

The Eyes Are the Windows to the Soul



Our eyes.

Be they blue, brown, green or hazel; the tasks they accomplish for us is unparalleled.

Through them, we distinguish our loved ones, recognize danger, appreciate art and accumulate knowledge.

Through our eyes, those around us can perceive our moods and sneak perhaps a glimpse into our souls. And now, in these days of pervasive mask-wearing, they may be all that remains visible of our faces allowing others to identify us!

So, when a painful stye erupts on an eyelid, we take notice.

Generally, the first homeopathic remedy we would think of is [Hepar sulphuris calcareum 200C](#), taken twice daily until very much better. *Hepar sulph* is particularly indicated when the sty is painful.

However, many times styes occur on an individual who also presents with a particular psychological aspect: feeling useless or demeaned.

This individual is anyone who feels small, or who takes rejections personally, believing they are not worthy. They consider themselves perpetually the lowest on the totem pole.

This could be a woman who is browbeaten by her boss or even a friend.

But lately, I would argue that it's more common to find this in a man who has lost his job or is experiencing defeat. Particularly young men who have a difficult time securing a job against the tide of females taking precedence in the workplace.

Allow me a small rant.

These are hard times for men.

Yes, I am speaking of the current COVID-19-induced events that have caused job losses and unexpected changes in self-determination.

However, I am also speaking in general – of modern times! These are *hard* times for men.

Men have been backed into a corner of confusion. Do they open the door for us as a gentleman, or will that act of politeness be foolishly misinterpreted as demeaning?

Men have been pushed to the rear to accommodate the third wave of the women's movement. By that, I mean women often are hastened to the top to fulfill quotas. (I know I was!)

So, where does this leave men?

Many men now feel a need to *over-achieve* to be recognized and allowed to progress.

Plus, they have fewer acceptable choices than we do!

It is the rare man who can abandon work and feel comfortable assuming the "househusband" and child-rearing duties. Women are afforded the opportunity to choose business or home – or both – without societal stigma!

The women's movement long ago over-shot the goal. I'd say we over-shot it about five decades ago.

The eyes – the windows to the person– may give this psychological frustration away. Not only might you see the despondency reflected in your loved one's eyes, but you might also notice their tendency to develop repetitive styes.

So, when this aspect of suffering exists in conjunction with a stye, the better homeopathic medicine to choose is [Staphysagria 30C](#), taken twice daily until very much better. Having said this, it's also a good choice when styes are a chronic problem regardless of the psychological state.

Times change like the tide. They ebb and flow. As we have seen more poignantly now than ever, life can change in an instant.

Homeopathy is a constant; it can support us no matter what the external circumstances.

Homeopathy is the very definition of self-reliance. Regaining your confidence at home will help you reestablish buoyancy in the world! What better gift to give your loved ones!

So, pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', written in black ink.

P.S. Other uses for these homeopathic medicines are well-covered in [A Materia Medica: Practical Homeopathy® for Busy Families.](#)

If you have not yet joined a Study Group, I urge you to consider either creating or joining one. Take advantage of my Facebook page, [Joette's Study Groups: Find Your New Study Group Friends.](#)

My [Gateway to Homeopathy: A Guided Study Group Curriculum](#) provides access to easy-to-follow lessons, videos and discussion points. **I know of no better way to establish competence in the use of homeopathy.**

As I always say, "With competence comes confidence." And, I think you'll agree, now is a critical time to live your life with confidence!



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Homeopathy and Pandemics

Homeopathy & Pandemics

1918

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Everything old is new again; pandemics and their associated panic.

Compared to the age of civilization, we are mere “youngsters.” So, this first pandemic in generations somehow feels unprecedented.

However, while the all-encompassing global reaction has been unheard of this year, this is most assuredly not the first epidemic humanity has experienced.

For the last 200 years, homeopathy has met epidemics and even pandemics with impressive success. I addressed this in a chapter of my pictorial book, *Homeopathy: A Brief History of an Expansive Medical Paradigm*.

Because we’re all living it now, I decided to republish this chapter here, for you:

Homeopathy's ability is not restricted to headaches, runny noses and fevers. Homeopathy has the ability to combat the deadliest illnesses and has made such striking impacts as to warrant historical significance.

Yet, we know interpretations, omissions and bias can skew history. Unfortunately for homeopathy, its contributions to the treatment of epidemic illnesses have been sorely ignored.

Amidst the awful devastations wrought by the Influenza Pandemic that tore through 1918 America, homeopathy emerged as a force for good!

And that's saying quite a lot, considering this pandemic – also known as the Spanish Flu – claimed 50 million people worldwide. That's 34 million more lives than were lost during World War I.

This flu could kill its victim within a couple of hours or after a few short days when the sufferer suffocated to death from water-filled lungs.

Young adults were the most susceptible to this ravaging force. But homeopathy came to the rescue, quite literally, when it was administered.

Consider this: a Philadelphia man by the name of Dean W.A. Pearson collected information on influenza cases treated by homeopathic physicians. Of the 26,795 cases, the mortality rate was only 1.05%, while the average allopathic school had a mortality rate of 30%!

A humble physician, Dr. T.A. McCann from Ohio, stated, "I have treated 1,000 cases of influenza. I have records to show my work. I have no losses. Please give all credit to homeopathy and none to the Scotch-Irish American!"

In Rhode Island, Dr. Dudley Williams reported not losing a

single patient to influenza – not a single one! His mortality rate for pneumonia was 2.1%. This is astonishing when one considers that allopathic physicians, who treated primarily with aspirin and quinine, lost 60% of their pneumonia cases.

Another physician, this one from Chicago, Illinois, reported that in a plant manned with 8,000 workers, only one man died. The homeopathic remedy, *Gelsemium*, was essentially the only remedy used. Aspirin, vaccines and other drugs were never administered.¹

Powerful accounts. Powerful data.

Indeed, it's futile to attribute these recoveries to a placebo effect. Thousands upon thousands were succumbing to a worldwide epidemic, yet the other thousands being treated with homeopathy were rising up from amidst the fallen.

When one tallies the success rate of homeopathy's treatment during the Spanish Flu, it is regrettable it was not more widely used. With the unbelievable curative ability of this medicine, it could have spared the millions who died.

Nearly a century earlier, another epidemic swept across the world: Asiatic cholera. In the early 19th century, it hit the United States, where homeopathy proved itself as a worthy combatant against the plunders of this deadly disease.

German homeopath Joseph Hypolyte Pulte, M.D., received a most unpleasant welcome when he first arrived in Cincinnati, Ohio, in 1840. The community nearly drove him away, egging his home and ridiculing him to such a degree that, if not for his wife's kind support and encouragement, he would have left.

Thank goodness Pulte endured and was still in Cincinnati when the cholera epidemic broke out. He was ready and able

to save every single patient he treated. Needless to say, the community was extremely grateful and finally gave him the respect he deserved.

In 1832, when cholera claimed 3,000 lives in New York City, homeopath William Channing had such success treating his patients with *Veratrum*, *Camphor* and *Cuprum*, his healing contributions became respected by even the allopathic physicians and community of New York City.

In this same city, a homeopathic physician named Isaac Moreau Ward compared the treatment of homeopathic and allopathic medicines in 1832. He witnessed and affirmed that, without a doubt, homeopathy was effective to a much higher degree.²

Even though another homeopathic physician had no public hospital in which to administer homeopathy, the results of John Franklin Gray's homeopathic protocols garnered the attention of the allopathic physicians in New York City, who then sought his reports and respected his efforts and homeopathy's abilities.³

These few examples prove just how mighty homeopathy is. But at the same time, it is a gentle power – a “*milde macht*” as famous homeopath and Father of American Homeopathy Dr. Constantine Hering once declared. It has the ability to restore health to those suffering not only from minor illnesses but from grave pandemics as well.

Yes, homeopathy works and works powerfully – without ever leaving a “drugged” sensation to those teetering on the brink of life and death!

What a pity these extraordinary contributions to global health and medicine have received so little of the bright spotlight they deserve.

It falls to us to learn how to use homeopathy and pass on the good news!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. Some of you have expressed an interest in buying this book – which has never been offered for sale. Stay tuned. In the next month or so, I will be providing a unique opportunity for you to receive a copy.

P.P.S. In these disconcerting times, it's more important than ever to consider starting your own [Gateway Study Group](#). It's easy to do online via [Zoom](#) or [Skype](#).

(Hopefully soon, you will be able to hold meetings with local friends in your home or your church basement.)

Whether you know nothing about homeopathy or already know plenty, I promise – yes, I promise – you'll learn faster and better through a study group.

Why? Because members will bring in questions you had never considered. They'll bring complicated cases to the table – cases you'll be drawn into and will work to solve as a team.

Join me in reminding the world of the medicine we all need and want for our families. Let me guide you so you can guide others ... so *they* can guide others.

Now, more than ever, we can do this– mother-to-mother, family-to-family, linking arms across the world.

¹ Julian Winston, *The Faces of Homeopathy: An Illustrated History of the First 200 Years* (New Zealand: Great Auk Publishing, 1999), 236-237.

² Winston, *The Faces of Homeopathy*, 40.

³
<http://sueyounghistories.com/archives/2009/11/09/a-homeopathic-history-of-cholera/>; 5.18.2011

Podcast 97 – Moms with Moxie: The World Is Big Again Instead of Small



IN THIS PODCAST, WE COVER:

- 06:16** Food Intolerance
- 09:25** Protocols or Remedies
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- 23:12** Travel with Homeopathic Medicines

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Courses page](#)

[When a Cold or Flu Hits Hard, Hit Back](#)

[My blog](#), [podcasts](#), [Facebook Live events](#)

[Gateway to Homeopathy: A Guided Study Group Curriculum](#)

Kate: This is the Practical Homeopathy® Podcast Episode

Number 97.

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! I'm Kate, and I want to welcome you back to the Practical Homeopathy® podcast. I'm here with Regina today, and she has lots of good tips to share with you. So, get your pen and your paper out and get ready to take some notes.

Regina, welcome to the podcast!

Regina: Thank you, Kate. Great to be here.

Kate: Tell us a little bit about yourself. Where you live, your family?

Regina: Well, I'm originally from New England, but I've lived in Annapolis, Maryland for the last 19 years. I've

been with my husband ... we've been married 40 years now. I have a stepson and daughter-in-law and two grandchildren, and my sister and her daughter and husband and stepchildren, and some other family in the area. So, we get to spend a lot of time together.

Kate: It's kind of fun because some of your family actually uses homeopathy as well. You get to share that with them. Tell us a little bit about that.

Regina: Yes, that's been great. I'm very fortunate. All the family members are pretty open to it. My husband became sold on it when we fixed his gout.

My daughter-in-law has really taken to it. It's been great fun because it's given us a great subject matter to get close ... because of always talking back and forth on text:

"What are you using for this? And what are you using for that?"

So, it's been great.

Kate: You have a homeopathy study buddy built right into your family.

Regina: Yes!

Kate: Wonderful.

Okay, so you have taken *every one* of Joette's courses, is that correct?

Regina: [Gateway to Homeopathy](#) and [every one of her courses](#). And I cannot tell you how much I've learned in each and

every one of her courses.

Every time she says she's doing a new course I get so excited because I know I'm going to learn so much, and then you can refer back to it over and over and over again.

Kate: Actually, you were in one of the study groups that I led quite a while ago. That's so fun!

Regina: That is right, right, exactly, back in the beginning.

Kate: Yeah, that was a while ago.

You've also consulted with Joette.

Regina: Yes, I started consulting with Joette back in February 2017, because my headaches had gotten so bad. And it's so much fun talking with her. I look forward to every session.

She has a great way of handling not only adults, but I've seen her interact with teenagers and preteens. She just makes every situation so manageable. She doesn't get thrown by anything, and she's experienced so many things. I don't think there's a condition she hasn't ever heard of!

So, it's been great working with her. That, combined with the classes, has been a deep-dive education over the last three years in homeopathy.

Kate: How did you get to homeopathy? Take us back just a little bit and tell us about your journey.

Regina: I've had chronic conditions my whole life – eczema,

gut issues, allergies, colds, headaches. Like most people, I spent most of the time working with allopathic doctors.

Then I realized that by the time I reached my 50s, I was just sick of being sick all the time and decided that I would study what was causing it. And spent the next 10-12 years studying naturopathy and using everything I could learn to help myself get healthier.

I did dental work, diet work, supplements, energy work. Everything helped a little bit and somewhat, and I was making some progress – but not enough. And then some things started getting worse.

My headaches started getting worse. My food sensitivity started getting worse, and my world was getting smaller. Everything I ate was restricted. Where I could go was restricted.

I knew I had to do something different.

I had been doing some homeopathy with a girlfriend – classical homeopathy – but not really made a lot of progress. Then I heard Joette talk and realized that she might be my last chance.

So, I set up a consult with her because my headaches were getting to the point where they were almost daily, and they were pretty severe. I started working with her in 2017. I'm happy to report it's a rare day for me to have a headache now.

It's just been a miracle, nothing short of a miracle. She's not only helped with the headaches, but she's helped with a whole lot of other things, too.

Kate: I can't imagine, Regina, living in that kind of pain. It makes you grouchy, doesn't it? When you have pain.

Regina: It makes you tired. You're just constantly tired because you're trying to fight through it, and ignore it, and not let your family and friends ...

Because you get sick of hearing yourself whine. I'm sure other people got sick hearing me whine, too! I got sick of hearing me whine!

Kate: So, that leads us into your food intolerances. Talk to us a little bit about what you experienced there, and how Joette has helped you. Or what you've found to be helpful with homeopathy ... how long it's taken you, that sort of thing.

Food Intolerance

Regina: What Joette knew was that the headaches were just the symptom. In addition to helping me with those, she gave me the remedies for the underlying food allergies and sensitivities.

What I experienced was that it very slowly over a matter of many months just got better and better and better. I would realize, "Oh, this week I only had *one* headache!" Or, "This week I only had *one* stomachache." And the next week the headache was a 5 instead of an 8.

It's now gotten to the point after a couple of years, where I can eat pretty much whatever I want to eat.

I had been gluten-free for about 15 years. It has been so freeing now to be able to eat pretty much anything.

I'm careful I don't overdo things. I still have to be careful with chocolate, and I definitely can't do alcohol.

But more and more, I noticed that I just wasn't having reactions to what I ate.

My whole family is so thrilled because now social situations are so much more enjoyable because I'm not always the one saying, "I can't eat that. I can't eat this. What's in that? What's in that?"

So, the world's gotten big again instead of small. I feel like I've got my life back. Joette *totally's* given my life back. It's not an exaggeration at all.

Kate: I hear this story so often, Regina – that other people share the same experience. If they've had severe allergies to things, they say they've gotten their life back.

That is so exciting to me! That's why we use homeopathy! That's why we study it, right?

Regina: Right. Right. That's why you get hooked. You totally get hooked. Then it's like any problem, like, "Well, what does homeopathy say I should do about *this*?"

Kate: Yes! Tell us about some of the other things that you've tackled with homeopathy.

Regina: The headaches were just the beginning.

Then she also helped me ... I've had lifelong eczema which ranged from moderate to very severe. That also has taken a couple of years. But over time, the itching has gradually gone away to the point where now if I have an itch, I'm like, "Oh! Wow! I haven't had one of those in a long time." It's just a normal itch, not the kind that wakes you up in the middle of the night driving you crazy.

She's also helped me with interstitial cystitis which was huge. That was debilitating. I would chase circles trying to figure out what I had eaten that had caused the problem. Only a few months on the remedies she gave me for that totally has it under control. That also is a rare occurrence now ... of interstitial cystitis.

Kate: That's a pretty painful condition, isn't it?

Regina: It can be. It can be mild, or it can have you doubled over in pain. It comes out of the blue where there's no rhyme or rhythm to it. All of a sudden, it's excruciating.

Kate: Oh, wow.

Regina: It's usually not diagnosed well. So, everyone thinks you're crazy because nothing ever shows up in the testing.

Protocols or Remedies

Regina: I used the protocols whenever possible and anything Joette's given me of a protocol nature. But sometimes I've found, as I've studied more, that you have to use some other options.

Joette's a definite supporter of combination remedies. I have discovered that when it comes to family and friends (who I know I'm not going to be around to support what they're doing and how they're using the homeopathy or see how it's working), I found that recommending the combination remedies such as Boiron's *Coldcalm*, the *Oscillococcinum*.

Those are great to recommend to family and friends because they can go to Whole Foods or Amazon on their own, order the remedies, and usually have very good luck with that.

And then I had great luck with it. I had been using all the protocols for athlete's foot, and it wasn't working. Then I saw this company, Forces of Nature, which uses homeopathic remedies in addition to essential oils, and I decided to give it a try. In the first day, I saw like an 80% improvement.

It just reinforced between the food issues, the headache issues, the eczema issues, the athlete's foot ... It just reinforced the message of don't give up! Just because the first remedy didn't work (or even the second or even the third) it doesn't mean you won't hit a remedy that when it hits, it's going to be like magic. It will take your breath away; it will work so well.

I mean it's just been amazing.

Kate: I really like your point about utilizing those combination remedies from, like, Boiron or Hyland's. I was just talking to a friend yesterday. I was saying how you could get those locally at ... the pharmacies carry them: Walgreens, CVS, Walmart, Target.

Just look where they carry the normal cold remedies. You can find *Coldcalm* usually among that, and that's a mixed homeopathic remedy from Boiron.

I like *Optique*, if you've never heard of that. That's amazing. Have you used that, Regina?

Regina: Yes.

Kate: That's a liquid form of homeopathic that you can put in your eyes for allergies or if you got something in your eye. It's an amazing remedy.

Regina: Yes, they're great.

Accurate Diagnosis

Regina: The other area that's been very big is making sure that you have an accurate diagnosis.

I was working on some chronic sore throat and hot flashes. But they were intermittent, so they never quite made it to the top of list of things to whine about. But they were kind of always there in the background.

Then, I was reviewing some notes and realized that I'd been complaining about this quietly – at least to myself – for quite a while. But it was so intermittent. It wasn't really on the top of my mind.

Then I ended up doing some research and consulted with a doctor and realized that I, in all likelihood, had pharyngitis – which is a low-grade infection of the pharynx. It's similar to tonsillitis, and it manifests with chronic sore throat.

I had been using remedies for the sore throat and the hot flashes, and I wasn't making much progress. As soon as I switched to the Banerji Protocols for the pharyngitis, within a day I saw a huge shift, and then every day subsequently.

As much as I would have thought that I was working with the correct diagnosis, I actually wasn't.

It really reinforced that if the remedies aren't working, we

tend to think it must be, "I have the wrong remedy, or the remedy won't work." But just as likely is, "Maybe I have the wrong diagnosis. If I came at it from a different angle, I might pick different remedies that would in fact work very, very well."

Kate: Yes, that's a really good point. It's very important to know what you're dealing with. I think we think, "Oh, it's just this," and then we try to fix it that way.

But, you know, you don't know what you don't know, right?

Regina: Right. Exactly. Exactly.

Kate: I think you had mentioned that you have someone that you know that's a physician, and they kind of helped you to talk about what this might be only because it wasn't an option for you to go into the doctor at that point.

Regina: Right.

Kate: It's great to have someone that you can talk through things with, who has a medical background and might be able to brainstorm with you on conditions.

Regina: Right.

Kate: Right. Good.

Regina: We have so many resources available to us now for medical information. The more research you can do on your own and the more consulting with people who are knowledgeable, the better position you're going to be to

make a good selection of either diagnosis or remedy.

Kate: Yes.

Regina: Then my husband actually became a believer when he had a bout of gout, which we usually manage with diet – and usually took about a week and a half to go away when he had a flare up. I gave him the protocols for the gout, and it resolved in a day and a half.

If you've ever had gout, it's debilitating. He was *completely* sold on it after that.

Kate: Yes, I bet that's so fast. Wow! Wow, I can see why your husband became a believer after such a fast recovery from what is a painful condition.

Regina: Yes, very painful.

Now if he gets a sore throat or a cold or something, he is always saying, "Can I have something?"

For a few things that he might take on a regular basis, I just leave them out on the counter in the morning. By the time I've gotten up, he's taken some of them. If he forgets to take the rest, I just follow him around during the course of the day and hand them to him, and he takes them.

Kate: You actually have a really good trick for how to remember your remedies every day.

Regina: Like most women, I don't stand in one place and read the paper or something in the morning. I'm always moving around. I put my remedies in my right pocket. Then as I take them, I put them in the left pocket. Then I can keep

track of which ones are taken!

Because half the time you say, "Oh, I remember I took that one." Then you're like, "Did I take that one? I don't think I took that one."

This way I always know which ones I took. Then as I go back to the kitchen, I just take them out when I finished using them.

Kate: That's a great idea! I love it.

Regina: Yes. You have to get creative with finding ways to make yourself compliant, if you're taking more than one, you know.

Kate: It is. It gets hard to remember and like you said, then you think, "Oh, did I take that? I don't know." Or you walk out of that room, and maybe you don't go back there for a couple hours. Then you're like, "Oh, now it's the afternoon now, do I take it; do I not?"

Regina: The other thing my husband and I do is what we need to take is closer to the front edge of the counter. Then when we've taken it, we put it in the back up against the wall.

It's very clear, "Oh, they're still too close to the edge. I haven't taken those yet." That makes it very clear. We can see which ones we've taken and which ones we haven't.

Kate: I flip mine upside down when I've taken them. I have them in a box. In the morning, I flip them upside down. So, I can tell which part of the day it is, too, because if

they're upside down, I've taken it. And then I flip them back up when I take them at night.

Regina: Right. You have to get creative with finding ways that work for you.

Kate: Right, we all have our little tricks.

Tell us about some of the other things that you've handled with homeopathy.

Regina: So, I have worked with dogs and cats. I have a friend with a cat with arthritis, and I told her to use the arthritis remedies. She said that it was very obvious it worked within a couple of days.

Actually, I have a really interesting story with my own dog where he had just gotten fixed. He had swelling of the scrotum which was actually very upsetting. I didn't have a protocol for that. I used a repertory to look at what I possibly could use.

I ended up using *Aurum metallicum* 200 a couple of times a day. Within a day, I saw a huge improvement. Then he was off the remedies after about a week and a half.

I was thrilled because it meant I could avoid a course of antibiotics for him. Of course, I felt really good because it wasn't a protocol. I had used the repertory and figured out something!

Kate: Isn't it exciting when you figure it out?

Regina: I know. It works. It works so *dramatically*. Like there was no question. Nothing was helping.

They were, like, "You have to put him on antibiotics.

And I said, "Okay."

Then I went home I said, "Let me try one more thing."

Kate: Right.

Regina: So, it's very helpful with animals. Absolutely.

Then we've had a bunch of other successes. A friend of mine who's in the health field, had a bulging disc. He was getting ready to go back to the chiropractor and get some more shots.

I said, "Well, you could try the bulging disc protocol."

He said it was amazing. It worked right away! He didn't have to go and get any more shots or go to the chiropractor. Months later, still, he hasn't had it come back at all.

It made me especially feel good because it was somebody in the exercise physiology world. When they say, "Oh, it really worked for my bulging disc," and they're pulling heavy weights all the time – there was no question that that's what worked.

Kate: That seems so incredible, doesn't it? The fact that it can help with a bulging disc!

Regina: I know. I think a lot of people think if it's structural, it can't work. I have found that it works *fabulously* for structural issues.

I've found a couple of remedies because I'm the type of person who is always going to the chiropractor because I'm too flexible. I don't hold structural integrity – my back goes out easily.

I've been on a couple of remedies that overnight I don't need to see the chiropractor anymore. Whereas before, I'd be

like, “Oh my God, if I can’t get to the chiropractor this week, I’m a mess.”

That has been hugely freeing. I don’t have to spend the time going to the doctor.

Some of the other areas that we’ve used it ... acne for the kids has been very helpful.

My daughter-in-law uses the cold protocols because she works with little children all the time. In the winter, they’re always coming in sick, and she’s always getting sick. But since she started using the protocols for colds, she doesn’t get sick as much anymore. In fact, I don’t even know if she got sick at all this winter.

Kate: When you say, “protocol for colds,” do you mean that *Aconitum* 200 mixed with a *Bryonia* 30 which is a Banerji Protocol.

Regina: Yes.

Kate: Joette has that quite a few places on her blogs. One of the blogs where you could find that information is called “[When a Cold or Flu Hits Hard, Hit Back](#).” You can look that up there.

Regina: The other area that I wanted to mention around animals is that I also ended up using – for the dog – the remedies that Joette recommended in the survivalist course for heartworm and ticks and fleas.

There’s a fabulous product called Mozi-Q, (M-O-Z-I -Q) that is for ticks. You use it both for people *and* for animals before, during, and after a walk in the woods when you know there’s going to be a lot of ticks around.

It was very helpful and very reassuring knowing I was giving

my dog some prevention without putting a lot of chemicals on him. So, that was a huge psychological relief. Especially with pets, you always worry what you're doing with them.

We've also had great luck with warts. One of the kids had warts, and the wart protocols really worked very well.

One thing I noticed is when you're taking remedies for some of the bigger conditions, very often, things that were a symptom – that you didn't even pay any attention to and wouldn't bother have mentioning – all of a sudden it's gone!

So, things like chemical sensitivity or light sensitivity: I realized that I went from needing to wear my sunglasses absolutely every day whenever I went outside to *never* needing my sunglasses.

That was nothing that I said to Joette, "I need help with light sensitivity," even though it was pretty severe. It just never made it to the top of the list.

Things like I've noticed my memory is better; my sleep is better; my eyes aren't gritty, and my *cravings* are better.

I used to crave coffee all the time or ice cream all the time. I'm still very happy to have a cup of coffee or eat ice cream, but I'm not craving it the way I used to.

That was all secondary benefits from the primary goal of fixing the major issues. Those are the kinds of things that just ... they don't stop you from living your life, they're just annoying all the time.

Kate: I think that's comforting to know, too, that we don't have to have this huge list of everything to fix in our health – that we can focus on those conditions that are the most pressing and those ones that are really bothersome.

Oftentimes, some of those secondary or tertiary conditions improve, which is so great because you're getting to the root cause! All the rest of the dominoes fall into place oftentimes.

Regina: Right. It's like the whipped cream and cherry on the ice cream. It's like, you get the benefit, but then you get *extra* benefits that you weren't even expecting.

Kate: Yes, exactly. That's a good way to think about it, speaking of ice cream!

Regina: Yes, right. Speaking of ice cream ...

Kate: Regina, you have some really great advice about how to travel with homeopathic medicines. So, tell us what you use.

Travel with Homeopathic Medicines

Regina: For traveling just around town, I keep in my pocketbook a mesh bag that's about 4×5 inches. In that I have little plastic baggies that are usually used for supplements that are only 2×3.



What I do is I put 10-20 pellets of a remedy in those baggies and label it. Those are the remedies that I might need for generic situation like a car accident, or I might need specifically for my husband or I. (What if I have an allergic reaction to something, or my husband gets a headache.)

So, all of those are handy or I just started feeling like I'm getting sick. I want to take *Aconitum* and *Bryonia* really fast.



What's great about that is, because there are only a few pellets in a baggie, I can have about 30 remedies with me in a very small flat mesh bag – which is great.

Then what I do is I just put those pellets in my palm or my husband's palm and make sure they don't roll around or anything and then just pop them in our mouth. Then that keeps us going till we get home, and I have the regular

containers of remedies.

Kate: You also have some sort of paper that you've written down things that you can use to take along with you, right?

Regina: Right. Well, we always did a lot of traveling. We traveled to a lot of places like Myanmar, India and to remote areas where there wasn't *any* medical care of *any* kind. So, I had to figure out a system that I could have everything with us that we might need.

First, I took all the information from Joette's classes and from her blog and made a first aid cheat sheet of all the conditions that I might need – a concussion or gout.

Then I bought the small size –the kit-size – of the remedies. That works for remedies that are 30s and 200s.



But you can't buy the small size for 6C or 3C, as an example. So, for those, I just bought the big size and then bought small brown bottle vials (similar size to the 30 and 200 kit-size) and made up my own little vials.



Then, I put those in little baggies so all the As are in one baggie (because there's a lot of them), and the Bs and Cs are all together, and then D, E and F are all together. Those I put in a snack or sandwich-sized bag, and then I put all of them in a two-gallon bag.



I can carry a couple of hundred remedies with me in a freezer-sized baggie, and that's not even completely full.

What I've found is that when somebody gets sick – if you get a phone call from a family member, “What do I do for this,” or your husband's sick – that's the worst time to try to think, “What am I supposed to give them?”

It's so frustrating!

Like, “What class did I read that in? What podcast was that?”

It works great if you have a cheat sheet already *ready*. Like I did one for colds: What do you do for fever? What do you do for cough? What do you do for sore throat? And any mini

description that might help me figure out the best one.

That way, I don't even have to think. It's just like, "Okay, this is what I try first." I already know I have that in my baggie. So, it's with me if I'm at home, or it's with me if I travel.

Kate: That is a great system. I love it! I'm going to have to use that when I travel again because you can fit a lot of remedies in those little Ziploc bags.

In fact, we're going to put some pictures here with the podcast that you guys can see what she's talking about how she does this.

Okay, let's wrap up this podcast by hearing some of your advice for the listeners, if you have any tips that you want to share with them or words of wisdom.

Regina: Well, I think the biggest thing is *don't give up*. If you try a couple of remedies, they don't work; you try a couple more; they don't work. Don't give up because it's probably the third or the fourth one that's going to work – and make sure you give them enough time.

Then the other thing is if you think that you're just not seeing any kind of a response, make sure you rethink your diagnosis because it could be you're trying to fix the wrong problem. And if you come at it from a different direction, you might find, as I did, that all of a sudden the remedies for that second condition work beautifully. So that's been huge.

I just feel like the last three years of studying homeopathy is really paying off. We're in the middle of a pandemic right now. And I feel like it's okay. I can cope with this because I am prepared to be self-reliant! Thanks to homeopathy and thanks to Joette!

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®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify, and iHeartRadio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

These Moms with Moxie podcasts are designed to be inspirational, not specifically educational. No Remedy Card is provided.

**The World Needs Mothers Now
More Than Ever.**



Some 30-plus years ago, I witnessed something that changed the course of my life.

Forever.

It altered the way I think and behave in such a way that it has defined who I am today as a 68-year-old mother.

It occurred in my homeopath's office.

It wasn't the fact that my homeopath had adroitly treated me for lifelong allergies and daily sufferings.

It wasn't that her little pills had finally melted away my migraines.

It wasn't that the homeopathic medicines she gave me erased my anxiety attacks, sleeplessness, GI issues, and much more.

No. It wasn't any of that. It was something even bigger.

For goodness sake, what could possibly be bigger than curing me of lifelong conditions that no conventional or non-conventional medical doctor could previously figure out?

I'll tell you.

Are you ready?

It was her Rockstar behavior.

It was off-handed, yet it smacked in the face. It was a simple act of mothering in a way that I had never witnessed before. It was like a prayer.

Indulge me for a moment so I can give you a little background before I continue my story.

My mother was a unique mother. She was one of the most committed mothers I have ever met.

From the time I was six weeks old (and continuing throughout all of my childhood), I suffered from blanketing eczema. After my mother exhausted every pharmaceutical medicament, every dermatologist in the Buffalo area, every allergy shot, diet restriction, steroid and homemade concoction, she stumbled across a dermatologist who was also grasping at straws.

He told her about a technique of using icepacks laid directly on the site of the oozing, cracking, burning, itching eczematous mess on my skin. (Sorry about the graphic description, but it really was awful.)

The method was to apply the icepacks for 20 minutes every hour around the clock – every 24-hour period – until the skin was improved.

When my mother set her mind to a motherly pursuit, there was no stopping her! She actually set an alarm clock, woke up, assembled the packs of ice and applied them *every hour*.

That means she slept for only 30 minutes every hour. And she did this for a week.

Yes, a week! Through the night and day.

Sleep-deprived yet elated, she was victorious! It actually worked!

My skin looked great, and the itchiness and burning had pretty much disappeared. The oozing cracks had healed. All that was left was a darkened thickening of the area indicating the site of the war zone.

The only problem was that within a few days of halting the icepack marathon method, it returned.

My father had to be stern with her, insisting she not take up the cause again. She was actually willing to continue, thinking she hadn't done enough.

So, that is the kind of mom I had, and I thought it was important for you to understand that my entire life was based on observing a committed mother.

Now, back to the story of my homeopath. I promise that I'll tie this together.

While I was sitting in her office waiting to learn what my next homeopathic medicine would be, her seven-year-old daughter knocked at the door of the consulting room and peered in. She was pale and perspiring, and in a thready little voice, she breathed, "I'm sick. My stomach hurts."

My homeopath touched her daughter's forehead, went to her cabinet (that was tucked into the corner of this office and contained a stash of a hundred or so homeopathic remedies), and subsequently dispensed the little pills for her ailing little girl.

She plucked a remedy from the lot, opened the bottle,

released the pills into the cap and tossed them into her daughter's opened mouth. She had *complete assurance in her ability* to address her child's needs.

That's what did it for me.

It was a display of pure, elegant mothering.

No freaking out, no frantically calling the doctor, no pediatric office visit, no imploring someone *else* to take care of her needy child. She knew exactly what to do and simply did it herself. I had never seen anything like that.

She planted a kiss on her daughter's head and sent her to the adjoining room into her father's arms.

It was a pivotal moment for me – an epiphany. I was instantly envious, though not with malintent nor jealousy.

It was an “Ah-ha” moment that has motivated my mothering and professional life ever since.

My brain and heart spoke so clearly to me that afternoon in 1986 that I can still hear it today. My inner voice said...

“I want that.”

“I want to know exactly which homeopathic remedy to give my son that will cure him of whatever comes our way.”

But the story doesn't end there.

What was even more rousing that day was that by the time my consultation was complete, the little girl burst into the room and skipped into her mother's arms, fully recovered. Her eyes sparkled, and she was laughing.

In less than 50 minutes, this mom had cured her daughter without fuss. Just four tiny pills in the hands of a knowledgeable mother. A mom who wholly depended on homeopathy.

“I want that.”

Within months after witnessing this event, I, too, was capable of the same mothering act.

Not always perfectly. Not even confidently at first, but I was doing what she did.

I did it for my little son's cough, my husband's food intolerance, my brother's knee, my aunt's chronic urinary tract infections, even a dog's constipation.

How did I master this different kind of mothering? I learned homeopathy. I studied like it was the most important thing on earth I had to do – because, to me, it *was*. It was a mission that even 32+ years later I can't shake.

Along the way, I put in my time with classical homeopathy – a LOT of time. It served me in many ways, but it also impeded my trajectory forward. It kept me from knowing how to cure chronic illnesses. It sequestered me for hours alone while I repertorized each and every symptom. It had me going down rabbit holes of theory and conjecture.

It wasn't until I gathered enough protocols – specific medicines for specific conditions – including not only the medicine, but the potency and frequency. Had I had these protocols earlier on in my studies, I would have been able to cure more quickly (and with better accuracy).

So, I'm speaking to you, dear mothers and grandmothers, as well as those who are motherly toward livestock, pets, neighbors and the world-at-large.

I don't want you to think for a minute that if you have not done what my homeopath, my mother or I have done that you should be ashamed. No! Instead I want to inspire you!

I want you to take my story and use it as a roadmap for your next adventure. The adventure of unexpected mothering – the

kind that our society doesn't talk much about.

If this is your penchant, if you want this as much I did (and still do), carry on, dear mothers of the world. For I'm here for you, to hold your hand, teach you and inspire you to develop what all of us innately possess – to be able to cure most everything that gets in the way of our family's well-being. And I want you to do it with knowledge, confidence and pride.

The way I see this is that we need to link arms across the world and display our ability to take care of our families with this amazing medicine that arms us – homeopathy.

If this stirs you to your core, like it did me, then consider this: mothers ARE linking arms across the globe!

They're starting Study Groups in their homes (when they can), as well as forming them virtually. Using my simple [Gateway to Homeopathy: A Guided Study Group Curriculum](#) bolsters these little bands as they organize and meet.

If the cost of this Study Guide is out of reach for you at this time, then no problem. Start a group anyway and study my blog together – for free!

Now more than ever, we need to be armed with knowledge and medicine, and allow the instinct of mothering to come to the fore for all the world to see.

This is how we pass on the good news of homeopathy!

Warmly

A handwritten signature in black ink, appearing to read "Jette". The signature is fluid and cursive, with a large loop at the bottom left.

Welcome to My World



Hi, Folks!

Buster the Bad Office Dog, here.

The world seems topsy-turvy to me these days.

When I've gone out for my walk, I've noticed many humans are

wearing muzzles across their faces ... and I don't think they've even bitten anyone!

What's up with that?

And the beach! It's empty!

I've always loved to look at the waves and the sand longingly – I don't get to go on the beach.

As the sign says, "No dogs allowed." (I hate that sign.)

Well, these days, it seems *you're* not allowed to go on many beaches either – even if you're wearing your muzzle.

For the first time in my life, I've heard you being told, "Stay!"

Welcome to my world, humans!

Now you know what it feels like to be a dog, banned from the beach.

Forgive me for saying so, but it seems like you have a lot of unusual things going on right now.

When we were out walking recently, my mom ran into someone she knew. (I'm not sure who it was because she was completely covered up with masks and gloves and hats and stuff.)

But the friend seemed terribly concerned as Mom approached to say hello.

"No, no ... don't come close!" she muffled through layers of fabric!

Granted, Mom hasn't been to the groomer lately, but she does take showers and looks presentable. So, I wasn't quite sure why the friend was so insistent that Mom keep her distance.

Then Mom explained something to me – something called a “virus.” Apparently, it’s causing even more trouble than I do!

Mom said sometimes health-related events like this current problem could trigger germaphobia!

People who are usually able to cope with venturing into the world can be triggered into experiencing almost full-blown mania!

I’ve overheard Mom teach that [*Arsenicum album*](#) is an excellent medicine for germaphobia and extreme restlessness.

You may have seen this restlessness in one of your fellow humans – someone in constant motion, straightening a picture, picking up a lint fleck, rearranging the books on the coffee table, puffing pillows.

They’re trying to settle the environment around them in order to feel settled inside their own bodies.

You may remember I’ve experienced being overwrought myself, and [*Mom’s given me Arsenicum, too.*](#)

Sometimes, I turn around several times before lying down.

Sometimes, I have to get up again and turn around a few more times.

Sometimes, I have to run, look for Dad, and then come back and lie down.

These people are like that, too! They’re up; they’re down.

They say, “I’m just going to sit here and calm myself.”

Nope. They’re back up.

They look out the window.

Sit back down.

Get up and close the drapes.

Sit in a different chair.

Nope. Get up and clean ... and on it goes.

It's as though they are desperately looking for home but can't find it – even though they're already there.

Mom said they might also display tremendous anxiety and fear of death along with this restlessness.

Germaphobia and this type of extreme restlessness can range from uncomfortable to debilitating.

But *Arsenicum album* 200 is an excellent medicine to help your human return to normal– once daily until the condition is improved, then stopped and only resumed as needed (but generally no longer than a few days or so).

Plus, *Arsenicum album* has the added advantage of being a specific medicine for viruses where there could be nausea, thirst, diarrhea and also great fatigue (which is one of the hallmarks of the particular virus).

Mom always knows best. I'm so lucky to have her.

But here she comes again, so I have to get off her computer!

I'm telling you, having her at home so much more now makes it very difficult for me to get into trouble.

I sure hope things return to normal soon before I become Buster the Well-Behaved Office Dog!

Nope. That will never do!



P.S. Joette, here.

I can't quite understand why there are paw prints on my keyboard ... along with a blog post I didn't write. Hmmm. Curious.

But while I have you here, please let me encourage you to take this time you might have spent on the beach to continue your education in homeopathy.

Better yet, continue your education *and* make new friends.

My [Gateway to Homeopathy: A Guided Study Group Curriculum](#) will enable you to form your own Study Group, or you can join one created by another like-minded leader. ([Find a Study Group here.](#))

Probably one of the more fascinating advantages of being in a Study Group is that you'll potentize your own learning curve.

If you know nothing about homeopathy ... that's perfect. This is your "[Gateway!](#)"

If you already know plenty about homeopathy, I promise – yes, I promise – you'll learn faster and better by being involved in a Study Group.

Why?

Because members will bring in questions you had never considered.

They'll bring complicated cases to the table – cases you'll be drawn into and will work to solve as a team.

Use my practical method to fold homeopathy into your life – seamlessly.

As I've said before, we can do this– mother-to-mother, family-to-family, linking arms across the world.



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Podcast 96 – Keeping It Simple



IN THIS PODCAST, WE COVER:

- 01:14** Symptoms
- 07:14** Fatigue
- 11:54** Medical Tests
- 15:55** Alternatives to Homeopathy
- 21:57** Influenza
- 24:58** Sprezzatura

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

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 96 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively.

So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration – you need as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Hi, I'm Kate, and I want to welcome you back to the Practical Homeopathy® podcast. I'm here with Joette today, and we are going to be talking about "keeping it simple."

Joette, you wanted to share with your listeners about the idea of symptoms, and how sometimes, they can actually be side effects from some things that we might be taking. So, why don't you expand upon that today?

Symptoms

Joette: Sure, let me start with this. That is that symptoms are key in homeopathy – not because we want to *treat* them, but because we honor them, and we use them. They are our gifts.

I know that's hard to believe when someone's suffering. The last thing you're thinking of is that this headache is a gift. But in a way, it is because it directs us to which homeopathic medicine will help correct it.

Symptoms are just representations of something that's going on deeper.

Now, let me say parenthetically, we needn't know what it's representing. That's not the job of the homeopath or the person who's using homeopathy. The job of the homeopath is to *use* that information.

So, if there's itching in the middle of the night *only*, that's different than itching after taking a shower. That's a symptom that matters!

If we are treating symptoms with drugs – steroids, for example, for that itching, or magnesium (gross magnesium), or whatever else we might be taking – it can cause trouble.

It might relieve that itching in the middle of the night, but that's not what necessarily we're looking for.

Now, that sounds really ridiculous for someone who is new to homeopathy.

Kate: Right.

Joette: But the problem is that steroids don't cure! Homeopathy has the ability to do such.

I'm not going to tell you it's going to cure every case or how far it will go. But steroids don't cure; they actually suppress.

Suppression of symptoms is a naughty word in homeopathy. We don't want to suppress anything.

Those steroids might indeed get rid of that itch at that time. But later on, now the itch, my guess is – and it's an educated guess because I've seen it happen many, many times – now the itching is not in the middle of the night. Now the itching is first thing in the morning and in the middle of the night. Now the itching is not just on the scalp. Now the itching is on the flexors and on the belly and on the nose.

So, it gets worse and worse, and we need stronger and stronger steroids to hold it down. It's like pushing down on a water balloon, and then it bulges up somewhere else. And you press down on that bulge, and it bulges somewhere else.

So, symptoms are very, very important in homeopathy. We use

them; don't treat them. Symptoms can be caused by a myriad of substances.

And so, when someone tells me that they have a condition – or they only have symptoms, they don't even have a name for the condition necessarily – my first question is, "What are you taking?"

Always.

"What are you taking?"

They think that "natural substances" will not cause trouble, but I totally disagree. So, it can be natural substances such as vitamins – although I don't think they're all that natural, and we'll get into that too in a minute – or supplements, food supplements, et cetera.

Drugs will most *definitely* cause symptoms. They're called side effects. There is no such thing as a drug without a side effect. If you're taking a drug, you're going to get a side effect.

End of discussion.

It may not be what you expect, but you will get a side effect – unless you get on it for a short period of time,

and you're done, and you get off it quickly enough. But if there's ever a chronic condition or a chronic use of a drug, just count on it. That's what it will cause.

But I also warn people that homeopathy can cause symptoms, too, if it's used incorrectly. So, many times, people say, "Well, yeah, I take cell salts every single day. I've been taking them for years. And now I've got these hangnails all the time, or I'm getting whitlows, I'm getting infections on the tips of my fingers."

I always say, "Well, whoa, whoa, whoa, whoa! You're taking homeopathic medicine for years! Not that we would never ever, ever consider that. That certainly is a potential. Sometimes we do need to use homeopathic medicines over a period of time. But if you're taking it just willy-nilly because you're thinking, 'Oh, well, it's just a cell salt. I can just take these lower level potencies forever and not have any problems,' well, you might be mistaken."

I would urge people to assess what it is they're doing.

A lot of what we suffer is extrinsic. Not everything! We have hereditary conditions. We have conditions that come from events earlier in our lives, injuries, et cetera.

But a lot of what happens to us is our over-intellectualizing and trying to find a solution and adding them all up. So, I meet many times with folks – students and clients – who tell me that they have a condition, and I ask,

“So, what are you taking?”

They tell me the list of supplements. Sometimes their lists of supplements are so long that I can't ... my fingers get tired writing them all down on my keyboard!

Then my next question is, “So. Are they helping?”

Well, obviously, they're not helping, or they wouldn't be asking for help from me!

Then the question is, maybe shouldn't you consider the possibility that these supplements and vitamins – which by the way vitamins are almost always synthetic. If we know that, that changes things. We think vitamins are, “Well, vitamin D? Yeah, that's natural.”

No. It's natural if it comes from food or sunshine. It's not natural if you're taking synthetic vitamin D.

Then the question is, “Is the vitamin D helping you with that fatigue?”

“No. I've been taking vitamin D for a year.”

So, okay. That tells me that we need to consider the

possibility that, number one, it might *not* have been a vitamin D *deficiency* in the first place that caused the fatigue. It might be hormones. It might be psychological. It might be an old cold that was never resolved.

There are *so many* causes of fatigue. Don't assume that just because your vitamin D level is low that that is the cause, the etiology, of your fatigue. It's a guess that that's what causing your fatigue. Perhaps it's an educated guess on someone's part, but it's a guess.

Instead in homeopathy, we don't try to figure out the etiology of the cause, we look at fatigue.

Fatigue

All right, what are the medicines that are specific for fatigue, and how does this fit into the person's picture?

What kind of fatigue? Are we talking about gobsmacking fatigue? Are we talking about mild fatigue? Is it someone who's studying all the time? Could it be having to do with using the brain so much? Could it be instead that the person has a food intolerance, and every time they eat gluten unknowingly that they're getting fatigue? Could it be that they had the flu six months ago, and that fatigue has still not released them? So, it has something to do with a virus?

So, there could be many causes, but we don't need to

necessarily know what the cause is.

Getting back down to our idea of keeping things simple, what I want to make clear is that if you're not feeling well, and you've been taking these vitamins and the supplements and even the homeopathics and the essential oils, maybe it's time to stop everything. Halt it all and reassess and see where you really are. Let's see the real you without you being propped up by those Ziploc baggies full of pills.

Kate: Ziploc baggies.

Joette: That's how people do it. I know because I used to do it myself some 40 years ago: Ziploc baggies. You take two of these before you eat. You take four of these after you finish eating. You take these in the middle of the day.

Oh, my goodness. If you've got to take a number of them before you eat, you almost have to muscle down your meal because it ruins your appetite.

Kate: Joette, you mentioned having low vitamin D. What do you do if you actually do have a test that confirms that you are low in vitamin D?

Joette: Well, I don't have a test. I don't test. I'm not a medical doctor. I don't diagnose.

But people come to me with their tests in hand and this is what I find – not always – but I find it far too frequently. They're low in vitamin D, so they start taking it. They've been on it a year. The vitamin D levels are improved, yet they still have the fatigue.

Now what?

Or, here's another second scenario. They're low in vitamin D. They take vitamin D synthetically. The vitamin D levels don't change.

It makes me question the test. I question a lot of these kinds of tests. Because before we started studying vitamin D or using these tests for vitamin D, we were doing tests for other vitamins and other blood levels. I find that there are "tests du jour," and they're not across the board. Some practitioners use this kind of test; some practitioners use another kind of test. And so, we're getting uneven information. We're getting skewed information.

What I find is that homeopathy doesn't treat "low vitamin D."

Instead, we look at what is the condition? What's the problem? Before you went into the practitioner who declared that you have low vitamin D levels, what did you go in for? What was the condition? Was it fatigue?

Okay, as I said, let's use a homeopathic medicine that's specific for fatigue *regardless of the cause*.

Or did you go in because you had bad skin; it was dry, cracking. When the test showed up that you were low in vitamin D, there might be an assumption that it must be that you need vitamin D in order to bring the skin up to snuff. But now, that person's been taking the synthetic vitamin D all these months and maybe years, and lo and behold, the skin is no better.

So, why don't we just use the medicine – the homeopathic medicine – that is specific for skin that's dry and cracked, especially in winter, especially around the fingertips and heels?

So, here's the thing. We started homeopathy in the late 1700s before there were any of these tests. Microscope was only just invented around the same time. They still didn't know how to use it really – certainly not the way that we use microscopes and these kinds of tests now. And we were still able to deal with fatigue, and dry, cracking skin, and brain fog (another condition that is declared to be related to vitamin D).

Kate: Joette, when we do our Study groups, we talk a lot about the Banerjis and the fact that they're medical doctors, and they rely upon tests and also diagnoses.

Can you just reconcile that for us, because I know those are

important things when we're taking protocols? We want to be *sure* that we do have that particular condition that we're taking the protocol for. But on the other hand, we're saying we don't necessarily rely on the tests.

Can you just talk about that for a minute?

Joette: If there's low ferritin or high ferritin then we want to know that. That's an important test.

Kate: Maybe thyroid, although that's not necessarily accurate either.

Medical Tests

Joette: Thyroid tests – that can give us information, there's no doubt about it – MRIs, all of those. We depend on conventional medical tests.

But when they get to the point where we're testing whether or not this or that vitamin is high or low, that's when I draw the line.

I'm not saying – for a minute – that this will *never* be of any use. I'm just saying that so far, in my experience – especially in the last five years, and I see a lot of

clients and a lot of students every week – that I find that these tests that show low vitamin D, as an example, are not as reliable as we would like them to be.

Thyroid tests, pretty much we know when the thyroid is low. But it's not a bad idea to get that tested. We know because there's hair loss; there's fatigue; there's dry skin on the shins; and we could keep going on what happens when someone has hypothyroidism.

But if there's a test that shows it, and it's pretty clear, then by all means, let's use the homeopathic medicines that are specific to that.

Kate: Even those tests cannot be super-accurate.

Joette: Yes, absolutely. There's no test that's 100% accurate.

Same thing with x-rays. A lot of x-rays never show bone infections. Well, now what? Does that mean there's no bone infection or does it mean that we keep asking questions and keep looking?

Any doctor worth his or her salt will tell you, "Our tests are not conclusive." Which is

why they

use two and three and four tests. Because if this doesn't work – doesn't give enough information – then we go with

this one or that one or this one or that one.

That's why homeopathy is so valuable because I encourage people to get tests. Not over the top! I think tests can be superfluous – grossly superfluous – in our world today: that you just go for a mammogram just because you've hit a certain age or a colonoscopy because you've got a colon. I mean, it's over the top.

So, I think that's ...

But if you need it, but if you *need* it ... you've got something wrong ... then by all means, I *urge* people to use their doctors and go for tests – conventional doctors for their tests. It can be very revealing.

But once we got the tests, and there's still a problem (in spite of working with those tests and using a method that reflects the information that we've gotten from that test), if the problem still resides in that person, then obviously that test – not obviously – it *may be* that that test didn't reveal what we were looking for.

Then we can depend on *this* method where we use the symptoms to determine the medicine regardless of what the etiology may indeed be believed to be in place.

Kate: I think this gets back to when you said, "Stop everything that you're doing, take a break," also the

importance of keeping notes and writing everything down. What are those symptoms after you are off of all those things?

Joette: Yes, but, let me also throw this caveat in there: I would never tell anyone to get off their drugs. So that's different.

Kate: Right.

Joette: If someone just hops off their drug injudiciously, it can cause a boomerang effect.

Again, I will say I'm not a doctor. I would not have prescribed that drug. It's always better to use the homeopathic alongside – in tandem with – the medication that's being used for whatever it is.

Let's say it's a hypothyroidism. Then the person goes to the doctor and says, "You know Doc, I think I'm doing a little bit better."

Then they see how things are going and then they can back off of the Synthroid, for example, with the guidance of the doctor or the pharmacist.

That's not my realm.

My realm is to use the homeopathics so that the drug becomes superfluous. And once that happens, then the person goes to the doctor and says, "What can we do about this? I guess I don't need this so much anymore."

Or, "Do I need this so much anymore?"

Or, "Now I'm going into *hyperthyroidism* because I'm using a synthetic drug to take up the slack, and I'm using a homeopathic to make the correction. Apparently, something is working. So, let's back off of the thing that is the most synthetic."

Since homeopathy is not synthetic, it might be prudent to consider that possibility.

Alternatives to Homeopathy

Kate: Joette, let's talk about what you take other than homeopathy? I would like to hear what you use besides homeopathy. Because I know for myself once I found homeopathy, I really don't use many other things at all. Like right now, I'm actually taking some elderberry juice just to boost my immune system, but that's not a supplement. That's a fruit.

Joette: It's food.

Kate: Yes, it's food. What about you Joette, what do you use besides homeopathy?

Joette: Well, I have a cold right now. You can probably tell by my voice. I sound so "deepened." "Authoritarian."

Kate: Yes, you do.

Joette: I don't take anything. I eat garlic when I go through something like this, and I use my homeopathy.

Now, last night, I felt pretty sick. I felt very weak. My chest felt congested and heavy and weak. I took my homeopathic medicines, and I got rid of it. I took it again this morning. I'll take it two to three times a day. That will clear up this cold.

But I'm working all day. I don't feel fatigued now. My chest feels fine. I don't have a problem except for how I *sound*. That's fine with me.

But no, I eat garlic because I love it for one thing. Anytime I have an excuse to eat raw garlic, I'm on it!

Kate: I wish there was an excuse to eat chocolate.

Joette: You bet. I know.

I'll drink extra bone stock.

But no, I don't take anything. I'm trying to think. I use essential oils – not for my health. I put some essential oils in the unscented dish soap that I use. I put mint in there, essential oil of mint, because I like the smell. It makes my kitchen smell fresh.

People worry about mint with homeopathy, but it is nothing to worry about if it's just mild like that. It's not as though I'm opening the mint bottle and putting it up to my nostrils and inhaling deeply. *That* could antidote a homeopathic medicine.

I take things more with a grain of salt as I age, as I use homeopathy. I just take things with less concern, with less worry.

I know that homeopathy will take care of this cold or whatever it is that I've got – this cough, this lung issue. To be honest, I think I probably have bronchitis – or a mild case of it because the homeopathic medicines have not allowed it to get too deep, to get too trying, too sobering.

I eat food. I get out in the sun; I've got a tan right now. I live in Florida. I love it. I walk on the beach. I sit in the sun.

What else do I do? I spend time with my husband, and when my

children are in town, spend a lot of time with them, little time with friends. I have a very, very busy life. I work a lot. I work well into every night.

But my husband and I go out to dinner on date night every Saturday night. Sometimes we go on Wednesday nights, too – especially if it's a very busy week, and we can get away and talk about what needs to be done next in our lives or help our children or work on my practice and teaching and the courses, et cetera.

I have a busy life. I don't know. It's a purposeful life. It was more purposeful when I had my mother to take care of. That changed everything when my mother passed away – and before her, my father.

Having purpose in life is absolutely huge. I can't think of a better purpose to have in life than to take care of your parents – your elderly parents – your young children.

If you don't have either one of those categories in your life, then you go to who else you can help; the little bird on the lawn that has a broken leg if you can help wildlife, your pets, livestock if you live out in the country, neighbors, churchmates. That's our pleasure in life. That's our joy. That's where we get ... the reason for living is to help others in need.

That's where (got to bring this right back down to homeopathy) ... and that's where homeopathy comes in – because we can help so many.

But you've made a good point, Kate. Once you get to homeopathy ... and I might say that we didn't just come to

homeopathy after being freshly born or just after allopathic drugs, we come circuitously. We've come from diets (vegan, macrobiotic – that was my background some 40 years ago ... I was using those methods, each one, for many years), vitamin therapy (we've used, I used that for years), supplement therapy, chiropractic, (which I still think is a very valuable method. I like chiropractors. Make sure you've got a good one that has lots of good experience. "Gray at the temples" is the person you're looking for).

Once you get to homeopathy, it trumps everything! This *is* the cadence to the symphony. This is where we land.

Kate: I don't know about you, Joette, but I see people that are newer to homeopathy. They get a cold. They're taking their homeopathics. They're also taking vitamins and they're taking ... I can't think of what else it might be ... but they're taking a number of things in addition to the homeopathy.

Do you see that as well with people that are newer, like they want to hold on to those other things?

Joette: I do see that, but I'm not going to slap them on the back of the hand because they don't have the confidence in homeopathy yet. If they put the time into it, they will gain the confidence and the comfort level to know, "I don't need any of that."

You know, I had asthma years ago, and I used to have

Benadryl. I never *took* it. I bought it and had it in my medicine cabinet. It took a very long time for me to feel comfortable that homeopathy would take care of this asthma that I had.

So, I didn't throw it out for many years. It just sat there. Every time I went to my medicine cabinet, there was ... a glaring evidence that I had asthma.

But as the years went by and the asthma fell to the wayside – just completely melted away – I finally had the gumption to throw it out. I did! I threw it out! And I haven't had asthma in, I don't know ... my youngest was an infant; he's now 24. So, 24 years ago. Not even a whisper of it.

Even with this potential bronchitis that I might have – this cold, whatever it is that I have now – I don't get asthma. I feel *heavy* in the chest, but I don't get the sensation of inability to breathe in or out.

Influenza study

Kate: Joette, I wanted to bring up an interesting study that was published and is on the pubmed.gov website. I was reading this today when I was looking at different things for influenza.

There was a study done in 2009 to 2010 for people who had influenza-like illnesses by homeopathic and allopathic general practitioners in France. And the conclusion of the study which was interesting (it wasn't unexpected to us who use homeopathy), it says that, "In France, homeopathy is widely accepted for the treatment of influenza-like illness and does not preclude the use of allopathic medicines. However, patients treated with homeopathic medicines *only* are more satisfied with their treatment than the other patients."

So, that was interesting.

Joette: Go on.

Go on!

What a revelation!

Well, *of course*, they're more satisfied, and that's really the answer. Was the question, were you cured? No, they were more satisfied.

Because if you take a drug for influenza, it might keep you from coughing a little bit. It might suppress your cough. It might keep you from vomiting. It might keep you from getting diarrhea. But then the flu lasts for two months, or now you've got a cough that's chronic, or ... or ... or ...

Because drugs always have side effects. Always, always, always.

Satisfaction is what we're really looking for. In the end, how do we *feel* about how we were treated?

Plus, I have to say that homeopathy is much more humane. You never hear a homeopath saying, "Don't worry your pretty little head. I'll tell you what you need to take."

I certainly hope you wouldn't.

Instead, any homeopath worth their weight in salt says, "This is what we're using. Go ahead and read up on it," because it's *teamwork* between the homeopath. (It should be! If it isn't, then you're with the wrong homeopath.) But it's teamwork.

You're working with the person who's proclaiming that the condition, who's describing the symptoms, who has perhaps used a homeopathic medicine and found that particular one wanting, so that we can move together on to the next idea. It is a *pas de deux*. We need to dance together and come up with it – the homeopath and the client.

Unfortunately, it's often not like that with modern medicine. Perhaps not at the fault of the medical doctor,

but at the fault of the system because they're required to see so many people in a day. They've been trained to just throw a drug at it readily.

But they are overworked often, depending on what kind of practitioner we're talking about. But they're often overworked, and they may not be able to listen for 30 minutes to get to the essence of the problem. Plus, they don't *need* to. They've got a drug that treats that particular symptom. So, that's where they go with it.

Sprezzatura

Kate: Joette, let's summarize and just talk again about keeping it simple.

Joette: I don't want people to think that I'm saying stop everything, *especially the drugs*. I really want to emphasize that. *That could be a dangerous practice for someone to just drop it. You need to work with your doctor if you're going to slowly back off of it.*

But I do caution people to not get into too many paradigms. Too many paradigms will confuse things, and every rabbit hole causes more confusion. So, try to keep it as simple as you possibly can.

But there's something else about simplicity.

One of my favorite words in Italian is "sprezzatura." The meaning of sprezzatura is to do something that looks very simple in its application or in its results ... by doing something, by taking, by learning something, by approaching a problem or a condition or a subject with a lot of forethought, but *looking* as though you've done it with great simplicity so that it looks simple and elegant in its presentation ... is the meaning of sprezzatura.

And *that* is homeopathy.

We've gotten 250 years' worth of the great masters – the great homeopaths of our past, medical doctors who were much greater thinkers than I am – who have put together our *materia medicas* and our repertories and have given us (such as in Dr. Samuel Hahnemann's case) the whole layout of what it means to use homeopathy. What homeopathy is, the aphorisms, the theories and even beyond theories, the rules, the laws of human health.

Get all of that and concentrate it, put it all together. Then allow *me* to get that information and pass it along to mothers and grandmothers and others who are interested in a very simple fashion.

It looks like homeopathy is really simple often because if you've got this; you can take that.

If you've got a head injury; you can take *Arnica*.

If you've got joint pain in your knee; you can take *Arnica* and *Symphytum*. It makes it pretty simple.

But in the end, when you look back and look at how complex this medicine is and how complicated the human body is, then we realize that the essence of the word "sprezzatura" is homeopathy.

It gets what's complex and complicated and hands it to a person and says, "This is how you do it. Here's the medicine, here's the potency, and here's the frequency."

We don't need all the superfluous stuff that people use on the way to finding homeopathy. It's okay that you do it for a while. But learn enough homeopathy, and you won't even think of using it any longer. You'll just depend on your beautiful sprezzatura homeopathy.

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.

With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify, and iHeartRadio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

Don't Go It Alone!

Don't Go It Alone!



Thank goodness for the internet. Although we may be socially distanced, we don't have to be socially *isolated*.

Sharing experiences – as well as sometimes even sharing medicines – is vitally important as we all face this unprecedented time together.

As you may know, my entire family just recently experienced a virus.

Did we have “*it?*”

I can't say. We weren't tested.

So, who knows?

Here's what I do know: we stayed at home and took care of ourselves – with homeopathy.

We were able to continue working the entire time except for a portion of only one day. (You can read about the medicines we employed in [We Can Do This ... Mother-to-Mother, Family-to-Family.](#))

But after the virus was soundly defeated, what did we use as we convalesced?

The recovery medicines, I find, are the ones that worked all along. For instance, if [Bryonia](#) worked well for one of us when we were ill, I would use *Bryonia* for that person's recovery as well.

If [Gelsemium](#) was a better fit for another member of my family, then I'd use *Gelsemium* during their convalescence.

That being said, as we recuperate, I also like to employ [Calc phos 3](#) or [Calc phos 6](#) along with *Ferrum phos 3* (or [Ferrum phos 6](#)), twice a day until feeling very much better – until we're back to our old selves.

But let me say this, as I have in the past: If you don't have what you need – use what you've got until you get what you need!!! If you don't have *Calc phos* or *Ferrum phos*, then, by all means, use what was working for you!

And remember to share the information – and maybe even the medicines – that worked well for you with your friends and family.

Folks, I encourage you not to go it alone. Especially now. Learning with others offers the best potential for furthering your education.

In case you don't know, I haven't always been a homeopathy leader.

I used to be a mom – desperate to find a way to keep my then-unborn child from the ravages of modern medical drugs. I was willing to do whatever it took to keep him from the “requisite” antibiotics, steroids, asthma treatments, et al.

But as I learned a little homeopathy here and there, I began to shed my previous reliance on essential oils, vitamins and supplements (I had already eschewed synthetic drugs earlier in my life) – and things started to change for me.

In fact, it was more like my knowledge skyrocketed. AND my confidence.

That's what knowledge does!

I learned how to address ear infections with adroitness, conquer strep throat with one hand tied behind my back and treat injuries without angst.

Then one day, it dawned on me: It would be easier for me to realize my potential if I had friends along the way – friends who would gird me in this new exciting lifestyle.

I could duplicate my efforts!

So, I mentioned to a small group of friends the idea of holding a meeting in my home to learn how to use homeopathy for our families.

That simple concept blossomed into an every-Thursday-night ritual for four years. I actually don't ever remember missing a single study group meeting – I loved them so much.

I knew very little about homeopathy when our group was formed. I just knew I didn't want to do it alone.

Plus, once I recognized how powerful homeopathy could be to

protect my family from illness and often worse, the treatments offered by conventional drugs, I felt it was my *obligation* to draw in others.

My mother-in-law lived in Cape Cod while I was in Buffalo; otherwise, I would have brought her into the group. (Remember, there was no Skype or Zoom back then.)

It would have been the easy way to fold her into my new lifestyle gently.

It will make your life easier if your little community is on the same page as you are.

It's a way to ensure your daughter-in-law will have the tools she needs to raise your grandkids with confidence and aplomb.

Today, I see groups forming all over the world where only mildly interested or downright skeptical relatives and friends are carried along by the enthusiasm from those who started a homeopathy study group.

It's how study groups work!

With my simple decision to learn homeopathy with others – that one little shift – my life was transformed.

I sit here today, feeling safe and calm in the present storm. When I go out to the grocery store, I see the panic in the eyes of masked and gloved strangers.

I don't want to diminish in any way the importance of safety precautions, but it's disheartening to witness the fear.

In these uncertain times, I can't urge you enough to consider starting your own [Gateway Study Group](#). It's easy to do online via [Zoom](#) or [Skype](#).

In better times, you can hold meetings with local friends in

your home or your church basement.

And don't forget to get your kids in on it, too. They'll likely learn faster than you!

Probably one of the more fascinating advantages of starting a study group is that you'll potentize your own learning curve.

If you know nothing about homeopathy ... *no problema*.

If you already know plenty about homeopathy, I promise – yes, I promise – you'll learn faster and better by leading a study group and using my practical method of folding homeopathy into your life seamlessly.

Why? Because members will bring in questions you had never considered. They'll bring complicated cases to the table – cases you'll be drawn into and will work to solve as a team.

We are a worldwide movement of mothers, grandmothers and families realizing modern medicine is not what we all thought it was.

It's a global movement putting the ability to cure smack dab in the hands of the families – where it belongs – into the open arms of homeopathy.

Your homeopathy adventure, your fine-tuned lifestyle – now, more than ever – is just waiting for you to dive in.

Join me in turning the world onto the medicine we've all needed and wanted for our families. Let me guide you so you can guide others ... so they can guide others still.

As I've said before, we can do this – mother-to-mother, family-to-family, linking arms across the world.

And *now* is the time.

Pass on the good news of homeopathy and get crackin'!

Warmly

Joette

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Podcast 95 – Moms with Moxie:

Homeopathy on the Farm



IN THIS PODCAST, WE COVER:

- 06:14** RN background
- 07:56** Homeopathic stories
- 13:31** Farmhands and homeopathy
- 15:03** During harvest time
- 17:02** Saving calves
- 24:22** Snakebite remedies
- 27:54** First aid box

30:22 Some advice

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Allergic!? Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back](#)

[First Aid Chart](#)

[Boys, Concussions, and Broken Furniture](#)

[3 Homeopathic Remedies for Mastitis](#)

[Homeopathic Remedy Kits](#)

[Frost Nip, Frostbite; This Medicine Works](#)

[From Tendon, Bone and Cartilage Problems to Healing with Homeopathy](#)

[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 95.

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, I'm Kate. I want to welcome you back to the Practical Homeopathy® podcast. Today, I have a very special Mom with Moxie with me. Her name is Michelle.

Michelle, I want to welcome you to the podcast.

Michelle: I am glad to be here, Kate.

Kate: I'm glad to have you. You have so many things to share with the listeners today. I'm super excited to dive right in because we have a page full of things that you've used homeopathy for. And I'm sure this isn't even all of it, Michelle – that you've written down here.

Let's get started. Michelle, tell us a little bit about yourself.

Michelle: I am a wife to a farmer and a rancher. We live on a lot of prairies that we farm, and we live close to some rivers where we run cows. I have three grown children, and I am grandma to 11. Even my parents live kind of close. So, all of our family lives together and works together on a lot of occasions. I like to spend a lot of my free time just learning more and more about how to be a good Christ-follower. I like to teach. I like to help. I do have a medical background. I'm an RN. I think that's all the exciting things I can think about myself right now.

Kate: I think that is super-special that you live so close to all of your family. I know you're close with your children and your grandchildren and your parents. I think that's pretty amazing that you are surrounded by your family. That's, I think, what every mom wishes for, right?

Michelle: I think you're right. It really is wonderful.

Kate: Yes, living on a farm – a working farm in the prairie – you have a lot of occasion to use homeopathy. But before we hear about your stories, I want to know a little bit of your background, Michelle. Tell us how you came to find out about homeopathy and start using it. Especially, I'm interested because you have a medical background: you've worked in the medical field. So, tell me about that transition.

Michelle: Yes, it's because of the grandkids. The mothers of all the grandkids were starting to use – talk a lot about essential oils. So, I thought I want to be the good grandma, and I want to learn! (And so I know what they're even talking about because they're medicine – or they are *choosing* to use it as their medicine.)

So, I started researching that, and I ended up listening to an online summit that was considered an essential oil summit, but Joette spoke on there.

After I heard her, I went back and listened again. And the next day I listened to her again. My brain just started working, and I kept thinking, "Is this some new kind of medicine? Is this the latest hottest deal?"

I just spent time thinking for about three months. I didn't change my mind super-fast.

But I went to her blog site then, listened to some of her podcasts, read some of her materials, did some other research and in about three months' time realized this is *not* new medicine. It's an old medicine. I realized how it was made and a little bit about what they know.

I just said, "I think I can learn about this," and I did!

Then all the kids go, "Mom, this is so much better than what essential oil was offering us. It has a lot broader scope."

Kate: That's interesting because your children got you into the essential oils. Then you brought them in to understanding about homeopathy.

Michelle: I did. I have to give them a lot of kudos. But I have to thank Joette, too, because she had that [Gateway to Homeopathy course](#) about that time. All those moms were a part of that group that I had, and I knew practically nothing, Kate. I was so brand new. They were willing to join me to learn (and few other ladies), and we have had a wonderful three or four years now working with homeopathy.

Kate: That's so great! You started leading a Gateway to Homeopathy group, and you really were brand new to homeopathy.

Michelle: I was very brand new. I was very brand new!

I actually jumped into homeopathy by taking a course from her – which was an unusual thing for me to do. I'm not a real computer person, but I have gotten way better at that. I did that.

Then it was like, *I want to lead*. I want some of my friends to know; I want my family to know – if they're willing.

Yes, I did not know hardly anything.

Kate: So, what course did you take?

Michelle: I took the [Allergic!?](#) course with her. And that was ... it was very interesting.

Kate: That's one of my favorite courses. I mean, I guess if I think about them all, I could say that about all of the courses. But, I really like the Allergic!? course. It has way more in it than you think that it would. It's not just allergies. It encompasses many more conditions. I really enjoyed that course.

So, that got you started into understanding homeopathy. You led a study group, and you and your family members have been studying together ever since.

Michelle: Yes, they have studied different things. Some of them have taken different courses. I've probably done the most, spent the most time – partly because I'm at a point in my life where I'm grandma, and I have a little bit more time than those that are raising the children right at this moment.

RN background

Kate: Michelle, how does your nursing background come into

play when it comes to alternative medicine? How did you reconcile those two things?

Michelle: Well, actually, Kate, as a nurse, our primary thing is to help people. What I was starting to see is all we do is keep adding medication upon medication upon medication. Most people I know, especially since I've had some elderly in my life, they are on like 7 to 10 to 12 medicines *forever*, and nothing actually ever goes away. They just keep adding more.

So, when I learned about homeopathy and the fact that it could have the possibility of correcting even one or two of those things so that they may possibly be able to take fewer conventional medications, I wanted to look into it and learn more.

Kate: Yes, isn't that exciting to know that there's something out there that can actually reverse conditions, and you can heal – you can heal the root cause of the issues.

Michelle: You can. And one of the things that I really liked is there's also homeopathic remedies for so many things that conventional medicine wouldn't even touch: itchy skin and just stuff that comes up. We can do something rather than sit around and wait for it to get bad enough to go to the doctor.

Kate: That's a good point. I love that!

Alright, Michelle, let's talk about all the ways that you've used homeopathy. Well, I know we won't get to *all* of them. But let's talk about some of the ways that you have used homeopathy with your family and on the farm.

I want to hear first about those grandkids because I know that there have been some pretty interesting things that have happened. So, tell us some of those stories.

Homeopathic stories

Michelle: Well, probably my favorite thing that I found early on when I started with Joette was her [First Aid chart](#). You go on her site. You download it.

I have used that for the very first things I ever did – which was broken arm, concussions, abrasions, pokes. I learned those few medicines, and that really got me started.

The broken arm one, I remember the granddaughter came home with a broken arm, her arm in the little cast. I said, “You know, why don't we try the *Symphytum* and the *Calc phos*.”

She took it for a couple/three weeks; went back for her checkup. The doctor says, “Your bone has healed really fast. You don't need your brace anymore.”

So, I chalk that up to a victory for homeopathy.

Kate: Yes! Then what about the fishhook? That sounded horrible.

Michelle: It was horrible. The hook was actually a big three-pronged hook with a piece of bait on it about an inch by an inch by an inch. So, we're not talking small in a 10-year old's palm of his hand. He was throwing it out, and he got it hooked.

He was doing one of those things that we say. "Please don't do it this way."

But he did.

It embedded all the way through the palm in his hand. If I were his parent, I'm afraid I might have just taken to the emergency room. But they cut off the barb end and worked the hook back through his hand, giving him *Arnica*. They gave him *Ledum*, and they gave him *Hypericum*. The nurse in me said definitely watch closely for streaks going up his arm and infection and keep giving him *Arnica* for several days thereafter.

It healed nicely!

Then I just saw it a couple weeks ago, and they said, "That almost looks like there is still something trying to come out in it." (This is my daughter!) And she said, "So, I think we might give him *Silica* for a few days to see if there's still something in there that needs to work its way out."

I think that's a great story.

Kate: Yes. Oh, my gosh, that sounds horrible. So, I'm glad that he's doing well.

Michelle: I also have one family who has a tendency to get croup, and my daughter just typed in "Joette Calabrese croup" and as of yet, has not had to take any of her children to the hospital when they get that.

Kate: Yeah, those medicines for croup are amazing. They work so fast usually. That's great. That's great! I know croup can be very scary for parents. It's nice to have something that you can do in the middle of the night when that happens.

Michelle: Yes. Yeah, that daughter happens to be a nurse also. It's been interesting to see her share with a lot of her friends. "You can do this, or you can try this homeopathy." And you know, she just says, "If it were me, I try the homeopathy first. And I go to the doctor – next."

Kate: Maybe *she* will start a study group with her friends.

Michelle: She kind of hasn't tried to encourage quite a few of them. She probably will someday.

Kate: Yes.

Michelle: I have one granddaughter who's had a couple of concussions. The first time it happened, of course, the mom didn't exactly know. But she said, "She fell off the tramp. She's kind of sitting there funny and staring at me." She gave her *Aconite*.

Then she said, "I think it's a concussion."

I said, "Yes, I think it is too."

And so, she treated her for that.

She actually has done it one more time. So, her mom knows how to treat concussions by just following the remedies that are on Joette's blog about concussions. The blog that we used for the concussion remedies was called [Boys, Concussions and Broken Furniture.](#)

Kate: Great. I know your daughter has had some issues with mastitis. Can you tell us what you guys did for that?

Michelle: I sure can. She had four children, and each time that she had one, she started having more and more hotspots, little breast infections.

By number four, Kate, she ended up with an actual full-blown case of mastitis – which it comes on in about 15 minutes, and it feels like you’ve been run over by a train. And she was in bed for two or three days with this little baby and, of course, with three older kids that need some kind of care. And got antibiotics from a midwife and got over that bout. And in another month or six weeks, it happened again!

At that point, she had to quit nursing. I don’t know if she *had* to, but she quit nursing. This little baby has had antibiotics a couple times just through his mother’s milk. And so, she was a little concerned. “You know, I’m afraid to have any more children because that mastitis knocked me off my feet.”

Then we learned about homeopathy. Her sister and I said, “You know, we are willing to help you through it if it should happen again.”

She did have number five. She had all the remedies on hand. She armed herself with the knowledge that she needed. She did end up with a couple hotspots and feeling sometimes like she was starting to get like a little breast infection. But

Kate, she was able to never have that terrible mastitis with him and never have to go on antibiotics. That little guy got to nurse as long as his mama wanted him to.

Kate: Awwwww. She just used the remedies when those spots started appearing, and she started feeling like it could head that direction.

Michelle: She did, I think there's a blog post called the [3 Homeopathic Remedies for Mastitis](#). I think that is what she used – got the remedies off of – that Joette just has written down there, right for us to just look up for free.

Kate: I love that.

Okay, so, let's move on to all of your farmhands because I love hearing these stories about the harvest and the calves, and how you've used homeopathy with that.

So, why don't we start off with the harvest that you call The Pinkeye Harvest?

Farmhands and homeopathy

Michelle: We do name some of our harvest just if they're terribly dry or something specifically memorable. The one about the fact that most of us ended up with pinkeye is memorable. That will go down in the memory books.

We do get a lot of – not a lot – but four or five help, that come in and help us during harvest. It's an intense time. It's several weeks of seven days a week, several hours a day.

As pinkeye starts creeping through the family and finally eventually one of the workers that's actually out in the harvest group got it. She chose to go to the doctor. That was fine. The rest of us were using homeopathy. It was very interesting to notice that she did not get better any faster and, in fact, possibly a day or two slower than the rest of us did.

That is why we get to call it The Pinkeye Harvest.

Kate: Not exactly a great memory, but ...

Michelle: I've also been able to use it with a couple other of our farmhands. One of them had a tendency to get a lot of bloody noses again during harvest. It's dry, hot.

One night at supper, he was having another bloody nose, and my daughter says, "I think I have my kit along." She says to him, "Are you willing to try this?"

We told him just a little bit about it. He said, "I'm sure willing to try it."

He took that bottle of *Phosphorus* and tucked it in his pants pocket. And, of course, he took one and in five minutes, his bloody nose was much better. As far as I know, he didn't have very many more of them during that harvest. So, we use it for our harvest hands if they're willing. That's for sure.

During harvest time

Kate: I love hearing about the girls that come and visit you during the summer. I think this is such a great ministry. So, tell us what you do with those girls that come and help out during harvest time.

Michelle: I think I did tell you; I enjoy helping; I enjoy teaching; and I do enjoy having girls around. For one thing, they just keep you feeling young. But I've had a couple that stay – often in my home – during summer for a month or two.

This last summer, we had a couple that stayed. And they

showed up, and the one had this terribly sprained, strained wrist. I'm thinking, "She's supposed to be driving a combine for a month?"

She's already in a lot of pain, and I said, "Are you willing to try this homeopathy?"

She said, "Sure."

Kate, in like two days, she says, "I am way better." And in four days, she was really good. Then she went into harvest and never had another problem.

But those girls, you know, just things with girls: menstrual cramps, complete exhaustion, all those things there's usually a remedy that can help that through.

Those girls, when it is time for them leave (of course, they'd been in my house for a month or six weeks), I said, "Girls, do you have just 15 minutes to give me? I want to sit down with you. I want to explain just a little bit about homeopathy to you."

They were very gracious, very wonderful. Sat them down, gave them my little 12-minute speech and got them to sign up to get Joette's weekly blog and just encourage them that they would always consider that and think about homeopathy as they go through life.

Kate: That's so great. You've really planted that seed with those girls. Now they can have a resource for the future when they have issues. That's great.

So, let's talk about the farm next and the animals. I know that you guys grow grains as your primary crop. But you also have beef cattle. And I know you have some pretty cool stories about saving calves. So, tell us a little bit about that.

Saving calves

Michelle: I know you've probably heard Joette say, "Practice on the animals." It is such a wonderful way to try things out that you hope you never have to use (probably) on humans. But I have enjoyed it so much.

Probably the very first thing that happened with us when I was first learning, I learned that *Carbo veg* is ... the name on it is "corpse reviver." Well, we were having a cold, wet, snowy, I suppose, calving season. Some calves just don't react very well to that.

I remember the cowboys coming in and saying, "We have a calf out there, and I don't know if you've seen this, but their legs get straight, their neck starts to arch back. Their eyes are half closed. Basically, we just know they're

probably going to die. They look like a corpse.”

I said, “Take this out. Stick it in their mouth. Try it.”

Anyway, Kate, it saved three out of four of the calves in that first season that we even used that stuff.

Honest to goodness, my husband and my son-in-law have told other ranchers that this stuff really works.

Kate: That’s a big deal, saving a calf! Obviously because you don’t want to see an animal suffer and pass away. But also, on the farm, those animals are *valuable* too.

Michelle: They are. It’s the crop of calves that puts cash in the bank and shoes on our grandkids’ feet. That is exactly right. We want to save as many as we can.

Kate: Tell us what potency did you use in the *Carbo veg*?

Michelle: We use *Carbo veg* 200. When they’re laying like that, it’s pretty easy just to open that cold little lip and stick it right in there. Of course, we do try to warm them up and do some other things for them. But primarily, that was the only medication that they had.

Kate: Do you usually end up giving more than one dose, or is it just one time that you use it?

Michelle: It had kind of depended on each calf. But one or two at the most, I think, that they ever gave ... was one or two, because they'd start getting better.

Kate: I found that remedy amazing for animals that are having severe health issues as well. It's so incredible.

Michelle: I could tell you one more little story about a calf. It was a terrible spring storm, very late spring storm. We could hardly see. We get a call that we have cows that have been pushed through two fences with the storm and were getting onto a roadway.

We had to go out in this terrible storm to go see if we could get those cows into a corral near a neighbor's house and stuff. When we got there in the pickup, my son-in-law was already there. He had his three-wheeler unloaded. My husband unloaded his. I'm sitting in the pickup and follow them to this farmstead. Pretty soon I see my son-in-law driving up with a calf that's just draped over the back of his four-wheeler.

And I thought, "Oh my gosh, he found a dead calf. He's going to throw it in the back of the pickup."

But instead, he opened the door, threw it at my feet and

said, "I think it's still alive!"

Kate, for some reason, I had my [remedy kits; my red kit, my 200 kit](#). So, I just started administering remedies to that calf.

This is where I'm going to tell you it's important to try to learn them because I didn't have my phone. I didn't have my computer. I was out in the middle of nowhere.

I knew to give it *Aconite* for the shock. I gave it *Carbo veg* because it looked like it was almost dead. Then I remembered [reading a blog article that Joette has](#), something about frost nip and frostbite, something like that. It said to use *Hamamelis*.

I alternated those things and just left that calf in the pickup until they got done. Then we took it down to our farm and the next morning, it was up running around the shop. We went back and got its mother and put the two of them together and watched them for a week, and he was fine.

Kate: How incredible. I know you said, too, as a nurse, you took the time to just let its body temperature rise slowly.

Michelle: You're right, and that is something from my nursing background. I know you just don't go plunge him in 110-degree water and try to rush the process. Since it was an animal, we took it to the shop and let it get better. If

it would have been a person, we would have went to the hospital.

Kate: Yes, right. That's an amazing story! How fun it was to walk outside the next morning and see that calf running around. I bet.

Michelle: It really was. It was really a happy day when we actually took that calf to market. Because we thought well, maybe it's one of those that'll die during the summer out in the pasture. But it didn't Kate!

Kate: Ohhh!

So, your farmhands have, with your instruction, use homeopathy with the animals and themselves. Are they enjoying using homeopathy, or how do they feel about homeopathy?

Michelle: Each one's a little bit different. But I will admit that it's kind of fun to see.

I plan someday to actually make a poster to put down in the barn that "If you want to try this ..."

We actually have some remedies down in the barn. One of them is *Arnica*, and one of the young men who do some calving for

us got bumped into by a cow here not too long ago. When he came to the house and told me, I said, "Gosh, are you okay?"

He says, "Yes, I'm going to have a pretty nice bruise."

I said, "Well, maybe would you mind take in *Arnica*?"

He says, "I already did. There was some in the barn, and I've already taken a couple doses."

So, he was receptive to that, and he even knew which one to take.

Snakebite remedies

Kate: That's great!

You had talked about snakes and the possibility that when those ranch hands are out fixing fence or whatever, that one of the worries is that they could possibly be bitten by a snake. You do some special things for them to help in case they were to run into that situation. So, tell us about that, Michelle.

Michelle: This is one of those cases when you stop and

think about something that your family is likely to run into and learn about it. That's what I did.

All four of our homes are where rattlesnakes live. So, I researched what to do in case of a snake bite. So, every one of those houses has a little baggie with a snake bite kit in it and a simple little card that tells them how to use that.

But besides that, when the men are actually out in the coolies themselves, we send two remedies with them. We send them *Aconite* (for just the fear of thinking you got bit by a snake), and then making sure that if you did, then we send them with *Lachesis*. And of course, then get back to the house where there's more remedies, and then they can get you into the hospital and stuff if you are truly bitten. So, I do, do that.

It's *Aconite* 200 and *Lachesis* 200 that we send out with them. But then there's a little bit longer list that's at the houses.

Kate: But that at least gives them some time, they can get back after they've taken those remedies. You can determine what they might need next and get them to the hospital, of course.

Michelle: That's exactly right. I think that's why I stuck the *Aconite* in there because I think "thinking" that you got bit by a snake would be a fearful thing to even *think* happened.

Kate: Right, and it's a shock to your body. So, anytime that there's an accident or something like that, I think *Aconite* is a remedy that I think of.

Michelle: As I do. I think if you're by yourself, you sure wouldn't want to pass out from the shock and fear of everything. Let's hope we have that not happen and let us get back to where we can get more help.

Kate: *Aconite* is definitely one of those remedies that you never want to leave home without, I think.

Michelle: That's true! That's true.

Kate: So, you told us about these little Ziploc baggies with the snakebite remedies. You also do something for your dad – where he has a condition, and you make a little Ziploc baggie full of remedies specific for him. Tell us what you do for your dad.

Michelle: Well, those little baggies ... I made one up for my parents because my dad has a tendency to have some anaphylactic reactions in his past. One time even actually had to have a helicopter trip because of that. And so, I knew this was a possibility.

And here, not so many months ago, my mom called up one night

and said, "I think your dad's having a reaction."

I said, go get that little kit. Give him the *Apis* 200. Get in the pickup. Start to town. I will meet you.

That is what they did.

I met them. I had some higher potency *Apis* with me. We took it, and even by the time he got to me in about 20 minutes later, he said, "Well, I'm not worse, and I think I'm a little bit better."

We went on ahead to town. I gave him the medicines I have – or the potencies that I had. We drove around town for an hour, and he just kept getting better and better. He said, "I think I'm ready to go home."

He slept fine that night, called the next morning, hasn't had another incident yet!

But I do have that little baggie. It has simple instructions – written rather large. I hope my parents can read it if they should need to, in case of another emergency like that.

Kate: Yes, my daughter has had some anaphylactic reactions and we've used those medicines, and I just think it's so incredible. We don't need an EpiPen! I mean I'm not saying

you shouldn't have one or shouldn't get to the doctor, but we, thank goodness, have never had the need for that.

Michelle: Right. You haven't had to use it. I'm thankful for that, too, because I asked my dad about that, too.

He said, "Well, those things are always outdated, and they're expensive."

I'm like, "He's right!" They are, and when you need them, you're not sure that they're going to work anyway!

You don't know for positive anything's going to work, but I love the option to take something on the way to the hospital.

Kate: Yes, I agree. Take it, get to the hospital. Like Joette says, you can sit in the parking lot at the hospital.

Michelle: Or drive around town. That's what we did.

Kate: Or in the waiting room, you know.

Michelle: Yep, exactly. My dad also has an aneurysm in his abdomen that they found as a result of him having a reaction to some conventional medicine. It gave him Pancreatitis.

They did a scan ... find that he has this abdominal aneurysm.

Anyway, I thought through some remedies that I thought would help him, and he had been taking them. Basically Kate, the goal with this is that it doesn't get bigger. Because we had to go see a vein surgeon, and he says, "You know, if it gets bigger, and it risks bursting ..."

I'm so happy to report to you that it's been two years now, and his aneurysm is slightly smaller, definitely not any larger! I'm thankful.

Kate: You've been using homeopathy with him all that time.

Michelle: Specifically, for this, yes. And he may always have to take that. That's all right with me as long as it doesn't get bigger.

Kate: Right. That's pretty incredible. Good job, Michelle!

Michelle: Well, thank you. I consulted with Joette once. She said, "That's just a wonderful story. Good job!"

Kate: Yes. You're doing great!

Michelle: Yep. Yep!

Kate: I know that there's been so many other things. We could go on and on and on about different things that have happened on the farm, with the family members and farmhands. So, just walk us through a few of the situations, Michelle.

First aid box

Michelle: Probably one of the things we do, we have a rather large machine shop, and there's the first aid box. Inside of that we have *Aconite* and a couple potencies of *Arnica*.

The men in our family and the guys who work out in that shop pretty much know what to use.

I also have *Calendula ointment* out there for them to put on their band aids after they've taken their *Arnica*. And by in large, they take care of some of the things out there. Of course, they go home to their families when they have something more serious ... a bad cut in the finger.

My husband did that not so long ago. He came home, and he said, "It's throbbing terrible. It hurts terrible."

And I said, "Take this *Hypericum* 200."

He's a typical man, doesn't like to complain a lot. But in half an hour, he came back down and he says, "It doesn't hurt at all!"

I said, "Well, every time it starts to hurt, take it again."

It wasn't too long before he felt a lot better.

I want to mention to your listeners that if they don't know what Vet Wrap is, it's something you buy. I buy it at the farm store. (It comes in pretty colors.) But it's stretchy enough, and it sticks to itself. It holds on – like on fingers and wrists – which for my guys, when they're going to go back out and work in the shop, it's really great to be able to keep those wounds *clean*.

Kate: I love Vet Wrap. I have it in pretty colors, too. It's in my emergency kit.

Michelle: Yes, we sure use it on the arm. We do especially for bendable areas that band-aids just don't stay on, and that you want to keep it clean.

Also, one of the men in the shop got flash burned by a torch. I thought that looked awful, but it healed up very well. Again, went to the [First Aid Chart](#) for the things to do for burns. Took care of it; cleaned it; kept it covered.

It got well.

Oh, you fall, and you hit your knee on a rock. That happened around here ... gimping around for a few days thinking I'm pretty miserable. Back again to her blog, and she has a blog that told us to take *Symphytum* and *Arnica*. After a couple weeks – it took me a little while – I thought of [her tendon, bone and cartilage blog](#). Felt much better.

So, there are all sorts of things that keep happening around here, and we're ready for first aid.

Kate: You guys have experienced quite a bit on that farm with your kids and grandkids. I'm just proud of you, Michelle! You've done a great job!

Michelle: Thank you, Kate.

Kate: Let's wrap this up by telling us what advice you might have for the listeners.

Some advice

Michelle: Well, some of the things that I've done, of course, is to figure out how to make your notes make sense. And in my brain, I actually – probably because I'm a little

bit old school – I got myself a 4×6 card box, and I split things up into body systems. It's possible I do that because of my medical background. But like an anatomy and physiology book, it says things like the skin, gastrointestinal, emotional, musculoskeletal.

And so that's my divisions. Then I add on a few for specific things like cold, and fever, and flus ... head. I split that one out specifically so that my eyes and ears can be on that.

Then I write on the card, the information that I find. Then I write on the back where I found the information like which blog or which podcast, so that I can always go back and double-check it.

Kate, I love those. Because one of the kids calls and says, "I have an eye injury or an eye infection, what do I need to take?

I pull my little card out, take a picture on my phone, message it to them, and they have it. It's that simple for me. So, I really like those for that.

Kate: I think that's brilliant, Michelle. I, too, I don't know if it's our age group, or what, but I like writing those index cards. If you wake up, say in the middle of the night (or a kid wakes up) and you have a condition, you can just pull out that card, and you don't have to go and research. You can just have that information at your

fingertips.

But I *haven't* written on the back of the card where I got the information, which I think is great. Because if you want to look up some more about that condition, then you can just go there. So, I think that's brilliant, Michelle. I love that! Thank you for sharing that.

Michelle: The other thing that I do is I buy 12 gauge shot shell boxes to hold my tubes of remedies. Then I write on the ends with a little, round sticky that fits on there what each of the remedies are. Then I have boxes of them – alphabetically ordered, and that has worked for me in my situation.

Kate: Michelle, thank you so much for sharing all this information with the listeners today. You have been an inspiration for me. I just want to thank you for being here.

Michelle: Okay, thanks so much. As you can tell, I'm really thankful that I found out about homeopathy, but I didn't stop at just finding out about it. I adopted Joette's attitude of *learn, learn, learn about it*. And use it and share it and think about what my family is probably going to face and make *sure* that I have those remedies in my house.

So, I just love it that as far as Joette continues to share her knowledge and her sources, I get to be empowered more and more!

Again Kate, I'm so thankful I found this wonderful medicine and a common-sense mother like Joette to share what she's learned with me.

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®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple

Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify, and iHeartRadio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

These Moms with Moxie podcasts are designed to be inspirational, not specifically educational. No Remedy Card is provided.

Easter – A Day of Hope



Today is a special day.

You may be asking yourself, "what actual day is it?"

Believe me, I understand if you're no longer calendar savvy. One of the strangest parts of this new stay-at-home reality is losing track of what day it is.

Our schedules are upended. The markers we usually depend on are gone. Weekdays have blurred into weekends.

Time has stood still.

However, today (it's Sunday, by the way) is one of the most important days in the Christian faith.

Today is Easter.

For those of us who observe Holy Week, we are a bit more attuned to religious observations and know Passover, the meaningful holiday of my Jewish friends, is ongoing this week as well.

Whatever your religious affiliation, one thing is certain for all of us: these are going to be very different holidays, unlike any others we've celebrated before. For

today, we will not be in our churches and will not be in large gatherings with our extended families.

Instead, some of us will be at home with our closest loved ones, while some of us will be at home by ourselves. My husband and I are alone for the 1st time ever. No children, no parents, no siblings, no cousins. We're grateful to have each other. Even though, this isn't easy.

But the situation doesn't matter. The importance of the day is not the manner of celebration, but rather the *commemoration!*

Easter is a day of great hope, a fresh beginning, a new chance. It's about grace that was given, and grace that still exists.

Passover, while commemorating something very different, is much the same – a day of promise and hope.

More than ever, we need that feeling of hope – that confidence in a promised future.

As it is said, it is always darkest before the dawn. In both Easter and Passover, there were sad and fearsome events *before* the miracles occurred.

But the miracles *did* occur.

I hope you'll use today to reach out to friends and loved ones alike. We may not be able to hold their hands, but we undoubtedly can touch their hearts through Zoom, Skype, Facetime or just the plain ol' telephone.

Remind them: we will make it through this together – as history has proven time and time again. A bright and shining new day will dawn, and we will return to whatever our "normal" was before – but hopefully, a little bit stronger and a little bit better than before!

Pass on the good news of Easter!

God Bless You All,

Joette

We Can Do This ... Mother-to-Mother, Family-to-Family



What I'm offering you is not a definitive answer on how to treat viruses. Many of my colleagues from around the world with whom I'm in contact have different solutions to viruses and colds based on symptoms – which is, indeed, the best way to approach this matter.

There are likely many viruses that are circling the world, each with its own set of symptoms. This may or may not be the reason that there is not one, singular genus epidemicus.

At this juncture, this is a list of medicines that I've had the most success with as I've honed my selection based on cases and personal experience – as well as reports from you.

This may or may not act, and it may act in some areas of the world and not in others. As I (we) learn more, I'll keep you updated.

I'm not a physician; I'm a teacher. You are not a patient, but a student. This is not a substitute for medical care.

My family (my husband, my three sons and I) had all been sick. We don't know what it was. We stayed at home and weren't tested. But it really didn't matter. We were able to handle whatever it was we had – on our own, with homeopathy.

Quickly. Effectively.

Without side effects. Inexpensively. Many of my clients, students and followers have been in touch with me and are reporting that they've been able to do the same thing.

Regardless of which microorganism was behind our illness, homeopathic medicines worked well for us. Now, I can't say this information won't change as the microorganisms move their way through society. But as of this writing, this is what I have consistently seen to be successful for both my family and many of my clients.

At the first onset of a virus with typical cold symptoms, the Banerji Protocol for cold and cough of [*Aconitum* 200](#) mixed together in the mouth with [*Bryonia* 30](#) has proved to be very powerful. We used it every 15 minutes or so for the first 3-4 doses and then backed off to every 3-4 hours. As we began feeling better, the frequency slowed to every 5-6 hours (and so on).

Why is this such a winning combination? *Aconitum* (Aconite) is for quick onset (as well as addressing pneumonia), and *Bryonia* is good for flu, colds and lung infections. After a few days, [*Gelsemium* 30](#) alone may be used in the same fashion.

If the illness starts with aches and fever, I use [*Eupatorium* 30](#) in the same fashion.

My illness began with crushing fatigue, so I used [*Gelsemium* 30](#) (also taken in the same manner).

My husband found success against his virus with [*Thuja* 30](#). *Thuja* is an excellent fit because it is specific for viruses. It's also the Banerji's current recommendation – as of this writing – for prophylactic use.

When the illness includes fretting, angst and gut issues, my choice is [*Arsenicum album* 200](#) (again, taken in the same manner).

Similarly, [*Nux vomica* 30 or 200](#) has shown success – especially among men –when the illness includes gut issues, constipation and abundant concern about business.

We may have started with these, but I observed as the stages of each particular illness progressed, I changed remedies to fit the presenting symptoms.

In my husband's and my case, we were feeling better and then something of a relapse occurred.

My lungs were feeling cottony – almost like bronchitis. I chose [Antimonium tart 200](#), which addressed my condition elegantly.

It's not a common choice, but it worked for me. *Ant tart* can also be used in conditions including loss of taste and smell – such as one of my sons experienced.

You must read your *materia medicas* to understand the action of each remedy better so you, too, can make well-advised choices for your family as the illness evolves.

And remember in **regard to potency: use what you've got until you get what you need!!!**

We can do this ... mother-to-mother, family-to-family, linked across the world. Be the rock star in your family and community and pass on the good news of homeopathy!

Warmly and with optimism,

A handwritten signature in cursive script, appearing to read 'Jette', written in black ink.



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