Podcast 87 – Moms with Moxie: A “Spouse with Spunk”



IN THIS PODCAST, WE COVER:

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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Recurring UTIs and Antibiotics: Stop the Cycle

Podcast 81 – Ladies Only

Get a Leg Up Over Restless Legs

Counting Sheep? Try Homeopathy

A Materia Medica: Practical Homeopathy® for Busy Families

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Kate: This is the Practical Homeopathy® Podcast Episode Number 87.

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: Today, I am so excited to be able to welcome a dear friend of mine and someone that I am privileged to be able to work with. She's a co-worker of mine with Joette's team. I'm super excited for you all to get to meet Tracey.

Tracey, welcome to the podcast.

Tracey: Wow, Kate, thank you. That was such a sweet introduction. I'm excited to be here with you on your podcast.

Kate: I'm excited to have you. Normally, we are on the backside of the podcast doing the work *for* them. But now, you're actually being interviewed. It's super-fun.

Tracey: It feels like a role reversal.

Kate: Normally, I get to interview Moms with Moxie or Dads with Audacity. We even have Teens with Tenacity. But you have your own category for yourself. Why don't you share that with us?

Tracey: Well – full disclosure – I'm not a Mom with Moxie because I'm not a mom. So, I thought, "Oh, I have been married for 36 years, so what if I'm a 'Spouse with Spunk'?"

Kate: That's awesome. You know what? That fits you because you are spunky, too.

Tracey: Awwwww. Thank you. I appreciate that. Well, Joette always says, "It takes guts, spunk, and moxie," so I figured I'll fill in that middle category.

Kate: Right, and you do that well.

Tracey: Thanks.

Kate: All right, let's get to know you a little bit, Tracey. Who is Tracey?

Tracey: Oh, wow! The Cliff Notes are that I have been married 36 years. My husband and I met in college in California. We lived there for most of our lives and just fairly recently moved back to Florida (where I had been born) to be closer to my mom. She's 96 years old. So, that's a pretty big number, and we thought it was a good time to be here with her.

Kate: Your mom is actually 96 years "young" because she is also spunky.

Tracey: She is. I inherit it from her, definitely. Yes, she's amazing.

Kate: In fact, doesn't she still go to Pilates?

Tracey: She does. She does Pilates twice a week. She has a private session. She has really inspired a lot of other people that want to get their parents involved in it. She's in good shape.

Kate: That's incredible. Wow! I'm just in awe of her.

Tracey: Thank you.

Kate: Tracey, have you heard of homeopathy before you started working with Joette?

Tracey: Well, I had *heard* of it, but I didn't know exactly what it was – which I don't think is that unusual for newbies. I will admit that I am a newbie. I've only really been involved with learning about homeopathy for a couple of years, and I'm so inspired by the other Moms with Moxie who are so well-learned and so successful in their use. So, they inspire me.

But my first exposure to homeopathy was seeing the blue tubes in the health food store. I would walk by and think they look so fascinating and so professional. I thought, "Oh, I wish I knew what all of these words meant." And I didn't know really how to learn about them. But now I do, so I'm really enjoying my exposure to homeopathy.

Kate: When you started learning about them, was that when you met Joette or had you used them before that?

Tracey: No, it was when I was brought into work with Joette and on her team, and just reading all of the free information. The *wealth* of free information that Joette offers on her site is unbelievable.

Reading all of that, I thought, "Why have I not spent my whole life learning about homeopathy?" I've tried to make up for lost time and learned as much as I possibly could for the things that affect me and my family.

Kate: You mentioned something. You said you're a relative newbie to homeopathy. While that may be true, you've had a lot of success stories with homeopathy. In fact, many people who are new to homeopathy do have some pretty incredible success stories.

I just had a new **Gateway to Homeopathy** group start last night. There were some people there that had only been using homeopathy a few months, maybe longer, but they had these wonderful stories of how it has helped their family in incredible ways.

And so, I think that's the beauty is that you can dig in. You can start using these remedies right away, and they can do amazing things. I don't think people have to worry about being new and having a certain number of years of education behind them. They can jump right in with all that free information like you pointed out.

Tracey: I agree. There have been a couple of things that have plagued me *literally* my whole life. I've tried a zillion different supplements or allopathic medicines, and homeopathy cleared them up quickly and inexpensively and easily. That's why I say, "Where has this been my whole life, and why didn't I learn about these blue tubes faster?" But, you know, we'll go forward from that.

Cantharis for UTI

Kate: Yes, exactly. You mentioned that you had conditions or things that have troubled you your entire life. Tell us about some of those things, and what you did with homeopathy.

Tracey: Well, I'll tell you about two things, if we have the time. The first one is I was constantly getting UTIs (urinary tract infections). I did the antibiotics a lot. However, I'm allergic to most antibiotics, so it was difficult to cope with them that way. I would turn myself into a cranberry, drinking cranberry juice. I just really tried everything. Then especially when we moved back to the South – they have sweet tea here. I don't know if you've ever had sweet tea.

Kate: No.

Tracey: But it's hummingbird food. Let's face it. It's just sugar and water, and they wave a tea bag over it, and you drink this. Well, that much sugar, I can *look* at a glass of sweet tea and end up with a UTI. So, I have to be a good girl and watch my sugar intake because it's only fair to the homeopathy that I do *my* part.

But in a blog post that Joette wrote called "Recurring UTIs and Antibiotics: Stop the Cycle," I discovered *Cantharis* 30. I used that for … I would say I used it twice a day for maybe five days. The current UTI went away. I came up with another one maybe two months later. I used it again. It went away. Then I probably haven't had one in a year and a half –after using it those two times. That's a *miracle* for me

because this has been my entire life of dealing with one on-one off. It's amazing.

Kate: Wow! Maybe someday you'll be able to have that glass of sweet tea.

Tracey: Well, now, I just look at it longingly. But no, there's no good that can come out of that glass of sweet tea. But boy … no good can come out of it.

Learning about it, about *Cantharis*, was really life changing for me. Also, I think you did a podcast with Joette, "Podcast 81 – Ladies Only," that she talked more about it in that. Once I had those two pieces of information, that was a life changer for me.

Zincum metallicum and *Cuprum metallicum* for Restless Leg Syndrome

Kate: Wow! What was the other thing?

Tracey: Well, the other thing is not life threatening, but it's really, really annoying. I don't know if you've ever had Restless Leg Syndrome.

Kate: No.

Tracey: It's just really, really annoying. You go to bed, and all of a sudden, you have to move your legs, and then you have to move them again, you have to move them again. It's just like your legs take on a life of their own, and you can't lie still – so annoying.

That has gone on since I was five years old, because I remember when I was in kindergarten, my mother would come in and rub my legs and try to help me go to sleep.

So, Joette wrote a blog post called "Get a Leg Up Over Restless Legs," and I thought, "This one must be for me." She wrote about two different remedies. One is *Zincum metallicum* 6. That's for – just like I described before – it's involuntary movement. Your legs just have to move around. The other is *Cuprum metallicum* 6. That's when it's just so bad you just have to get out of bed and walk around.

Those worked *amazingly* for me. I had tried magnesium oil – rubbing that on. I had tried everything over the course of my life, and *nothing* worked like those two remedies.

In fact – kind of an interesting story – I ran out of the remedy and just ran to the health food store and picked up another tube. This time, I had forgotten to get a 6, and I got a 30 potency. That didn't quite work as well. So, I referred back to the blog post and realized, "Ah, I'm supposed to be using this in a 6 potency."

That’s when I realized how Joette says if you want it to work as effectively as described, then use the exact potency recommended in the protocol. I realized it *really* does matter. Potency matters.

Some people want to use a different potency sometime, but I always rather liken it to baking. If a recipe calls for a cup of milk, and you put in two cups of milk, it’s not going to work. So, better stick with the recipe, right?

But those two remedies are miraculous for restless legs.

Kate: Wonderful. Actually, a lot of people that I’ve come across lately have been talking about restless legs. I didn’t realize there were so many people that had trouble with that. Thank you for sharing.

Tracey: Oh, no problem. Yeah, I didn’t realize until you just said that a lot of people do. It’s something I don’t think you realize is a “problem.” You just think it’s some little personal issue you’ve got going on. But then you read more and more about it, and it does exist.

But if everyone would look up that blog post, they’d be fine.

Coffea for sleep problems and *Nux vomica* and *Ignatia* for Overstressing

Kate: You've also mentioned about sleep, having trouble sleeping, and that's also super-common. So many people have issues getting to sleep or staying asleep. So, tell us a little bit about what you used for what you were experiencing.

Tracey: Well, I first tried *Coffea*. I had seen that spoken about many times on Joette's site. Somehow, *Coffea* just wasn't for me. I can't explain it. It just didn't quite give the reaction that I was looking for.

Then Joette had written a blog post called "Counting Sheep? Try Homeopathy." It spoke about what my problem was, which is wakefulness between the hours of two and four in the morning. That was my biggest issue. So, the remedy that she mentioned was *Nux vomica* in a 30 or a 200. I tried that, and that really was a blessing for me. I must be a "*Nux* girl" when it comes to sleep because it helped a lot.

Kate: Well, that's no surprise there, Tracey, because you tend to burn the candle at both ends, so overdoing it: *Nux vomica*.

Tracey: Well, and I had seen that because I try to really

use Joette's site search box. So, I'll put in the condition. Then when I find something that I think may be the right remedy for me, then I'll put in the remedy and read everything about the remedy – as well as I have her *materia medica*, which is amazing, and look it up there.

But I did find an old, old podcast that Joette had done, "Joette Offers Her Favorite Tips and a Dose of Mothering Inspiration." In that, she mentioned *Nux vomica* for overstressing. I thought, "That *is* me." I think that's why I'm waking up in the middle of the night because I'm just overstressing. It solved that problem, too. It's my hero.

Kate: Joette talks about certain remedies needing to be in the water like *Ignatia*. I think *Nux vomica* is another one of those.

Tracey: I agree.

Kate: Everyone can use *Nux vomica* from time to time.

Tracey: It's very true. But I don't want to say anything bad about *Ignatia* either because I'm living on one or the other at any given moment.

Kate: Yes, you and I. That's a great lead into what we have in common. You and I share something special in common, and that has to do with our moms. Why don't we talk about that for a little while? We have lots to share when it comes to our mothers.

Tracey: Yes, that's very true.

Kate: Both of our mothers actually had a stroke. It's about the same time about a year ago now. So, we've been walking this road together.

Tracey: Yes.

Kate: You've been a big help to me so many times. We've been able to just talk about what we're experiencing and how this is going for us and what our moms are going through. It's been so helpful to share that with you, Tracey. I just want to thank you for that.

Tracey: Well, I thank you. You've been a huge support to me as well. My mom had her stroke, I think, a couple of weeks before yours, and you had been so supportive of me in that two-week period. Then for you to have to go through the same thing, it just broke my heart because it's very stressful, very scary, and it's a lot.

Kate: Yes. Getting back to that *Nux vomica*, we both were, like you said, living on *Nux vomica* and *Ignatia*.

Tracey: I remember every once in a while, we text each other, "*Ignatia*!"

Kate: Yes, yes, "Don't forget to take your *Ignatia*."

Tracey: Right.

Kate: For those of you who are listening to the podcast and maybe new to Joette and Practical Homeopathy®, *Ignatia* is great for when you are experiencing grief. If you feel sad, if you have that sighing feeling a lot, any emotional thing, *Ignatia* is a great option to consider for all emotional conditions. It's not that it's 100%, every time, *Ignatia*, but many times, it's very helpful.

Tracey: There's actually a podcast #69 Life's a Tragedy in which Joette talks about it being overwhelmed with responsibilities and anxiety and fear. That pretty much has defined our days, Kate, sometimes.

Kate: Yes, I know. Unfortunately, yes.

Tell us a little bit about how you've been using homeopathy for yourself as you've been walking through this with your mother. If there's anything that you want to share with your mom, that'd be helpful as well.

Tracey: Sure. Well, the night that it happened, was just – you know – it's like a punch to the stomach. It's shocking, and you can't believe this is happening. When we got to the

hospital, I had grabbed my little red Top 100 Kit that I brought through Joette's office because I didn't know what I might need with me in the hospital. I had that with me, and my first thought was *Aconite* for the shocking ordeal that we were entering.

It wasn't funny at the time, but looking back on it – it's just, this is my life. It was about three o'clock in the morning. It was dark. We were in ICU. I was in a little cubbyhole that they had for the family off to one side of the room. Mom was hooked up to every machine that they've ever created. I was trying to find the *Aconite* in my little Top 100 red kit, and I spilled the entire kit in my lap. All 100 little bottles went every which way. And I thought, "This just *can't* be happening."

It was sort of a blessing, though, because I did find the *Aconite*. I took that. That, of course, helped me. Then I had to spend the next 30 minutes by the flashlight on my phone trying to re-alphabetize my Top 100 kit. So, it distracted me anyway.

Kate: Right, and we have to do that in the secret because when the nurses come in, you don't want them to see.

Tracey: Yes, yes, *exactly*, exactly!

I gave myself the *Aconite*. I gave it to Mom, too, because this was a shocking event for her. You don't expect this to happen even though she's of an age where things do happen.

She’s very robust, so we kind of expect her to outlive us. The *Aconite*, I think, helped her a lot as well.

Kate: Did you take other remedies during this time as well?

Tracey: Mostly, it was *Ignatia* because I was just – you know – it was that sighing thing you talked about. I think I sighed more during that time when she was in the hospital than ever before. *Ignatia* got me through it.

There was some diagnosis time period, so I didn’t really quite know what to give Mom, but I have given her several homeopathic things.

It reminds me, you and I hadn’t discussed this before, but I remember when I first asked Mom if it was okay if we tried some homeopathy, and she said, “Oh yes, I completely believe in homeopathy!”

I thought, “Does she know what I’m talking about?”

Then she went on to tell me that indeed she did. She had forgotten all about it. But when she was a little girl, they didn’t take her to a doctor; they took her to a homeopath.

Kate: They did?

Tracey: Yes! She had used homeopathy as a child. And she said it just … you know as it kind of was replaced with the more familiar allopathic medicine, I think she fell away from it and forgot to use it when I was a child. But she was so familiar with it, and she really believes in it. So, it's been great having it for her.

Helleborus niger for Dementia

Kate: That's wonderful that she knew. You would actually talk to your mom before her stroke about using homeopathy. This goes back to pre-stroke. What did you use with her before the stroke?

Tracey: Well, Mom was having some memory issues – not Alzheimer's, not really severe – but what we would consider natural lapses in remembering what time something was going to occur, or when she was supposed to do something. And, I think that's to be expected at her age. I had read in Joette's free downloads and articles page that anyone can join on Joette's website. That is *chock-full* of great information. I had seen on there an article called "Best Remedies for Seniors."

Looking through that, I found *Helleborus niger* 30 that was for memory or dementia and utilized that with mom after we talked about her experience with homeopathy. She was very eager to try it, because she had tried some of those supplements that they advertise on TV: the pills that instantly bring back your memory. And she was like, "These

things don't work." So, we thought, "Why not give homeopathy a try?" I really think that has helped her a lot, so we continued to do that.

Kate: How often did you give that?

Tracey: Well, it's in liquid, twice a day. I'm actually still giving it to her because this is an ongoing thing. I still give it to her twice a day. Every rare once in a while, I will not be able to give it to her, and the next day, I can just kind of tell a slight difference – a slight loss in focus.

Antimonium crud and *Arsenicum* for Itchy Skin

Kate: Your mom also had some trouble with her skin.

Tracey: Yes, she just had some itching, and it wasn't really fully defined. We couldn't figure out what it was, whether it was maybe heat-related or just dry skin-related. But Joette, again to the rescue, wrote a blog post "Here an Itch, There an Itch, Everywhere an Itch-Itch." (I love her titles!)

Kate: I know. I do, too.

Tracey: But it was *Antimonium crud* 6 mixed with *Arsenicum* 200. I tried that with mom. Of course, homeopathy did it. Now, her skin is beautiful. I keep it well moisturized. We try not to let her get too warm.

That cleared up. Thank goodness for that one, because itching is just annoying and not fair when you have other things you need to do.

Sepia for Hormones

Kate: Tracey, are there any other situations that stand out where you've used homeopathy that you want to share with the listeners?

Tracey: There is one, and that's using *Sepia* 200 – my new best friend. Since it's just you and I, Kate, talking here amongst girls, I will admit that my hormones have been a mess for my entire life because I took the easy road. I was on the pill for years and did the Norplant and the Depo-Provera shots. I did just about everything brutal that I could do to one's hormones. And as I aged and went into menopause, I really could feel that my body was just on tilt. It just wasn't where it needed to be.

I *almost* went the direction of hormone replacement, because – why wouldn't I? I have been doing this synthetic crap for my whole life. Why wouldn't I keep on that path?

But then, I met Joette and started learning about homeopathy and realized, "*What* am I doing to myself?" I put a stop to it, and I did not do the hormone replacement. The biggest symptom that I had from menopause was the hormonal headaches. They almost seemed like migraines. They were very, very intense.

I found a blog post that Joette had written. (I sound like I live on Joette's blog post, don't I? I kind of do.) But she had written "*Sepia* for Mother's Day! This Time for Headaches," and it described me. Every three days, I took *Sepia* 200, and those headaches went away. So, *Sepia* 200, my new best friend.

Also, you know, that it's for when you're overwhelmed. Sometimes you need *Sepia*. Sometimes you need *Ignatia*. I'm not sure how, but sometimes I can just tell which one I need. The little bottle calls me. It's just been a real *tremendous* change to my life.

Then I look at other folks, other of my friends, who have tried the hormone replacement, and I don't think they're doing as well as I am on homeopathy.

Kate: I feel like there's a period in every woman's life where they need *Sepia*, either they're new moms and overwhelmed, or they're going through that perimenopausal age and have those headaches or other issues. But *Sepia*, I took it for a while as well, and it was fantastic. It helped several issues, but it really helped me to sleep through the night. I think that I hadn't gotten a full night's sleep

for, I don't know, I think 15 years before I took *Sepia*. And it really helped me to rest at night.

Tracey: So, it's your best friend, too!

Kate: Yes.

Tracey: Well, it's funny. I have actually learned how to tie a little bow around the little blue tubes because I've given that one out quite a bit just to say, "Try this. If it doesn't work, you don't have to do it again." (But it always works.)

Kate: If our listeners are looking for information on that, there are a couple of blog posts. One is "*Sepia* for Mother's Day! This Time for Headaches," and another one called "Ditch Birth Control Pills." There are some podcasts as well.

I loved what you said earlier, Tracey. We were talking about that search bar in Joette's website, and how you can put, say, "headaches." You're searching for it, so you can just type in "headache" there.

But I loved what you said – and I never thought of this – you said you came up with the remedy *Nux vomica*. Then what you did is you typed now "*Nux vomica*" in that search bar and started reading and listening to everything that dealt with *Nux vomica*. You really learned that medicine well then and all the different ways that it can be used. I think that's brilliant to put a remedy name in there and search that way! I never thought of that.

Tracey: Thank you for calling me brilliant. I needed that today. No, I just realized that sometimes when I look up other things that it can be used for, it will either *include* that as the correct remedy for me or it might *exclude* that

as the correct remedy for me and lead me on to something else. But like with *Nux vomica*, I realized the overdoing, and I thought, "*Yes*, that's it." It gives you more, more and more.

Kate: It confirmed.

Tracey: Yes, exactly. It confirmed.

Kate: Yes. Tracey, it's been so fun having you on the podcast today and talking about our lives together – commiserating, I guess.

Tracey: Thank you. Yes, commiserating.

Kate: As we do so often. But do you have any final words for the listeners today?

Tracey: You know, I do. The thing I think about – that I love about Joette – is she often says she's in the "empowering business." That really is what I have gotten from Joette – is I feel empowered. Now, when I go into the health food store, I walk by those little blue tubes, and I *know* what those words mean. I feel so … "proud" is not exactly the right word … but *strong*. When I reach in there, and I grab the remedy, and I *know* what I'm doing, and I *know* this is going to work, or I *know* my family member is going to be benefited by this.

It's all because of the learning that Joette has provided on her website. Also, I can't speak highly enough about the Gateway to Homeopathy (that you teach a bunch of classes, and I know others do). That just is the most *empowering* information you can get, and then moving on to her courses …

If you don't leave throughout all that feeling empowered, then you ain't doing it right!

Kate: Yes, I agree. It helps you to have that feeling of confidence so that you don't have to fear. You know that there is a solution.

Tracey: The interesting thing when you learn about homeopathy is you learn the right questions to ask about your own condition, right? So, I think you become a more informed healthcare consumer. Because now when I go to the doctor … and luckily, I have always, all my life, had very good allopathic doctors that were in favor of alternative medicines or homeopathy or acupuncture or other things. They've not been just allopathic "my way or the highway" kind of doctors.

But now when I go to the doctor, I know specific questions to ask them because I've learned how to listen to my own body or how to observe my family member's body. I know more specific things to ask them that will help me determine my own healthcare path. As Joette often says, it's about self-reliance. She's given that to me, because now I rely on *myself*, and that's really all you need – that and

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.

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 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.

Really Got My Goat



“Baby goats are precious when they’re little, but when they get older, watch out!

They are naughty, naughty animals!” I said to one of my team members recently just before she adopted a pair of adorable miniature goats. (That’s them in the photo above, Henry and Oliver.)

I tried to explain that’s how they get you – they use the tricky word, “miniature.” Sure, it sounds good in theory,

but believe me, they grow! They get thick! They are low to the ground, so they have a stable fulcrum. You can push them as hard as you want, and … They. Won’t. Move.

I speak from experience.

I had precious, little miniature goats who got into more trouble than I have room to write.

I couldn’t even hang my laundry out on the line … they would chew on it!

Like a cartoon! I’d have to pull my laundry out of their clenched, stubborn mouths.

Once, we came home from church, and the goats had chewed through a window screen and broke into our house.

One was on the sofa, and the other was standing on the piano! I kid you not! (Pardon the pun.)

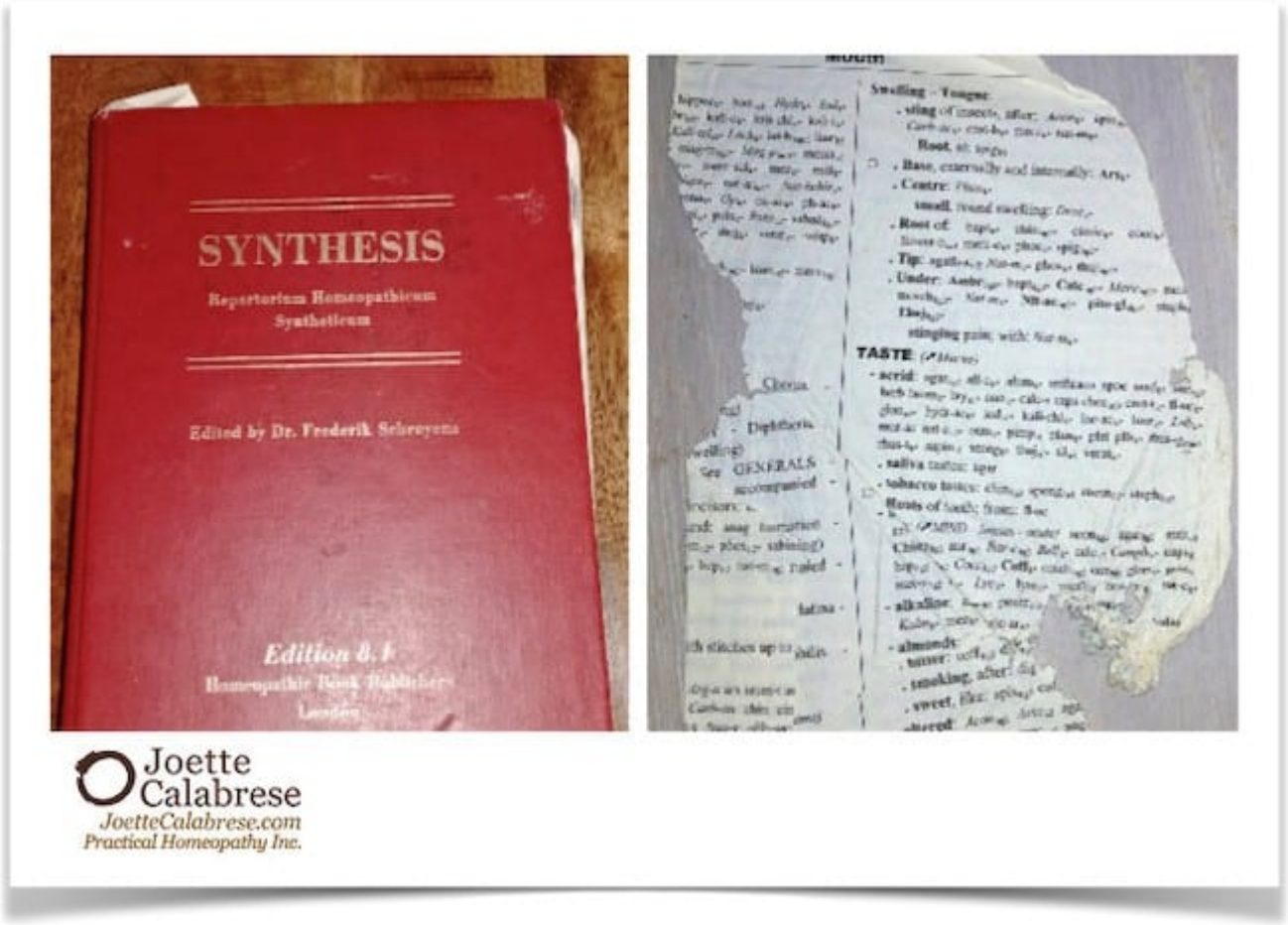
One was STANDING on top of my beautiful baby grand piano!!

And here’s the funniest part, one had found one of my repertories and had EATEN the page on mouth and taste.

I’m posting a picture here because, honestly, this doesn’t sound real.

But I promise you it happened. I had left one of my repertories open on the sofa when one of them ate the repertory’s page on the subject of taste.

Sure, she could have chewed on the lungs or ears or skin or any other page … but no. She must’ve been a literate goat because she ate the precisely appropriate page.



You know how strongly I recommend you have a repertory, but I do not recommend eating it.

We all seem to have something in common with my gluttonous goats during the holidays. We overeat (although, hopefully, not laundry and pages).

I've talked "ad nauseam" about *Nux vomica* for overdoing it. (I am awfully punny today.) So, I'd like to take a little different look at our holiday excesses: overeating *creamy* foods.

The better homeopathy remedy for gastrointestinal distress when one overdoes it with creamy food (specifically) is *Pulsatilla* 30. It's generally taken every 3-4 hours, depending on the severity of the symptoms.

Think of all the creamy things we eat more of at this time of year: Boston cream pie, whipped cream, ice cream,

cheeses, gravies, and cannoli. Ahhhh, cannoli – my family's holiday favorite.

Oh! And Eggnog! How could I forget the eggnog? Christmastime is its singular season. Because it's creamy, over-indulging in eggnog makes one a perfect candidate for *Pulsatilla* 30. Unless, of course, it's *spiked* – and then it's right back to the *Nux vomica*.

Pass on the good news of homeopathy!

Warmly,



P.S. Looking for a Christmas gift for your homeopathy-minded friends and family?

Ready to start hinting for yourself? Here's a link to purchase A *Materia Medica*: Practical Homeopathy® for Busy Families.

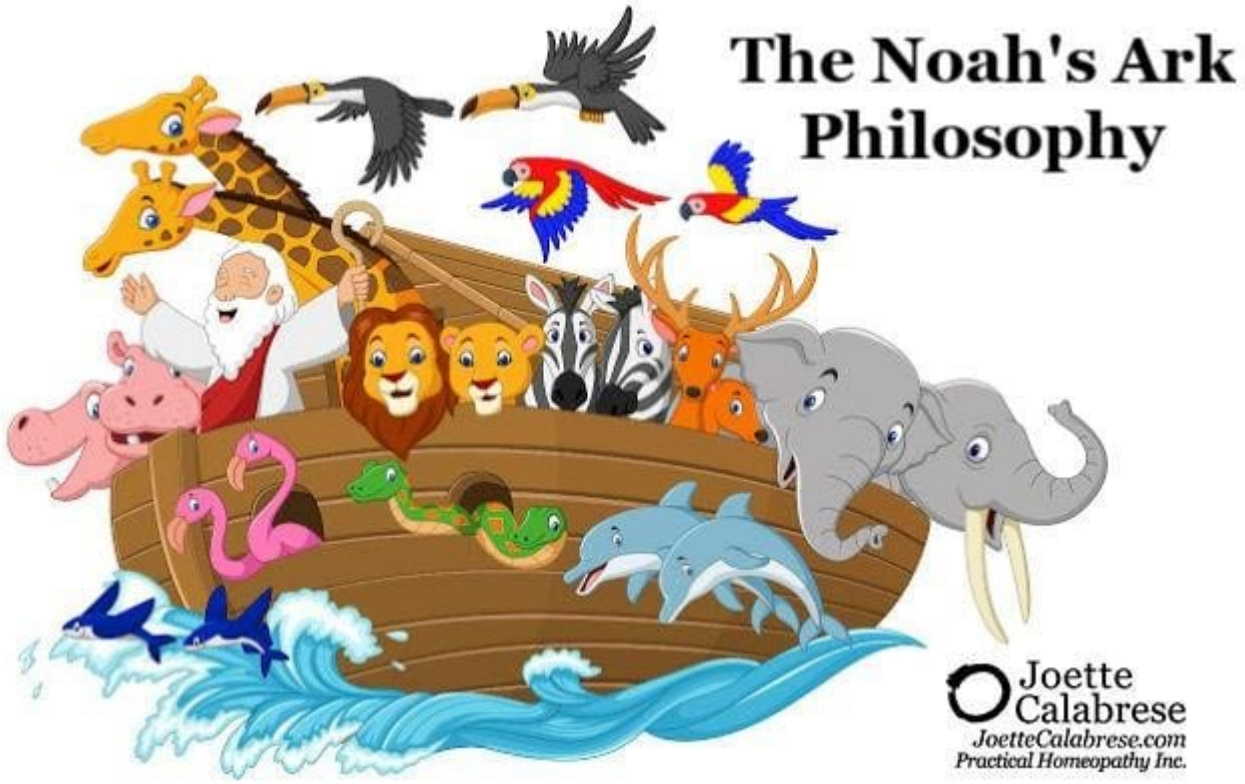
I endeavored to include all of the most commonly used homeopathic remedies, discussed in my brand of plain talk – not the complicated language you might find in older, more traditional *materia medicas*.

I'm convinced you will find it intellectually delicious, but I give no guarantee that it will be *literally* as tasty as the repertory my goats ate.

So, just read it … don’t nibble on it!



The Noah’s Ark Philosophy



I doubt Plato or Aristotle is concerned I will steal their places on a list of Great Philosophers.

However, I must admit, I have been feeling quite philosophical as of late.

You may remember in a recent podcast I introduced you to my Stoplight Philosophy. And now, I have another one to add to the list: The Noah's Ark Philosophy.

Noah had it right! He listened as the Spirit led: things are better in pairs.

Can you imagine if Noah hadn't led the animals on the ark "**two** by **two**?" We would have a lot of empty jungles, seas and skies!

Well, animals aren't the only things that are good in pairs. So are homeopathic medicines!

Naturally, I have **two** pairs of reasons why:

1. When you buy a kit, it's best to consider it your "mother stash." Kits are so well-organized and well-thought-out. You want to make sure you maintain its integrity as a whole. Don't use it as your everyday supply. The last thing you want is to run out of a particular medicine right when you need it.

The solution is simple. Own **two** of each of the most essential remedies you and your family use most often: one for regular use and one to remain in your kit for emergencies or travel.

2. We're busy; we all can be forgetful at times. So, let's use my Noah's Ark Philosophy to prevent skipping a dose. For the most critical medicines your family needs, keep **two** tubes in **two** different places.

Keep one by the intended recipient's bedside and keep the other one in your purse or pocket. For instance, let's say you're driving to drop your child off at school. Suddenly, you realize you forgot to give them their medicine! No need to panic or turn the car around! You can just reach in your purse and pop it in their mouth. Just like that. Problem solved.

3. Remember the old saying, "Good homeopathy builds good neighbors." Okay, granted, maybe that's *not* how the saying goes … but it should! I know from experience: once we are well-educated in the use of homeopathy, it becomes increasingly difficult to watch anyone suffer. Especially when we have the answer!

Say your neighbor is coming down with a cold. You want to help, but you certainly don't want to give them your supply of applicable medicine in case your *own* family needs it.

What would Noah suggest you do? Most likely, he'd recommend

you keep **two** of the most commonly required remedies on hand. When your neighbor just *has* to have the medicine, you can confidently give it to them because you know *you* have another tube at home!

4. And, finally, many homeopathic medicines work better in pairs because together, they comprise an effective protocol. Let's return to your hypothetical neighbor's cold for a moment. The Banerji Protocol for colds/coughs is **two** remedies mixed in the mouth at the same time: *Aconitum* 200 with *Bryonia* 30. (I discussed this protocol previously in the blog post When a Cold or Flu Hits Hard … Hit Back.)

Both *Aconitum* and *Bryonia* are also used individually in certain situations as well. So, you want to be sure to have **two** tubes of each; one of each for when you need them as single remedies, plus one of each joined together with a rubber band, ready to grab as a pair when a cold strikes.

So, there you have it: The Noah's Ark Philosophy.

Homeopathic medicines are better in pairs! For all kinds of reasons. I bet you can think of even more. If you can, please chime in below in the comments section.

Your confidence will rise as you continue to use homeopathy. You'll develop your own philosophies and helpful methods for storing and sharing your medicine. But how can you jumpstart that confidence? Why, with **two** opportunities to learn, of course! Yet another thing better in pairs are my Gateway to Homeopathy I and II study group curriculums.

My entire teaching philosophy comes back to these Gateway study groups. It's the very same way I started my learning journey in homeopathy, laid out in an inexpensive, easy-to-follow book. Learn homeopathy with your friends and family.

These study groups make learning homeopathy fun and memorable, while also supporting a lifestyle change focused on freedom and self-reliance.

Pass on the good news of homeopathy!

Warmly,



P.S. With Christmas coming up, now is a great time to buy gifts of homeopathy for your loved ones (or makes hints for yourself!) The homeopathic remedy kits sold through my office are valuable and meaningful gifts. Perhaps you might form your own study group by buying copies of Gateway to Homeopathy to give to your closest friends as gifts.

Or, maybe now is the time to give Santa a list of the duplicate remedies you need (to follow The Noah's Ark Philosophy). Hopefully, Santa will remember if he uses the coupon code "joette" when shopping from Boiron, he'll save 20% on his purchase.



Symphonic Symphytum for Pain



Pain.

Whether acute or chronic, it can bring your life to a grinding halt.

In last week's blog post, Snap!, I shared with you the story of an unexpected back injury that completely derailed a young man's life – until he was introduced to homeopathy.

More specifically, until he was introduced to *Symphytum* and *Hypericum*.

Many different types of injuries respond beautifully to *Symphytum*.

Solo, it is effective for certain pain. When used in harmony

with other homeopathic medicines, *Symphytum* can be an elegant part of a healing symphony.

So, as I highlighted *Symphytum* in last week's article, it reminded me of an event five years ago when Buster, The Bad Office Dog, injured his meniscus. (I wrote about it in a blog post at the time.)

You can see from the photo above taken five years later, Buster recovered perfectly from that injury and is still an adorable – albeit mischievous – ball of fluff!

All thanks to *Symphytum*!

Meniscus injuries (especially in the knees) are all too common in athletic humans as well – ask any basketball player, football player or avid skier.

Do they always require surgery?

No.

Perhaps they only need to be introduced to the beautiful music of *Symphytum*.

So, before we end our current focus on pain, I want to republish my previous blog post from 2014. This is valuable information and worth repeating.

Keep in mind that the medicines used for our beloved Buster would be the same medicines used for human injuries:

……

Buster, The Bad Office Dog, was running in the fields by our pond when he apparently stepped into a hole or a depression in the ground.

He let out a yelp and came limping back to us. He refused to put any weight on his back leg while yelping.

Our poodle was obviously in severe pain.

Now, sometimes a dog will limp for a bit but gradually start using the leg when the initial shock wears off.

Not Buster. He was not about to put any weight on that leg for any reason.

As usual, I gave him a few doses of *Arnica* 200 for the initial pain and trauma, about 3 times per day for a few days.

But by the end of the week, the leg was no better. Buster was not putting any weight on it, and he would nip if anyone touched his hock.

Fortunately, we have a holistic vet friend who lives just minutes from us, and who is an excellent diagnostician.

She said Buster had a torn meniscus.

The meniscus is a "fibrocartilaginous structure," which is a fancy way of saying that it is like a spongy pad that sits between the bones at a joint.

It acts as a buffer between the bones, absorbs energy like a shock absorber and contributes to joint lubrication.

Injuries to the meniscus are not uncommon in athletic dogs and are often accompanied by tears to the cruciate ligament.

The most common treatment is surgery.

Unfortunately, these injuries often lead to the development of arthritis, bone spurs and degeneration in the joint.

Poor Buster!

If we had gone to a conventional veterinarian, we may have been told that surgery was our only option, and it would not have been a surprise if the cost was as much as $5,000.

Hence, Buster immediately started to receive *Symphytum officinale* 200, one of the most useful remedies in our homeopathy kit.

By the way, the cost of a bottle of this medicine is anywhere from a few dollars to about $20, so the decision was an easy one to make.

Symphytum is made from comfrey, a perennial flowering plant that is sometimes considered a weed, but herbalists and organic gardeners have cultivated this plant for centuries for its medicinal uses.

You may know it as “knitbone” or “boneset,” which gives you a clue to one of its main uses.

Symphytum excels at mending broken bones.

In fact, we caution against using this remedy until there is certainty that the broken bone has been correctly set in place because the remedy has been known to quickly knit bone even when it is not correctly aligned.

A common homeopathic response to a broken bone is to first give *Arnica* 200 (or higher) for the trauma, shock, bruising, blood loss and pain, followed by *Ruta graveolens* (30 or 200) for several days to reduce the muscle bruising and tendon damage.

After the bone has been properly set, S*ymphytum* 200 is used to mend the fracture.

But broken bones are just the beginning.

Back problems?

Knee problems?

Injuries to tendons, cartilage or ligaments?

Eye injuries?

Symphytum 200 answers them all, quite effectively and elegantly.

Symphytum has a sterling reputation for treating mechanical injuries to the eye, especially the orbit, from blunt force trauma.

But perhaps the most useful quality of *Symphytum* is that it also deals with injuries to the cartilage, tendons and ligaments that surround the bone.

This makes it a useful remedy for many types of injuries, including sprains, strains, pain from overuse of a muscle, bruising and pain from a blow or fall, and arthritis.

Common problems that respond well to *Symphytum* include tennis elbow, plantar fasciitis, twisted or sprained ankles, knee pain and joint pain, and arthritis and bone spurs. It is even specific for osteomyelitis.

So, by giving Buster *Symphytum*, we addressed the immediate injury to the joint and reduced the potential for future problems.

The Banerji Protocol is to use this handy medicine in combination with other medicines to aid in many common chronic problems that plague humans and canines alike.

Here are a couple of protocols you will want to tuck away:

For a bulging disc, herniated disc or back pain from over lifting: *Symphytum* 200 mixed with *Calc phos* 3X, twice daily, and then if there's pain add separately *Hypericum perforatum* 200C, twice daily.

For arthritis of the knee: *Symphytum* 200 mixed with *Arnica montana* 200, twice daily.

For plantar fasciitis and heel spurs: *Symphytum* 200 mixed with *Rhus tox* 30, twice daily.

And for torn ligaments and menisci (like Buster's): *Symphytum* 200, twice daily.

These problems often take time to heal – sometimes many months – but in the meantime, the remedy also eases the pain and stiffness.

Buster is doing much better today.

He is using his leg again, although he still occasionally limps.

And doctor's orders: no climbing stairs! He does enjoy being carried around. (We sometimes wonder if he's faking the limp as currency for a few extra hugs.)

From athletes to the aging, *Symphytum* can be a most accommodating remedy in your home.

Just ask Buster! And pass on the good news of homeopathy!

Warmly,



P.S. To provide enough time to delve fully into the more complex world of pain, you should consider my course: "Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."

I know you have been hungry to learn a safe, inexpensive way to uproot your or your loved one's debilitating pain, so I urge you to consider registering for this new course now.

Click on the link, and you'll be able to download the Infographic.

I created it to give you hope that efficacious homeopathic solutions exist.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain or a pinched spinal nerve).



Snap!



SNAP!

In that one nanosecond, Belinda’s life changed.

Jeremy, the husband she loved so much, would no longer be the same carefree, active, robust man she had married.

The years that followed broke her heart. Belinda helplessly watched Jeremy suffer in pain and consequently, become more and more demoralized and emasculated.

What happened?

No, it wasn’t a car accident. No, it wasn’t a sports injury, either.

It was something simple.

Something millions of people do every day.

Their four-year-old-child-in-the-midst-of-a-tantrum was screaming and kicking on the floor.

Jeremy bent over to pick him up.

As the child was twisting and writhing, Jeremy was twisting and lifting …

All of a sudden, SNAP! A shooting, searing pain in his lower back made him gasp and freeze.

After a week of sleeping in a recliner and hobbling along, bent over sideways, Jeremy felt his back had improved.

But from that point on, it was never the same.

He now had a fussy back, an easily disturbed back, an overly sensitive back.

Now, Jeremy was prone to debilitating backaches with very little provocation – and year after year, it got worse.

If Jeremy spent too much time crouching, like when he weeded the garden or refinished the floors, he paid for it – that night, the next day and for several days afterward.

When he worked too hard cutting and stacking wood for their wood-burning stove, he paid for it.

When he carried even moderately heavy bins and boxes organizing the garage or cellar, he paid for it.

Eventually, Jeremy wasn’t able to sleep well anymore.

Trying to turn in bed at night was uncomfortable and difficult; the pain woke him up. In the morning, he was stiff and sore, and it took hours to get going.

No matter how much Belinda tried to reassure him, Jeremy was disgusted and ashamed.

He had to ask someone else to lift heavy things.

In his mind, that was a man’s job, and he could no longer do it.

He couldn’t pick up or carry his children anymore.

He was forced to be slow and careful getting in and out of the car.

He felt as though he looked older than his grandfather.

He couldn’t garden anymore and had to be very careful he didn’t overdo it when it came to doing yard work or home improvements.

He could no longer go on road trips from New York to Florida to visit his aging parents.

Even air travel was torture.

His work life was affected, too!

For years, Jeremy had been a successful full-time computer programmer, but he was no longer able to spend hours sitting in front of a computer because of the chronic back pain.

He tried a standing desk but standing too long was also painful and uncomfortable.

He was getting less and less of his work done and becoming increasingly worried about providing for his family.

Back problems are often complicated and mysterious.

Doctors suggested physical therapy, steroid injections and potentially surgery if the other two didn’t provide enough relief.

Jeremy dutifully completed a course of physical therapy and even joined a gym.

But exercise only had a slight impact on reducing his pain – more often than not, it made it worse.

He knew he didn't want steroid injections with their systemic complications, and he briefly considered surgery, but then decided against it.

He kept thinking about golfer Tiger Woods – despite Tiger's status and wealth, he had required multiple back surgeries and his abilities as an athlete declined.

Worse yet, he couldn't get NBA coach Steve Kerr's failed back surgery out of his mind!

The complication of leaking cerebrospinal fluid scared him to death.

Jeremy read that up to 40% of those who have had back surgery experience continued pain after surgery.

It happens so often, there is a term for this phenomenon:

Failed Back Surgery Syndrome (FBSS). In fact, his cousin had had spinal surgery and said that it didn't actually do much to correct or cure his condition.

So, Jeremy was afraid surgery wouldn't help or might make things worse.

Even if it were successful, he didn't like the idea of the reduced spinal mobility that would result.

Plus, Jeremy couldn't afford the downtime of a failed surgery.

He held out hope that his body could find a way to heal. For real.

That's when Belinda stepped in. She had to save her husband.

Late into the night – for many nights – she did extensive

research on the internet.

Eventually, she discovered homeopathy, and soon, she found me.

I took his case.

I taught her that an appropriate protocol for his condition would be *Symphytum 200C* and *Hypericum 200C*, taken twice daily. Jeremy agreed to follow this protocol for eight weeks and then check back with me for a follow-up appointment to assess progress.

When I spoke with Jeremy eight weeks later, his morning stiffness had gone from a 7 out of 10 in severity to a 2.

His back and sciatic pain during acute flare-ups had gone from an 8 down to a 4.

And, he had only had three flare-ups in eight weeks instead of the normal frequency of one or two a week.

Most thrilling of all to Jeremy, his everyday dull soreness had gradually reduced over the eight weeks from a constant low-level daily ache and stiffness, to practically nonexistent.

He was able to work again, able to be the active man he once was.

Jeremy was surprised and ecstatic with his progress.

I was ecstatic – but not surprised. I see these kinds of results a lot, so I guess I'm used to it!

And Belinda? Ecstatic doesn't begin to cover it.

She was over-the-moon that her husband felt like himself again.

Because his progress had been so encouraging, Jeremy and I decided he'd stick with the same protocol for an additional eight weeks, and then we'd meet again.

All in all, it took about six months and three consultations before Jeremy declared himself pretty much free from back pain and stiffness!

At this point, Jeremy felt he no longer needed my services for himself, but he referred his mother to me for help with her Fibromyalgia.

He and Belinda also had me take cases for their son's frequent gastric pain, as well as their eldest daughter's dysmenorrhea – all of which were happily addressed with homeopathy alone.

As always, pass on the good news of homeopathy and of course jot down this little protocol that changed Jeremy and Melinda's life!

Pain cases are not always simple or even straightforward; they can't all be resolved in a short blog post. But when you suffer from pain, you need answers. So, to provide enough time to delve fully into the more complex world of pain, consider my course: "Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."

This is an indispensable course if you want to learn how to deal with:

- Fibromyalgia
- Arthritis & Joint pain
- Back pain and Sciatica
- Muscle pain
- Dental pain
- Headaches and Migraines

- Bone pain and growing pains
- Gout
- Neuropathy, neuralgia
- Spasms & cramps
- Chronic pain after injury, old injury pain that comes back
- Idiopathic / Unexplained pain
- And much more

For a full outline, click here.

Warmly,



P.S. I believe that knowledge is power. And I want to see that power returned to the conscientious hands of mothers and grandmothers who have gained the confidence to use it.

It's more important than ever that you start to learn this information on your own!

If you are not quite ready to take a course, I urge you to join a study group! My Gateway to Homeopathy: A Guided Study Group Curriculum is a powerful, inexpensive entry point to your homeopathy education.

For less than the cost of a dinner out, you can lay the foundation to become the homeopathic healer in YOUR home!



Podcast 86 – Pain: Make It Stop!



IN THIS PODCAST, WE COVER:

02:36 A course on pain

06:24 *Caulophyllum*, *Magnesium phosphoricum* for pain

19:15 *Hypericum*, *Staphysagria*, *Arnica*, *Aconitum* after surgery

22:00 **Learning the pain protocols and medicines**

24:06 Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

My new course:

- Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good

Boiron

More specific information on use of *Caulophyllum*:

- Birthing Part Two: The Premier Remedy for Childbirth and a Few More
- Birthing Part Three: Baby is Born, but You're Not Done Yet! Neither is Homeopathy

More specific information on use of *Mag phos* 6X:

- Cell Salt Series: Grab Your Mug; It's Mag Phos!

More specific information on surgery medicines I used:

- Anticipating Surgery? Homeopathy Can Help
- Surgery? S is for Staphysagria

My Learning Center (complete with Course Selector: How to Pick a Course)

My blog, podcasts and Facebook Live events

Kate: This is the Practical Homeopathy® Podcast Episode Number 86 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: On today's podcast, we're going to be talking about pain which, as many of you know, is a big crisis that we are facing right now. According to the Department of Health and Human Services, over 2 million people had an opioid-use disorder in 2018, and on average, 130 Americans die every day from an opioid overdose. Today, Joette, we want to talk about pain, and how we can address it from a natural

perspective.

Joette: There was a time when I dedicated my life to urging anybody whose lapels I could seize and ears I could bash. But now, I approach my subject of homeopathy with a little more grace. I guess I've aged.

But I guess there's also another reason. It's that I don't need to scream it any longer. People are clamoring for this information. They're looking for the alternatives. The jig is up!

These painkillers … am I going to say they should be illegal? Of course not.

There is a place for these kinds of painkillers, I believe. In late stage illness where there is no choice and when homeopathy fails us, then we may, indeed, have to go to something that's chemically derived. But why even *consider* it if we can avoid using something that could be so detrimental in the long run to our lives and to our families' lives?

That's why we have decided to put together a course on pain. You've got the title there, right, Kate?

Kate: Yes.

Joette: Because I don’t have the title memorized yet because this is all new to us. We’re still organizing it and putting it all together.

A course on pain

Kate: It’s “Make It Stop: Escape From the Prison of Chronic and Acute Pain Using Practical Homeopathy®. Learn Effective Methods to Uproot Pain, Often for Good.”

Wow, Joette, that’s a tongue twister.

Joette: That’s why I couldn’t remember the title, but I wanted to get it all in there!! I want to make it really clear what I’m going to be teaching. We want to have this knowledge, this information, these techniques at our fingertips like a Swiss Army knife of knowledge. We want to be constantly prepared because do you know when the next time you or someone in your family will have pain?

Kate: It’s a total surprise. You never know when that’s going to happen.

Joette: It is the true definition of an acute. It comes on suddenly! You don’t know when it’s going to happen. You want to know how to parse through whether it’s an injury, so it’s extrinsic or intrinsic, it’s something internal, whether

it's from the gut from food that has been eaten that was bad, whether it's a chronic condition that's related to hormones, (for women, for example, with menstrual pain or headaches that are specific to the hormone shifts), whether it's an injury, an automobile accident, a ski accident. We need to be prepared.

Now, I will say I *am* prepared. I know my medicines. I know them inside and out, and I own them.

Kate: That is key! That is key, Joette.

Joette: Absolutely, because if you know, "Oh, my gosh! This is absolutely a call for *Caulophyllum,*" and you don't own it, now what? What good is that knowledge? You have to either find a health food store that carries it (which is unlikely), get on Boiron's site, or Amazon, or if you're a student of mine, you can go to OHM pharmacy.

By the time that happens, the baby is born! Or the hemorrhage is now being dealt with conventionally in a hospital.

I don't want people to believe that I don't think you should go to a hospital or go to a doctor. Of course, you should do that if you need to – particularly if you don't know what to do!

Kate: And if you don't know what it is – what's causing

that pain – sometimes you need that diagnosis.

Joette: Yes, you often need a diagnosis. Now, do you need a diagnosis for your child's ear infection– if you've seen this ear infection two and three times previously? You don't need another diagnosis to know indeed that that is an ear infection. You're observing. You know that the child's pulling at the ear. The child is crying, maybe even screaming. The ear is red. Perhaps there's a fever.

Do we really need to know – at a pediatrician's office on Saturday night, at two in the morning – that it is indeed otitis media?

No, you know what it is? You've seen it so many times, not only in this child, but perhaps your other children. That, in itself, is your diagnosis.

But if it's a first time! Or there's pain in a woman's breast – and it's sudden, overt and something that has never been experienced in the past – you use the homeopathic medicines the best you can. You consider what you've taken recently – such as have you eaten a lot of chocolate or if you had a lot of coffee, et cetera.

If all of those can be ruled out, and this pain persists in spite of trying to figure out what it is and trying to deal with it yourself, in short order, get yourself to a doctor and get a good diagnosis! There's no doubt. Doctors are incredible with diagnostics! It doesn't mean they get it

every time, but they often get it right.

Caulophyllum for pain

Kate: Let's talk about some homeopathic medicines that you can use for pain. You just mentioned *Caulophyllum*. Let's talk about when you would use *Caulophyllum*?

Joette: *Caulophyllum* is a great medicine for labor, and for labor that's stalled, for a uterus that's not cooperating, so to speak. When everyone around the mother is saying, "Okay, it's been now 20 hours (or whatever they allow in whatever hospital it is), and you are not producing a baby. We've got to go in, and we've got to take this baby."

And the mother is absolutely beat up. She's exhausted from pushing. She's trying as hard as she can. She's shaking. She can't deliver this baby, and the pain is extraordinary.

The medicine … if the doctor knew anything about homeopathy or if there was a good midwife who knew anything about homeopathy would automatically know to use *Caulophyllum*. You use it at that moment. Then if the baby doesn't … we don't see a change, a dilation in the cervix, then we might use it again in another 15 minutes, and then again in another 15 minutes.

In more situations than not – and I'm afraid I don't have the statistics; I've just seen it with my own eyes many

times – the baby is born in very short order. This is an age-old medicine. It's been around for 200 years. It's been used in 200th potency, 30th potency, 6th potency. It's a time saver and an opportunity to keep from having to submit to surgery.

Kate: I wish I had known about *Caulophyllum* when I was delivering. Oh, my goodness! Think about how many women you might have just saved from having a C-section right now. That's awesome.

Joette: It is awesome. All of our medicines are awesome because they're not synthetic. They're "polite," is what I call them. There are no side effects.

Kate: Polite.

Joette: Yes, polite. They are! They don't *slam* the person across the face and beat them up like many drugs do – because they're not synthetic. They're made from nature, and then diluted many times, and potentized until they now become a medicine of great measure.

They're very gentle. They simply stimulate the body's natural ability to correct the problem.

Kate: All right. So, what else can you talk about for pain?

Joette: Well, since we're talking about women, we can also talk about *Mag phos*, *Magnesium phosphoricum*. This is also great for men, too. But for women, we most often know about it as a great medicine for menstrual cramps.

It's *Magnesium phosphoricum*. We call it *Mag phos*, but I like to call it "Mug phos," (M-U-G phos) because it's great when you put a dose of it (which is about four to six pills), into a mug of hot water. It delivers it faster.

Put it in, I figure, about one pill per ounce. Let's say it's four ounces of hot water and four pills. Or six ounces of hot water – six pills. If the dose on the bottle says six pills as a dose, then use six pills. It depends on what the outside of the bottle reads because pharmacies make each one of these a little differently because their pills are a little smaller or larger.

It's a great medicine specifically for pain during menstrual cramps. Now, it doesn't *treat* the pain (although that's what everybody thinks they want). But to be honest, what they really want is they don't want to have cramps which would cause the pain. They don't want the actual muscle – the uterus – contracting. So, what it does is it calms that down, so the pain is no longer there.

Each sip from this hot water … just a sip (a tablespoon or so as one sip) … take a sip, and then you put it down. Each sip equals a dose.

Within another 10 seconds, if the pain is still there – and I assume it would be after only one or two sips – you take the second sip. Okay, put it down.

Now, you wait a few more minutes again, and you take another sip. In between your taking the sips, it's cooling off.

I wish that there was alliteration, if I could call this "thermophos," because it would be much better if it was in a thermos. But "MUG *phos*" works better because of the "mag" in the *Magnesium phosphoricum*.

What I suggest is that when someone has cramps, menstrual cramps – and I'm going to talk about other conditions in which we would use this beautiful medicine – we would put it in a thermos by the bedside, particularly if it's someone who's suffering at night. That way, the person doesn't have to get up out of bed, go start the hot water, put it in the cup, and start sipping. It can last in a good thermos for two, sometimes even three, days, and keep it warm.

This is also great for children who have cramps that are different than menstrual cramps – a little boy who has leg cramps, or someone who has even cramps in the back. So, it's a *cramping* medicine.

If we think in terms of magnesium, a lot of people take magnesium oil, I think that's overkill. This is better than magnesium oil because we're diluting it six times to the 10th power. *Mag phos* 6X is usually what people purchase. You can

find it online. You can find it at your health food store. *Magnesium phosphoricum* 6X is a beautiful medicine that does not need to be taken consistently.

In other words, after you've taken it a few times – every menstrual period or every time the child has leg cramps, et cetera – you'll find that the need for it becomes less and less.

That's not necessarily so with magnesium oil. Once you start using magnesium oil, you will always be using magnesium oil … or not always, but for long periods of time. The idea with homeopathy is to *uproot* the condition and not just depend on the gross form of the substance.

Kate: For instance, if you have pain from menstruation, you're using *Mag phos*. And then the next time you get your period, hopefully the cramps won't be as bad. And then the next time, less and less and less. I've seen that happen in our family's lives. It's very effective.

I get the question all the time, too. "Well, I don't have time to go and make some hot water to put this in."

Joette: Or they're in the car, and they don't have availability of hot water.

Kate: Exactly. By my bed, I always have a tube of *Mag phos* 6X. Because if I wake up in the night, my heart is beating

fast, or I have some sort of pain, I just open that *Mag phos* and take some in the night. I don't get up and make the hot water and do all this. I find it still acts. Maybe it acts faster in the hot water, do you think, Joette?

Joette: Yes, it does. It just delivers it faster. It does not *need* to be put in hot water. It can be put directly into the mouth, no doubt about it.

Kate: Tell us more conditions that you would use *Mag phos* for.

Joette: First, let me say this that when someone has pain, I suggest that they just Google my name or go to my blog and put in the name of the condition, where the pain is, for example. Try to come up with some synonyms. Sometimes it doesn't come up. (We don't have the best search engine on our blog. We're still working on that.) And, you'll probably find a lot of information just for looking.

But what I want to do in this course is take you *beyond* that. I'm giving you examples of those remedies and protocols that are well-known and easily learned and easily memorized. But we're also going to be covering more unusual kinds of pains – such as gallbladder pain. That can be excruciating, and it can also result in surgery.

If it feels imminent that surgery is down the pike, why not? Before you have your surgery scheduled, why not use a homeopathic medicine for such a condition? I'll be teaching

that.

I'll be teaching about migraines.

We'll be going over not only where the pain presents, which organs – skin, the gut, the eyes, the head, the uterus, the teeth, et cetera – but also the names of the conditions, infections, injuries, et cetera.

Then also, pain characteristics. Because that *Mag phos* pain (the pain that is addressed by *Magnesium phosphoricum* 6X), is a *cramping* pain. Sometimes it can be almost *searing*, but it's not *burning* pain. It's generally not *stitching* pain. It's generally not *cold* pain. We're going to categorize the pains as well … as to, if we don't have a specific protocol for that condition, what else might we use to come up with the medicine that needs to be applied?

Kate: I think of this course, Joette, as akin to your Survivalist Guide. Because you don't know, like we said earlier, when you're going to need this. To have these skills at your fingertips, to be able to categorize the pain and know the different medicines and what kinds of pains they affect, I think it is priceless.

Oh, my goodness! I can't tell you the number of times I've used that Survivalist Guide, and how it has saved us many a trip to the ER.

Joette: People say that they want to be pain free, and I certainly understand that. We're all human. But I want to remind folks that pain, actually, in a way, is a gift because it tells us something is wrong. It may not tell us *exactly* what's wrong or *why* it's wrong necessarily, but it tells us, "Pay attention to that organ or to this condition."

Can you imagine if you didn't have pain receptors, and you were in an automobile accident, and you had no idea that your arm was severed? Maybe you were not aware of what was going on because you were tending to your child or something.

You *need to know* that there's something going on. Pain is indicative of… it's screaming at us, "Pay attention!"

Now, how do we pay attention? Does that mean that we simply obliterate the sensation of the pain? Well, I'm not going to say that's never called for. For example, if you have to go into surgery, by all means, that's exactly what general anesthesia or local anesthesia is grand for.

But when someone has a headache, to just obliterate the pain is not the goal. The goal is to correct the condition. That's where homeopathy comes in. It helps correct the condition, uproot the problem, so that the pain is no longer necessary. The body no longer needs to produce it because the condition has been resolved.

Kate: You talked about going into surgery, and how sometimes, we need a surgery. Well, you and I worked together when a horse actually stepped on my arm. I went into surgery, came out, and then consulted with you. We came up with a whole list of medicines for me to take.

But it was very interesting, and we talked earlier about the opioid crisis, when I was getting ready to be discharged from the hospital, and they actually said, “No, you can’t leave until you take one dose of this narcotic pain medicine because you will need it after the nerve block wears off.”

And I said, “No, I’ll be fine.” I had to go round and round and round with this nurse who was not literally going to let me leave the hospital until they knew that my body would handle the pain medicine okay. Finally, Joette, I asked them to just give me a Tylenol, and I would take that for the pain. After I took the Tylenol, I said, “Oh, I feel so much better now. I think that’s going to be fine.”

With your help, Joette, I actually did not need any pain medicine after that surgery, and it was a pretty major arm fracture.

Joette: I saw the X-rays. Your arm was mangled.

Kate: Yes, it was. I just used homeopathy for the pain after that. It took a while. I’m not going to say that I was pain free. Because that would just be crazy to think that after a pretty major surgery, you would be pain free. But

the homeopathy made it so that I could tolerate the pain, and I didn't need to take those narcotics.

Hypericum, Staphysagria, Arnica, Aconitum after surgery

Joette: But we're not looking for a disposition of being blotto. We just want to be comfortable enough to be able to sleep, to be able to get nourishment, to be able to take on our day a little bit at a time after something like surgery.

I, too, have had surgery many years ago. I had an emergency surgery and the incision was clear across my abdomen. They told me the same thing – that I was going to need painkillers. I said, "Well, thank you, but no. I'm really just fine."

I used Hypericum. I used Staphysagria. I used Arnica, and even a dose of Aconitum. And those four medicines got me through. By the second day, I was using only … I believe, it was only Staphysagria. I was fine. Really, it was from hip bone to hip bone – that the surgical site was from hip bone to hip bone.

It was not what they expected. It's what *I* expected.

The reason I knew this is because I had studied. I had made a point of owning the medicines in the potencies that I had learned to use for such a situation, and I had confidence in it.

Now, some people might even call that placebo, but I don't know. I've used these same pain medicines on Buster, our dog; on our cat, Carmelina; on our son's cat … what's his

name? I don't like the cat. That's why I don't remember his name. He's brutal. He's just a bad cat.

Kate: Is that the cat that likes only men?

Joette: Yes. He *attacks* me. He attacks all women. I mean, literally, really attacks. That's why I don't remember his name. No, good old What's-His-Name.

But we've used these homeopathics on the animals, and they don't know what placebo is – particularly if you're putting it in their water, and many times, we've had to do that with the cat.

Kate: Well, it must have been the same placebo that helped me because I took those four medicines after my surgery.

Joette: Right. Oh, those placebos are really powerful, aren't they?

Kate: Yes. For those of you wondering right now, I used those same four medicines after my surgery as well.

Joette: *Staphysagria*, *Aconite*, *Arnica*, *Hypericum*.

Kate: And the *Staphysagria,* if my understanding is correct, is not as much for the pain but to help with any infection that might be brewing after such a surgery, correct?

Joette: Well, it's for an incisional site. So, anything that might come from that, whether it's a potential infection, whether it's the pain of the incision itself. It's for a clean cut. Yes.

Kate: *Staphysagria* isn't if you get some cut that's jagged. It's more of a surgical knife or you slice yourself with a knife.

Joette: Yes, right, when you're cutting carrots, and it's a brand-new knife. Yes, certainly.

Learning the pain protocols and medicines

Kate: Joette, so many times people ask me, "Where can I get all the protocols? Where can I find that 'magic list' of all the protocols that I need?" I tell them that it is not as easy as that. If there was just a list of protocols, that would be great. But you would still have to know how to use these protocols and these medicines.

People ask, "Well, can I just purchase the Banerji book, and will that have all the protocols in it?"

I say, "No, not all the protocols are in there." If you want to learn these protocols, really, the only place that I know

of is by taking your courses.

Joette: Well, and you're still not going to learn them all because there are, I don't know, 6,000 human conditions? It would be like an encyclopedia. Once you learn the protocols that I teach, then you can extrapolate to a certain degree.

You'll see how you apply this protocol that seemed as though it was just for this condition. But because the pain is so similar, and it's in the same area of the body, the same organ, that you could potentially use it for *this* condition, as well. So, it takes a little more depth than that.

I mean, I wish that I had all the protocols, too. So, what I did was I went to India, and I worked with the Banerjis for collectively a year and a half – sat by their sides and jotted them all down and learned and studied.

Some of them were *still* not exact because there are conditions in which for some people, it makes more sense to use this protocol; for other people, it makes a little more sense to use that protocol. I don't want to color the idea that this is not formulaic – because it is much more formulaic than any other method I know in homeopathy. But there is some *maneuvering* that you have to do in order to utilize this for absolutely every situation.

Kate: I just wanted to make it clear that I don't know of any magic list that we have that's out there with all of the protocols. Do you?

Joette: No, I don't think there's anything like that.

"Make It Stop: Escape From the Prison of Chronic and Acute Pain Using Practical Homeopathy®. Learn Effective Methods to Uproot Pain, Often for Good."

Kate: Tell us a little bit more about what you're going to be covering in the pain course, and I'll just call it for short, "Make It Stop!"

Joette: Well, one of the conditions, of course, will be joint pain, gut pain, headache pain, injury pains.

Kate: Is there something for a pain in the butt?

Joette: You mean like our children, our neighbors?

[Much laughter]

Kate: I believe you'll be covering sinus pain as well. But stay tuned because more information will be coming out shortly about the course on pain.

Joette: For those folks who believe that the best way to

deal with pain is just to take Tylenol, acetaminophen, a couple of aspirin or something like that. You don't have to take opioids, right? They wonder, "Why would you go through all of this, take an entire course just on the idea of pain, and how to treat it homeopathically?"

Kate: What about those who say, "I'll just use my essential oil?"

Joette: Right, essential oils, too. Well, sure, if it works. If you get something that works, then perhaps this is not the course for you.

But the difference is that homeopathy – when we're talking about it compared to conventional medicine – again, homeopathy has no side effects. That's the first thing.

The second, of course, is what we said earlier and that is that we're *uprooting* the condition. That's the idea. It's not about just getting rid of pain.

The third is certainly if you have essential oils that deal with migraine pain, by all means, use it.

And if you don't have the time to take a course like this, I certainly understand.

This course is designed for people who want to be completely self-reliant as much as possible – who have families to take care of, want to take care of themselves, or they've gotten to the end of the road. And they've been using all of the essential oils, supplements, and synthetic vitamins, have changed their diets a number of times, have used other methods – and they have failed.

None of what I teach is for everyone. But if you have a

penchant for learning, you have an innate curiosity, and you want to take control of your family's health and your own, this might just be the avenue for you.

Because taking care of yourself and others is freedom. It's freedom from limitations, and it's freedom actually from our own egos. It releases us from feeling as though it's only about us – because it isn't. It's about many. It's about us, our children, our grandchildren, our neighbors, our church mates, our livestock, wild animals, our pets.

Kate: And, so many people have problems with pain. If we can help other people, I think it's an amazing gift to be able to give.

Joette: That's right, the gift of good medicine.

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.

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 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.



Not Tonight, Honey



“Not tonight, Honey … I have a headache!”

A bad headache can stop us dead in our tracks.

The pain can keep us from wanting to do anything: make dinner, go to the movies, watch TV, sit outside, play with the kids, watch the sunset, or … well, *that* either.

Years ago, Sandra had painful headaches.

She wasn’t stuffy or suffering from allergies, but she had incredible pain behind her eyes, between her eyes, over her eyes, under her eyes – her whole sinus area was painful.

But this wasn’t a typical sinus headache. These headaches seemed to come and go with no rhyme or reason.

Eventually, Sandra had a watershed moment: her headaches

came with barometric pressure changes – like clockwork.

After her discovery, she became more specific: "Not tonight, Honey –*see the weather*?"

Poor Sandra had turned into a bedroom barometer!

Unfortunately, Sandra lived by the shore where weather changes were extreme.

For crying out loud, the barometric pressure changed there almost every other day!

And right along with those shifts – as often as 2 to 3 days a week – came her painful, life-interrupting headaches.

She tried Tylenol and aspirin. Neither came close to addressing her pain.

However, at the time, Canada offered a stronger over-the-counter solution called "222."

It was an analgesic containing caffeine and codeine.

In them, Sandra had found something that worked! When her headaches were unbearable, she'd drive over the bridge to Canada, smuggle them in, take the medicine, and finally feel some relief.

But what was she doing to her body by taking codeine?!

It worried her, of course. But she couldn't stand the pain.

Then Sandra found homeopathy.

More specifically, she found *Kali bichromicum* 30.

The next time the pressure changed, and the inevitable headache held her in its vice-grip, she took *Kali bichromicum* 30 every hour or so.

After three doses, the pain was GONE!

Two days later, Sandra, the Bedroom Barometer, was back in full force. Yep, the pressure changed again, and her headache felt like it was going to crush her eyes in their sockets.

She took another dose of *Kali bich* 30.

And that was it. Gone!

After years of suffering from those horrible barometric pressure change headaches, they were gone forever!

You read that right. Sandra assures me that after those two separate headaches that week and taking *Kali bich* 30 for each occasion, her pain has never returned.

That one elegant homeopathic medicine effectively killed two birds with one stone!

It freed her from a lifetime of headache pain.

Plus, by using homeopathy, she eliminated all of the terrible side-effects she had been exposing herself to with allopathic drugs. (By the way, the codeine-filled 222s are no longer manufactured or sold in Canada. Hmm. Wonder why?)

So, this is a writer-downer, folks: *Kali bichromicum 30*, every 1-3 hours for a barometric pressure headache, until the pain subsides. (Scroll below this post to download your free Remedy Card containing this information.)

Keep in mind, there are about a gazillion different types of headaches.

Well, maybe that's a *slight* exaggeration, but there are certainly a *lot* of them.

The homeopathic medicine you choose must match the specific type of headache you're suffering from. For example, I write about hormonally-driven headaches in a previous blog post.

I wish I could share every protocol I know with you for free here on my blog, but it's just impossible.

Many headaches – as well as aches and pains all over the body, for that matter – are just too complicated to discuss in this short format.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain or a pinched spinal nerve). Continue learning! I believe that knowledge is power. And I want to see that power returned to the capable, caring, conscientious hands of mothers who have gained the confidence to use it.

Want to be the hero in your home? Let me guide you with my course.

"Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."

And, as always, pass on the good news of homeopathy!

Warmly,



P.S. It's more important than ever that you start to learn this information on your own!

If you are not quite ready to take a course, join a study group! My Gateway to Homeopathy: A Guided Study Group

Curriculum is a perfect entry point to your homeopathy education, and I've made this study group curriculum as affordable as possible.

For less than the cost of a dinner out, you can lay the foundation to become the homeopathic healer in YOUR home!

And one little-known secret, there is a way to buy all my pre-recorded courses at a considerable discount with your study group companions.



Podcast 85 – Moms with Moxie: 2 Legs, 4 Legs or Leaves



IN THIS PODCAST, WE COVER:

01:47 History with Homeopathy and hints

10:10 Homeopathy for night terrors and poisoning

14:55 Homeopathy for chemical sensitivities, animals and plants

25:52 Exploring healthy living

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:



Terror in the Night
The Perils of Summer: Poison Ivy and Poison Oak
Cell Salts: The Easy Homeopathy
Cure Yourself and Your Family
Feminopathy course
The Survivalist Guide to Homeopathy
Sunburn and Dehydration? Homeopathy Offers the Cure
Ditch the Gatorade and Make My Son's Homeopathic Electrolyte Drink
Gateway to Homeopathy II: Only available for purchase through your resource page, after having taken the prerequisite Gateway to Homeopathy I (referenced below)
My blog, podcasts and Facebook Live events

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy® Podcast Episode Number 85.

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: Welcome, everyone, to another Mom with Moxie podcast. Today, I'm excited for you all to get to know Jennifer. She's with me here today.

Welcome, Jennifer.

Jennifer: Hi, Kate. Thank you so much for having me. I'm really excited to be here.

Kate: Good, me, too. I'm really excited to get to know you a little bit more and to hear your story. Let's get started by hearing from you about your background, and maybe how you came into the natural healing modality.

History with homeopathy

Jennifer: Well, I live in Central Texas. I'm on a life-learning journey with my son who's 12, and daughter, nine, and my husband. We live on Unruly Farm, which is a small farm. We have a dog, cats and chickens. My background is in the social sciences, and I love research. So, it's kind of translated into me into researching healthy and holistic

living – which is my segue into learning and using homeopathy.

Kate: You must have been passionate then about natural healing for a long time? Is that true?

Jennifer: The last 20 years, yes.

Kate: Oh, wow.

Jennifer: Yes. About 20 years ago, I was exposed to a chemical that I had a severe reaction to. It started me on a journey with reclaiming my health and understanding chemical sensitivities. It just led itself into holistic living.

During that time, I discovered a lot of different things that people were using – diet and herbs. I really had not even heard of homeopathy. Now, when I look back, I think, "How could I not have heard of homeopathy in my whole life?" It's stupefying to me!

I got a sunburn. I was using aloe vera gel and all of the herbal things, and it just wasn't doing the trick. I went to a little health food store that I frequented, and I asked the person, "What would you recommend for sunburn?"

She said, "Try this," and she gave me some burn cream.

I put it on and within 15 minutes, I had about a 60% reduction in pain. I thought, "What is this stuff?" I didn't even read the label. I just purchased it. So, I looked, and it said, "Homeopathic Preparation of *Cantharis*."

Kate: So, that was the first time that you've ever heard of homeopathy.

Jennifer: That's correct. It was the first time. It was about 20 years ago. So, I became really interested in what worked so well for the sunburn. And I went back to the health food store, and I purchased my first book.

You know, it's hard now to think back about my life before homeopathy. It really is. I mean, you know how they say when you're learning a second language, you start dreaming in that language, and you know you're really getting it? So, I had a dream the other night, and in the dream, I was telling somebody about a homeopathic remedy. So, I think it's become a second language for me almost.

Kate: Wow! Fantastic.

Jennifer: It is translating for my children, too. They both have their own little homeopathic kits that they carry in their backpacks. They both asked for them because I have a kit in my purse that I like that I finally developed with a jewelry organizer.

So, my daughter said, "Oh, I want one of those!" So, we got one.

Then my son, he said he wanted something – but he wanted something a little tougher. So, he has a nice little plastic case for his.

Kate: Yes. Tell us a little bit more about that because I feel like this is fascinating that your kids wanted these, and what you came up with. Explain that a little bit more.

Jennifer: Homeopathy has been a part of my life their entire lives. We've worked with it; they've used it. It's second nature to them now. If they have an injury or an issue, we have a first aid box, and they go get their first aid with homeopathy.

Recently, something flew into my eye. I just had read the lesson that Joette had send out about *Aconite* being the *Arnica* for the eye.

So, when I'm having issues, I'll say, "Hey, I just got something in my eye. I'm going to take *Aconite* because it's

Arnica for the eye." I'm very vocal about what I'm doing.

Then a couple of days after that, something flew in my daughter's eye, and she was having pain from it. She said, "Oh, I remember, *Aconite* is the *Arnica* for the eye."

So, I'm always very verbal about what remedies I'm using, and why I'm selecting them, and they're listening. They've had such great success with homeopathy. In fact, my son is very active. (Thankfully, we've only had one broken bone.) And he had injured his leg. He was busy, and he didn't want to stop. The next day, he looked down, and he had this big purple bruise on it.

He said, "What is that?!"

I said, "It's a bruise, Cyress! That's how they look when you don't work with it with *Arnica*!"

He was just aghast that a bruise could look like that because usually we apply *Arnica* topically, and you take *Arnica* by mouth for bruising. But that was just funny to me. He was horrified that this big purple thing was on his leg!

Also, I started doing this in books that I read. I would think if someone was injured or ill, I would think, "If I was there, and I wanted to use homeopathy, what remedies would I use?" I just started thinking that way is the way to educate myself about homeopathy.

We read aloud a lot in our life learning. We were reading a book about the Oregon Trail. It was a great opportunity because a lot of things happened to this poor family in "The Oregon Trail." One of them was cholera. So, I said, "Well, if they'd had homeopathy, what would they have taken?"

So, we got out a book, and we read what cholera was and the symptoms. We discussed what remedies they might have taken.

Then another person had a snake bite … and, so different

things. As we read books, we talk about, “If we were there with our homeopathy kits, what would we do?”

That is a fun way for us to learn homeopathy together. Hopefully, we’re not going to need that one day.

Kate: Yeah, right? Yes, hopefully not. So, both of your children, then, asked you to get them something to carry the remedies.

Jennifer: Yes. My daughter wanted the jewelry case that I turned into the homeopathic kit for hers. My son, he found a little box that fit perfectly into his backpack. He has about 15 remedies in it.

Kate: Do you pick out the remedies that go in their cases, or do they pick them out?

Jennifer: I picked them out. We talked about why I have each remedy that I have in my kit. Then we talked about why I use them, and what we would use them for.

Kate: Do you have anything in their kits that explains if something were to happen, which remedy? You know what I’m saying … like a piece of paper or something?

Jennifer: Right. I had a premade kit from a company that had a little booklet in there. We’ve used that booklet because it’s basically the same remedies. So, it has a little booklet on using each remedy.

Kate: Okay. We’re going to show on Joette’s website below the recording of the podcast. You’re going to see a picture of the jewelry case that you’ve turned into your homeopathic and emergency kit, so to speak. You can see what we’re talking about by looking at that picture.

I think it’s brilliant, what you’ve done with the jewelry kit. I actually never thought of that. I’m thinking about making one for myself because I love how that jewelry kit

holds those remedies from the picture that you sent me.

Then also you said that you have some other things in there, too. Tell us about that.

Jennifer: There's a larger zipper bottom. In that, I have some adhesive bandages. I have a saline vial for washing out wounds or even if somebody gets something in their eye. I have some herbal salts that I actually make in there as well for cuts and bumps. I have the original burn cream that I still use all these years. It's great for bug bites and stings. Then I have *Arnica* cream.

Kate: Who manufactures the burn and bug bite cream that you really like?

Jennifer: Weleda. I used to be able to buy it at health food stores. At some point along in the last 15 years, they had stopped selling it directly in stores, But I call, and I order it from them directly. So, at the beginning of the summer, I call and order about four tubes of it, just so I have it. And I inevitably will give some away.

That's the other thing I have in my kit: I bought some little tiny bags that seal at the top because I will inevitably give somebody my whole vial. Now, I have these little bags. I don't know if they are showing on the photo or not. But I can put a dosage in there and give them the bag, and then I don't give away my vials.

Kate: Of the homeopathy.

Jennifer: Yes, so I just bought a little packet of like 100, and I just keep those in there in case I want to share it with other people.

Kate: That's a good idea. I'm going to make one for myself. Thank you for sharing.

Jennifer: Yes. Also, I don't know if anyone else has had

this experience, carrying the vials in their purse, but the labels on mine would tend to rub wherever they were. And this keeps the labels from rubbing off as well. So, this protects the labels. That's just an extra bonus, so you don't lose the writing on the outside.

Homeopathy for night terrors and poisoning

Kate: All right. Let's hear some of the ways that you've used homeopathy over the last 20 years! I bet you have some great stories to share with us.

Jennifer: One of the things that immediately comes to mind is night terrors. I don't know if you've been around someone that's had a night terror. My daughter had night terrors, and they are terrifying for the person that is taking care of them.

You really can't wake the person up, and it is very scary. At the time, I really wasn't prepared homeopathically for them. Then fortunately, there was an article about them of using *Ignatia*. I used *Ignatia* in the 200 potency.

My daughter had a night terror … and because we've done homeopathy, and I would say, "Open up like a baby bird," when we take our remedies. So, in her night terror, I was able just to say, "Open up like a baby bird," and she actually did! And I administered the *Ignatia*. Within five minutes, she closed her eyes and truly went back to sleep. It was amazing because the previous one she'd had lasted for 20 minutes.

It happened again about two weeks later. We did just one single dose that night and she never had one since! That's been probably three years ago.

Kate: Yay! That's awesome!

Jennifer: Yes! That is awesome! I'm so grateful to have had that remedy for those. As a mother, in the middle of the night, it's a very scary thing. Even though, you know, it's not like the high fever, and you're worried and all those things. But it is just a scary experience. I'm just so glad to have *Ignatia*.

I would keep thinking about the remedies that I would not be without, and *Ignatia* is definitely one of those.

Kate: Yes. Do you ever take *Ignatia* while you're going through that?

Jennifer: I think that night, I did take it myself as well. I think while I was waiting for that five minutes to pass, I took a dose myself.

Kate: Yes, even though you know logically in your head that it's just a night terror. Still, for your child to be terrified like that is unnerving.

Jennifer: It is. It's very unnerving.

Kate: What else?

Jennifer: Poison ivy. We live in a rural area, and my son climbs trees. And you will climb through poison ivy and not even know that you climbed through it. He was really getting into it. I used the *Anacardium*, and it helped relieve the symptoms.

This year, I prepared for the poison ivy season after I read a blog post, The Perils of Summer: Poison Ivy and Poison Oak. It discusses using the *Rhus tox* 30 prophylactically. So, I did that with my son.

He contracted poison ivy only one time this summer, and it was much less severe. It healed quickly. He was thrilled

with the results of using the *Rhus tox* prophylactically, and so was I.

We had many nights prior to that where he would wake up in the night miserable, itching from the poison ivy. The one bout he had with it this year was so mild. It was incredible. We got a lot more sleep this summer because he wasn't waking up itching and miserable. We will definitely be doing the *Rhus tox* prophylactically again next summer.

Kate: Yeah, good. (So, you were referring to a blog on Joette's website, joettecalabrese.com.)

That's one thing that I failed to ask you about earlier in our podcast. How did you come to learn about Joette? I want to bridge the gap from seeing the word "homeopathic preparation" to how you came to study homeopathy and then ultimately learn about Joette.

Jennifer: Initially, when I was studying homeopathy, I relied on books because I love books, and I have a lot of homeopathy books. When I ventured into online research, I was pregnant with my daughter, and I was looking for homeopathic and cell salt support because I had discovered cell salts at that point. I found Joette's Cell Salts: The Easy Homeopathy program, and then also Cure Yourself and Your Family. And, I began using both of those resources.

Kate: Your introduction to Joette was those two programs. Then did you go on to take any of her other courses or consult with her?

Jennifer: Yes, I've done both. I consulted with her for chemical sensitivities where I started my journey here. I have done the Feminopathy course and the Survival course.

Kate: The Survivalist Guide to Homeopathy is actually one of my favorites.

Jennifer: Yes. When I go on trips, I take that binder and

the kit that I purchased with that. That is my primary travel kit because I think I'm going to be prepared for just about anything when I'm traveling with that resource.

Homeopathy for chemical sensitivities, animals and plants

Kate: Tell us how it's going with your chemical sensitivities. Do you still have those?

Jennifer: I have probably a 90% improvement in symptoms than when I started working with Joette. And, I have a protocol of what to do if I'm exposed to chemicals, which is very helpful, which for me is primarily *Arsenicum album*. That is another remedy that I just would never be without. If I've been in a situation that I've been exposed to chemicals, I can take that remedy, and it helps my body deal with the chemical exposure.

Kate: Now, do you take that in a 30C potency or 200C potency when you're exposed and have some issues?

Jennifer: I take it in the 200C potency.

Kate: My one remedy – if I'm on a desert island and can only take one remedy – *Arsenicum album* is my one remedy that I would take, I think.

Jennifer: Me, too, absolutely. I've used it with my chickens, I've used it with the chemical sensitivities. It's just an amazing remedy.

Kate: You mentioned using *Arsenicum* with your chickens. Tell us what you used that for.

Jennifer: We have a small flock of chickens, and they all have names, of course. Lacey, one of our chickens, she would

just freeze in place and not move. We could tell that she was off, and there was something wrong. Then her droppings also did not look the way they usually looked.

And so, I didn't have any kind of resource for chickens at that point on using homeopathy. I thought, "Okay, there's something wrong with her droppings. I'm going with *Arsenicum*."

So, I used *Arsenicum*. We caught her; we gave her one dose; we put her in the coop. And, in the morning, she walked out, and everything was completely normal with her.

Kate: Yay!

Jennifer: About three days later, she had the same … she froze in place, not as severe, and the droppings were a little bit different, but not as severe. We gave her one more dose, and then she was completely fine after that. I still don't know what the issue was, but it didn't matter. I was able to help her with just using *Arsenicum*.

Kate: Now, I'm trying to picture how you're giving the remedy to your chicken, to Lacey. I mean, if you put it in her water, that's one thing. But maybe you have a different method.

Jennifer: Well, my husband held her, and I just pried her beak open and dropped a couple of pellets in.

Kate: Awww. Was she a good girl?

Jennifer: She was. I mean, she wasn't feeling like being a fighter right then, so that was helpful. But she wasn't drinking at that point, so I thought this is the only way I'm going to get it in her. I guess I could have also maybe had done a wet dose with her, but I just thought, "I'm just going to try this." That's kind of my philosophy, especially working with animals. "I'm just going to try this and see what happens." And it worked!

The second time, it was more difficult to dose her that way because she felt better. Yeah, she was not wanting it the second time. But after the second time, she has not had any more issues.

I realized now I should have isolated her, as I'm reading more. I have educated myself on caring for the chickens, and maybe I should have isolated her. But thankfully, it wasn't anything contagious. But if it had been, I could have put it in all of their water from what I understand.

Kate: I actually just gave something to our cat. The poor thing, I closed the door on her tail, and I didn't mean to. It was an accident. She ran off afraid of me, and I couldn't get her even to want to stay by me too much because she was afraid then.

And so, I was trying to figure out how I was going to give her some *Arnica.* I didn't want to put it in her bowl of water that she already had. So, I put another little cup with water, and then I put a couple of *Arnica* pellets in there. Then I thought, "Well, if she needs it, she's going to drink this water."

I brought her over there and showed her the water. She stuck her nose in there. I don't know if she actually got a dose of it or not, but I left it out there because I feel like animals are very intuitive. Hopefully, that helped her.

Jennifer: Yes, if you offer them a healing modality, they will avail themselves of it.

Kate: Yes.

Jennifer: I was thinking, too, of pets. My neighbor has a very big heart, and she has five dogs that she has taken in at various points – rescue dogs. One of them is a little Deer Chihuahua, and he was not feeling well. It had been one of those days – it had been warm the day before, then a big

wind came in. And he was chilly and clingy to her, and his stomach was hurting.

They'd previously taken him to the vet for that, fearing that he had impaction. He did not. He just had gas. I took, actually, *Pulsatilla* to her, and I said, "Let's just try him on a dose *Pulsatilla* and see what happens."

Within 15 minutes, he passed gas and stopped shivering and went about his regular day. She was very thrilled that it did not involve a vet visit.

Now, I've given her some on hand. If Archie – that's the dog's name – if Archie gets out of sorts with his stomach, that seems to be the remedy that helps him. I'm also trying to keep notes. So, I have a little folder on animals. So, I wrote down when I gave the chicken *Arsenicum*, and how the remedy worked, and when I gave Archie the *Pulsatilla*.

So, I'm trying to keep better notes than I have in the past. I don't always keep the notes, but it makes a huge difference. You can look back and say, "Hey, what worked before when this happened?"

Kate: Yes, it does make a huge difference.

Jennifer: I have another story about helping a friend with my favorite remedy, *Arsenicum album*. This involves the Texas asp.

Kate: What is that?

Jennifer: It's also known as the puss moth caterpillar, and it looks like a little toupee. It's just this furry little caterpillar that is on oak trees. But each little hair on that caterpillar is a barb. It's very toxic. It's supposed to be extremely painful to get one on you and be stung by it.

My friend actually stepped on one in her garage. She's had

four children, completely natural. She said that this is the worst pain that she's ever had.

She uses homeopathy as well, and she was taking different remedies. She took *Ledum*. She took *Aconite* because she said it was just shocking. We were texting, and she said, "I just feel this pain just creeping up my leg."

I said, "You're being poisoned by this asp." I said, "Try *Arsenicum*."

She took it. and she said that she could feel the pain and poison moving back down towards where she stepped on it. After about five minutes, it crept up again. So, she was taking it about every five minutes for 30 minutes. Then it completely went back down into her foot. But she really had to work with that sting.

But it poisoned her, and she just tried the *Arsenicum,* and it really helped her. Then she could move to longer interval between the dosage.

Kate: I never want to encounter one of those. That is for sure. You guys have a lot of poisonous things in Texas.

Jennifer: We do. We've, thankfully, never had to use any kind of homeopathy for snake bites. We have several venomous snakes in Texas. But we all know what we would do if we were bitten by a snake on our way to emergency care. We have *Lachesis* is what we would take on the way. That's our plan. It's in our first aid kit.

I also wanted to talk about using homeopathy with plants.

Kate: Yeah, I would love to hear about that.

Jennifer: Right. Primarily, I've used the remedy that's commonly known as *China* and the scientific name is *Cinchona*. It could be used for depletion of vital fluids if somebody's lost vital fluids and been dehydrated. We have droughts here

in Texas. I had planted some elderberry trees. They are water-loving trees, and they were just not looking happy at all no matter how much I water them. So, I decided to use that remedy for them.

I just had a gallon jar, and I put some of the remedy in there, stirred it up and poured it on their roots. By the next day, they had perked up. They looked much healthier. They weren't as "falling over" as they had been. So, I started doing that weekly during the drought time for the elderberries. I think it really helped them. Then I started doing it for other plants that I noticed were being affected by the drought.

Kate: Did you read that someplace or do you just figure that out on your own?

Jennifer: Well, I figured that out on my own. Then I actually found a book called "Homeopathy for Plants." It's written by someone that's in the UK. So, there are some plants that are not the same as in the United States, but it has a lot of great information on how to use homeopathy for your garden and balcony plants and indoor plants.

Kate: Might be inside plants, sometimes they experience a drought because of their caregiver, shall we say? That would be a good remedy to have on hand.

What else Jennifer? How else have you used homeopathy?

Jennifer: I've used the cell salts, which was my original course that I learned from Joette. One of the combinations that I've used is the *Nat mur* and the *Kali phos* to prevent dehydration, especially when someone's dealing with a stomach bug, we would do it every three hours.

The other is an electrolyte replacement. It's very hot here. I mix this up frequently. I have a huge three ring binder. I print out the remedy cards from the blog, and I put them in my binder. I take notes on different things. This is just

handwritten. I took a note from this electrolyte replacement and it was: 16 bioplasmas, 16 *Nat sulph* in a 6X potency, a fourth of a cup of lemon or lime juice, a teaspoon of sea salt, and then a cup of coconut water. Then you put it in a gallon and add water to make it a gallon. That's what our family drinks for electrolyte replacement.

Kate: I know Joette has used that with her family throughout the years, and I've used something similar as well. If our listeners are looking at where to find that recipe, so to speak, there's a blog titled Sunburn and Dehydration? Homeopathy Offers the Cure.

There are several blogs that you can find that recipe on, as well as in the Gateway II study guide, if you have that. The recipe is also in Lesson 2 towards the end of the lesson. That's a great thing to have on hand in the hot months. Well, here in Wisconsin, there are very few. But in Texas, you probably need that often.

Jennifer: Yes, and also I had a friend who had the flu, and she was severely dehydrated. I made this for her, and she drank it. It was one of the few things she could actually keep down. She said it really helped her recover from dehydration from the flu.

Exploring healthy living

Kate: Jennifer, let's wrap up this podcast by hearing some words of wisdom that you have on being healthy.

Jennifer: What I've noticed over the last 20 years of exploring healthy living (and taking care of myself and taking care of my children and helping them take care of themselves) is that when we have a really strong foundation, we're eating nutritious foods; we're getting good sleep; we're managing our stress.

I think about the holidays, and you go to too many functions, and at the end of it, everybody's stressed and

tired. I can just see the dominoes fall.

If we go somewhere, and we eat something that's sugary, we don't get enough sleep, and we've had too much excitement, and maybe somebody there had a cold, we're more likely to come down with a cold.

If we eliminated the sugar, and we got better sleep, then we probably aren't even going to come down with a cold. We're never even going to take the homeopathy.

Kate: Yes, it comes down to having a strong vitality. If you have that good foundation, I think you were telling me in our last conversation that you felt like the homeopathy actually worked more *quickly* when you have a stronger baseline to start with.

Jennifer: Yes, and oftentimes, with just one dose!

Kate: I think that's a really good point. If we take care of ourselves, then our body has to do less work to heal, obviously, right? If we're in a stronger constitution, stronger vitality, the homeopathy will act more quickly and be more effective. We have to take less of it and so forth.

Jennifer: Well, homeopathy is a helper to me. Everything I do to make it easier for my helper to help me, in a way, is taking care of myself. So, then when I do need my homeopathic helper, my body's ready to use it and heal.

I mean, I get emotional when I think about these are plants and minerals, and we're using tiny amounts of them to heal. I mean, it's a miracle to me! I do … I tear up when I think about how amazing homeopathy is! We were just taking in just this little bit, and it tells our body, like, "Hey, use me to heal yourself!" I think that's beautiful.

Kate: Yes, I think of them as little signals to our body to "get working."

Jennifer: Right. I am so grateful for the gift of homeopathy. It is medicine that helps your body heal without hurting your body. That to me is *priceless*!

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 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.

Anxiety: When the Elevator Flies to the Top



There it was again.

Jeanine woke up each morning to a smoldering rumble of both anxiety and depression.

She had a great life.

She was safe, healthy and had a loving family.

Sure, she was busy and had household duties to deal with – but so did everyone else she knew.

Why was she different?

Why did she feel as though she were stuck in an elevator with constant background muzak of hopelessness, fear and impending doom?

She did her best to put one foot in front of the other.

Most of the time, she was able to drown out the elevator music through brute force of will.

But it was always there.

All the time.

And on occasion, Jeanine's elevator-prison would fly all the way to the top floor, and she would find herself in a full-blown panic.

The world would seem unsafe and frightening as her mind would race a mile a minute with worries and concerns: "Why do I feel this way? Maybe because I ate this or that? Maybe I inhaled a toxin? Maybe I have stored toxins? Oh, no!" It all seemed futile.

One doctor she visited suggested Lexapro.

But Jeanine was even more afraid of the drug's side-effects than she was of dealing with the elevator and its seemingly never-ending muzak.

"Headaches, insomnia, fatigue, decreased libido," stated the warnings.

“No, thank you,” Jeanine thought. “I’m having a hard enough time as it is without adding debilitating side-effects!”

And so, she soldiered on … each day was a struggle to control the elevator and tamp down the background sensations of angst.

I hear stories of anxiety and depression every single day in my homeopathy practice.

You may think I’m exaggerating, but I’m not. Every. Single. Day.

The sheer number of people who for years have suffered in silence is staggering because I know homeopathy can help.

Listen, we all have “blue” days.

We’ve all had the occasional “I-don’t-want-to-get-out-of-bed” day when we feel sad or frustrated or unable to face the world.

Indeed, that’s life.

But, when those feelings are too much a part of a person’s daily existence, and when the intense “elevator to the top” racing mind happens too frequently, that’s life-*altering*.

It’s time to take control of your health.

Coffea cruda 200C twice daily is one of the arrows in my quiver of go-to homeopathic protocols to uproot the conditions of anxiety and depression.

The side-effects? None.

The cost? Around $10.

This is homeopathy.

It is elegant, safe, gentle, polite … working *with* the body to correct the underlying issues that present themselves as these torturous symptoms.

Now, let me be clear.

Many times, those new to homeopathy assume they treat something "when it happens."

While our aim in using *Coffea* certainly is to lambaste the anxiety attacks as they happen, what we really want to do is uproot the entire condition.

So, Jeanine didn't need to wait until an over-the-top event occurred.

She began taking *Coffea* 200C twice daily, every day, until she felt very much better – that is, until both the background muzak, as well as her "top floor" incidents, were resolved.

Now Jeanine's elevator isn't her prison. It moves at a measured pace, freely stops on all the floors, and Jeanine controls the buttons!

And the muzak?

Certainly, she's not 100% anxiety-free, but now she hears a happier tune in the background … perhaps something akin to the tunes I sing to my listeners before my Facebook Live events begin.

(Although from what he's told me, apparently, one of my sons wishes there was a homeopathic remedy to uproot my singing!)

But, no matter whether you sing it to the world (like me) or just share it with your loved ones … please, pass on the good news of homeopathy!

Warmly,



P.S. Jeanine experienced one type of anxiety, but not everyone experiences the same accompanying depression.

Some people just feel jittery – like they're vibrating at an unmanageable frequency. No one wants to travel through life like a nervous, over-bred poodle, startled at every turn, suffering from career-destroying insomnia and afraid of every small bit of news. This week, I'll be participating in a free, online *Anxiety Summit*. Click here to join me!

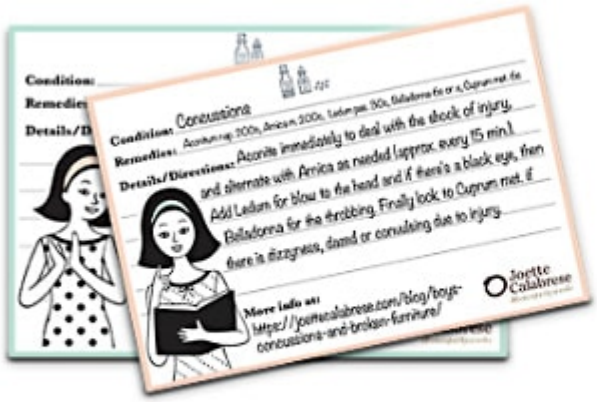
Currently scheduled for the 15th of November, 2019, my talk will be a peek into my extensive course, *Mindful Homeopathy.*

If you or someone dear to you is experiencing anxiety or another mental or emotional condition listed in the syllabus, please consider this popular course.

I wish I could discuss all the protocols here in my free blog, but many times the underlying issues are too complex to cover in under a thousand words.

A topic such as this requires a full course to give you a deeper understanding.

But once you gain competence and confidence through your studies, Practical Homeopathy® will help bring peace and joy back into your life.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

Click Here To Get Your Card

How Much Is One Dose?



You hear this word all the time in my podcasts and Facebook Live events. You read it on my blog posts and in the Facebook groups.

What is it?

The word "dose." As in, "I took one dose twice daily until very much better."

"But how much is one dose? How many pills do I take?" you may ask.

If I had a nickel for every time I am asked that question, I would … well … I would have quite an impressive collection of nickels!

As my remedy cards state, "The number of pills/drops per dose is printed on the outside of the bottle."

I'm not trying to be irksome or vague with my answer.

Believe me. I'm trying to be precise. Although homeopathy is gentle, relatively safe and polite, it *IS* medicine and the efficient use of it should be accordingly precise.

Each of the homeopathic pharmacy manufacturers advises a specific number of pills or drops as a dose of their medicine. Their numbers may vary depending on the size of the pillules that you've purchased! Therefore, it is essential that we read the remedy bottle and follow each particular pharmacy's standards!

Why the difference?

This is the basic idea: one dose is equal to one exposure to the potentized medicine. "Exposure" could take the form of a single pill – as long as you're positive that that measurement was fully coated with the medicine solution during the manufacturing stage.

You see, the dosage has more to do with *how* the homeopathic remedies are manufactured.

My observations made while watching how the medicines are made in a number of manufacturing pharmacies is that when remedies are made in a homeopathic pharmacy, the inert sugar pills are either sprayed with the liquid remedy solution or turned in a vat as the liquid remedy solution is applied over them.

Click here to watch a fascinating Boiron video detailing the entire manufacturing process. (If you skip to around 4:55 you can see the inert sucrose pellets getting sprayed with the medicine. But I urge you to watch the entire video. It will answer a lot of your questions regarding homeopathic medicines.)

Generally, a pharmacy will recommend somewhere between 3-5 pellets as a dose because they feel confident that this is what it would take to ensure that most of those suggested number of pellets will most certainly have received the medicinal coating.

So, if you follow their recommendation, you're assured to get at least *one* adequately coated in the remedy. And often, that's all that is actually needed!

This is the reason I defer to the label on the bottle: Each manufacturing pharmacy has its own pill size assessment of how many pillules (based on the size) should statistically guarantee you are getting a minimum of one pill with the medicine infused.

Because the original substance is so highly diluted and potentized, consuming *more* than the recommended number of pills at one time would make little difference. One exposure is still one dose.

One could take an entire bottle, and it would still be considered one dose. However, obviously, it's certainly not frugal – or necessary – to take a whole bottle at once.

But, I mention it because regularly, there has been a curious child who sneakily gets into the family's remedies and makes quick work of a tube of pillules. The child thinks they had a tasty treat while the mom flies into a panic!

Also, to reiterate, even when taking the teeny-tiny little poppyseed-sized pillules –although you might hardly see them when pouring them into the cap – these minuscule pills are just as effective.

But again, follow the manufacturer's recommendation because they know their manufacturing process. They know how many pills would best ensure you receive an adequately permeated pillule.

As you know, some protocols require mixing remedies together – to be taken at the same time. One should still observe the manufacturing pharmacy's recommended dose for each remedy.

Trust our reputable American manufacturing pharmacies! They go to great lengths to make sure your remedies are manufactured to the exact industry (as well as FDA)

specifications that will provide you with the proper exposure to your chosen homeopathic medicine.

So read the directive on the label, pour the pills into the cap, count them and get ready for the efficacy of homeopathy.

And don't forget to pass on the good news of homeopathy!

Warmly,



P.S. Questions such as this are answered in my Gateway to Homeopathy study group curriculum, which I strongly recommend as the best place to catapult your homeopathy education.

It's the same way I learned about homeopathy – with others. My guided curriculum ensures that you stay on track, learning the foundational things you need to gain confidence and competence. (Plus, it's fun! A time devoted to you, like-minded friends and homeopathy!)

P.P.S. Boiron has made another fascinating video available on YouTube that I think you might enjoy. Filmed in 1937 by their co-founder, Jean Boiron, this video shows the manufacturing process as it used to be at the beginning of the 20th Century. My, how things have changed … but the effectiveness of our homeopathic remedies has stayed the same!