other people.

**Birgit:** That’s right.

**Kate:** I also feel like it’s important to point out that the protocols sometimes take a while. We can be impatient. It’s great how you took the *Sulfur,* and within … you said, I think, a day or two … you really noticed drastic results. But it doesn’t always happen that way.

Thank you for sharing that story about how she took that protocol for the herniated disk, and after, I think you said, three weeks…

**Birgit:** Three weeks.

**Kate:** Yes.

**Birgit:** I would have given up, but she kept taking and exactly at the same time every day, morning and afternoon at the same time. That was the key. It looks because like she stayed with it until she solved it.

**Kate:** Yes, just wonderful. Wonderful. Thank you.

**Beth:** So, Suzi with an I, would you like to share something? I love your cat story. I had that in my head.

**Suzi:** Yes. I can definitely attest to the waiting long. It's great to see some "instant" results, but I've also uprooted some things that I never thought possible. I was able to do a lot of short-term things with my family when I was just pouring over Joette's site, and it was such a blessing.

But finally, when I started this study group and I took Joette's Allergy class, I started to gain the confidence. And I'm like, "All right, I'm going after the allergies in my family." And there were quite a few!

Cats were, like, number one, especially for my husband. He goes into someone's home, and I mean, really, he's not able to breathe for like two days later. It can be scary.

For two months at least, we follow the protocols on Joette's Allergy class. We hadn't tested it out; we hadn't been thinking about it. But we were very well, methodically taking it.

We visited a family member who had two indoor cats. We were there for four hours. Of course, we're careful not to touch our faces and such like that. But as we're driving home, I turned to my husband, and I'm like, "You're not dying. You're okay." We're able to breathe.

Normally, we'd drive home from that home, and our heads are just pounding, and he's barely in and out of consciousness, honestly. And I'll even drive home because he can't drive from the cats!

And I was, like … it just felt like a miracle! It felt so miraculous. It was such a blessing. I'm like, "It's homeopathy!" There was nothing else going on. I think we can easily forget about little things, or "Oh, you know, I didn't touch my eyes as much this time."

There is no doubt in my mind that it was the homeopathy, and we were just blown away.

**Kate:** I like how you said that sometimes we forget about things when we are healing. We forget how bad it is, or how bad the condition was. We talked about that in the Gateway I study guide that that's a phenomenon that you tend to forget the pain of the past.

**Suzi:** Yes, I think for 10 minutes we talked back and forth to each other, "Yes, I used to feel like *this*. I would feel like *this* on the way home." The more we talked about it, the more we felt more and more confident in how we were feeling.

We weren't perfect and that's okay, but we came a tremendous way.

**Suzy:** I think I could add a little bit to that with some stuff like that. My son got braces, and the pain from his braces was just awful every couple of months when he gets his braces tightened. I think Joette has an article called "Teeth Worthy Tips." [Sign in and scroll down through the

list.] She gives a few remedies listed that could help with certain orthodontic procedure, pain and whatever.

So, I put a few remedies in a water bottle for him because he didn't even want to put anything in his mouth. But water seemed to really work for him. Where he couldn't eat for a week before that, I was giving him soft foods for a week to feed him. When I just started giving him – I think I mixed *Belladonna* or alternated *Belladonna* with *Arnica*. Within that night, he was already eating real food.

He doesn't want to say that it was the homeopathy, either you know? But I mean, I know because I'm the mom, and I'm the one who has to deal with a non-eating, compliant, feels like a child who is being very difficult.

So, that was amazing. I know a lot of people who are taking lots of ibuprofen and acetaminophen for issues like that because tooth pain is just unbearable a lot of times. It's great to have that protocol in my arsenal for myself. That's what I've learned.

I have another story recently with success for my younger son who suffers from motion sickness – especially on boats, he gets very seasick. We were traveling a few weeks ago from Virginia to South Florida by boat, and within a few hours of rocking back and forth, he was starting to complain. He vomited a few times.

I used *Arsenicum album* 30 alternated with *Nux vomica* 30. It probably only took two doses of both before he was fine and running all over the boat again. So, you know, that was a

real plus because we had no choice but to stay on the water all the way home. He could have been miserable, but homeopathy to the rescue again in that circumstance.

**Suzi:** I think it might be my favorite when my kids instead of saying, “Oh, where’s the ibuprofen?” just say, “Where’s the Arnica, Mom? Where is it?” That’s a huge plus in my book.

**Beth:** Absolutely. Absolutely. Now all the other kids, all the other kids, they come around, too.

**Suzy:** It’s great now that our kids … because now our kids are sharing the information with other children. And with the Cool Kids class … I’m hoping to get my son in it as well in the next few months.

It’s neat to pass this information down to our children and to have them have access way in advance to what we had and to get their bodies healthy and more able to withstand illness in the future.

**Kate:** I think that has to be one of the biggest joys as a mother. I’ve heard my daughter say that recently, too – the same thing – that she says, “Mom, I helped my friend with *this* condition. And I helped my friend with *this* condition with homeopathy, and she says she’s never been this well with this certain condition. And now it’s totally changed, and she’s doing better!”

Isn’t that so exciting to see the next generation, that we can give them an advantage over …? I don’t know about you guys and your whole story, but it was many years before I came to natural medicine and specifically, homeopathy. I’m just so thankful that we can teach this to our children, and they have a better start in their life with this medicine.

**Suzy:** Absolutely. It eliminates so much fear and anxiety for me, knowing that I have so much at my hands with the knowledge of how to use it now – and to not feel helpless in so many situations. I’m not going to say it’s perfect in every situation, but 90% of the time, I almost have an answer for everything that comes up.

My little boy, one day he comes home, he’s swollen, he’s got these big, watery edemas, eye – full of water. I don’t know where it came from. I learned from the blog that *Apis mellifica* 30C is great for watery swellings.

So, where other friends or other times in my life, I would have definitely rushed to the hospital or to the doctor because it was so severe looking. Then the next day, it moved to his lips, and then other parts of his body.

But each time, I met the swelling with *Apis*, and it just disappeared within a few hours.

And now they don’t happen anymore. I don’t ever know what it was. I never had it diagnosed or anything, but it doesn’t happen anymore. I know, Beth, you have a story about *Apis*

and your throat closing.

**Beth:** That's true. We went out to dinner – I forgot about that one – Suzy, thank you. We had a big, like, all these hors d'oeuvres that everybody ordered. (It was a whole bunch of us out to dinner.) I just had a little bit of everything. So, I don't know what caused an anaphylactic reaction, but I had an anaphylactic reaction!

I remembered from Joette talking about her dad where she would give him the remedies, and they would sit in front of the emergency room, right?

I get in the car, and I get out my remedies. I take *Apis* and *Aconite,* I think it was. I drive over to the emergency room. I sat outside the emergency room. It wasn't very far away. (I probably shouldn't have been driving, but I did.) I sat there and after about 15 minutes, it went away.

I was like I have been in the hospital for anaphylactic reactions before. And the medications, they put me out for three weeks easily. It's just they're so strong! And for me not to have to go through that, then just to be able to go back and go on with life, that was amazing! That was very early on when I was learning about Joette.

That was because one of our other homeschool moms, her daughter had allergies, and we saw amazing changes with her. So, she had actually taught me how to do those remedies.

Yes, that’s right.

**Suzy:** Beth, you had another story like that. I think you were at a bee farm, or you were somewhere where an elderly lady got stung by a bee or something happened. And, you also gave her *Apis*. Am I correct?

**Beth:** Oh, yes, the Master Gardener. I did the Master Gardener Program, and part of it is you have to go help with the gardens. There was a woman there who had terrible, terrible allergies. I didn’t know at the time, but she was bending over to weed and everybody else had taken a head spray, bug spray except for her.

I had actually taken *Ledum* before we started weeding, and I think *Apis,* too. I was trying not to get stung.

But anyway, she bent over, and all these mosquitoes just came right at her because she was the only one that hadn’t done anything.

She just started swelling up, I mean, just swelling and swelling. I was like, “Oh, I have something I can give you if you’re willing to try it.”

She was telling me she’s on all different kinds of medications for allergies. I gave her *Apis*. It was amazing. She came back, she’s like, “What is this stuff? How do I get this? This was just amazing.”

I only gave it to her, like, twice, but she had had allergies her whole life. That was a really amazing one. Then everybody wanted to know because everybody was a gardener, and they’ve all been stung by different things.

Yes, that was a good one.

What about you, Karlin?

## Joining the Study Group

**Karlin:** I don't have super amazing stories because I am newer to this. However, I will say that I have really enjoyed being able to feed off of what these other ladies have said in the groups as we've gone through – and as we were doing and processing these study groups together. It's been such a blessing to hear the mentoring that's going on.

For me, though I am probably as old as anybody here, I've got kind of that biblical, "younger woman" thing going, and they've got the "experienced woman" going, and I'm trying to learn from them. It's been really good.

In a sense, I'll go ahead and tell you what I have had experience with, and that is my husband does sometimes suffer from insomnia. He's been helped by the *Coffea cruda* 30C. That's been very good. Additionally, at various times, we'll feel ill to our stomachs, and the *Nux vomica* 30C has also been a help to us.

Also, I wanted to encourage anyone who may be thinking "Should I join a group? Would it work for me to join a group?" This kind of thing. I hope that you can because it really, really has been excellent for us to be able to bounce things off of each other. And for me, who doesn't know very much, to just try to soak in as much as I can.

So, probably, whether you're very experienced or not as experienced is a wonderful thing. Best wishes to you on that.

**Suzi:** I agree with …

**Beth:** That was really … Yes, go ahead. Sorry, Suzi.

**Suzi:** I agree with the merits of joining the group. I did it on my own for about 2 or 3 years. It was great. Joette's site, I mean, fantastic! You can glean so much, and I did.

But to gain the confidence in the amount of time of joining the group is just … you can't compare. For me, I was listening to all this, I'm like, "Wow, how do they remember all this stuff? This is amazing!"

Then I was listening, we were doing the Allergy class together, so I was listening to Joette during the week. Then I was talking about it later in the week, and that's, you know, that repetition, and I was like, "Oh, I'm starting to remember it. Oh, *Apis,* I've heard that before. Oh! Oh, okay!" All these different words that I, in my own mind have been saying quietly by myself, didn't sink in as much as when you're hearing … And you're making laugh … we're laughing, and you're hearing these wonderful stories.

There’s nothing like joining the group. It’s fantastic.

**Kate:** Debbie, what are your thoughts about joining the study group?

**Debbie:** I really enjoyed our group. I knew Beth and Suzy (with a Y) were a lot more knowledgeable. Suzi (with an I) might have, too – been a lot more knowledgeable than I am. Any time we have questions, we have a group chat that we can ask questions, and they’re always so sweet and very helpful.

We all get together – I mean, get together on Zoom – to do our group study together. Like you said, it’s great because if you don’t have someone to ask, you’re kind of like, “What would I do?” Or when you get nervous, you’re not sure what to do.

Sometimes, like … one of the other things I’ve learned is writing things down. Karlin reminded me the other day about my index cards. I’ve read that somewhere in Joette’s site about writing it down on index cards because I don’t remember everything.

But it’s been very helpful for the group to get together and help each other and encourage each other along the way, so you don’t think you’re all alone.

Because, like, my daughter thinks it’s crazy here and there. She doesn’t think it works, but then she does. You know?

She'll ask me for things a little bit here and there, but she doesn't want to admit it.

So, you have people that are supporting you through it all. This makes it much easier.

## Benefit of The Study Group

**Kate:** I've heard you guys talking a lot about the benefits of a study group. I know when we talked earlier, you said that's a point that you really want to make to the listeners is how important this study group has been to you. Is there anything that you want to add to that?

**Suzy:** I think for me, (this is Suzy with a Y), it's empowerment. Giving another mom a tool in her arsenal to help care for her family by herself, and then watching the success and then watching how the knowledge of homeopathy is branching out into our communities. It's just so exciting for me, and it's great to spur each other on the greater works. I guess that's how I would put it for myself. I can't talk about homeopathy enough.

**Beth:** Yeah, and accountability. Like, we all were, like, kind of looking at the information, reading the blogs and stuff. But when you start getting into the classes, and you can get distracted really easily. So, us doing the classes together keeps us accountable and working through it.

Then as questions come up in the group, I'll go figure out what the answer is and bring it back, or they will. It helps us to continue to learn even outside of what's in the class.

## Confidence

**Suzi:** I love that my confidence just grew tremendously. Not only that, but when we are in the middle of talking, and someone says, "Oh, you know, we use this for sunscreen,"

I'm like, "Wait, what? I've never thought to even think about that."

You know? And for me, that's what it was helpful where you just … for me, it was just coming up with new ways to help my family and to have less chemicals or whatever it be, but to heal them was just … has been great for my family.

**Birgit:** I have to say for me the group is everything because I don't know how many times Suzy shared the protocols with me before for my kids' allergies. I never really tried it until I joined the group.

I did the Gateway I, Gateway II. It gave me understanding of homeopathy first of all. Before I had the basic understanding, I really didn't take it seriously.

We have a meeting every week. It keeps me on track. It keeps me focused. I live and breathe homeopathy! We have a meeting every week. Since then, it's been super helpful. Thank you.

**Suzy:** Another thing that it does is sometimes I'm impatient to wait for the protocol to work. When we call each other, "How long has it been?" "Well, you know, you got to give it at least two months."

It's, "Oh, yes. Okay."

There's accountability there because I have a tendency to want to jump, jump to the next, jump to the next. There's some patience in homeopathy, too.

**Debbie:** I want to piggyback off that with Suzy was I had plantar fasciitis several years ago. Whatever. And I used the homeopathy, and it went away. And then I've gotten it back, and it just won't go away.

The same thing, I'm thinking, "Okay."

I was looking up online Joette's stuff, and people are like, "Okay, you got to wait, like, you know, it takes up to two months."

I’m, like, “Oh, okay.”

So, I re-started it again and hoping it’s going to go away this time and stick to that at least for two months, two to three months.

**Beth:** The other thing for us is we actually met once in person, and that was really nice, too, to get together and meet up and just connect even more. Like, connecting once a week is great, and then seeing each other, and we’ve all gotten closer.

The whole group dynamic has just been great for, I think, all of us. I think I can speak for all of us. We miss it. We haven’t been doing it this summer as much because it’s summertime. We’re ready to get started again.

We’ve decided that starting next, we’re going to do the Good Gut, Bad Gut class. We’re looking forward to that.

And start a kids’ class for some of the kids that want to do it – the Cool Kids class – which was so much fun.

We just love getting together and talking about homeopathy, and it’s just a blessing to be able to help everyone that we know live a better life.

**Suzy:** Honestly, it's been a great distraction from just the current affairs of the world. To continue to learn and get the intellectual stimulation and to just continue to grow is what's helping me a lot to get through some of these more trying times that we're in.

**Kate:** I can tell you that after meeting you and doing this podcast together, these women are so precious! They are just so sweet and genuine, and I have loved getting to know you. I feel like I'm already part of your group. I want to join in!

**Suzi:** Join in anytime.

**Beth:** Anytime, Kate.

**Kate:** I just encourage if you're listening to find a group. There's Joette's Find Your Study Group page. Connect with some people whether they are local or on Zoom far away. You'll really be glad that you connected with other people.

Thank you all for being here and sharing your stories. I know it's sometimes not easy. So, I appreciate you encouraging the listeners. Thank you.

**Suzy:** Thank you so much, Kate.

**Birgit:** Thank you.

**Beth:** Thank you, Kate.

**Joette:** As I hope you know by now, on my blog, podcasts and Facebook Live, I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising.

But let me be clear. When it comes to more complex conditions, it's *key* that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my courses in which I walk students through each method with step-by-step training.

In these podcasts, I focus on those students of mine who have already tunneled in and learned how to take care of themselves, family, friends, and pets, and even livestock using homeopathic medicine. Many of these students began their education by participating in one of my Gateway to Homeopathy study groups. And now, after taking one or more of my courses, they're well-trained to use my specific brand of homeopathy.

I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

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