My Bad!

When a homeopath has been in practice for a while, they continually make discoveries. At least I have.

Don’t get me wrong.

I learned great underpinning stuff studying classical homeopathy! But real-life situations aren’t always included in textbooks – in homeopathy or *any* profession, for that matter. It wasn’t until I had been in practice for a long time that I was able to understand homeopathy and health more fully.

The sheer number of people I’ve worked with has allowed me to come up with answers I would otherwise have not been able

to uncover.

There are foundational aphorisms in classical homeopathy. But nothing in life is consistent across the board. With so many different kinds of people in the world and thousands of various health conditions and illnesses those people can suffer, how could there be one rule that holds true for every person and every condition? It just can't be!

And with experience in practice, we learn "exceptions" to these rules … modifications to previously held thoughts. This is what I look to impart to you.

Let me give you an example. I had a client who suffered from severe arthritis. Her pain was so severe, she could barely walk from her bedroom to her living room; she couldn't unload her dishwasher; she could barely move. She was in so much pain, she spent much of the day asleep because her body was under siege.

I taught her about *Rhus tox* 1M, once a day.

Well, a friend who was studying classical homeopathy warned her, "My God! NO! You can't take *Rhus tox* 1M once a day every day! You'll prove it!!"

And that's exactly what I would have thought when I was a young homeopath, too.

But after I had been in practice for a while, I learned differently. I realized when you use a medicine that works really well but suggest that the client use it for only a week, the condition generally returns when they stop using it.

Then they have to use the medicine again for another two weeks. Then stop it again. Then restart it. Stop. Start. Stop. Start.

After witnessing this pattern in dozens and dozens of

clients, I realized, “What the heck are you doing, Joette? You’re making these poor people suffer between the times they were abstaining because you don’t have confidence in being able to use your medicines every single day for months?”

This was my problem, not the remedies’ problem. It was basically MY BAD!!

So, I changed my own adherence to a classical rule – a rule that need not apply.

In the ensuing years, I have learned clients automatically run out of their remedy. Maybe they just aren’t suffering as much, so they don’t rush out to the pharmacy to replenish. Or perhaps they travel and forget to pack it. But eventually, for one reason or another, they stop taking it.

Now I am confident enough in homeopathy to accept there’s no need for an arbitrary, across-the-board time limit on the remedy.

If their condition returns, then we know they’re not done with the remedy. They should stay the course. If the condition doesn’t return, then we know we’ve made a good headway.

I’ve changed my obedience to many other rules. I’ve come a long way from the rigidity of classical homeopathy because I have been in practice for so long and observed so much.

Discoveries are made continuously throughout a homeopath’s practice.

Take the Drs. Banerji, for instance. There are countless examples but let me give you just one: a discovery they made in their clinic in India while treating 1,200 patients a day over decades. I debated a bit about sharing this story, but it is so fascinating! It’s something you certainly won’t

find in the textbooks!

The condition? Shoulder Bursitis.

Many joints contain a bursa sac filled with lubricating fluid to cushion the joint as it moves. Whether due to an injury or repetitive stress, this sac can become inflamed, resulting in a very painful and frustrating condition. Bursitis can also affect the knees, elbows and hips.

The first remedy we think of for bursitis (actually most shoulder pains) is *Symphytum 200*, taken twice daily until very much better.

But purely by chance – in one of those quirks of discovery that can only happen in a remarkably robust practice – the Banerjis discovered when bursitis affects the LEFT shoulder joint, a different remedy can actually work better!

How did they make this discovery?

A patient came into the clinic suffering from both syphilis and bursitis in the left shoulder. Dr. Prasanta Banerji prescribed *Syphilinum* for syphilis.

You're getting ahead of me here, aren't you?

Yes. After taking the *Syphilinum*, the patient's left shoulder bursitis went away.

So, the next patient who presented with left-sided shoulder bursitis was also given *Syphilinum*. It worked again. And again. And again.

And a Banerji Protocol was born.

(And by the way, this difference between bursitis in the right or the left joint only applies to shoulders. Not knees. Not elbows. Just shoulders. That's part of what's so fascinating about this discovery!)

In this country, even for a left shoulder, we still generally try *Symphytum* 200 first, as it is an easier remedy to find. But if it doesn't act, you now have a very memorable story of the alternative the Banerjis discovered.

Learn.

Learn all that you can. Take in the books. Absorb the texts. But realize that it is the practice of our craft time and again that truly informs us. Without it, it can be our "bad!" Remember the discoveries that historical homeopaths have made, and also ones being made today – possibly even as we speak. So never stop learning!

And of course, pass on the good news of homeopathy!

Warmly,

P.S. How do I do this, you ask? An inexpensive, effective, and *fun* way to learn how to use homeopathy is through a study group guided by my *Gateway to Homeopathy I* curriculum. It is the perfect place to begin or to brush up on your basic understanding.

If you want to delve into a subject more deeply, I offer in-depth courses on many issues. Here's a great Course Selector to help you decide which course would be right for you. You will never regret learning more about homeopathy and taking greater control of your family's health.

Emergency Remedy Series: Bites Makes Me Itchy. You Too?

Buster the Bad Office Dog here.

You know me. I'm usually lying around Mom's office – listening. (You never know when someone might say, "Snack!")

Well, this week I overheard Mom saying bites would be the next subject in her Emergency Remedy Series.

Mom's been so busy, though, with her clients, her Facebook Live events every Monday night, her Study Group live question-and-answer sessions, plus conducting her current live class on Rethinking Detox. So, I thought I would try to

help.

With her notes right here on her desk, I decided to sit at her computer and write out my thoughts. I mean, who knows more about bites than ME!?!?

Now, don't get me wrong; I don't bite people! No, no. That's not what I mean. Where humans are concerned, I'm a lover, not a fighter.

No, I used to be on the receiving end of bites all the time. In fact, I used to be a flea magnet. It's like I had a target on my little furry self. No matter where I went, or what I did, they found me!

But this blog post isn't about me.

Fleas bite people, too! Did you know that? In fact, people get bitten by mosquitoes, ants, no-see-ums and all manner of annoying, little creatures. Sure makes me glad I'm not a human.

For any bites resulting in itching and hives, Mom now often chooses *Arsenicum album* 200, especially when the itching is accompanied by a sense of frenzy. You know what I mean: feeling like you can't quite scratch it well enough to satisfy the itch – and you might just lose your mind! Mom has had great success with *Arsenicum* 200 taken every few hours, depending on severity, tapering off as symptoms improve.

For wasps, bees or painful bites, the best Emergency Remedy is *Ledum palustre* 200. In fact, Mom says the first thought after *any* kind of bite – from a dog, a bat or even a rat – should be *Ledum* 200. It's also generally taken every few hours, depending on severity, and as with other remedies, *Ledum* is discontinued when the injury site is feeling very much better.

In the instance of an animal bite (say a raccoon or a squirrel bite) when possible infection is a big concern, Mom also uses a Banerji Protocol: *Hypericum perforatum* 200 taken with *Arsenicum* 200. She calls it *HyperArs* for short.

(I love it when Mom uses short names. When she uses my full name, I *know* I'm in trouble!)

Lastly, here in Mom's notes, she mentions *Apis mellifica* 200 as an Emergency Remedy for bites causing, um, "edematous swelling."

Good grief! Edematous swelling? I don't know what those big words mean, but it sounds terrible, doesn't it? Luckily, Mom goes into more detail about *Apis* and its uses in one of her Facebook Live events found here. I bet she explains it so thoroughly even I would understand! (You really should watch her video to learn more.)

Mom is so smart. She always knows exactly what remedy to use. I'm lucky. Because of her (and homeopathy, of course), I never worry about emergencies!

In fact, when we used to live out in the country on beautiful farmland, I would roam with no fear. It was my world! When other animals came onto my property without checking with me first, I'll admit I would get a wee bit protective. Just a bit.

Okay, okay … I'd go after them with a vengeance.

(Well, at least I barked a lot.)

I've gone after possums, raccoons, you name it. But one day, I cornered a squirrel in our chicken coop! I had him right where I wanted him. But apparently, that hit a raw nerve with my parents. Dad ran over and snatched me up into his arms, and boy, was Mom mad! She shook her finger at me.

I've seen my share of the old "finger-shake" before. But

this time, she shook it so hard, I thought her finger was going to fall off.

Then she started yelling. “Bad Buster! Bad! That squirrel could’ve bitten you!”

I wanted to say, “What’s the big deal, Mom? I know you have a remedy for everything … even for animal bites. With a little homeopathy, I would have been fine!”

But the look on her face led me to believe it wasn’t the time for me to argue with her. (Besides, she doesn’t seem to understand what I say. It’s almost like she doesn’t speak dog.)

However, just between you and me – you can live without fear, too! Keep learning from Mom’s Emergency Remedy Series, and you’ll be ready for anything. Emergencies happen to everyone. So, as Mom says, pass on the good news of homeopathy to your friends and family so they’re well-prepared, too (especially if they like to chase squirrels).

P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don’t forget: if you order from Boiron’s website, you can receive 20% off your order by using the coupon code: joette.
(And just so you know … I do not partake in any affiliate programs. I am not being compensated for sending you this information. It’s for your convenience only.)
Aconitum napellus (Shocking events)
Arnica montana (Fatigue)
Rhus toxicodendron (Delayed onset neck pain and headache)

Pyrogenium (Sepsis)
Ledum, Apis, Arsenicum album (Bites and itching)
Aconitum napellus (Eye injuries)
Hypericum perforatum (Injury to nerve-rich areas)
Arsenicum album (Food poisoning)
Cold Calm® (Colds)

P.P.S. You may remember, I've written two blogs in the past about my experiences with fleas: Fleas: A Homeopathic Solution and Buster and The Battle of the Fleas. In those posts, I shared some of the remedies Mom has used to relieve my suffering. I'm probably going to get in trouble for this, but I overheard Mom is working on her own solution for fleas. So, stay tuned for announcements in the future!

Remember.

When at a gathering, as friends were wishing each other a “Happy” Memorial Day, my staff member realized that this occasion was not at all happy for him. He had lost dear

friends and compadres and was lucky to have escaped with his own life. This was a solemn day.

She apologized.

“I’m so sorry we are caught up with enjoying a day off and planning to head out to the department store sales instead of spending more time thinking about what you went through and the friends you lost.”

“Not to worry,” the veteran replied. “The men I served with fought and died to ensure that their loved ones at home could live normal, happy, free lives. That was our entire motivation … what kept us going. Your ability to buy that refrigerator on sale would have made them feel they did their job!”

Wow.

Of course, that is just one man’s opinion, but it is quite profound.

Today, as we enjoy our Memorial Day celebrations, gatherings or mall trips, let’s take a moment to remember the reason for the holiday. Remember the men and women who died to keep us free.

Remember.

And doubly appreciate the sale price you get on your new appliance today. Another person’s sacrifice made it possible.

Warmly,

P.S. For those veterans and family members who are suffering – especially today, I wrote a blog post a couple of years ago on the use of *Ignatia* for PTSD, grief and stress. I hope you can take a moment to read it. If someone you know is having a difficult time, share it with them … as a "thank you" for their service and sacrifice.

The More Things Change, the More Homeopathy Stays the Same

“BREAKING NEWS!”

How often do we hear that startling alert or read it as a banner scrolling across the chyron on our television screens? How often is the news not very important or, frankly, all that “breaking?”

But worse yet, how often does this essential, new information turn out to be a complete reversal of news that previously broke?

Years ago, breaking medical news said, “Take a daily low-dose aspirin to prevent heart disease.”

Many people adhered to the advice as though it were gospel!

Well, a few weeks ago, they changed their minds.

Reversed their opinions.

Rewrote their previous recommendation. And yes, once again, it was big ol' breaking news. The New York Times covered it; The Wall Street Journal covered it; even the AARP sent out notices to their members about it.

But it wasn't news to me!

Over five years ago, I wrote an article for the Weston A. Price publication, "Wise Traditions," about my father's heart issues titled My Father and the Dead Cardiologists. In it, I discussed the complete method I employed to move my father from potentially risky allopathic medicines to homeopathy for his heart issues.

Among the concerns, I raised in my article were the dreadful side effects from the aspirin-a-day regimen my father was placed on by one particular cardiologist. The aspirin caused stomach upset and burning and ecchymoses. My father seemingly had a new black and blue spot every single day! That tiny low-dose aspirin really did a number on him.

So, I encouraged my father to begin a homeopathic protocol I had learned from my teacher, Dr. A. U. Ramakrishnan: *Arnica montana* 6 twice a day instead of the despicable aspirin. (Later, I learned the Banerjis also use *Arnica* for the same purpose, but in the third potency.) In short order – and I do mean days – my father's stomach problems improved and the bruises and ecchymoses disappeared.

Gentle, polite homeopathy. My father took *Arnica* twice daily for years and outlived one cardiologist after another!

But still, the allopathic medical community insisted patients use that aspirin-a-day prophylactically.

Why?!

Another family member of mine (because I have *lots* of family members, I have *lots* of stories) began taking a low-dose aspirin every day in the hopes of evading potential heart issues. He steadfastly believed he was doing the right thing. But instead of benefiting, he ended up suffering from another side effect of daily aspirin use: hearing loss.

What irony! He had been taking the aspirin in a misguided effort to remain as healthy as possible but now, he was forced to contend with an entirely new pathology. Thus began a cascade of specialist appointments and tests, which resulted in eventual (and expensive) hearing aids – all because of unnecessary aspirin therapy.

All that for nothing!

It's maddening.

But now – too late for my beloved family member – the American College of Cardiologists and the American Heart Association have changed their minds.

Who can keep up?

I certainly can't … but then again, I don't actually care to keep up with their ever-changing positions about aspirin. To my way of thinking, the more things change, the more homeopathy stays the same. Homeopathy has been practiced for over 200 years. What worked then still works today.

So, I'll keep using my *Arnica* 6.

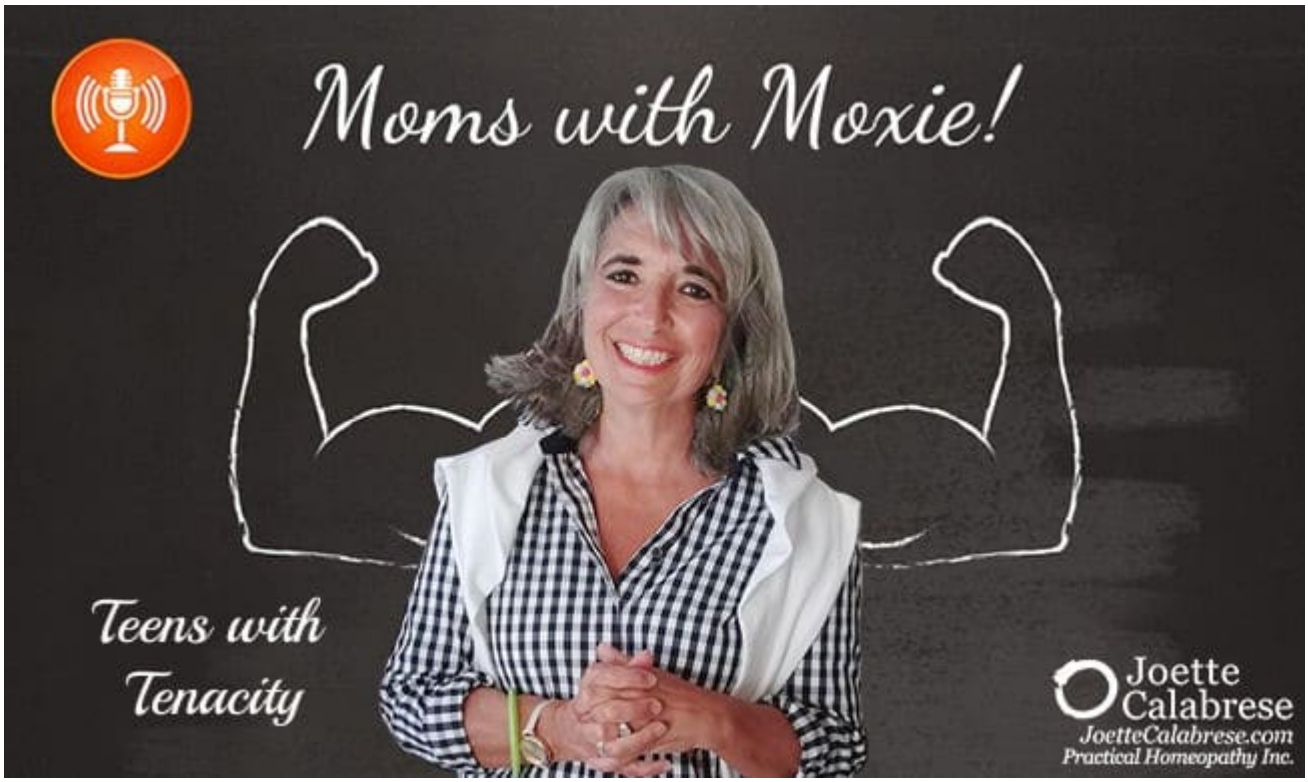
Don't forget to pass on the good news of homeopathy! Make this *your* "breaking news!"

Warmly,

P.S. I talked more about *Arnica montana* in one of my Facebook Live events. If you haven't already heard it, click here to listen to the half-hour discussion of this versatile remedy. And I encourage you to join me live as I discuss a new topic each week on Facebook. I enjoy interacting with you and answering questions if time allows. If you can't join live, the videos are stored in my Facebook page's video library for later listening.

P.P.S. I also encourage you, if you haven't already, to start learning as much as you can about homeopathy. There is no reason to allow yourself to be susceptible to the latest medical breaking news du jour. By the very fact that you are here reading this, you obviously have the power to think for yourself. So, let me help you gain the confidence to do so – successfully. Study groups, guided by my *Gateway to Homeopathy I* curriculum, are an inexpensive, effective, and *fun* way to learn. If you would like to join a group, I maintain a Facebook page for you to find like-minded others with whom to connect. Come meet your future friends! Groups are starting all the time, all year round, so no excuses! I promise this education will provide a significant paradigm shift in your family's health.

Podcast 74 – Moms with Moxie: Introducing Teens with Tenacity



IN THIS PODCAST, WE COVER:

01:30 A study group for teenagers

09:02 ***Apis* for bug bites**

10:51 *Arnica* for gymnastics injuries

14:48 **The importance of a teen study group**

16:10 **Some uses of *Apis* and *Arsenicum album***

20:22 What will the teen study group look like?

22:50 Closing thoughts from me (Joette)

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Gateway to Homeopathy 1 study group

Top 100 Remedy Kit

Zoom (online virtual meeting software)

Podcast 56 – Moms with Moxie: From Learning to Leading

Kate: This is the Practical Homeopathy® Podcast Episode Number 74.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Parents dream that they can pass on things to their children that are important to them. Homeopathy is something that we would all love to see our children embrace as they grow and have families of their own.

Today I'd like you to meet a mother/daughter duo that is doing just that … learning homeopathy together and sharing it with their family, friends and now, sharing their passion for homeopathy through study groups. Sheena has passed her love of homeopathy on to her daughter, Lucy, and the rest of her family. Even Sheena's husband, a practicing physician trained in conventional medicine, is supportive of her family using homeopathy.

Lucy is going to share something very special she is doing in just a bit, but first, I'd like you to hear from Sheena, Lucy's mom. Sheena, tell us what Lucy is doing, and why you think it's important.

A study group for teenagers

Sheena: Lucy is going to lead her own Gateway to Homeopathy study group, and it's going to be just for teens. No parents are going to be invited.

Kate: They're not allowed!

Sheena: We're not allowed. The reason is because teens are different, and their needs and their conversations will be different.

But I think it’s really important for that age group to learn homeopathy … for a couple of reasons. One is that we really are experimenting with our children’s immune systems right now. We’ve never had so many generations where kids have not had childhood illnesses. We don’t know what that’s going to do because our immune systems haven’t been trained the way they have in the past. So, I think these kids are really going to need a medicine to deal with what their bodies will have to be dealing with.

The other reason is teens like to do their own thing. They don’t necessarily *want* to do what their parents want them to do. They like to find their own way. They should know how to use homeopathy and decide for themselves if it’s the right choice to use it. I think they’ll be more empowered if they do that.

The other thing I’ve really seen with the teenagers is the fear-mongering that adults get, I think, is exponential for the teens: the fear of illness … just the fears of everything. And fear basically forces us or pushes us to make very bad decisions in a rush based on fear, instead of making a choice based on knowledge. If you make it based on fear, such as the fear of fevers, can lead to bad choices.

Kate: Yes, it can almost debilitate us from thinking clearly because we’re scared to think that we can’t handle them ourselves. So yes, homeopathy is very empowering in that way.

Sheena: I have a lot of Lucy's friends and my other daughter's friends who I've given homeopathy to – with their parents' permission – and the kids come back to me for more. Not the parents, but the *kids* come back for more because they feel it in their bodies, and they see that it's very curative, and they feel better. Especially, muscular skeletal injuries of the athletes … I find it really interesting that it's the kids who want more and, in some cases, ask their parents to learn so that they can use homeopathy on them.

Kate: Yes, thank you, Sheena.

We're going to switch over now. We're going to meet Lucy, her daughter, who is stepping out, and she wants to share homeopathy with other teenagers. She's going to start a Gateway to Homeopathy 1 study group. She is looking for other teenagers who might be interested in joining her.

So, I'm excited for you all to get to meet Lucy and to hear about what she's got going on.

Hi Lucy.

Lucy: Hi.

Kate: I'm super-glad to have you here with us today.

Lucy: Thank you for having me.

Kate: You are welcome. Lucy, tell us a little bit about yourself. I know that you're a teenager, and you live in sunny Florida. That's great.

Lucy: It's so much fun.

Kate: If you guys could see Lucy right now, she's super-cute. She has this really fuzzy chair that she's sitting in with her little headset. She's adorable. It looks super comfortable.

Lucy: It is. It's very comfortable.

Kate: Okay. So, Lucy, tell us a little bit about yourself.

Lucy: I live in Florida. I have a younger sister, and we have a small family. We live on the water. I do gymnastics. I do a lot of martial arts, and I really like to read.

Kate: And so, when you say live on the water, do you live on the ocean or is it a lake?

Lucy: It's an inlet.

Kate: Ah, okay. So, what is your favorite hobby?

Lucy: I would probably say gymnastics.

Kate: I think your mom was telling me that you compete at a pretty high level. Is that right?

Lucy: I used to do competition, but now I'm actually on a show team. So, we do shows at Disney and such.

Kate: Really? I've never heard of a gymnastics show team. I didn't know that was a thing.

Lucy: It's very fun. We do some stunts, too. It's a little bit like cheerleading except with much less dancing, much more tumbling, and no talking.

Kate: Okay. So, what's the hardest thing that you do in your show?

Lucy: Probably, a round-off back layout which is a round-off and then basically a backflip except your body is completely straight.

Kate: Yes. You have to get pretty good height for that, don't you?

Lucy: Yes.

Kate: That's sounds terrifying, Lucy. Oh, my gosh! Did you ever have any injuries from gymnastics?

Lucy: Oh, yes, many!

Kate: I bet you used homeopathy?

Lucy: Definitely, for sure.

Kate: Is that how you learned about homeopathy, from your mom using homeopathy when you got in accidents?

Lucy: No. Actually, I originally started learning about homeopathy a couple of years ago. My mom did a Gateway 1 study group, and I joined her rather than doing some of my science for school. It was kind of like my science curriculum for that year. It was very interesting. You know, I question things a lot. I like to know every detail, every fact. So, I was a bit wary going in, and I did a lot of research. But then I realized that it worked pretty well.

Kate: So, is that what convinced you … is when you saw it working?

Lucy: Yeah. There have been a couple of times when we used it on animals or friends. Well, the animals obviously can't talk, but my friends would be like, "Wow! That actually works. That's impressive!"

Kate: Yeah! So, then you thought to yourself, "Yeah, it does work!" That's great.

So, you went into this Gateway to Homeopathy study group kind of not really knowing what you thought of homeopathy for sure, but you thought, "I'm going to study it. I'm going to dig in, and I'm going to see what there is to this medicine."

Lucy: Right. Yeah. Originally, it was just something that my mom was very interested in, and she kind of intrigued me a little bit. It was an excuse to get out of a couple of weeks of science lessons. So, I was like, "All right! Let's go for it."

Kate: But then, as you start to study it, then what?

Lucy: Then I got very interested in it because I learned lot of good ideas behind it and the legitimacy of the actual theory behind it.

Kate: Yeah. So, you thought that was a really good curriculum, and it helped you to understand more about how homeopathy works and how it's used?

Lucy: Yeah, and even how the human body heals itself.

Kate: That's such a foreign concept to people these days. I think they're used to taking a medicine and saying they're going to rely upon the medicine – as opposed to helping the body to heal itself.

***Apis* for bug bites**

Lucy: Yes, absolutely. For most of my life, my mom had us on very good diet, and we used *that* as a medicine. But in some cases, like obviously because we live in Florida, there are a lot of weird bugs. My sister would get bitten by a bug and have an allergic reaction, and you can't heal with that with bone broth. We needed something else.

Kate: Yeah. Okay, so, now you got my curiosity piqued. When you say, "Weird bugs," I guess I haven't seen weird bugs in Florida. So, tell me.

Lucy: Just like crazy, mean ants or strange beetles. We have unusually aggressive mosquitos – especially where we

live.

Kate: Wow! So, you're getting bit a lot?

Lucy: Well, they don't like me too much. But my sister and mom, they love.

Kate: Oh wow! Okay. This is maybe a good time to share your favorite remedy to use for those bug bites. Why don't you tell us what you guys use?

Lucy: We use usually *Apis* 200C, sometimes 30C. That seems to be the most effective for my sister especially.

Kate: I've used *Apis* 6, too, when there's been a bite, and it's not been severe.

Lucy: My mom uses that a lot.

Kate: She uses that a lot for her bug bites?

Lucy: Uh-mmm.

Kate: I used that once for my daughter who got stung by a bee, and it worked really well.

Lucy: Luckily, we haven't used it on bee stings, yet. Fingers crossed: I haven't been stung by a bee in a while. I stay away from them. I'm very scared of them. But it's nice to know that if I do get stung, I have that.

Kate: Yeah, exactly.

All right, so let's talk a little bit more about gymnastics, and how you've used homeopathy with the different things that have happened to your body doing gymnastics.

Arnica for gymnastics injuries

Lucy: There have been *quite* a few incidents where I've needed to use homeopathy because of gymnastics. Not only are we tumbling, but our routines … there's many people in them, so very often there'll be collisions or other sorts of things.

There was actually one incident where there was a difficulty with timing. I think someone hadn't been there the day before, and I went on cue, but they didn't. I couldn't see what was going on around me. So, I ended up kicking my friend in the eye. It was very, very bad. We had a show the next day, and we were so concerned because we were, like, "We're going to show up at the show, and she's going to be looking like she just got in a fight."

So, I went over to her mom, and I gave them *Arnica* 1M. I said, “You can give this to her. I think it will help with the bruising.” She had no black eye the next day – like, there was no sign of it.

Kate: Wow! That’s awesome! So, you were brave enough to go over and tell them that, and you don’t worry about what people are going to say. You just say, “Hey, I have this medicine, and it could help.”

Lucy: Right. I mean *Arnica* is definitely one of the ones I’m more comfortable with. Usually, I am cautious with offering people things. I don’t want to seem strange offering them strange, unfamiliar medicine.

Kate: Yeah. I know it can be nerve-wracking. Because you have this medicine; you know it can help them, but you’re hesitant because then they’ll ask you, “What is this that you’re offering, and how does it work?” And then you have to explain it all.

Lucy: Yes, exactly.

Kate: It can be uncomfortable. That’s for sure.

Lucy: But I was pretty confident that the *Arnica* would work on this. It seemed like a pretty textbook case where a high

dose of *Arnica* would be good. It worked very, very well.

Kate: Tell us some more examples about injuries with gymnastics.

Lucy: Actually, one of my best friends was on the team a few years ago, and she ended up kneeing me in the face. Again, I think we had a show in a few days, and I had to fix it. So, I took *Arnica* … and nothing.

Kate: I bet you have that on hand at all times in your gymnastics.

Lucy: Yeah, absolutely. I get hit quite a lot.

Kate: Have you ever had a concussion?

Lucy: No. Luckily, I have not. I've fallen out of the sky a few times and nearly broken my neck, but …

Kate: I think if I was your mom watching you do all that, I would be a nervous wreck. I would have to take homeopathy for myself.

Lucy: Right!

Kate: Let's talk a little bit about your vision for a study group. Lucy, you said that you are planning to start a Gateway to Homeopathy study group for other teenagers. You want to teach them about this medicine. Why are you interested in doing this?

Lucy: Well, I think it would be a really unique thing to do. It would be a good experience because I think it's good for teenagers to have an alternative to popping a bunch of Advil or whatever whenever they're in any kind of pain. I think it's good for us to have a natural way to heal our bodies. Because the world we live in today is pumping us full of all these crazy drugs, that I think it's just good to have ways to minimize that as much as possible and try to heal ourselves more naturally.

Kate: So, you have learned about this medicine, and you just want to share it with others?

Lucy: Yeah.

Kate: So, how are you going about advertising for this study group?

Lucy: My mom is very involved in many homeopathy groups. So, she's contacting those people, posting on Facebook about it. I've asked a few people I know whether or not they will be interested. We're doing a couple of different things.

Kate: I think this will be a podcast that will be great to share with your homeschool groups or on your Facebook page so that other people might see this – or *hear* this, I should say. Then they could contact the office if they want to know how they can get involved in your study group.

The importance of a teen study group

Lucy, talk to those teenagers who are listening to this podcast today. Tell them why they should be interested in taking the study group.

Lucy: Not only is it good for your body, but I think it's also very good for your mental well-being. To know that if you get punched or if you have a bad allergic reaction or something like that, that you have a way to help yourself and avoid just having to pump yourself full of drugs that may not even work the way that you need them to. I think that's very powerful, for especially the crazy world we're in today, to have a good way to heal yourself and be confident in your ability to use these medicines.

Kate: So, it gives you independence. It helps a person, like you said, to feel confident that they have some tools that they can use to heal their bodies rather than having to rely upon a doctor in all circumstances. Because obviously, there are times when we may need a doctor. If we're in a severe accident, and we have a broken bone or something like that, we're going to need to go to the emergency room and be

seen. But homeopathy is so empowering. And, if you learn that early on like you are, just think of how it can really change the *world*.

Lucy: Yeah, absolutely.

Some uses of *Apis* and *Arsenicum album*

Kate: Give us some more examples about how you have used homeopathy yourself.

Lucy: I'm actually, lately, allergic to carrots and apples. Whenever I eat them, my throat gets itchy. My tongue gets itchy. The carrots, I don't care about so much. But I *love* apples, and I want to eat them. So, what I do is I'll just have an apple. My throat and mouth will start to itch like crazy. I'll just take *Apis* 200C, and it will go away within a minute. So, it allows me to eat one of my favorite foods and still feel fine.

Kate: So, you don't care. You just take the *Apis*. How long does it take for your throat and your mouth to feel better after you've eaten the apple and taken *Apis*?

Lucy: Probably about a minute. It's very, very quick. *Apis* is one of the remedies that I found to be extremely effective.

Kate: Lucy, when you've eaten an apple and taken the *Apis* time and time again, do you find that you react less to the apple?

Lucy: Yeah, absolutely. Actually, my allergy has been getting better and better, which is also very nice.

Kate: So, you, using this methodology – and I will not recommend to anyone out there if you have an anaphylactic reaction that you do this because, obviously …

Lucy: Oh, yeah, no!

Kate: You need to take precautions. But homeopathy doesn't just stop the symptoms; it actually helps your body to heal. Because I found this in our family as well: that when we've had allergic reactions to things, and you take the homeopathic medicine, then the next time it's not as severe, and the next time it's even less severe … And so, you're actually helping your body to heal from whatever it's allergic to – which is fantastic.

Lucy: Yeah, absolutely. I'm lucky it's not too severe because then I can eat the apples and do this healing process without putting myself in any danger.

Kate: Right. What is another way that you've used homeopathy?

Lucy: As I mentioned before, I have a younger sister. Once in a while my parents will leave us at home alone and have me babysit her. There was one time when they went out, and she started feeling very, very sick. She was incredibly nauseous. We couldn't figure out what it was from. So, I gave her *Arsenicum* 200, and I gave her I think two doses. She just laid down and went to sleep and was totally fine the next morning.

Kate: Wow! *Arsenicum album*. I think that is quite possibly the one remedy … if I could only choose one remedy to take on an island, that may be the remedy that I would choose to take because it works so amazing for food poisoning, upset stomach.

Lucy: Yes.

Kate: And a lot of other things, nausea, so many things. You knew what to do? You didn't have to call your mom and ask her what to give your sister?

Lucy: No.

Kate: No, because you've seen this work over and over again, and you've taken the study group?

Lucy: Right.

Kate: How many remedies would you say that you are familiar with, if you had to take a guess?

Lucy: I'm familiar with quite a few. If you give me like a list of them, I will be able to know this one, this one, this one, this one.

Kate: So, if you looked at that Top 100 Remedy Kit, you know the red kit from Washington Homeopathic?

Lucy: Yeah, probably half.

Kate: Yeah, good! So, what are your plans to continue learning about homeopathy in the future?

Lucy: Well, I think that going back and reviewing the basics again with this study group will be good because, you know, it's always good to get a deeper understanding. My mom has a few books she'd like me to read. Obviously, I'll continue using it. I think with more and more experience, more chances to experiment with how different remedies work on myself and others, I'll just continue to learn.

Kate: So, is this something that you're interested in maybe pursuing in the future, or is it just something that you want to have as knowledge just to heal yourself and someday maybe your family?

Lucy: I think more the latter. But I think I'd definitely like to do another class or two sometime in the future just to get better and better at it, because it really is an empowering thing. It really is helpful to know.

What will the teen study group look like?

Kate: Right. So, if you're a mom listening today, and you have a teenager who might be interested in this group – or maybe you're a teenager – and you want to know exactly what does the study group look like. Give us a little information, Lucy, about what does the study group session look like. What do you do? Is this going to be online, I assume?

Lucy: Yes, we're most likely going to do it over Zoom. It is an eight-week course, but I would want to do an introductory week. So, it would be nine weeks, because the first week we'd all get together, introduce ourselves, talk about why we're doing this class, what our goals are for the class. The sessions would be about an hour and a half to two hours long.

Kate: Lucy, what does a typical study group session look like?

Lucy: We will all get together, talk about the material that we learned that week. There's a few question and

answers in the study guide that we would go through, kind of methodically talk about everything, any personal questions that we might have, and just kind of review the material.

Kate: And there are some videos that you would watch together as well, right?

Lucy: Yes, correct.

Kate: It's very exciting because you have all these people that are meeting together. They're getting to know one another. You become friends after the study group, I think.

Lucy: Yeah, absolutely. I think it will be fun, too, as well as educational.

Kate: Yeah, you'll get to meet some other kids your age around the country who are wanting to learn this as well.

Lucy: Yeah.

Kate: I think you're going to have lots of fun with this study group, Lucy.

If you are listening right now, and you know someone who might be interested in joining Lucy's group, or maybe you

want to start a study group of your own, contact Joette's office, and they will put you in touch with Lucy or give you the information that you need to get started with your own study group. Lucy, thank you so much for being here. You are a very well-spoken young lady, and I'm sure your study group will be a success.

Lucy: Thank you so much.

Closing message from me (Joette)

Joette: Okay, folks. It's Joette again, and I just had to add this to this wonderful interview that Kate did with Lucy. And that is that Lucy's mom was interviewed a while ago on Podcast Number 56, and I urge you to listen to that because it's kind of fun. But she was talking about the family's pet bearded dragon, and how the little dragon had over-eaten crickets. She'd overindulged and had thrown them all up! (So, I mean, I don't know how something like that would look like. I don't even want to imagine it.)

As a result of that, she was not eating; she wasn't feeling very well. So, I believe it was Lucy who administered *Nux vomica* to her pet. And it calmed the bearded dragon right down, and she was able to get back to her normal intake of meals made up of kale and crickets.

So, I thought I'd mention that because I think it's valuable that if you have a teenager or a young adult or even a pre-teen (an adolescent) who has pets, and they are responsible

for them – which, of course, they should be – this should be part of their responsibility in taking care of them when they get ill. So, I urge you to bring in your family, your neighbors – those who might be interested in a class – with these children can learn how to take care of not just themselves (but, of course, that's the ultimate answer for all of this), but for their pets.

This is a great opportunity to learn that because, remember folks, it does not matter whether it's a bearded dragon that overate their crickets, or it's your husband who overate cheeseburgers: the remedy for overeating and getting nauseous and vomiting is usually *Nux vomica*. The potency remains the same; the remedy remains the same; the frequency remains the same.

So, it doesn't matter whether it's an amphibian or a fish or a mammal or what it might be, or the size of the animal or human (whether it's an 800-pound steer or an 8-pound baby). The remedies are the same based on the condition. The potency is the same, and the frequency is the same.

So, here's an opportunity to really move your family along and get them involved in a class. So, I urge you to bring in your family – your young ones – and get them started and join in with Lucy.

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 iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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

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

It’s Our Day: Mother’s Day!

I've said it before: We are the lionesses of our families. The guardians at the gate. The protectors, the teachers, the nurturers, the healers.

We are mothers …

And today is OUR day!

Happy Mother's Day to all of my fellow moms out there. I am so proud to be counted among you as we stand ready to protect our families against whatever the world throws at them.

What better way is there to prepare to go into battle than to be armed with as much education as possible?

Last week, I conspired with you to cleverly drop a little "gift-hint" to your family (in case they were stymied this year), suggesting a course that you've had your eye on.

Truth be told, taking a course is a gift for you *and* your family. Homeopathy is intellectually delicious! You'll feel accomplished and fulfilled learning specific aspects of

protocols too complex to discuss in mere blog posts.

After purchasing a course, you'll be granted entrance to my students-only Facebook page where you can develop lifelong friendships with like-minded mothers and others. With your new knowledge and strong support network, you'll gain power and confidence.

And your family? They will benefit from a much more adept homeopathic healer at home! You'll be ready to tackle chronic conditions that have plagued them in the past or beat back acute situations that may unexpectedly arise.

Flowers and chocolates are lovely, but they certainly don't do all that! In my opinion, courses are the perfect gift!

But which course? In case they left the choice up to you, I'll take this opportunity to briefly describe my courses – right here in one tidy place – so you can choose the topic most applicable to your family. Click on the titles to learn even more.

And don't forget to scroll to the bottom of this post to retrieve a free Remedy Card.

This week's remedy addresses a "hot" topic (pardon the pun) amongst us middle-aged mothers: hot flashes!

When we need to temper our internal infernos: *Lachesis* 30, twice a day. We stop when very much better and resume if hot flashes return.

(I discuss this topic more fully in my *Feminopathy* course, including the fact that *Sulphur* may also be used for hot flashes.)

Again, Happy Mother's Day! Enjoy your day, and don't forget to pass on the good news of homeopathy.

The Antibiotic Alternative

Be prepared for infections – they're inevitable.

After you take this course, instead of freaking, you'll be confidently armed with methods of homeopathy that have been proven effective against infections for centuries. You'll know how to balance your bugs *without* the drugs.

There is nothing vague about the method I teach. Practical Homeopathy® teaches you the remedy, potency, and frequency. Through these proven protocols, you'll learn to provide your family with an efficacious, safe, homeopathic alternative to antibiotics and their nasty side-effects.

This course covers:

- Recurring infections
- Childhood diseases
- Dental infections
- Sinus and respiratory infections
- Strep throat
- Bone infections
- UTIs and Cystitis
- Sepsis and blood poisoning
- Conjunctivitis and eye infections
- And so much more…

Allergic?!

Sneezing. Itching. Burning. It's time to escape the misery of allergies, chemical sensitivities, food intolerances, and more.

Whether you're desperate to get your own life back or want to end a loved one's allergy-induced suffering, this course will teach you proven protocols that you can learn today and start using tonight—with confidence.

Imagine waking up tomorrow with a renewed sense of hope. Believe me, I've been where you are; I know this works. Your allergies will be no match for this Practical Homeopathy®.

This course covers:

- Chronic asthma
- Eczema
- Asthma
- Fatigue from an allergic state
- Sinusitis
- Hay fever
- Food allergies
- Animal allergies
- Chemical sensitivities
- And too much more to list

The Survivalist Guide to Homeopathy

Arm yourself for the inevitable forthcoming emergency!

You'll find more information tucked in this essential homeopathy guide than most people will ever need.

Whether your emergency is a sudden infection or providing support on the way to the ER for a family member's injuries, this will become your mainstay—your plan of action for the care of your family during desperate situations.

If, due to a large-scale emergency, the infrastructure fails, you can easily cure yourself of many ailments without doctors, hospitals, or drugstores.

For peace of mind, never leave home without the guide in your luggage, backpack, or bug-out bag.

This course covers:

- Basic first aid
- Shock, panic attacks, phobias
- Allergic emergencies, stroke, appendicitis, diarrhea, parasites
- Epidemics (how to treat many)
- Radiation, poisoning, drug overdose, chemical exposure
- Pregnancy, infancy, and the elderly
- What to do whether on the way to the hospital or when there is no help available
- Making homeopathic remedies
- Bach flower remedies, herbs, tinctures, and essential oils
- And much more…

Good Gut, Bad Gut:

A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind

Stop!

Stop worrying about what food you and your family can and cannot eat.

Stop searching for the perfect food source, the most organized diet, the ideal way to eat.

Do as I did.

Stop spending your life catering to your food intolerance; ***uproot* it**!

This course provides unique homeopathy knowledge that has corrected the most frightening and discouraging food intolerances and other GI conditions.

The freedom that my family and I—as well as hundreds of students and clients—gained from the Practical Homeopathy®

contained in this course can belong to anyone. It’s up to you!

This course covers:

- GERD
- Colitis
- Moodiness related to the GI system
- Food intolerances and allergies
- Liver and gallbladder complaints
- Sugar and other addictions
- Constipation and diarrhea
- Chronic bloating

Skin, the Ugly Truth:

Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy

“*Basta*!” which in Italian means, “Enough!”

Enough of the creams, steroids, food restrictions, allergy shots, and avoidance of wool, down, dust, pets, or the sun. I know exactly how those of you with chronic skin issues feel. I’ve been there. You’ve had enough of these treatments that don’t work—and so had I, until I discovered homeopathy.

Let me teach you the same Practical Homeopathy® that cured me of decades of chronic eczema. Even if you don’t currently suffer from a skin ailment, statistics show that someone in your family will likely be affected by a skin ailment at some point in their life. Have this knowledge well-entrenched in your arsenal *before* you need it.

This course covers:

- Impetigo
- Acne
- Eczema

- Rashes
- Dry or oily skin
- Shingles
- Warts
- Psoriasis
- Dandruff
- Wrinkled skin
- And more…

Feminopathy

How You Can Correct Female Ailments Using Safe, Inexpensive, and Effective Homeopathy

This course is for all women: for your daughters, your mothers, your female friends and relatives, and YOU!

We are the lionesses of our families. The guardians at the gate. The protectors, the teachers, the nurturers, the healers. But, we also have special health needs—not only at different times of the month but also during different stages in our lives.

Practical Homeopathy® addresses the issues most prevalent among us; those ailments and concerns that are specific to women and girls. Don't suffer in silence. You can't care for your family if you don't care for yourself first!

This course covers:

- Vaginal pain/dryness
- Menopause, including hot flashes and more
- Problems during pregnancy
- PMS
- Urinary Tract Infections
- Breast tenderness
- Menstrual cramps

- Varicose veins
- And more…

How to Raise a Drug-Free Family

A "Go-to, How-to" Taught by a Mom for Moms

British royalty, American presidents, and world leaders such as Gandhi and Mother Teresa relied on homeopathy for themselves and for the people under their care. Impressive, right?

By studying this course, *you* can do the same—quite effectively.

With confidence, you can take your family off the treadmill of endless drugs, antibiotics, steroids, and their side-effects, which cause as many problems as they "solve."

Through my system of Practical Homeopathy®, you'll learn how to:

- Be self-sufficient in taking care of your family's health
- Know when to seek professional care and when to address a problem yourself
- Treat the common illnesses and injuries that face most babies and children
- Anticipate your child's crisis and counter with a pre-planned strategy
- Oh, and cure your husband, too!

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

"More Americans than ever before are suffering from mental

and emotional distress.”

– Amanda Macmillan writing for Health.com

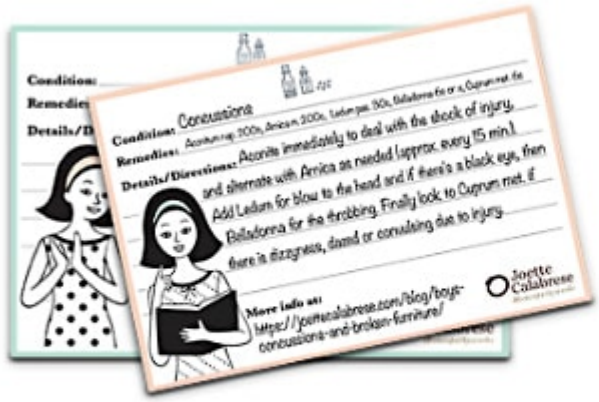
There are few places in the world we can turn to assuage our most persistent fears. Practical Homeopathy® offers a calm cadence. The gentle, yet oh-so-powerful little pills of homeopathy can become a powerhouse of stillness and comfort.

For decades, I’ve been observing homeopathy’s astounding success in uprooting mental and emotional problems. I’ll teach you the protocols I’ve used – my secret sauce that keeps me buoyant, energetic, productive, and optimistic. We’ll also observe sample cases where I show you how I laid out and combined those protocols.

Struggling with the burden of mental ailments can tear your family apart. This course is designed to help you have more control over your and your family’s lives.

This course covers:

- Anxiety disorders
- Depression
- Eating disorders
- Addictions
- Phobias
- Autism, ADD/ADHD
- Developmental delays
- Alzheimer’s & Dementia
- Brain fog & memory problems
- Post-traumatic stress disorder (PTSD)
- After-effects of stroke or head injury
- And much more (see the course syllabus for full listing)



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

Emergency Remedy Series: P.S. (*Pyrogenium* for Sepsis)

What is one of the scariest words you can hear after an injury or surgery?

Sepsis.

But that fear can disappear if you're acquainted with the next medicine in my **Emergency Remedy Series: *Pyrogenium*.**

It *works!* I've used it myself; it is amazing. (I mean, all homeopathic medicines work when they're used properly, but this one is just … at the risk of being repetitive … *amazing*.)

Whether sepsis of the skin, in the blood (septicemia) or even in or around the bone (osteomyelitis), an infection accompanied by a high fever that is not responding to other homeopathics or antibiotics is a call for *Pyrogenium*.

It's generally used in a 200C, but a 30C would also work.

It's especially useful after surgery if the surgical wound develops into sepsis.

Pyrogenium is magnificent for those in the military and, believe it or not, the military used to know about this! In fact, many of the medical doctors serving as medics during the Civil War were homeopaths, administering *Pyrogenium* (as well as other homeopathic remedies) to fallen young men on the battlefield.

Consider including it in a care package for your deployed loved ones.

Bone infections, suffered both in war and on the home front, all too often result in limbs lost to the orthopedic surgeon's saw after prolonged antibiotic treatment fails. *Pyrogenium*, however, is one of the primary homeopathic medicines we think of for such infections – not the *only* one, but an important one.

Homeopathics do not depend on a rich blood supply for delivery, so they are well-suited for bone-based infections.

Pyrogenium is also a premier remedy for puerperal fever (infection arising after childbirth). Maternal sepsis still occurs in the developed world, but luckily is no longer occurring at the alarming epidemic rates of the early 1800s.

Let me switch gears for a moment because this is fascinating:

In the old days in a hospital setting, doctors would deliver babies moving from woman to woman to woman without washing their hands – even immediately after having worked on cadavers! It was for this reason that hospitals (especially teaching hospitals) carried dramatically higher mortality rates among new mothers.

What's obvious to us now was not apparent then: without benefit of even the most rudimentary hand washing, the doctors would carry bacterial infection from corpse to patient to patient!

Midwives who birthed babies at home, on the other hand, knew better. The diminished mortality rates in their hands reflected it!

Because they assisted with only one birth at a time, one home at a time, they curtailed the spread of infection.

After studying the pronounced difference in mortality rates between doctors and midwives in Vienna, Dr. Ignaz Semmelweis suggested doctors wash their hands between patients.

Can you believe the nerve of this radical upstart?!

Because at the time there was little scientific belief in microorganisms, the doctors poo-pooed his suggestions and ridiculed him right out of the medical community and into an insane asylum (where he quickly died, ironically enough, of

septicemia).

It wasn't until Dr. Louis Pasteur and Dr. Joseph Lister (think: Listerine) proved there *was* a scientific basis for hand washing, that these infections began to diminish.

Can you imagine? Something so incredibly simple to us was once considered ridiculous by the "learned" scientific minds of the day!

Sometimes the currently accepted opinions of the mainstream medical community can be short-sighted.

But I digress …

This week's Emergency Remedy, *Pyrogenium,* should always be on-hand in any well-stocked first aid kit. We need confidence and peace of mind, especially in this age of antibiotic-resistant bacteria.

We can protect our loved ones from scary infections and sepsis when armed with education and a little tube of *Pyrogenium.*

Pass on the good news of homeopathy!

Warmly,

P.S. Let me remind you that Mother's Day is coming up in a week. (As if you've forgotten.) Speaking of being "armed with education," my courses make for a unique – as well as beneficial – gift. Moms, perhaps print out the order form from a specific course you've been eyeing and leave it where your kids (or husband) can easily find it. There's nothing

wrong with a little well-placed hint now and then!

Dads, take a look at my course page, "Where Do I Go From Here?" It will guide you in picking the best course; the one most relevant to your family. Or, if you're nervous about choosing, print out the page and wrap it up with a bow – an IOU of sorts. Allow Mom to make her *own* choice on Mother's Day! Won't that be fun for her? The gift of homeopathic education will be a treat for Mom and a huge health benefit for your whole family.

P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from Boiron's website, you can receive 20% off your order by using the coupon code: joette.
(And just so you know…I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)
Aconitum napellus (Shocking events)
Arnica montana (Fatigue)
Rhus toxicodendron (Delayed onset neck pain and headache)
Pyrogenium (Sepsis)
Ledum, Apis, Arsenicum album (Bites and itching)
Aconitum napellus (Eye injuries)
Hypericum perforatum (Injury to nerve-rich areas)
Arsenicum album (Food poisoning)
Cold Calm® (Colds)

Podcast 73 – My Time With the Banerjis

IN THIS PODCAST, WE COVER:

01:58 Learning about the Banerjis and their background

08:32 The case-taking process

16:45 Conditions encountered at the clinic

21:18 Meeting and working with the Banerjis

36:06 A beneficial insight from Dr. Prasanta Banerji

Kate: This is the Practical Homeopathy® Podcast Episode Number 73 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: Good morning, Joette.

Joette: Hi Kate, always good to see you.

Kate: Another podcast, super-excited because we're going to talk about the Banerjis today! I want people to know – I want to know – more about your time at the Banerji clinic, and how you came to meet them. Maybe you'll sneak in some protocols that you learned there that we haven't heard a lot about. So, I'm excited for the podcast today.

Joette: Okay, great. This is podcast what, number 70 or 71 or something?

Kate: I think it will be, like, 73 … something like that. You

have done a lot of podcasts! There is so much to learn; I feel like we could go on forever.

Joette: Oh, that's my goal – into eternity.

Kate: You can never retire. I know a lot of people are wondering. They're worried that someday you might retire, and then what? We'll be stuck.

Joette: Yeah, I don't know that I'll retire. I might slow down a bit, but I can't imagine stopping this altogether. It's in my blood now.

Kate: Yeah, I can't imagine you not doing it either.

Okay, so let's talk about the Banerjis. Tell me, Joette, a little about how did you come to find out about the Banerjis and then start your discussions with them.

Learning about the Banerjis and their background

Joette: Well, if you're in the homeopathic community, you couldn't help but hear about them. So, some 20-some years ago, I heard at one of our national conferences, "You know, there are these … this father and son team in India who each sees a hundred patients per day."

I thought to myself, "That's impossible. How could that possibly be?" Because I only knew classical homeopathy which requires that you take a case that lasts at least an hour, more often an hour and a half. Then you've got hours' worth of work after it often. So, I was incredulous.

Then about a year or so later, I went to another conference, and someone else said exactly the same thing, "You know, there is this father and son team in India who each sees a hundred patients per day."

I said, “I just, I don’t get it.”

So, I had always known that if I really wanted to learn homeopathy in great depth that I had to work alongside a homeopath that was seeing many patients per day and had not had any interruptions in his education and the generation before him or the generation before him.

Kate: So, I have a question. Let me stop you right there for a second. When they were talking about these Banerjis seeing a hundred patients a day, were they talking about them in a negative way or just sort of matter-of-fact way? How were they portrayed?

Joette: No, it was just matter of fact. It was of interest because we were all heavily burdened and mired down with these heavy classical methodologies that require that it took us an hour and a half to take a case. It’s not that we were complaining because we didn’t know any other way. But it was certainly something that was so juxtapositioned that it pricked up my ears.

Kate: Maybe we’re jumping ahead of ourselves here, but that leads me to think about the Banerjis and how they originally started. They must have used the classical method of practicing homeopathy, is that their background as well?

Joette: Well, it had been passed down through their families. Each of them had studied homeopathy. So, they had all gone to homeopathy school, but in India, that’s *medical* school. So, they were medical homeopathic physicians. They had gone through many years of study and had put their time in so that they could be in practice and understand. I mean, obviously if you’re in medical school, you’ve got anatomy, physiology, pathology, et cetera. That’s a very important basis of being in practice. So yes, they did have traditional homeopathy as their background.

But when your patients are lining up in front of your clinic –

your research center – the night before, and they're bussing them in from small villages, and as they open the doors of the bus – and I've watched this daily when I worked there – and the doors would open, the bulging bus would empty out, I don't know, 80 people, 100 people? I don't know. Maybe I'm exaggerating but at least 80 people. Then they would just line up and sit on the sidewalk with their blankets and wait until the *next day* to see them!

Kate: Oh, my gosh!

Joette: After a while, when you're seeing the same condition over and over and over, and then another condition over and over and over, by the sheer numbers, after a while it narrows down to, "It's most likely *this* remedy." If you see – just like we know in classical homeopathy for acutes – if you see someone with a hematoma, the first thing we think of *generally speaking* is *Arnica*. Now, we can also use *Hamamelis.* We can

also use *Bellis perennis*. We have other choices, but we have all learned in day one of homeopathy school, *Arnica montana* for hematomas or ecchymosis.

Kate: So, isn't that in essence a practical protocol?

Joette: Yes! It absolutely is a practical protocol. When I was practicing classical homeopathy, I wanted *more* protocols. I had some; that was one of them. I knew that strep throat was met with *Belladonna*. I mean, everybody knows that. We can also use *Hepar sulph*. We can certainly use *Mercurius*. There are other remedies that we can consider. But we generally start out with an extremely painful strep throat, it's *generally* speaking *Belladonna*.

Now, how did we come to that? Well, after a while, you'd have to be, as we say in Italian, "Testa dura," which means hardhead, to not pick up on the fact that this works time and time again for most people – not everyone but for *most* people.

So, when they came up with these protocols, it was out of sheer *need* to be able to fulfill the requirements of meeting with a thousand people a day. Because, of course, they weren't the only doctors treating. They had, when I was there – the last seven, eight years that I was there – there were twelve senior doctors and correspondingly junior doctors to take the cases (start opening the cases for each of those senior doctors). With twelve of them all seeing a hundred patients per day, do the math: that's 1,200 patients in a day. That means at the end of one week, it is 7,200 people.

Kate: Right. I often wonder – and we were talking about this earlier – that if Boericke or Kent or Hahnemann had that many people at their doorstep everyday, if they too wouldn't have come up with these protocols.

Joette: They would have had more protocols. They would have been forced to come up with answers more quickly so they can get to the next person who was being carried in in a sling or

with his family carrying him in a …

We used to meet the ambulances in the back of the homeopathic research foundation. The ambulance would drive in. We would walk outside because the person could not be carried in. I mean, the facilities were much different than the facilities that we're accustomed to. So, the family had put the person in the ambulance. Now, we went out and met with the family and the patient. We would take that case. When we finish with it, went right back into the office again, and the next 75 people were waiting in line to get their turn in. We did not leave until every person was taken care of.

Kate: They have quite the staff, too. So, there's a big process as far as people receiving the information. It's not just one doctor alone seeing those hundred people.

Joette: No, there's a senior doctor and a junior doctor. Then there's a junior-junior doctor. Then there are the pharmacists, and then there are those who do the processing and the accounting. Then when that's all finished, and the case has all been taken, there's the junior doctor (who was on the case with the senior doctor) goes up to the second floor and hands it to the person who inputs it into a computer. So now, we've got a record of it. The second floor is just as humming as the first floor.

Kate: So, what typically happens? So, say, I'm a person outside the Banerji clinic. I'm waiting in line. Now, it's my turn. What happens?

The case taking process

Joette: The first thing they do is they stand in line. When they get in to their time to meet up with someone, there's a little window like a bank window – almost like a bank teller. They get their name. They get a little bit of information, and they said, "Okay, we'll call you in a little while."

Then they have a loud speaker, and they call out the name of the person an hour later … who knows how long it is … 10 minutes? I don't really know that logistics of that. But when they're called in, then they're sat down in a large room where the junior doctor starts taking the case. "Let me see your X-rays that you've brought in. Let's see the blood labs, whatever you've got." Some people don't bring those. Some do have them with them. "Give me your age, your name," et cetera, et cetera. They get all the statistics and all that information. Then what is the chief complaint? What are the satellite concerns, et cetera? And it's all written down. But it's written down in a *very* concise way.

By the way, it's all handwritten! Kind of interesting. It must be required, absolute, in *perfect* penmanship. It's gorgeous. What they hand to the senior doctor is perfection. If Pratip Banerji saw one little mistake, he'd give it back to the doctor (the younger doctor) and say, "Do it right! I don't want any misspelled words. I don't want any scribbling. Use white-out. Clean it up. If you have to do it over again, do it again." The penmanship had to be perfect. They were real sticklers for protocol.

Kate: Wow. Hmm. Okay. So now, what happens next?

Joette: Then usually the case is taken. I imagine that they're told to sit back down again until they're called *again* – now to meet with the senior doctor. That's when they're brought in by the junior doctor into the consultation chambers as they call it. The person is led in by the junior doctor. The junior doctor then sits next to the senior doctor. I was, of course, privileged to sit *between* them, which was wonderful because I was privy to everything that was going on and could observe the case that was taken and what was now going to be considered – what medicines were going to be used.

So, the patient is sitting in front of us at the desk. If Pratip deemed that it was necessary that he palpated, then

there was an examining room, and the person was instructed to get on the examining table. If it was something more personal, then the person was brought into a separate little side room. Pratip would observe what needed to be looked at. And then the person would get dressed again, come back and sit down.

If none of that was required, he might check their pulse. He might listen to their heart. I shouldn't say, "might." He *often* did it for the most part; he would use these methods. If they brought their X-rays, he'd turn on the little X-ray light and put the X-rays up so we could all see. He would look at that and look at the CT scans. Anything that they brought in was observed. Even though the junior doctor had already done that, Pratip would always look again to make sure that everything was tight and orderly and organized.

Then the patient would explain to him what was going on. Pratip spoke many languages, so did Dr. Prasanta Banerji and so did most of the doctors because they're educated people. Many of them had been educated in England. So, they came with English plus many of the dialects. I don't know if they could speak all of them, but they certainly understood the dialects of India, and there are a myriad of them.

So, by that time, that's when Pratip then starts speaking to this junior doctor, and he is directing him as to what the medicines are. The junior doctor is writing it down. The junior doctors that had been around for a long period of time knew exactly what he was going to say because they are *protocols*. Knowing what the condition is, they've already written half of the case up already in anticipation of what Dr. Pratip or Prasanta was about to say. They were usually right.

Kate: Okay. So, if they were certain or had an idea, they would write that down, and then …

Joette: In advance, just to move things along faster.

After that was completed, then the junior doctor would hand the form … it was a small form with all of this gorgeous penmanship on it. There was no English; it was all in Sanskrit and in Latin because that's what the homeopathic medicines are, of course. They're all Latin. That's all that was there. Nothing was in English. He would hand it to the senior doctor, Dr. Pratip or Dr. Prasanta Banerji, or any other senior doctor who was taking the case, and they would sign off. Now, that sign off meant that was done.

Hand it to the junior doctor. The junior doctor would guide the patient back to the large room where they would then direct them to go to, now, the pharmacy which is all connected. It's all part of the compound. They would take their form with them. Then the pharmacist knew exactly what to do from there.

Kate: Now, I'm curious. If you were sitting in between them, and they were speaking another language, how are you able to write down what their protocols were? Did they talk in English much?

Joette: The doctors would speak in English. The patients would speak in their tongue.

Kate: Oh!

Joette: But the doctors understood what the patients were saying, but the conversation between the two doctors was always in English.

Kate: Oh, that's nice. Okay. Because I'm imagining, you know, "How are you translating this Joette?"

Joette: Right. Well, the first year, I was lost. I had watched many Indian movies before we got there so that I could kind of get up to snuff … so I could understand their English because, of course, it is different than ours. I listened to hours and watched hours of Indian movies, good and bad ones.

Bollywood, which is mostly dancing, you're not really learning much of the language. But you get the idea of the culture, that's for sure.

So, the first year was very difficult for me. I was really lost in what they were saying, especially because I was working with Dr. Prasanta Banerji, Pratip's father. He was a little more difficult for me to understand. He did not have the English that I understood as well as I did Pratip's.

But nonetheless, I knew what the condition was, and they would also discuss the condition. You know, I'm going to take that back. Was there anything written on this form that said in English what the condition was? No, there wasn't. Not that I recall, there wasn't. I can't believe I can't remember that. I was there for … I figured out cumulatively, I was there for just over a year and a half.

Kate: Oh, my gosh! Really?

Joette: Yeah. That's how long I spent there. I would go every year. I'd have to come back to the US because I mean, I had to work! Nobody was paying me to do this. I had to work. I had a family. My children were all adults, but, nonetheless. Actually, the first year I was there, my youngest son was in high school. My parents were around so that he was with them a lot. But I did have a life, so I had to go back home again and then recover! The amount of hours and work was phenomenal.

Kate: And you were always sick.

Joette: I was always getting sick when I went there: amoebic dysentery; I got whooping cough one year; I got "unknown microorganism.'

Kate: Well, you were exposed to the gamut while you were in there. What were some of the conditions that you saw?

Conditions encountered at the clinic

Joette: I saw everything. I saw leprosy, active tuberculosis, AIDS, cancer that was not hidden on the inside – cancer that had now gone to the outside of the body so that it was 100% visible and large and extensive, a lot of mouth cancer, a *lot* of that. Because some people in India chew betel nut, and it's not just the betel nut that they're chewing. It's got tobacco mixed in it. It's got lots of unsavory properties. It becomes a habit for many people. Not just men, believe it or not, even some women. And, it eats away at the inside of the mouth and causes cancer or abscesses. I saw a lot of mouth cancers and mouth abscesses. We saw hydrocephalus time and time and time again. We saw extreme skin infections because of being exposed to the streets.

Kate: Bacteria.

Joette: Bacteria, that's right, staph infections that had gone rampant. A lot of cellulitis, so a lot of acute issues, but we also saw colitis and food intolerances and allergies and menstrual conditions and multiple sclerosis. You name it; we saw it all. When you're seeing a hundred patients per day, you've got a lot of choices from which to see.

Kate: When you say, "saw," you talk about how you would walk through the clinic. You were shoulder to shoulder with these people and diseases, too.

Joette: Yes, yes. It's interesting. My observation was as sick as these people often were, and as humble a beginning that they came from, or humble of a setting that they came from (in the small villages or on the streets of Kolkata), when they came to the clinic, the women had freshly clean saris. Their hair was beautifully oiled and braided back. They were clean. Their nails were clean. They came with dignity. It was a beautiful thing to behold. No one came in cargo pants. No one came …

Kate: Leggings.

Joette: Well, there was that, too.

Kate: Underneath.

Joette: And not everyone was in the traditional garb. The younger people don't often wear saris. It's usually the older women who wore the saris, and the younger people who came maybe from the small villages. But if they were city people in Kolkata, they often were wearing Western clothes. So, we saw the whole gamut from the top of society to the bottom of society. It was really very, very fascinating.

When we walked through the halls, my friend, Dr. Vivekta Sharma – and we became very dear friends; we're still in touch – would hold my hand to draw me through the crowds *in the building*. We're still in the building! The only way I could keep up with her was she would hold my hand and pull me through – like we were playing a childhood game – to get me through the swarms. Meanwhile, I was being held back by the sheer crowds of people in the building waiting their turn.

Kate: Wow! And outside, too, probably.

Joette: Outside was just as bad and sometimes worse than that because on the street, there were all the vendors in front of the clinic, the research foundation. That's where people would perhaps buy their meals. The whole street was lined with the lunches and dinners that were being made, with flames right on the street – with brick all around and a little flame. Sometimes the vendors would be sitting cross-legged, frying up these delicious, little cakes that are fried in deep mustard seed oil with vegetables and spices inside of them. Smelled wonderful, and that's what usually those who came in from the towns would eat.

So, you're negotiating the sidewalk with everything, plus, not to mention Calcasian dogs. I believe that's the way it's

pronounced because it’s named after Calcutta. They are roaming street dogs that all look alike. There are hordes of them everywhere. They’re really friendly dogs. Some of them have names. Some of them don’t. They’re just everywhere. They’re waiting for the garbage to be tossed or to be put in a pile, and they go after it. So, it’s quite a street scene, very exciting.

Kate: Yeah!

Meeting and working with the Banerjis

Kate: Okay, I want to take a step back for just a minute and talk about how you came to speak with the Banerjis and to be able to actually go and sit and observe them.

Joette: I had a colleague who contacted me. He was Indian. He works in my region when I used to live in Buffalo, New York area. He had met the Banerjis previously, years before. He contacted me, shot me an email and said, “Joette, you know, Drs. Pratip and Prasanta Banerji, I’m bringing them into town. I’m going to have them speak at Daemen College.”

Now, he knew that I would be interested not only because I’m a homeopath, and we were good acquaintances, but also, I had been teaching homeopathy at Daemen College years prior to that. He thought, “Well, since you were a teacher there and …” et cetera, et cetera, “Perhaps you’d be interested in coming to this engagement where I’m engaging them to speak for about …” I think it was about six hours, seven hours. Because they were going to be speaking at …

Kate: MD Anderson?

Joette: No, they’ve gone to MD Anderson, and then they were to come to Roswell Park, the cancer institution in Buffalo, New York. Since they were there, he thought, “Well, let’s see if we can get them to speak to a large group of people.”

And I said, “Sure!”

He said, “Look, you don’t have to pay the fee.”

I said, “No, no, no. Let me explain the way I feel about this. I’m happy to pay the fee. I’m happy to make a donation. Just please make sure that I’m seated next to them during lunch.”

Kate: Oh, wow!

Joette: He said, “Oh, all right.”

So, he did that; he arranged for that. So for a full day, they spoke. When we had lunch and then we had breaks, we actually went to a separate room. I had lunch with my colleague and the woman who arranged all of this at Daemen College. And the two Drs. Banerji and I had lunch together – a private lunch which was fantastic because I got a chance to speak to them and ask if I could observe their work.

Now, I don’t know if we made it clear earlier, Kate, but I have always known that if I was going to really learn homeopathy, I had to go to India. Had to. Because that’s where it’s been practiced uninterruptedly for the last 200 years and that would have given me insight.

I had tried to go to India and work with Dr. Ramakrishnan years prior to that. I had studied with him for five years in Toronto some 10 years prior to all of this. He had a program that was shutting down at the time. He was not taking any new homeopaths that could observe in his program. So, it was a big disappointment to me, but now I had another opportunity.

When Pratip Banerji said to me, “Certainly! Just contact us. We know all about you.” They’d done their homework on me. They had looked me up online to make sure that I was legitimate … what I had been doing. Once he knew that, then I suppose he felt comfortable to invite me to work with them.

Now, that was easier said than done because the communications

between the US and India – technical communications – is often very difficult. I wrote to them, and there was no response. (I didn't write to him exactly. I wrote to their director.) I didn't get a response. Then I wrote again, I didn't get a response. And wrote again, and I was just tenacious about it. I just stayed on it for, I'm going to say, a good year. It took almost a year for me to actually communicate with them and then set up a date, find out when they were going to be in town. Because of course I'd like to work with their senior doctors as well – and I did many times – but I really wanted to sit with *them*.

Finally, we got it all set up. And even to the last week, we had our tickets for Kolkata which are nothing to sneeze at – it's pretty darn expensive to do this – and I still wasn't sure that the date was an absolute.

Kate: You're kidding!

Joette: We just took a chance. I said this is worth a chance. If it turns out that they're not there, that they're on a speaking tour (which is what they do regularly), we'll just make it into, I guess, a vacation in India!

Kate: Wow!

Joette: So, this is not an easy process, but it was a fun process. I got to know them very well. The first year I got in there, they were renovating their offices. So, we were working in somewhat of a makeshift setting, still very lovely. I was able to work mostly with Dr. Prasanta Banerji, for which I'm very grateful. I would say the full 13 weeks, pretty much, I worked only with him. And maybe a few days here and there, I worked with Dr. Pratip, his son.

Kate: Wow! That's *so awesome* that you got to do that.

Joette: Well, and during the day, we would work from approximately 10:00. I would get there around 10:00 in the

morning. Dr. Prasanta or Dr. Pratip Banerji didn't get in until a little bit later because they went on house calls to the people's homes. They would often get in at around noon. Meanwhile, I had been working with the senior doctors. I sat with them, the other doctors, and observed and recorded all of their cases as well. Then Dr. Prasanta and Pratip would end at around, oh, sometimes 8, 9 o'clock, but I would then go with the group of doctors which would include Dr. Vivekta Sharma, my friend.

We would go to the other clinic that they had. That was in another part of town. We would pile in; it was such a blast.

Mostly the doctors are a good deal younger than I am by about 20 years. So, I was like the old mother. They would stuff me into this car. Everybody was sitting on everybody else's laps. We'd go rumbling through the town and through Kolkata. Oh my gosh! It's crazy. That in itself is just an experience.

We'd get there, and then we'd go through this old building and up to the top floor and sit up there. It was so hot. It was *so* hot. The doors were closed, and we'd all have our dinner. Now, most of the dinners were brought in by the doctors, their wives, or they made it themselves, or sometimes they'd only go to certain street vendors. They wouldn't just buy from anyone. They would buy us a dinner. We'd all have these fantastic dinners together. I was turned on to the masala tea that they were accustomed to drinking. To this day, I still drink masala tea every day because of how they turned me onto that.

Then once we finished eating, everything was cleared up, open the doors, and people would throng in. I've got pictures of it: Long, long table. On one side, the women would line up, and on the other side, the men would line up. And all across the whole table were all the doctors. It was fascinating, absolutely fascinating.

Kate: So you mean, they were all listening to cases at the

same time?

Joette: No, each doctor was taking a different case.

Kate: Yes, that's what I meant.

Joette: So, there may be ten doctors? Each one was seeing a different case. We would see … I'm going to say there were another 200 people, 300 people that come on that night. Split by 10, each one had seen 30 cases within a couple of hours. By the time I got back to the hotel, I was … how do I say … hooped! I had put in a 12-hour day and intensely writing.

Kate: And in the heat.

Joette: In the heat. The heat was at times pretty extreme even though I was there in January which was the most comfortable. I was there usually January, February and part of March every year.

So, I would get back to the hotel, and my husband would always greet me at the hotel door which was great. As I got out of the car, he would meet me right at the door. He's such a gentleman. Give me a big kiss. Tell me I was doing a great job. (I was half-dead.) Walk me to the elevator. Up we would go to our room, and I would shower down. I would take a couple of cases myself – my own clients who needed help. They knew that I was out of town, but certain people still needed help. So, I would still work with folks back home and work on those cases.

Kate: I remember one time I had a consult with you when you were in India. Do you remember that?

Joette: I do.

Kate: Imagine how tired you were trying to listen to my … probably after just seeing all those diseases, you're like, "Oh! That's nothing, Honey."

Joette: It does put life in perspective. There's no doubt about it.

But you know, we also saw the mundane, as well. We often saw people with just some acne. The middle class complained about that. There's an emerging strong, educated class there.

I shouldn't say that it's emerging … emerging. It's just growing more rapidly lately in the last, I don't know, 50 years or so. There have always been the educated. There have always been those who are well-travelled, and who are learned. But it's growing faster – more than ever – because of technology, and because it's now a free market there. We're seeing more and more entrepreneurial businesses start-up which is a beautiful thing to behold.

Kate: So, how many times have you gone to India now? It's quite a few.

Joette: It was a number of times, and I actually lost count. I want to say it was nine times. Each time was anywhere between 3 weeks and 13 weeks. When I totaled it up cumulatively, I would say that it was just over a year and a half of time spent there.

I recorded over 7,000 cases. Then of course, they didn't come in order according to a repertory. So when I got home, I had months of work to organize all of these protocols and information and translating them from cases to protocols. So that just because the case that came in first in the morning was a menopausal case, and the next one was a colitis case doesn't mean it's going to automatically fall into my notebook that way! I had to now transcribe, "Okay, this is the female section. Put that case in here, and what the protocol is. This is the GI section. Okay, put that colitis into that section." So, I had a lot of work to do.

To this day even years later, I'm still organizing my notes so that I can find them more quickly when I need them. But for

the most part, I've memorized the most commonly used (the ones that I use on a day-to-day basis) that I don't even have to think about them any longer – not unlike the Banerjis.

You know what's fascinating? I didn't say this, but I described it. But they don't allow their underlings, their junior doctors or senior doctors to take notes – not on the *patient* but on the case. So in other words, they did not say, "Okay, we're going to use *Carbo animalis* for hormonal conditions in a woman going through menopause." They were not allowed to write that down. You *memorize* it! That's how you learn it. After those junior doctors had been there at least a year, they had them all memorized. (They allowed me to do it because I was observing.)

Kate: Were there other homeopaths there doing this right alongside you?

Joette: Every once in a while, a homeopath would come from Switzerland. Usually they were medical doctors who were practicing homeopathy or from Germany or where they had seen the Banerjis speak and were curious and wanted to know what they were doing and observe. But they usually were there for about a week. Some of them were from Madrid. There were a couple of doctors and endocrinologists who I got to know the first and second year. She would stay right along with me and do exactly what I was doing, which was writing down absolutely every single case. But it surprised me to see that they would come and observe but not write down the protocols.

Kate: What!?

Joette: That was the *gold*!

Kate: Yes!

Joette: So it always flabbergasted me. Then years later, after going year, after year, after year, and getting to know Dr. Pratip and his lovely wife, we became friends. His wife

and my husband and I went on a vacation together. We spent a lot of time together over meals. She told me that they were so excited about having me there because I was the only person ever – I was really surprised to hear this – *ever*, who would ever come for a 13-week spin and then come the next year, and the next year, and the next year, and the next year, and the next year to learn these protocols. They had never seen anyone do that before.

So, for that reason alone, they gave us – and me – extra privileges which was quite an honor.

Kate: So, you're likely the holder of the most information of the Banerji Protocols other than the people at their clinic.

Joette: Well, I am one of them. There's one other person that I know of who I got to know, lovely person who helps them write and does research for them. She's a PhD in nursing in California. I'm sure she did this to the degree that I did as well. But she brought it back to teach nurses and to teach professionals. Then there was another woman that I learned about who was from Japan who came several times as well. But according to what I have been told, I was the only one who had done it so many times and for so long a period of time – other than those who had been working for the Banerjis.

Kate: I knew there was a reason we love you so much, Joette.

Joette: It's ridiculous. I'm ridiculously tenacious. I mean, when I chomp onto something I can't let go. My mother always used to say, "No matter what you do, you do it up to your eyeballs." And she was right.

Kate: Yeah. I've heard you talk about a number of areas in your life where you didn't give up. You just kept pursuing that until you got where you wanted to be or got the answer that you wanted.

Joette: I actually think that came from being in sales

because I used to sell real estate. I used to sell airtime with NBC. As a little girl, I sold vacuum cleaner bags from door to door. Because my father was an entrepreneur, and he sold, and so I believe that on some level I was trained – or maybe it's innate (it's probably a combination of both) – that when someone says, "No," then you just have to ask ten more people. Then you'll get that yes.

Kate: Or you ask them several times.

Joette: Yeah, you just keep going. "No," doesn't mean "NO!" Don't be ridiculous! It just means, "Okay, on you go. Next step."

Kate: That's awesome. All right, so let's wrap this up and just give us a summary as to maybe your greatest insights from being with the Banerjis all those times.

A beneficial insight from Dr. Prasanta Banerji

Joette: One of the cadences that I got from Dr. Prasanta Banerji … and I used to call them "Prasanta-isms" and "Pratip-isms." So, when they would say something wise, I would write it down. It was so fascinating.

But the one that I so much use, not only in my day-to-day life, but I teach others to consider, is he used to tell the patients all the time – especially those who were of the upper middle class and could go to many doctors – he would tell them (not to those who are suffering terribly, but for those who wanted to be proactive), instead of using the word "proactive" or to tell them to calm down with that concept, he would say, "Stop hunting for disease." I love that statement.

Now, that does not apply to people who are really suffering from serious illnesses. But if you're well, stop looking to see whether or not you've got this gene or that gene that

might trigger. Stop looking for whether or not you might have the *potential* of an illness and test after test after test. That only provokes anxiety.

So, if someone is ill, obviously we have to do our research. They have to be tested to determine what the condition is so that we know what to springboard from.

But when someone is not really unwell, just enjoy life. You know you've been handed a pearl called life. Take it, run with it, and enjoy it. Learn how to treat others and become the healer for those who are *truly* suffering. Stop looking for the potential that, "You know, I'm 40. Maybe I should go get that mammogram every year. Or now, you're 50, you should have a colonoscopy – every year." Really? I question all of that. So, I urge folks to stop looking around and just live life. If something comes up, okay, *now* you look into it.

Kate: Joette, thank you so much for sharing about the Banerjis and sharing their wisdom with us. I think we should do another segment on this so that we can learn more about what your conversations were and maybe some more protocols. So, I'm excited. I think this has been a great podcast.

Joette: Yeah. Thanks, Kate. It's always fun.

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 iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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Baby Chicks, Baby Bunnies, Baby Monsters

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Amen!

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So, while eating a full tube of pellets is not recommended, it is comforting for this mother to know that her family's "main care-all … is safe for the baby monsters."

This student's confidence is what I hope – what I *know* – each of you will gain as you continue your homeopathy education.

So, on this Easter Sunday, let me say thank you for following me on the journey toward self-reliance, allowing me to teach you about my passion – homeopathy.

While I couldn't resist the adorable-ness of the baby chicks and bunnies, kitschy things are not what Easter is about.

Today is a holy day, commemorating the resurrection of Jesus Christ. And for our Jewish friends, this weekend marks the beginning of Passover.

So, I wish you and your family a very Happy and Blessed Easter and joyous Passover.

Let's use these sacred days to renew our personal faiths and reaffirm our responsibility to live life with purpose, commitment and *confidence*.

God bless!

Podcast 72 – Moms with Moxie: Air Traffic Controller, Pilot and Homeopath

IN THIS PODCAST, WE COVER:

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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Allergic!?

Gateway to Homeopathy: A Guided Study Group Curriculum

Gateway to Homeopathy II: Only available for purchase through your resource page, after having taken the prerequisite Gateway to Homeopathy I (referenced above)

Homeopathy Kits

Kate: This is the Practical Homeopathy® Podcast Episode Number 72.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi! This is Kate, and I'm here today with Mary. I'm looking forward to some of the things that Mary is going to be sharing with us. So welcome, Mary, to the podcast.

Mary: Thanks, Kate. Great to be here!

Kate: Great to have you. All right, let's get to know you a little bit. Can you tell our listeners a little bit about yourself?

Mary: I'm a retired air traffic controller, and also, I'm a private pilot. Well, I'm a commercial pilot – that's a different rating. So, I used to tell the pilots what to do and fly for fun.

Kate: Oh my gosh! How exciting is that? Have you done this your whole life?

Mary: Yes, since I was 26.

Kate: Was it like a childhood dream?

Mary: No, it was divine intervention.

Kate: Okay! Well, tell us.

Mary: I got out of high school. I was going to get married and have kids. I didn't get married and have kids, so, I went to work. Then the steel mills went under because of foreign imports. Then I took a job with my husband's credit union. I wanted to run for the board of directors. They told me if I run for the board of directors, they would fire me. In the meantime, they gave the air traffic controller's test out. But you had to die in order to get a job. So then, I went to work, and then the strike came, and I got hired – divine intervention.

Kate: Wow! I think it sounds super-fascinating. So, you said you have your commercial license, as well. Did you fly as a pilot then for an airline?

Mary: No, you have different ratings. So, you have a private pilot's license, and then you have an instrument rating, and then you have a commercial pilot's license. It's just a rating.

Kate: Oh, okay, I see. I bet you have some pretty interesting stories from your days as an air traffic controller.

Mary: Oh, I do. Now, they have this thing called ATC live where you can listen. Back in my day, they didn't. So, I could say whatever I wanted and not get caught.

Kate: So, anybody can listen to air traffic controllers, is that what you're saying?

Mary: Yes! Yes!

Kate: What? I didn't know this.

Mary: See? You don't even have to be in an airplane.

Kate: Oh, my goodness! That's amazing. So how do you do that?

Mary: Download the app, I guess, ATC Live.

Kate: ATC Live.

Mary: Or Live ATC … it’s one of the two.

Kate: Okay, wow! So, you’re a pilot. You’re an air traffic controller. What else?

Mary: I’m a homeopath. So, I mean, talk about oxymorons. I mean, that is yin and yang. They’re two different brains.

Kate: How did that happen?

Mary: Well, my husband retired when he was 50, and he wanted a dog. I said I didn’t want a dog. But my girlfriend had this Dalmatian, and she had two little boys, and Dalmatians are very high energy. She gave the dog up, and she was the sweetest dog. I said, “I cannot believe you gave that dog up.”

She said, “I can’t believe you wanted her.”

So, she got the dog back, and we adopted her dog after six months. She was six months old when we got her.

So, she had these terrible allergies. I took her to the special vet. They shaved her hind legs, stuck with 57 needles, told me I had to feed her kangaroo or moose, gave me two vials to give her a needle twice a day. Six months later and a thousand dollars, she was just as bad if not worse. They said, "Well, it's not an exact science."

Kate: I think that's a pretty common story, what you're saying. Our dog had allergies, kind of the similar thing. So, I think you're speaking to the masses here.

Mary: Exactly. Which is why Joette's course on allergies is fabulous, and as long as somebody's going to practice, it might as well be you.

Kate: Yeah. So, that's how you originally got into homeopathy?

Mary: I did. There's a vet called Dr. Khalsa who is brilliant that came from New England. I took my dog to her, and that's how I started it. Then I found this study group in '93, and it went on from there.

Kate: When you say, "this study group," was there a group of local people studying homeopathy together? Is that what you mean?

Mary: Yes. So, like Joette, we had a teacher. We would go to her house, and we'd take cases and study remedies. It was

amazing.

Kate: So, you started studying with this group of people and learning classical homeopathy.

Mary: Correct. Then somewhere along the line, we found Joette. I think one of our study group members brought in the thing for Gateway I, and I was a study group leader. Then we took Gateway I, and then we took Gateway II.

Kate: Oh, so you were completing Gateway I, and then Gateway II came out right after that?

Mary: Yes, yes.

Kate: Did you find, as someone who had studied homeopathy for quite some time, that it was too basic, or did you still learn quite a bit?

Mary: In homeopathy, you're always learning. We learned every remedy part she puts out. Like the insomnia – the *Arnica* 200 for insomnia – who knew? I've been studying for 25 years or so, I've never known that. And the protocol for fleas? Nobody knows that either. It's always interesting.

Kate: Yes, she has so many free things on her website that you really could just study that and learn a ton without

even taking a course.

Mary: Right. So now, we do our own study group, but then we do Joette's study group. We'll do a Zoom class just like we're doing now. We'd take some of her podcasts, and we'll pick them apart.

Kate: So, you guys are just going through some of the podcasts or blogs and talking about the different things that you're learning there and just having discussions around those then?

Mary: Yes, there's just so much information that you miss some of it. So, by having a study group, and everybody bringing something to the table, then what you might have missed, somebody might say.

Kate: I find every time I go through the Gateway book, I learn something or I remember something. It's always super useful. So, you can never read things too many times. We just did another podcast with another woman who said she read Dorothy Shepherd's book over … I think it was … eight times or something like that. Then on the eighth time is when she caught something that she had never seen before.

Homeopathy's role in an air traffic controller's life

So, Mary, when we were talking earlier, you were saying

about being an air traffic controller, and why homeopathy is so important to you. Tell us a little bit more about that.

Mary: Whether you're an air traffic controller or you're a pilot (whether it is as a commercial pilot for the airlines or a private pilot that just flies around for fun), you have to take a flight physical once a year. The important things for that is that as an air traffic controller, if you can't pass a physical, you don't have a job. As a pilot, if you don't pass the physical, you don't have a job. So, for instance, back in the day before I knew homeopathy, I would take Flexeril for lower back pain. You cannot work for a week after you take that Flexeril. You have to stay home.

Kate: Really?

Mary: Really. And if you take DayQuil for a cold, I think it's three days – you can't fly for three days after you take DayQuil.

Kate: So, that tells you how long that stays in your body, right?

Mary: It just tells you: you don't want to be taking it.

Kate: That's right. You don't want to be taking it.

Mary: You don't want to be taking it. I mean, they're just a few examples. Your best thing is to just be well, and homeopathy helps you do that.

Kate: Exactly. So, give us some other examples of some of the ways that you've used homeopathy over the years.

Mary: Back in the beginning before I had learned homeopathy myself, I had a godchild. She was born five pounds, nine ounces. A month later, this child is five pounds, nine ounces. So, you know that's not good, right?

Kate: Right.

Mary: So, the allopathic people took her off the breast milk, put her on rice. Anyway, we took her to this homeopathic doctor. He gave her one dose of *Nux vomica,* and in one day, she gained FOUR ounces! How do you explain that?

Kate: Wow! That's incredible!

Mary: I know. You want to see her now. She's 18 years old. She's beautiful.

Kate: That makes me wonder why they gave her *Nux vomica*. Yeah, very interesting. So that got you really intrigued then.

Mary: Absolutely. So, I took my girlfriend to the same doctor. She couldn't even breathe to get up the stairs. I think he gave her *Crataegus,* and it was like a light bulb went off. She was, like, so light after that. You could just tell in her face that it just changed something.

Car accident

Mary: So, I have to tell you about my car accident.

Kate: Oh! That doesn't sound good.

Mary: It wasn't. December 8th, we were coming home from a Christmas party. I was driving down a dry road, and this 19-year-old T-boned me doing 40 miles an hour. Now, I had my tonsils out when I was 22 (before homeopathy). I wouldn't have done it now. But at 22 was the last time I was in the hospital. So, at 65, I took my first ambulance ride.

Kate: Oh, my gosh!

Mary: They used the Jaws of Life® to get me out. I broke my wrist in two places. I called my sister at 10:30 at night and I said …

(All my siblings have homeopathic kits. We can talk about that because there's nothing more frustrating than somebody to call you for their advice, and you tell them what to take, and they don't have it. So, I agree with Joette. Everybody needs a homeopathic kit.)

So anyway, I was looking for *Arnica*.

Now, they're going to do a CT scan – which I'm not fond of. They're going to put an IV in me – which I'm not fond of. So, I take the *Aconite,* and within seconds, I was calm enough for them to work on me.

Then I took the *Arnica.* I would go into, like, shock, and I would take the *Arnica,* and then it would go away. So, it's just amazing! I don't know what would have happened if I didn't have my sister and my kit after this accident.

Kate: Oh, my gosh! I feel like you are very blessed to be alive after that accident. I'm sure there was a lot of bruising, but the only broken bones were your wrist?

Mary: Well, I think I had my left hand on my thigh because that was the only thing that was bruised, probably ribs and my thigh. I think the armrest got me. So, he T-boned me, and the armrest got me, and that's how I broke my wrist.

Kate: Wow! That's so scary. So, *Arnica* and *Aconite* for accidents. Oh, you just never want to be without them!

Mary: Never, never! Well, that's what Joette said, "Put the *Aconite* in your handbag." That's the first remedy she talked about because we just talked about this in our study group: *Aconite* 200 in your handbag – always.

Kate: Exactly.

Mary: But, I have to tell you another funny story. My sister was expecting her first grandchild. Now, she's in Pennsylvania, and her son and his wife are in Texas. So, she makes an airplane reservation for Friday, and this is Wednesday. The doctor says there's no action here. So, the daughter-in-law calls my sister and says, "Can you change your reservation because the baby won't be here by the time you get here?"

So, I called my friends in Texas, and I said, "Do you have health food stores?"

And they said, "Mary, of course. Texas is, like, the epicenter of alternative medicine."

I called the food store, and I wanted *Caulophyllum* 30C. I took a picture of it. I sent it to my niece. I told her, "You walk in the store. It's on aisle 4A on the third shelf." I sent her the picture.

Well, do you know by the time my sister got there, the baby was there?

Kate: Wow!

Mary: So yes, I mean just exciting stuff.

Childbirth story, cell salts, & *Arnica*

Mary: My girlfriend's daughter was having her fifth child. They sent the husband home, and my girlfriend went in, and she said, "Are you going to have this baby, or aren't you?" (I don't remember what we gave her. It might have been the *Caulophyllum.*) She said, "Yes," but for whatever reason she was afraid this time. (I mean, your fifth child, you would figure you wouldn't be afraid.) I don't remember what we gave her, but we gave her a remedy.

Ten minutes … they delivered that baby in the bed.

So much fun!

Kate: Oh, my gosh! That's great. Things went really well?

Mary: Absolutely!

Kate: Oh, my goodness, yeah, ten minutes.

So, jumping back a little bit to the Gateway II study group that you did, I know you said you enjoyed some particular sections of that study guide. So, tell me a little bit more about that.

Mary: Well, we probably did that a couple of months ago. But what we found very interesting is that they just resonated with those cell salts. Everybody went out and bought it: cell salt travel kit [No longer available.] Everybody found a different use for them just like me with my homeopathic kit. So many people went and bought their children the cell salt kits because Joette just puts such a different spin on it that we don't really even think about cell salts so much. But my broken wrist, I still have a lot of edema in my fingers, and so I use the *Nat sulph* for the edema on that. That seems to be helpful.

Kate: So, *Nat sulph* 6X, then?

Mary: Yes, correct.

Kate: Yeah, there is a ton of information in that cell salt section. I know it's a lot to get through in one study group session even, but there are so many things that you could pick out of there that apply to your life. I always talk about when we were going through that whole section now,

“Don’t think you have to take every cell salt. Because you’re going to find something, as we’re talking about each of the cell salts, that you feel like applies to you.” Did you guys find that also?

Mary: Absolutely.

Kate: Yeah. So, are there other things that you found, are there other examples maybe from that, that you wanted to talk about?

Mary: I remember my cousin. He was like four years old, ran into the corner of a table. I had the birthing kit with me. It had *Arnica* 200 in it. This child screamed at the top of his lungs. I took out that *Arnica* and popped it in his mouth. I mean, seriously it’s a wonderful thing.

So, there was a guy that fell here. The dog tripped him, and he had this goose egg. You would not believe how big his goose egg was. I gave him *Arnica* 200. He ended up with nothing.

Kate: I’ve watched that happen too. My son fell backwards when he was young. He was standing on a chair, and he fell backwards, and there’s concrete. He hit his head on that concrete. He had a goose egg on his head. He felt dizzy. I gave him *Arnica* 200 a couple of times, and I watched that goose egg go down. It just went away.

Mary: And it works great for animals, too. I started talking about the dog, but I had this horse that was a champion. He whacked his head on the barn door. So, his head was tilted. His owner brought me over to see him, and we gave him *Nat sulph*. He got so much better. I mean, he was like normal after that.

The amazing thing about animals … I don't know whether you ever did this or not … but my girlfriend's dog needed *Ignatia*. Everybody had left her, and she was feeling lonely or some. So, we put it in a bowl.

Do you know they know when to go re-dose themselves?

Kate: No, I haven't thought about that.

Mary: Yeah, if you put down their water bowl and a homeopathic bowl with remedy in it, they'll take it when they need it. They do.

Kate: Wow! I've always just thought about putting it in a bowl of water, but that is a great tip. Give them their bowl of water and then another bowl with the remedy that they need. They have such innate senses that we can't even begin to understand probably. They know what they need.

Mary: Exactly. And the children, they're pretty intuitive too. I have friends' children that they will just ask for a remedy. They won't even ask for an antibiotic or any kind of

allopathic medicine.

Kate: That’s awesome.

Mary: My girlfriend’s grandchildren, they’ll just go over, and they’ll pick which one they need.

Kate: This is such a fascinating journey to be on with homeopathy. There is so much to learn.

Mary: Well, you’re a lot younger than me, and your children are young. So, I mean, how cool is it that they learn homeopathy? No, seriously!

Kate: Yeah. I think of all those that are younger than myself. They’re starting out their kids, and they’ve never had a drug. That’s such a good thing. I didn’t know about homeopathy until my kids were … I think definitely under ten. We had used antibiotics. But you can’t be too hard on yourself for what has happened in the past. You just have to move on.

Mary: Yes, keep learning, keep reading and buy a homeopathic kit so you’re prepared.

Kate: Right.

Mary: I told you about my accident. Last week, we took a ride and my brother-in-law was driving. He was not going fast enough to get through this intersection. I guess I had a flashback of the fear from the accident. So, I slept 24 hours, I was so sick.

Kate: Oh, no!

Mary: I thought I just had a cold. Yeah, well see, this is what happened. You have a cold, so you go through the cold remedies. Now, you're trying to figure it out.

But once I slept for 24 hours, it dawned on me that that came after the fright. You know? So, I took *Aconite* 200, and I got better. Just like that. I mean, it's amazing!

Kate: Oh, wow! So, you had taken a bunch of the remedies for cold, but until you took the *Aconite*, that's when it really just kicked it.

Mary: Oh, yeah, I took *Allium cepa*. I took a combination, you know. I had whatever I had here in Florida and figured out the *Aconite*. It just turned it around. I was better in like a nanosecond. It's amazing.

Kate: That has happened to me before when I've not gotten enough sleep or one of my kids … You know how you're on a vacation or maybe they go to a camp or something like that, and then they get sick *following* that event? You have to

think always with homeopathy about what led up to you getting sick because there might be some tips, just like you said. After you thought about it a little bit more, you came down with that after that frightful experience.

Just like my kids got sick after staying up all night at camp. So then, I would always be sure to give them the *Nux vomica*. Because *Nux vomica* is great for overdoing it: not enough sleep; you're overdoing things just pushing too hard. I feel like I'm living on *Nux vomica* right now honestly. Actually, I pondered this this morning. If I keep pushing my body and not getting enough sleep and take *Nux vomica* everyday, how long can I go before my body is just going to be, like, "Okay, you know what, this is too much."?

Keep learning, keep sharing and keep a remedy kit

All right, so Mary, in conclusion, give us some words of wisdom.

Mary: I'm not going to do the math, but I've been studying homeopathy since '93. So, it's a pretty long time. Even after all these years, we can *always* learn something. So, my first advice is to always keep learning and share with other people and have a homeopathic kit.

When we were talking earlier, you were talking about your mom, and you said you had picked all these remedies for your mom. Then you got verification from somebody that was more experienced than you, and you had picked all the right

remedies. You just needed that verification that you're okay, and what you picked was okay.

So, that's all the new people need … is for somebody else like you and me to say, "That's a great choice. If it doesn't work, call me back, and we'll find something else." That's how we're going to spread homeopathy and keep everybody well and not at the doctors' offices.

Kate: Yeah, awesome. Well, thank you, Mary. It's been a pleasure meeting you and hearing about your stories. I think I could talk to you for hours probably about all the different things that you could share after having used homeopathy for so many years – and your air traffic controller stories. I'm sure you have more fun stories there.

But thank you for spending the time with us today and sharing with the listeners from your experience.

Mary: Thank you, Kate.

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 iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette

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