

It's Time to Smell the Flowers



If you had told me years ago that I would be able to cozy up to a bouquet of big yellow flowers like these – without my allergies sending me running far, far away – I would have told you that you didn't know what you were talking about.

Back then, I had allergies so severe they were debilitating. But through homeopathy, look at me now!

And what's more, is where these flowers were located. This photo was taken on my recent fellowship in Kolkata, where allergens are everywhere. Before, a crowded city filled with tightly trafficked roads, cigarette smoke and perfumes (not to mention gardens) would have been an allergic asthma attack waiting to happen. But now, I get to enjoy this great city without wishing I were in a plastic bubble.

I've shared various homeopathic medicines for allergies with

you before, but I'm especially fond of [Calcareo carbonicum 200C](#), taken every other day for immunity conditions.

Then there's [Bovista 200](#) for generalized allergies and food intolerances. It has become a favorite of mine after witnessing its success while working with Drs. Prasanta and Pratip Banerji at their Homeopathic Research Foundation in India.

These medicines are renowned for their ability to uproot allergies and restore a person's quality of life, free from the grips of allergic misery. It may take months, even many. But when given time, the results often soften over time.

I understand how anxious folks are about getting rid of allergies; I suffered from my own for decades. No, wait. Make that over a quarter of a century! So I was prepared to give the homeopathics at least months to a year. Healing is usually not immediate or even linear (some show improvement for a while, then experience a setback after exposure to some unexpected allergen, or even from nothing in particular at all.) But with these homeopathics, it has been shown that healing is achievable.

[Click here to watch my short video featuring my beautiful Kolkata yellow flowers.](#) (I'm told that the only thing contagious here is my happiness!)

If you have allergies, remember that modern medicine has written you off. The CDC says, "There is no cure for allergies. Strict avoidance of the allergen is the only way to prevent a reaction."

I beg to differ. I spent decades living in a bubble. Things improved when I stopped taking prescription drugs and changed my diet, but I was not cured. So, I kept searching until I found the thing that changed my life

forever.

Want to learn some of the same homeopathic steps I took to clear myself of allergies? If so, check out [Allergic?!](#)

Learn more about the course, and download a FREE infographic to help get you started at <http://allergies.joettecalabrese.com>. Upon your success, I'd love to see a picture of you taking a moment to smell the flowers. I don't think you'll be sorry you took the time to learn this!

joette



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Podcast 27 – Moms with Moxie

– Escaping Life-Threatening Allergies



If you have allergies, remember that modern medicine has written you off. The CDC itself will tell you: “There is no cure for allergies.

Strict avoidance of the allergen is the only way to prevent a reaction.” I lived decades living in a bubble, dealing with my allergies. Things *improved* when I stopped taking prescription drugs and changed my diet, but I was not *cured*.

So, I kept searching until I found the thing that changed my life forever: *homeopathy*. Want to learn the same homeopathic steps I took to clear myself of allergies?

Learn them today and use them tonight with my newest course: *Allergic?!*: <http://allergies.joettecalabrese.com/allergic/> and download a free infographic, and start learning what remedies could help uproot your allergies.

In this podcast, we cover:

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You are listening to a podcast from joettecalabrese.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Paola: We have a great "Moms with Moxie" podcast. I'm here with the delightful, Tina Gill who has some wonderful experiences and stories to share with us. Hi, Tina.

Tina: Hi.

Paola: Alright, so here's my first question. I like to ask all my Moms with Moxie, what do you love about homeopathy?

Tina: Oh good God. What don't I love is going to be easier to answer. What I love about homeopathy primarily is that it's giving me my power back. I've always been a healthy and a productive, proactive woman and considered fit and healthy. All of a sudden, my body went haywire. I don't know what to exactly point a finger at. It could have been menopause. But I experienced anaphylaxis that put me in the hospital three times in 90 days. It just threw me in a no

man's land where I thought I had lost my power. Through homeopathy, I've been given my power back, my health, and happiness, and joy, and hope.

Paola: I remember you telling me that you were so scared because it felt like it came out of nowhere.

Tina: Yes.

Paola: I mean we know better. We know that everything we did leading up to it, the antibiotics or whatever was kind of setting the foundation for this to come. But you were waiting for death. You were so scared.

The anaphylaxis reaction

Tina: Oh my goodness, yes, because I lived on almonds and was popping almonds in my mouth one morning like to the tune of 30 or 40 because it was going to hold me over to lunch. I was on a two-hour car ride to my daughter's house. That was going to be my breakfast. All of a sudden, I started blowing up and itching and then having a hard time breathing. I looked in the mirror and realized I'm in anaphylaxis. The fear of dying alone in my car was overwhelming. So, I dialed 911. I get a gentleman that leads me to the nearest ambulance. I missed the road to the ambulance but I could see it on the other side of a cornfield and just drove my car through a cornfield to get to that ambulance. I jumped out of my car. I handed my keys and say, "I'm having an allergy reaction." They just looked at me and said, "No kidding."

Paola: Oh my gosh.

Tina: Yes, they threw me in the ambulance. They rushed me to the emergency room.

Paola: Did they have like Epi stuff, whatever.

Tina: Yes. Actually, I was really shocked. We had to have

someone meet us halfway to the emergency room with Benadryl to shoot me to get me to the emergency room. It was that close and that scary.

Paola: That's crazy.

Tina: Yes.

Paola: Don't ambulance have like Tylenol, Advil, Benadryl? Isn't that like standard?

Tina: I guess not.

Paola: Oh my gosh.

Tina: Not in my situation, it wasn't.

Paola: Here's the thing. I have always felt like before homeopathy, yes, I just have my 911. We live in this wonderful country of the United States. 911, I'm just one ambulance ride away and the ambulance will help us. But this goes to show that no, you need to be prepared and have an alternate plan at all times.

Tina: That also leads me to my message. I want to convey that I used to live in fear to what if there was a natural, a national catastrophe. All of a sudden, you can't get your medicine anymore because prior to homeopathy, I was living on synthetic drugs. I went through that path of two shots a week for three years, having to sit in the allergist's office in case I had a reaction. I lived on Singulair and an inhaler and nose spray and Zyrtec and cortisone cream just to function, to be able to breathe. Before I got back on the care, I used to have to sit up and sleep because if I lay down, I couldn't breathe. If I would laugh, I sounded like I smoked three packs of cigarettes a day. It was horrible and embarrassing. It affects the quality of your life. But now, I have homeopathy and I have my own pills. I don't have to buy them from a doctor or wait on a prescription. I don't

have to live with an EpiPen or take Singulair and go to my doctor every three months to get my new prescriptions. It's so freeing. It's empowering. I want the world to know that you don't have to accept what modern medicine is telling you that there is no cure for food allergies. That there is and understood there is a cure. It is correctable. Don't settle for what modern medicine is telling you and being a prisoner to six medicines a day just to exist.

Paola: Well, you bring up a good point. The reason we have to get those drugs from doctors is because they're highly toxic. It's like this domino effect. You got to go to the doctor because the drugs are toxic, if you do it wrong. I mean, if you overdose or whatever, you need to hand that prescription, those instructions. So, you have to go to the doctor because they're toxic. You take them. It won't cure you. Then you have to keep going back and you have this codependent relationship with something that is just making you worse and worse and worse. So you're right. You said from the beginning, it gave you your power back. There it is. You're free from that relationship.

Tina: I have a husband who went to travel to exotic islands. I was living in fear because I was afraid to get on an airplane. What if I can send something in the airport before we left that I didn't know I was allergic to. I was waiting to blow up and die in front of my husband. That's how paralyzing my life became. From being the healthy one and the caretaker in the family to crying and weeping because I had no control over my body anymore and it was a matter of time before I die.

Paola: Yes. You sound like a hypochondriac almost.

Tina: I did, most definitely. Never in my life did I understand hypochondria until I went through this.

Paola: Yes, fear of any illness kind of popping up. Also, I

experienced similar things with my body where it started popping crazy things out of nowhere then you feel like well, what else is around the corner.

Tina: Yes, definitely. If this got me by the throat, what else is around the corner, exactly?

Paola: So, how long have you been doing homeopathy?

Meeting with Joette and starting homeopathy

Tina: Well, I'm on about 14 months down the road. I'll never forget the first time I met Joette. She said this might take a year for your body to react. I can remember thinking, "Yeah. I need help now." So I'm just in awe that I'm 14 months or 13 months down the road and I'm everything she said I could be. It went so quickly. But you got to get started or it's never going to happen for you.

Paola: Right. At the beginning of the journey, it feels like a year is forever. But then when you're on the other side of it, you're like, "No. That was worth it. It's fine. Here I am."

Tina: Well and I took synthetic drugs for two decades. I was living by my doctor. To be able to function and to stay alive, I had to listen to everything he said. I was so codependent. Now, I'm free again. So, it is so worth it. Two decades on synthetics, one year on homeopathy, it's a no-brainer.

Paola: Right. How long before you were able to-? Did you stop your medications cold turkey? How did that go?

Tina: No, I was afraid. What I did was I took homeopathy faithfully. I mean like clockwork. I would say I was 99% true to whatever I had to do. It wasn't easy at first. Any change is difficult. Primarily, you can't eat 15 minutes before the remedy or 15 minutes after. If you're taking

multiples, that's a big chunk of the day in the morning and again at night. But again, well worth it, small price to pay for your life. But after being on homeopathy for six months, what I started to do was to wean off my synthetic drugs. Instead of taking a whole Singulair everyday, I would cut it in half and take a half a Singulair for a month. Instead of two puffs of my inhaler, I would take one. Then the next month, instead of taking a half everyday, I took a half every other day. So, I weaned myself off gradually. I started one month doing it half doses. The second month, I did every other day, half doses. Then the third month, I didn't take any just to see how I would feel. I didn't have any of the symptoms that wanted me to go back to the synthetic drugs. I've been synthetic-free for seven months now.

Paola: That's amazing. Usually, Joette wants you to and you probably were working with your doctor to wean off of those medications safely.

Tina: Well, he kept writing out prescriptions because sadly in our society, our doctors, it is such a conflict of interest. These doctors get a kickback for the meds that they're writing. So, this man knows how many meds he's writing to me every month and how much money he can expect from those meds. So, he's writing me prescriptions left and right and I'm not filling them. He's a personal friend of the family's. He was at my 50th birthday party. He doesn't go away nor do I want him to. But he has his eyes on me. I have tried to express to him homeopathy and he doesn't want anything to do with it. He won't read it. He won't discuss it with me. He won't entertain it. So, I'm taking things into my own hands and doing things naturally because Paola, it got to the point where I would inhale my albuterol and it would hurt my lungs. I knew I didn't want it in my body. It's not the route I wanted to take. So, by getting rid of that and not having breathing problems, by taking my

homeopathy, I thought I'm never going back to synthetic drugs unless I break an arm or get a car accident and it's necessary.

Paola: Lifesaving, heroic situations. So, how did your doctor feel about this?

Tina: Well, he wouldn't come right out and say he was upset with me. He decided to approach it like this. He said to me during one visit, normal doctor's visit. Four times a year I go in. He said, "I got to tell you three reasons why doctors kick patients out of their practice."

Paola: Uh-oh.

Tina: I'm thinking to myself, "Oh no, here it comes."

Paola: Right.

Tina: Number one, they don't take their prescriptions. Number two, they don't do what the doctor tells them to do. Number three, they don't attend their doctor's appointments. I just flat out looked at him and said, "You know doctor, if you feel the need to kick me out of your practice, it's okay." He started backpedalling, "Oh no, no. I'm not talking about you." So then we went on to another subject. Then he repeated it before I left. I assured him. If he felt the need to kick me out of his practice, the family would forgive him and it would be alright. He hasn't done that yet but he is alluding to you're not taking your meds. I know it. You know it. You need to start doing it.

Paola: So, I have a question, Tina. Shouldn't the conversation be like this? "Oh, I noticed you're not taking your medications. Are you feeling better?" Shouldn't that be how the conversation? I mean, I've gone to doctors, some really great doctors that I said, "I don't want to take this or that anymore." Actually, I can't say that because I was never really on any chronic medications. I was able to diet

or whatever was my crutch for a long time. But I have said to doctors, "If I can feel better, I don't want to take this antibiotic or whatever." They're always like, "Great. Yes, if you can find -." But that's crazy.

Tina: I know. You would think yes, because isn't he there to heal me?

Paola: Yes, yes.

Tina: If I'm not taking almond, I'm still living and breathing and not hacking and wheezing, he would notice.

Paola: Right, right, right.

Elevated liver enzymes

Tina: We have proof. I have medical proof that this homeopathy has changed my health. I had elevated liver enzymes. I was always normal. He always considered me an athlete for two decades. He didn't have anything to worry about with me. Now, all of a sudden, my liver enzymes are through the roof. He just hits the desk and says, "You can't have any more alcohol." I'm like, "Doctor, I rarely drink. What are you talking about?" He said, "Well, you can't have any more." I'm like, "Oh my goodness." That can't be the cause because I'm not a big consumer of any alcohol, never really have been, an occasional glass of wine, maybe two if I'm out at a wedding reception or something. He just said, "Zero sip." So, I shared it with Joette. Joette gave me the protocol for healing my liver. So, I immediately went on that protocol. He then tested my liver and I was in the normal range. So, I go from, in September being elevated to rechecking it again in December and it's through the roof. I consult with Joette. Now, we're in April, three months later after homeopathy and now, I'm perfectly normal. You know what his response was? I told you, you can't consume alcohol anymore. I never changed my alcohol consumption. I still have a periodic glass of wine here and there. The only thing

I did change though was my commitment to this new protocol for homeopathy. I have blood work to show my levels, and those dates, and my protocol that came to me via email with Joette on the date that shows my activity and how it affected me.

Paola: What happened. So, let's talk about those liver symptoms too. I want to share the protocol that you were on as well. So, the liver enzymes were through the roof, right? Talk about the symptoms that you could see without labs.

Tina: Okay. I had no clue that my liver enzymes were up. But I did know that I was having pain in my ribs, just underneath my breast. It was in the back, in my back, in the front. I didn't realize at that time that's where you're liver is located. It's a very large organ. So, I was having pain in my ribcage in my liver region. I was having unusually colored stool which is beige. So that always tells me something's going on in my system. I pay attention to that because I know that it's telling me things. So, when I expressed those symptoms to Joette, she confirmed. Yes, those are common for liver damage.

Paola: Liver damage.

Tina: Yes.

Paola: Then before you started the homeopathy, is this correct? You said your blood tests, they were really high. Then three months later, they went even higher before the homeopathy?

Tina: Yes. That was the liver blood enzymes.

Paola: Okay. You said you were on the protocol for three months. Your levels went back to normal and your symptoms leveled out too?

Tina: Correct.

Paola: Okay, so would you mind sharing the protocol you're on?

Chelidonium 6 and *Carduus marianus* (milk thistle) for damaged liver

Tina: I'm happy to. I want everybody to take constructive information to take home with them. So for the liver protocol, it was the *Chelidonium* 6, taking two a day and the milk thistle, 5 drops twice a day.

Paola: Very good. Then for those of you who may not know. So milk thistle is the herbal tincture, right?

Tina: Correct.

Paola: Milk thistle is the common name for the herb but in homeopathy, we use the Latin name. Boy, I don't even know if I'm going to pronounce this right. It's *Carduus marianus* mother tincture is how we say it. So, if you ever need to buy a mother tincture, I just always Google the Latin name and I write common name then milk thistle pops up. Then you buy that and then do the protocol for it. So, it's so funny about your doctor who says, "See, I told you." He has to take credit no matter what.

Tina: Yes, yes. I know, yes. I love him and respect him dearly. He used to be president Reagan's doctor. The man has seven degrees. He's 85 years old. He's been practicing all his life, immense respect but it's all about big pharma. It's all synthetics.

Paola: Right. I would be mad. Boy, if I went to medical school to heal people with all these altruistic, starry-eyed goals and then you realized that you have to get in bed with big pharma and there's no way to divorce from that. Well, I'm sure there's a way. There are plenty of doctors that find a way but it's not easy. I'd be mad. I can understand he's getting close probably to retiring. He's set in his

ways.

Tina: Yes, he is. He said he's not interested in learning anything new. In fact, when I addressed it with him, he said, "That's a young man's journey."

Paola: Right.

Tina: We are 5% of the world's population and we're taking 80% of the world's pharmaceuticals.

Paola: Wow.

Tina: That's a big red flag. That's not normal. That's not healthy.

Paola: Say that again.

Tina: The American population is 5% of the world's population, yet, the Americans take 80% of the world's pharmaceuticals.

Paola: Wow.

Tina: Every other commercial one on TV is for synthetic drug.

Paola: Well recently, they came out with the research that's saying that we are not living as long as we used to.

Tina: This is the first year ever that our lifespan is decreasing. I'm a firm believer it's the quality or lack of quality of our food source and these vaccines. Many patients were living on all the side effects.

Paola: I was thinking about your doctor, this old time doctor. Obviously, the reason he doesn't want to change his ways is because it's worked for him in his practice in all these years. But guess what? Generation after generation has been affected with this. The new doctors coming on the market, I don't think they're going to stick with this.

Tina: No. When you know better, you do better.

Paola: Right. When you see it not working over and over again and I think that's why Joette's mission is so important.

Tina: This movement is a gift from God. It's long overdue and it is critical because I help a lot with my grandchildren's grade school. I go in and I do class with them for the seasons. I have to be very careful of what foods I bring in as treats because of all these food allergies. I used to find them to be annoying until I went through it. Now, I have the utmost respect for these food allergies. So, these kids are suffering. These moms and families are suffering. I believe that 80% of it can be corrected.

Paola: I think you're right.

Tina: It's maddening.

Paola: It is. Well, speaking of food allergies, that's your other big condition that you are just so ecstatic about. I'm so happy for you too. So, tell us about the food allergies. Now, that story about you driving to that cornfield, I mean that's terrifying. I'm just glad you're not allergic to corn as well.

Tina: Yes, yes. Had I not found out the homeopathy, that would have been next.

Paola: Oh, I bet you.

Food allergies and *Apis*

Tina: Well, when I had the anaphylaxis to the almond, my doctor started a series of blood tests to see what else I was sensitive to. I am not kidding you. I became sensitive to everything to the point where my doctor said to me, "You're going to have to live on air and water," and laughed

at me. I just started to weep because there were no answers for me. I was left to withdraw from society and just wait to die. During the blood testing, it shows that I am three times more sensitive to apples than I am to almonds. Almonds almost killed me three times.

Paola: That's interesting. I've seen that connection. People who can't handle almonds can't handle apples. You had this little test that you did with the apple. Tell us about that.

Tina: I knew I was having a reaction to apples before I ever had the anaphylaxis to almonds because when I would go to put an apple to my lips to take a bite, my lips would automatically swell. It wasn't normal. I didn't like it. So, I put the apple down. About three weeks later, I tried it again and the same reaction.

Paola: So just putting the skin of the apple to your lips caused it to swell up.

Tina: Correct. I didn't even have to bite into it or consume it, just coming in contact with it. So, when I got my blood results back that said I was three times more sensitive to apples than I ever was to the almonds, I wasn't surprised. But then, he started testing me for tomatoes, to bananas, to everything that I was eating on a daily basis. I mean, when you can't have tomatoes, you can't have salsa, pizza, spaghetti, ketchup. I mean, it's in everything in my diet anyway. So when I started homeopathy, I can't even remember, it was three to four months down the road, he sent me in for a blood test. I asked if we could test the tomato and the apples again. He said yes. So, we did that. My results came down 2/3 on my sensitivity to the apples and cut in half to the sensitivity to tomatoes.

Paola: So, you had been on homeopathy for three months and the sensitivity of the apples dropped by 2/3 and the

tomatoes were cut in half. That's amazing.

Tina: You know, he never even commented.

Paola: Wow.

Tina: He never even made notice that I was reversing it.

Paola: Oh, I'd be so mad.

Tina: But he told me he's not interested. This is something I have to pursue with another professional.

Paola: Yeah, that's right.

Tina: Thank God, it's out there. Thank God for the internet. That's how I found Joette. That's how I've been able to pursue my education with homeopathy.

Paola: Yes, absolutely. I agree. I Googled some term. I thank God to this day that the words came into my head and I typed it into my computer and out popped her Good Gut, Bad Gut class. I think I signed up for it like just a few days before it started. That was how it all started.

Tina: I typed in food allergies. On the sidebar came joettecalabrese.com.

Paola: Wow. That's great.

Tina: After reading, reading, reading in pages on the website, I didn't like anything I was seeing or learning anything. It was all telling me that it was not understood and there was no cure for it. You just have to abstain. It wasn't until I went to the right site and pursued Joette that I had hope again. I had fervor like no other.

Paola: That's amazing. So now, let's talk about where you're at right now, Tina. You're 14 months into your homeopathy stuff. Tell us how you first initially cautiously tested your food allergies again.

Tina: I was making a dish for my husband to take into the office for Christmas. I always put apples at this dish. It was a chicken salad. I took a cube of that apple. I stuck it underneath my lip, inside my lip and left it there for five minutes. Then I took it out and threw it away. I was extremely nervous and cautious in case my body had a reaction but how are you ever going to know if you never tested again. But my sense of confidence was so high that day. I had two EpiPens on the counter. I had my car keys with my full tank of gas in the garage. I live a couple of miles away from the emergency room. I was bold. I was healthy and alive and felt confident enough to try it and watched the clock for 20 minutes. I didn't have any symptoms. I then got busy with something else. Before I knew it, it was an hour later and I'm standing, no symptoms. I don't know that I'll ever just go and get an apple and take a bite out of it again. But I know that if I accidentally eat apples, every now and then I will have a sip of a juice that has apple with it. I want to keep my body introduced to it, the same with bananas, all these highly sensitive foods that I was tested for.

But I have to tell you. I recently accidentally consumed almonds in a restaurant. I was with my in laws and my husband and another couple. I have proof that this happened to me and consumed these almonds and started taking *Apis*, 1M when I realized that I was consuming almonds. I even showed it to my mother in law. She ate it and looked at it and confirmed that it was almonds and didn't have any symptoms. I was through the roof. I mean, the weight of the world just lifted from my shoulders. The fog had lifted. I was free again. It's a miracle. I mean, for a week, I kept repeating myself to my husband. Can you believe I ate almonds? Can you believe I ate almonds? Well then, Paola, it happened again two weeks later. We're at another restaurant. I ordered hot and spicy shrimp. Who would think that they would garnish it with almond slivers? I take a bite at the shrimp. I'm

enjoying it. I looked down on the plate and I see almonds. I had swirled that shrimp all around that garnish. I wanted all that sweet and hot and spicy flavor. I'm looking at it and I realized, "Oh my gosh. Here I am again." So, I consumed my *Apis*, 1M and no symptoms. So twice in the last 30 days, I consumed almonds and had no symptoms.

Paola: So, you were taking the *Apis* 1M kind of prophylactically? You weren't getting symptoms. You were just like, "Oh I need to be – maybe I need to take this."

Tina: Yes, as a proactive.

Paola: That's amazing.

Tina: Yes, it is amazing.

Paola: Whoa, listeners of Joette, Joette would caution you. She wants you to know that she's not recommending, or Tina, or I aren't recommending that you just test willy-nilly. Joette has said in her classes and in her podcasts that she's been in situations where she's been the hospital parking lot. Even clients of her when they have food allergies and they want to test it, they'll sit in the emergency room parking lot with their remedy kit, a deck of cards. They'll test or they'll deal with what they're dealing with if it was already happening and they had it and watched the homeopathy do its thing. If for whatever reason, you're not selecting the right remedies or whatever, you'd have that fallback just in case.

Tina: Right. We don't ever want to live without our hospitals and our synthetic drugs to have in an emergency situation but it will never be my first choice. It is going to be my last resort.

Paola: Right. That's how it should be. That's amazing. So, I want to know now. Now that you've done so much better, have you gone back and done any more labs on all your food

allergies because you lit up like a Christmas tree, right?

Tina: Yes, yes. That's another infuriating aspect about today's insurance involvement with the medical field. I have specifically asked my doctor if he would go through and do my blood test on all the foods that I am sensitive to. At last count, it was 22. He said no. I asked why. He said because the insurance company contacted him. He had to write up a complete report and send in all my paperwork to justify why I have cost them so much money in the last year. And that they would not spend any more money on me. So, he cannot order blood tests which infuriates me because he can order blood tests four times a year at a regular visit to check my triglycerides, my blood pressure, and everything else. But for me to specifically request for my food allergies, no, I've been denied.

Paola: Well, that's ridiculous because it's almost like he could but he doesn't want to do all the paperwork that comes with it. Personally, I have a great doctor who is – I mean, not that your doctor isn't great. My doctor, if I tell him I need this and this and this and this is why. I'm not crazy. I have a logical reason. He says yes, I think you do need that. He goes and he does it. Thank you so much. That's what I need you for.

Tina: Yes.

Paola: My friends have been telling me that there are these discounted labs that you can send in requisitions yourself, [directlabs.com](https://www.directlabs.com).

Tina: I need to write this down.

Paola: Yes, [directlabs.com](https://www.directlabs.com) and any labs, I think you can just Google any labs. This is in the US. I don't know if you're out of the country, what the situation is but these are labs that you don't need a doctor to send them the requisition, that you can order the requisition and then go

to a local lab.

Tina: Thank you so much. I am dying to know. I mean I know I'm dying to get it in writing because I have proof. When he first took my blood results and my levels are in writing from a lab dated. Then three months later, when we took it after the homeopathy and they had dropped by 2/3 and a half on just 2 of the 22 foods, I want to further this and to see where my almonds are now.

Paola: Right. Yes, because clearly you're not reacting to them. Now, I don't know if these labs actually do all labs or if they do only some of them but it would be worth investigating to see if they do your allergies. That would be cool.

Also, there is one more thing I just thought you should know and Joette's listeners should know is about alternative healthcare companies. It's not exactly a healthcare company. They're called health sharing. So, it's basically finding a way to pay for your medical bills, should you need them. So, you're sharing among other members the cost. It's a totally different model. It exempts you from Obamacare if you signed up for them. There's a big one called Good Samaritan Ministries, I think. But there are some that are kind of Christian related and there are some that are not so much. It's just an interesting thing to look into especially if some people don't even have health insurance. Anyway, I think it's great for families who like us, who have means to address common illnesses and they're not rushing to the doctor for every little thing. It's just a really great backup.

Then also, sometimes I kind of fibbed to my doctor when I need to get some labs done that I'm worried that he or she may not want to do. This is before I have the doctor that I have now. But I remember when I had strep throat and I got really sick from it. Obviously, the first time the strep

throat came back positive and it was my big experience with homeopathy. I wanted to know if the strep was really gone or if it was just asymptomatic. Like if my symptoms were better but the strep is still there. So, I went to my doctor. I knew. I knew that the doctor at that time would not do the labs for me. I said, "Oh, I'm having really painful sore throat," which wasn't true. "I had strep recently. Could you swab again?" Kind of a fib but it's okay, right?

Tina: Isn't it terrible that they paint you in their corner that you have to do that?

Paola: You got to do what you got to do.

Tina: I know.

Paola: I know, so it's no fun. So tell us Tina, which courses have you taken of Joette's?

Joette's Courses

Tina: Well, the Good Gut, Bad Gut course, Feminopathy, I've taken those courses. I buy absolutely every book and any journal or anything she recommends. But those are the two courses that I've taken so far.

Paola: I called the Good Gut, Bad Gut course, Joette's flagship course. It's really a great introduction to chronic health issues in general. But you have not taken Allergic then.

Tina: No, because sadly, it was in October, right? I have a daughter that has two toddlers who needed a knee replacement. I was caring for the kids and then the holidays and we were travelling. I wanted to so badly because there's nothing like going through the course. It's wonderful to have backup information or to be able to get online and read about it and engage in it later. But to do the one on one, you get so much more out of it. I missed that.

Paola: Right. You mean the live one?

Tina: Yes, the live one, yes. Anytime you get an opportunity to sit live with Joette Calabrese, drop everything and do it.

Paola: You're right. I couldn't agree with you more. She knows.

Tina: She's a wealth of knowledge. What she had done to dedicate the last three decades or more into homeopathy and to be travelling to the other side of the world to educate herself further to bring back to us is immeasurable. I had incredible respect and I'm so proud of her.

Paola: Yes, I agree. We are very lucky. What she has done for just America and the people that have access to her thing. So the internet, I agree, has been such a blessing. It changed a lot of lives for sure.

Tina: Yes.

Paola: So, we don't have a lot of time left but I did want to ask you if you've had any success helping other people because that's really what Moms with Moxie is about too is blessing the lives of those around you. Anyone who you mother or who you have access to nurturing and helping. So tell us about that.

Sharing homeopathy with others

Tina: Well, I have a large family and a large group of friends. People are hearing me. I was in the hospital three times in three months and inquiring and asking questions. So now, all of a sudden, I have the attention of those around me that have medical issues. I have a grandson who's nine years old that has been diagnosed with ADHD. The teachers are telling my daughter he needs to go on Ritalin or something to help him focus. My daughter desperately did not

want him on Ritalin because she's heard so many horror stories about these kids that lose their personalities and they're like not engaged anymore. She just didn't want that for her son. So, she asked what we could with homeopathy. Fortunately, we were able to get him in with Joette.

It was a really critical timing for him because he was in third grade at that time. You have to pass three state tests throughout the year to be able to go on to the fourth grade. He had flunked the first two and he was getting ready to take the third. So, all of a sudden, it's very important for him to pass. We put him on the remedy for ADHD for focusing. He took the state exam. He passed that state exam. He was in the slow reading group in third grade. He passes the state exam. He goes on to fourth grade. He has a B in reading now.

Paola: Wow. That's amazing.

Tina: His personality has blossomed. The teachers adore him. They say that he's the sweetest thing, that he helps all the other students, that he's not a zombie like those that are taking synthetic drugs. Now, they're inquiring about it. What did you put this kid on? I have teachers that are saying, "My mom has this condition. My sister has that condition. What can you do for my family?" So now, they're inquiring with me about this home study course.

Paola: The study group class, good.

Tina: I have a granddaughter who was three month's old. My daughter called me crying out of control one night because she had labored breathing. She took her into the doctor's office. The doctor said there's nothing they can do for her. Go home. She'll be fine. It got worse throughout the evening. So, with consulting with Joette, we found a breathing treatment for her. Within three months' time, her conditions are all settled. She appears to be a normal, healthy baby again.

Paola: So, you did a homeopathic protocol for her and no more late night calls from your daughter crying, freaking out because your granddaughter can't breathe?

Tina: Exactly.

Paola: That's amazing. Kids tend to respond a little bit, not always but they tend to respond a little quicker than adults. For your grandson with the ADHD, what was that situation like? How long?

Tina: Immediate. I mean Joette nailed it. It was an immediate reaction. The child just became calmer and more focused within a week's time.

Paola: That's amazing. That's not always what happens but it happens.

Tina: Yes, but it happens. She has said to me before that sometimes the most severe symptoms have the quickest correction.

Paola: That's true.

Tina: If you nailed that remedy the first time. With him, we did. Now, he's playing basketball. He's into karate. It's just he's a different boy. He's happy. He's settled. It makes me want to cry.

Paola: I know.

Tina: To know that I had a positive impact in his DNA.

Paola: Right, right.

Tina: And the rest of his life.

Paola: That is the legacy that we, moms with moxie, are hoping to have, that kind of a legacy for our family instead of being remembered for oh your grandma had really bad allergies. That's where you get it from.

Tina: Yes, and you just settle for it. I will say, it's very frustrating at times because not everybody buys into it in the family. Some people think it's a placebo. They just, "How can this little white pill have such a massive impact in such a short period of time." So that can be quite frustrating sometimes.

Paola: Yes, that is frustrating. You can't blame them to some degree because sometimes it comes too easily to them, the struggle that you went through, the stress, the anxiety, the sorrow with your health. Joette has said, you need to get through the eye of the needle, basically gone through hell and back to figure out what you figured out. Now, you value it. Sometimes if it comes too easily, you just sometimes don't appreciate it.

Tina: Yes, you forget how serious it was when it's corrected so easily. All I can tell people is I know what I've been through. I know that I used to be a healthy professional. I used to average six fights a week. I mean I was out in the world and I was making things happen. Now, all of a sudden, I'm shriveled up and I'm out of control and I'm waiting to die to being alive and healthy and in control again. That's all I can tell you. I will never doubt for a moment that homeopathy did not correct, I don't know if it's correcting the flora in my gut. That's what I suspect.

Paola: Right. It's very possible.

Tina: It's enabled me.

Paola: We don't know exactly but whatever it is.

Tina: Yes.

Paola: Then tell us about your granddaughter real quick. She had chronic illness all the time and had the breathing struggle. How long before she really turned around?

Tina: She was just a baby. We didn't know how much was a normal from her big sister bringing home coughs and things from preschool. But within a three month period of time, she was not having the labored breathing issues that kept my daughter up at night calling me, crying, running her to the doctor, pleading for help. She hasn't had that in well over a year now. Those days are gone, right about three months.

Paola: Three months, very good, three months, very good, wonderful.

Tina: My husband -.

Paola: Yes, tell us about him.

Tina: He has terrible food issues or had terrible food issues. We would have to come home directly after a meal in a restaurant because his stomach was so upset. Now, he knows immediately *Nux vomica*.

Paola: Done.

Tina: If he gets a headache, *Belladonna*; or if he gets the cracked skin in the winter months that are so painful and bleed on his fingernails, he knows *Petroleum*. When he gets poison ivy gardening out in the yard, he is a mentor to inner city kids. He does a lot of it through gardening and basketball. This is how he engages them. He teaches them work ethics and teamwork and commitment and dedication. We had a young guy that was working in the yard with my husband. He had terrible allergies to everything out in the yard. He came in the house and was covered in poison ivy, all up and down his forearms. I immediately gave him the *Anacardium*. He took that immediately and within 20 minutes, it was gone. I got to tell you. I used to get poison ivy so badly. I'd have it for eight weeks and it would literally drip from my arm. It was so bad. It was embarrassing. You couldn't cover it up. You couldn't go out in public. You couldn't itch it. I mean it was horrible. This boy was

relieved within 20 minutes of taking it. My husband, same thing. I'll never know because I don't get it anymore.

Paola: That's amazing.

Tina: My homeopathy has eradicated that for me.

Paola: Wow. Some people are sensitive to poison ivy and some people can touch it and they don't get sick, a rash or whatever.

Tina: Yes. Well, I'm here to tell you that this will take care of it within 20 minutes. I've seen it with my own eyes. So this boy's mom is now calling me. What do you have for this thing? What do you have for that?

Paola: I love it.

Tina: Yes.

Paola: That's amazing. That's what Joette says. You want people to know about this. You want to share it.

Tina: Hey, I read articles in the newspaper. I read how these lovely people are out helping others, yet they can't do it anymore because of these health issues. I want to get their name and their phone number and call them and say, "All you have to do is do this." It's really hard not to reach out to strangers and say, "You don't have to be suffering. I've walked down that road. This is what improved my life." I want to just yell it to the world.

Paola: I know. I joke all the time. It's like being a homeopathy missionary.

Tina: Yes, definitely. I want that to be my legacy. I have bought every kit that Joette has offered and bought it for my children and left some to my grandkids.

Paola: Oh my gosh.

Tina: That's really how – because I believe, I know that back in the 1940s, homeopathy was a normal practice in the United States. Big pharma had the funding stopped for homeopathy. That's when it died in the United States. It is widely used around the world. The queen of England takes it. The pope takes it. I don't know that we'll ever be able to beat big pharma. So I'm just trying to scarf up as much of it as I can for those around me that are in desperate need.

Paola: Yes, to be prepared. I own four kits, going on five and lots and lots of single remedies. You're right.

Tina: It doesn't go bad. You can't go wrong. You never know what life you're going to be able to change with it. It's all good.

Paola: Exactly. So, in closing, I know you wanted me to ask you this question. How do you feel about Joette? What do you think of Joette?

Tina: She's an angel on earth. I recommend to any listener that any opportunity you get to listen to Joette Calabrese, you just stop what you're doing and you pay attention. Anything that she posts on her website, any email that you're fortunate enough to get from her staff, you print it out. You keep it. You share it. Be grateful and treat it with respect because she has a movement that is going across this nation that is going to free us from big pharma and solve these health issues that are life threatening, that we are told by mainstream that there is no cure. That's not the truth. I'm living proof of it. I just hope to God that she continues to get the blessing of the internet so that we can get the word out. We can learn from one another under her umbrella and take it seriously. She really is a gift from God and the movement is real.

Paola: That is a wonderful testimony. I don't think Joette could get it from a better person. So you do, you make it

sound like, you know what it is, so great. It's like the emancipation of health, really. Well, thank you so much for being with us, Tina. You're delightful. I love to hear your stories and your experiences. I'm so glad you found homeopathy and Joette.

Tina: Well, I did. I couldn't be more grateful. I couldn't have more respect. I am delighted to share my story. I hope it helps.

Paola: Thank you.

Tina: Thank you.

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com and schedule a free 15-minute conversation.

I have been where you are now. I've dieted, taken supplements, bioidentical hormones, essential oils, herbs – but nothing, nothing has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. To see the full syllabus for my Feminopathy course and read the testimonials of other women who have been helped by my Practical Homeopathy methods, [click here](#).

Break Out of Prison

Break Out of Your Allergic Prison



 **Joette
Calabrese**
Homeopathyworks

Did I ever tell you about my time in prison, and how I broke out?

See, I had this spoon ...

Just kidding!

I'm talking about the prison that my chronic allergies created for me. When I was a little girl (and later as a young woman), my allergies were so severe they forced me to stay indoors ...

... eat a super restrictive diet and basically avoid the

outside world that consisted of other people's perfumes, neighbors' scented dryer sheets...

... meals at friends' homes, countless restaurants, civic meetings, new car smells, pesticides, etc. It seemed the more drugs the doctors prescribed, the more imprisoned I became.

It seemed the more drugs the doctors prescribed, the more imprisoned I became.

That is, until the day I broke free from my own prison.

It didn't involve digging a tunnel with a spoon (although I probably would have tried to if I thought it would have helped release me!)

Instead, I found a skilled homeopath whose treatment brought me back into the land of the living.

I would love for you to learn how to uproot *your* allergies at the source, too – and I'll get to that in a bit.

But I do understand that sometimes you just need a quick SOS to relieve emergent attacks that show up during allergy season.

Let me introduce you to a handful of single medicines for certain allergy reactions that show up. (I realize that allergies cause a lot more than what I cover here, but it's a good start for many.)

Check these out:

[Allium cepa 30C](#)

Allium cepa is red onion. An easy way to remember what this remedy addresses is to think of the symptoms experienced when you cut an onion: a runny, burning nose with a watery discharge and spasmodic sneezing.

[Apis mellifica 30C](#)

Grab the *Apis mellifica* (honey bee) if you're experiencing painful, stinging nasal congestion that improves when you breathe in cold air. Allergies can cause inflammation that can block the airflow within your nasal passages and make breathing difficult. *Apis mellifica* can relieve this inflammation. And that's important because let's face it – breathing is good!

[Galphimia glauca 6C](#)

Hay fever can so often cause sneezing fits. Have *Galphimia glauca* on hand for its help with this type of sneezing, and for its overall positive effect on hay fever in general.

[Histaminum hydrochloricum 30C](#)

Histamine is released in your body as a reaction to allergies. Rather than reach for an antihistamine like Benadryl (which can bring on unnecessary side effects), keep *Histaminum hydrochloricum* in your homeopathy kit. Then the next time you experience symptoms such as hay fever, hives or a reaction to an insect bite, you'll be ready to combat them – safely.

[Hydrastis canadensis 6C](#)

Know someone who snores because of an allergic post-nasal drip? Are you considering holding a pillow over his head? Don't do it! Instead, try *Hydrastis canadensis* (goldenseal). It's also a great remedy even if you or your loved ones *don't* snore, especially if you notice a thick yellow nasal discharge.

Keep these remedies on hand to treat yourself or your

family, as needed.

If you buy any of these remedies directly from Boiron, you'll save 20% on your purchase by using the code "**Joette**" during checkout.

This information is also contained in a YouTube video you might also enjoy:
<https://www.youtube.com/watch?v=C4MVrvfZ7qM>

I'd love to see you completely break out of your allergy prison like I did, rather than just *treating* your allergies when they become symptomatic.

Homeopathy is vast, and like I always say, there is more than one way to skin a cat (even a furry, dander-laden one)!

To that end, I have distilled my 23 years of clinical experience related to gut, diet, allergic states and homeopathy into a course designed to share practical protocols for uprooting allergies.

Remember: I don't teach how to *treat* symptoms, I teach how to *correct* them over a period of many months.

That course is [Allergic?!](#) I taught it live the first year, and now it's available for those who missed out on this jam-packed class.

In [Allergic?!](#), you will learn clear, easy-to-follow protocols that will teach you how to correct allergies in both acute and chronic situations.

If you want to learn how to escape the prison of your allergies, chemical sensitivities, food intolerances and even the weird feelings an allergic state can cause, this course is for you!

If you're new to homeopathy, this is an excellent place to start. If you've taken any of my other courses, then

Allergic?! will tie together everything you've already learned.

Feel free to read more about how to join me at <http://allergies.joettecalabrese.com>

On this page, you can also download your FREE GIFT: An infographic to use as your starting point – a go-to referral to learn which homeopathic remedies are available to uproot allergies forever.

Consider this the ultimate escape map for your prison break!

Join me. It's time to get your spoon ready and dig in!

Warmly,

Joette



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

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Podcast 26 – Chicken without a Head



In this podcast, we cover:

05:23 Facing fears through education

11:55 Sticking with the chosen remedies and respecting the protocols

20:40 Being organized, consistent, and having distance

25:47 Homeopathy is relatively safe

29:56 Classical training and combination remedies

36:10 A case of suppression

You are listening to a podcast from joettecalabrese.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Paola: It's podcast number 26 at joettecalabrese.com. Here is

what we have coming up.

Hi, it's Paola here. I'm really looking forward to Joette's podcast today. We're going to look at two important subjects. The first one looks at selecting a remedy and learning how to commit to that remedy. In other words, we're trying to avoid running around like a chicken with its head cut off. Then the second subject we're going to talk about is really important. It looks at whether or not Joette's practical homeopathy, the Banerji Protocols and other protocols like that, whether or not they are safe when you compare them to classical homeopathy. This is an important subject because you really want to be confident and comfortable when you're doing Joette's style of homeopathy.

Okay, so here we go.

Hi. I'm excited to be here with Joette again. Hi, Joette. How are you?

Joette: Hi Paola, very well. How about you?

Paola: Good, good, and good. Alright, so we've got another podcast today for you guys, another homeopathy nugget that we're going to learn and discuss today. Today's subject is running around like a chicken with its head cut off. I think it's Lara that first coined that term in one of the classes.

Lara is the gal that Joette teaches the classes with. So, go ahead and jump into that, Joette. What does Lara mean by that?

Joette: Well, I think what she's talking about, I think this is what we've all been subject to especially as mothers and grandmothers is that we try a homeopathic medicine, or we try a certain food, or we try whatever modality we've decided we're going to start with and we don't see instant relief.

Say it's our child. Because we're so closely connected to our children and grandchildren, we can't help but want instant

relief. It's horrible to see our children suffer.

So, we want something to happen now. Instead of waiting the prescribed certain amount of time for a homeopathic medicine to act, we say, "Well, maybe it wasn't that." We second guess ourselves. "Maybe it really wasn't *Hepar sulph*. What if I was wrong?

What if it really was *Arsenicum album*?" So then, we go to *Arsenicum album*. We never gave *Hepar sulph* a chance. Let's talk about it as an acute situation. So, let's say for sore throat. So, we automatically go to for example, *Hepar sulph*, which is a very good choice for many kinds of sore throats.

If we don't see a reaction, we think, "Uh-oh, we're doomed. We got to go to something else." We say, "Okay, I can't stand it. The child is crying." Here's what I urge mothers, grandmothers, parents to do. Take a chill pill. Calm down.

Paola: By chill pill, you mean probably an *Ignatia*, right?

Joette: Probably. I'm giving it to you rhetorically. Take a chill pill. Calm down. If the child is not dying, if they're not hemorrhaging, you're not rushing on the way to the hospital, and all it is is a sore throat or an ear pain or teething, or sleeplessness.

I realize how horrible these can be on a family when somebody in that family is not well or they're out of sorts. But you have to learn how to assess what is really dangerous and what is not. I harken back to Dr. Robert Mendelsohn, his book, *How to Raise a Healthy Child in Spite of Your Doctor*. He was not a homeopath. He was a pediatrician. He died some couple of decades ago.

Buy his book. I repeat this book all the time because this is where you get your guts, spunk and moxie or another way of putting it, of calming down over every little thing the child has.

Let me bring it in from my counter perspective. Have more kids because if you only have one, every little thing is a catastrophe. I see it all the time. I know how it was for me when I had one child. The more kids I had, the more it rolled off the back of my back.

Because it was something that I'd seen enough times now, croup didn't scare me anymore. Ear infection didn't frighten me. Teething didn't freak me. I got accustomed to it. But if you don't have the advantages of having more than one child, then by all means, you want to read Robert Mendelsohn's book. I don't mean once. Keep it by your bedside. Read it time and time again.

Because if you are freaking and you're acting like a chicken with its head cut off, you're going to make poor decisions. Your decisions will be made out of fear. You will jump from remedy to remedy, modality to modality. In the end, you'll have a mishmash. In Italian, it's called a [0:05:00], a mess.

Paola: Right. Well, there's a little quote here that I pulled up real quick by Eleanor Roosevelt. She said, "You gain strength, courage and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along. '"

Facing fears through education

Joette: Well and as Dr. Mendelsohn says, "The danger to children is not in childhood diseases." Not anymore, we don't have polio anymore in our world. We don't have cholera anymore. We don't have tuberculosis. I'm not saying we never have it at all ever. But I'm saying it's not a looming threat.

What is a threat to most children's wellbeing are accidents. So, it's the accidents that cause the most devastating of all conditions that can happen during childhood.

So, if you understand and you read in advance what chicken pox looks like and what to expect, if you know what a cough looks like and you read in advance and you learn some of these methods, homeopathic methods, using good nutrition, taking soda pop out of their lives at an early age so that they're not saturated with something that does them no good and can even do some harm sometimes.

So, you want to educate yourself. We have to do that. The only way to address fear face on is education.

Paola: You're right. I mean, I think the thing that I read into the most when I'm helping friends with homeopathy is a huge, huge amount of fear with fevers. But if you read Dr. Mendelsohn's book, he lays it out right there. Keep him hydrated, you're going to be fine.

I mean, that's what it comes down to. My daughter had a fever this week. I didn't even give her homeopathy until later when I saw, oh, she's kind of getting an ear infection. So then I gave her *Pulsatilla* which is actually a Banerji Protocol, *Pulsatilla* 30 for the ear infection, *Chamomilla* 30 every 30 minutes when there's SOS, acute pain.

But her ear infection never got that bad. She was just kind of like I feel something in my ear. So we did the *Pulsatilla*.

Anyway, it's that knowledge in keeping them hydrated and that's all you got to know. I remember the first time my kid had a fever, my little middle child loves fevers of 105, Joette, 105. I had diarrhea. I was so stressed out about it. I was taking *Ignatia*. I even think I took *Gelsemium* because of the diarrhea, anxiety.

Now, after I've got through that first 105, the second one was a little scary but it was fine. I didn't do Tylenol. I just kept him hydrated. I was reading Dr. Mendelsohn's book like it was my bible. Now, I'm just like, "Oh cool, you have a fever. Just go drink some water and lie down." I even gave him a

remedy.

Joette: Yes, right, exactly, exactly. So, when we say read Dr. Mendelsohn's book or read the blog that you get that from, from me or from whomever else it might be, don't just read it and say, "Okay, well that's the information." And assume that it's stuck in your brain. If you're freaking, you better underline that in that book.

Now, put a paper clip or a little tab on that page in that book and go back to it and read it again and again and again.

Paola: I give that book at baby showers. If one's having a baby, I give them Dr. Mendelsohn's book. It's used. I write them a little note in there, "You're welcome."

Joette: Yes. Great gift, Paola.

Paola: Thanks. Yes, I like that one.

Joette: I've written an article called Get Your Kids High. So if you want to just Google that, I talk about fevers and the importance of fevers being a curative aspect of being sick for children.

Paola: You've actually spoken a lot about fevers, not just in that Get Your Kids High. I think even before you started doing the Banerji Protocols. That was one of your biggest things. So, I remember my friend's daughter had a fever. She actually went to medical school. Not complete, because she realized that it was basically selling drug school, not so much medical school. So, she quit.

But she inherently feared fevers. I think it was part of her education. I remember she was freaking out one night about her kid's fever. I just sent her three articles written by Joette Calabrese on fevers, fevers, fevers. She said she read those articles over and over again that weekend.

It just helped calm her down. She got through it for the first

time without any Tylenol. Now, she's so much more comfortable with it.

Joette: Here's the thing. I wonder if doctors, pediatricians believe that children should be given Tylenol for fevers nowadays because the American Academy of Pediatrics says -.

Paola: Finally.

Joette: Yes, finally. It's taken a long time. They have declared, I think it was about two years ago, that fevers are curative or they can be curative.

Perhaps, they're more careful about their verbiage. They have made it, I think, abundantly clear that it's the mother who's forcing the pediatrician to give something. Now, they're blaming the mothers but I'm going to take the blame off the mothers. Even though I do believe that we, mothers need to get a grip and learn how to treat our children ourselves without running to the pediatrician for every little thing.

But I believe that the reason that mothers do that is because they've been trained by the pediatricians to go to them when their children have fevers. What do the doctors always give? Tylenol. What did they give in years past? Aspirin. So they've been training mothers and grandmothers and even older than that to go to the doctors.

As soon as there's a problem, just go to your doctor. He'll know what to do. That's what was done. Yes, the mothers are asking for it now but it's only because they've been well-trained.

Paola: Right, right. I think that's what I like even about the Essential Oil's Movement aside from the fact that they're useful is because it's finally given moms something to busy themselves with.

Joette: Yes.

Paola: Just let the people know.

Joette: Absolutely, absolutely.

Paola: Keep them hydrated. I feel like we've kind of gotten off on a tangent about fevers but it really does relate to running around like a chicken with the head cut off. So, if your kid is burning a fever, we're talking about an acute illness right now. But this will apply to chronics in a minute.

You don't give them, oh it's a fever of 102, *Belladonna*, *Belladonna*. Oh wait, shoot, shoot, shoot, I shouldn't have been using *Belladonna*. That's not high enough of a fever for *Belladonna*. So, I'm going to go to *Ferr phos*, two doses of *Ferr phos*.

Oh, but she's really, really clingy and whiny and whimpering and wants me to hold her. So, I'm going to switch to *Pulsatilla* now. It was like I've heard of people doing five remedies in one day, Joette, for an acute. I'm like, "No."

Sticking with the chosen remedies and respecting the protocols

Joette: Stick with it. Make your decision and stick with it. At least give four doses when it's an acute.

Paola: Yes, we say three to five in the study group classes. Yes, at least four doses. I think that's important. People will come to me a lot of times. I'm sure you get this too. My kid is sick. I started them on *Hepar sulph*, whatever reasoning they came to *Hepar sulph*. I started them this morning on *Hepar sulph*. Do you think I'm right? Should I switch to

Do you think I'm right? Should I switch to *Pulsatilla* or whatever? My answer is always no. You started it. So now, we're going to stick with it. We got to get to those three to five doses and see what happens. Is that right?

Joette: Generally speaking, I would say it's right unless the child's much, much worse. Every time you give the *Hepar sulph*, the child gets worse than ever then you might want to question it. But you want at least what was your rationale. Did it go away? Is the child different now or is your thinking different?

Paola: What if the child's exactly the same? No better, no worse, they're just the same?

Joette: Keep going. Keep going. Stay with it. Stay with it. You got to give that homeopathic a chance to act. It's not like aspirin where you've taken aspirin for a headache and it goes away. It can be like that. I have seen it act like that. But if it doesn't, give the homeopathic a chance to fully act. It could take several doses to do that.

Paola: Going back to the subject of fevers, I have to tell people, this remedy isn't going to make the fever go away. So don't expect that. Very new people to homeopathy, the child has a fever of 104 and they've given two doses of *Belladonna*. The fever is still here. Well, it's not Tylenol. This is going to usher, assist the fever to complete the illness.

Joette: Yes, but it can abort the fever. It can do that. Yes, yes.

Paola: But that shouldn't be the expectation?

Joette: That's not the goal. We're not trying to necessarily, for an acute childhood illness, we're not necessarily trying to get rid of a fever. We're trying to get the child well because the fever is just a symptom. It's not the disease. We don't say the child, actually, we do say that in our society.

Oh my gosh. He (I love this term) spiked a fever. You have to emphasize these words because it's talk that emphasizes – the importance of the word spike. Spiking a fever is a very positive thing in most circumstances for childhood illness. We

want that fever to cook it off.

Paola: We should say he bloomed a fever. I hate to cut that emotional -.

Joette: Yes, blossomed.

Paola: Right, blossomed a fever.

Joette: Yes, blossomed a curative symptom. Oh what symptom is that? Oh the fever. That is a part of the curative action.

Paola: If you think it's just about the wording we're using, that is really the problem because it ignites fear. So, connotation is the emotional undertones that are associated with the word. Slender is better than scrawny, right?

Joette: Yes, right.

Paola: I would prefer to be called slender, not scrawny. We need to think of fever -.

Joette: [0:15:09] as you're obese.

Paola: Right. Voluptuous, right, exactly.

Joette: Voluptuous, right? Ample.

Paola: So, we just need to change our rhetoric. What did you say?

Joette: Ample.

Paola: Oh yes, very good. I like that.

Joette: We could keep going with this.

Paola: So, when we talk about normal childhood illness, change the way you think of it.

Joette: We do use common sense but the problem is common sense has been distorted. So we have to rearrange that thinking. We

have to adjust our thinking. This is new for a lot of people. This is a different way of thinking. You can't just say, "I think I'll think differently."

No, no, no, no, no. You have to educate yourself with this kind of thinking. You better read. You better study. You better learn. Start with Dr. Robert Mendelsohn and go from there. Read these blogs that I put out that are free. Take courses. Get more books.

Paola: As you pick your remedy, stick to it unless they're worst.

Joette: On the full, three to five doses over the prescribed period of time.

Paola: Yes, exactly. Sometimes that takes a lot of fortitude to stick with it.

Joette: Oh, you have to be a cowgirl.

Paola: Yes.

Joette: You have to be able to buck the system. You've got to be able to lasso that cow and bring her down. You've got to have guts, spunk, and moxie back again.

Paola: In this case, cow is fear. The cow is your fear.

Joette: Yes, that's right. That's right.

Paola: Yes, and it is a wrestle school.

Joette: That's kind of coyote medicine.

Paola: Right. I like it. It's true. It does take guts. Oftentimes, people who I see that don't follow through with protocols or succumb to the antibiotics, sometimes there's a good reason for it.

Joette: Yes. I also want to make that clear too, Paola. That

there are certainly are times in which we use conventional medicine. If you absolutely don't know what to do and it looks dangerous, of course, you get yourself to a doctor. Let's not be foolish here.

Paola: Right. If you want a full discussion on that, listen to the podcast on discernment that Joette and I had because we do want you to have that discernment. But basically we're saying, I find that people that do what I thought maybe wasn't so serious, it's because they haven't wrangled their fear and taken control over it.

Running around with a chicken with your head cut off is a fear-based, knee-jerk action trying to do it and you're doing it wrong.

Joette: Well and I've also seen many parents and people for themselves as well go from doctor to doctor to doctor to doctor to doctor, modality to modality, naturopath, and chiropractor, and acupuncturist, and conventional doctor, and functional doctor, and homeopath.

They're just going all over the place desperately looking for a method that's going to cure them. I believe that if you stay in one modality, you'll probably find some good answers.

They're just going all over the place desperately looking for a method that's going to cure them. I believe that if you stay in one modality, you'll probably find some good answers.

Paola: Right. Okay, really what we're talking about here by not jumping from one remedy to another remedy especially when you're dealing with protocols for an illness is respecting the protocols.

Joette: I love that word. Yes. Because if you're saying, if you have a little classical homeopathy training, "Well, but my child really seems more like *Phosphorous* because he's sparkling. He's got a twinkle in his eye. He's artistic. I

don't think I want to use that protocol.

I'm just going to throw *Phosphorous* in there. I don't think that my child can handle a 200 potency even though the Banerjis say to use a 200. I think I'm going to use a 30." I would urge people not to do that.

When you say we should be respecting these Banerji Protocols, it's based on knowledge of these doctors, the Banerjis and their colleagues seeing 100 patients per day. There are 12 of them that are working in this clinic. That means there are 1200 patients per day.

At the end of the week, they've seen over 7000 per week. They've been doing this approximately. They've been seeing this many for 150 years collectively.

Paola: Yes, six days a week, yes. Do you know what this reminds me of? I have always had this keen awareness when I was a young mom, pregnant with my first baby. I have this awesome mother in law. My mom is awesome too. My mother in law has had 10 children.

Boy, that's like a weight. That's like a knowledge and life experience that I know I don't have. So when she would give me advice, I was really careful to listen to her advice because I knew where she was coming from. I knew that she had information.

But then I see some of my other friends dismiss the advice like, "Oh no. I know better." I look at them. You just have like one kid. We have mother's intuition. I respect that too. But look at all the knowledge.

Joette: The data, just the data.

Paola: Of our grandmothers that we're dismissing here, of our mothers.

Joette: Yes, that's 10 children everyday for all those years.

Your mother in law, it sounds to me from what you've told me, had a lot of innate knowledge.

Paola: Yes, she did. I just think, "Don't be naïve." That's embarrassing. 10 years from now, you're going to be embarrassed. Don't be naïve to not respect the protocols.

Joette: Right, right.

Being organized, consistent, and having distance

Paola: Then another aspect that's important about this not avoiding, running around like you're a chicken with the head cut off is being organized and consistent.

Joette: That requires writing down what you see, what you saw when it started. When your child started getting the fever, what time of the day was it? What remedy you chose, what you observed. It was a fever plus diarrhea. How frequently were the movements?

How severe was the diarrhea? Was it loose stool or was it explosive and watery? Those are things that you will forget especially if you see three children and they're all getting sick. Who had what when? So you want to jot it down. Now, you don't want to jot down absolutely every little thing but those that are noteworthy should be noted.

Paola: I tell people your magic markers podcast. We talk about the magic markers of improvement. We have intensity, duration, and frequency. If you don't know what to write down, I think those are three things that you want to write down.

Joette: That's right. I think in being organized and consistent is also having distance. That's a part of this. When your child is hanging on you and saying, "Mom, mom, mom, I'm still not well. Mom, mom, I'm still coughing," or your husband is saying, "What are you going to do about this?"

Come on. Let's do something," you have to have enough staying power and being grounded enough to say it requires time, a tincture of time. It takes time for these medicines to act. Don't expect me to just run my magic wand over them and correct everything within minutes.

It takes some distance. You almost have to shut off your emotions for a while until you can see what's happening. So you can get enough. Because if you are helping a friend and you don't have that child screaming in your lap or the father who is saying, "Come on, come one," and you have enough distance, you have the wherewithal. That's what you need in your own family sometimes.

Paola: So, it's learning how to be objective and detached. I can't tell you how many times. I've talked to friends all the time. No, do the remedy that you started with three to five doses. Report back. Take notes if you have to. When I'm in the middle of a crisis in my own home, this helps me tremendously. I have to tell myself, "Okay, what would I tell them if I were them?"

Yes, that really, really does help. Well, this is what I would say. Sometimes I'll say if I'm freaking out and I'll say I'm going to email Joette or call the office and see if she has a quick minute. But then I have to tell myself, "What is she going to tell me?"

I already know what she's going to tell me. She's going to tell me to stick with it or be patient. So then I'm like, "Okay, well then I don't have to call her." I don't. I don't call you all the time. But it's this human instinct to help me. Fix me.

Joette: Help, help, someone, help, help. If you're going to take this on and you want to learn how to cure your family yourself, then you have to have the guts to hold steady.

Paola: I think that's exactly right.

Joette: Also know, let me mention again just to emphasize this, also know when it's something that's outside of your knowledge and when to get to a doctor or a hospital or a clinic. You also have to know that too.

Paola: Right. That goes back again to that discernment podcast which is so important. Then you gave us some rules when we're treating chronic conditions, we're going to touch into that just very briefly but allowing, we say in acute, three to five doses; well then in a chronic, you got to give those eight full weeks.

Joette: Six to eight weeks, that's right, six to eight weeks.

Paola: And watch. Don't watch the hourly changes of a chronic illness. Don't let yourself do that. Distance yourself and allow those eight weeks.

Joette: That's right. Well, people often tell me between appointments, "I just want to give you an update." Well, no. The update is in six to eight weeks unless there's a crisis. Now if there's a crisis, by all means, we may have to make adjustments. What oftentimes people are saying, "Well now, the itching is not so severe. Does that mean the remedy's not working?" Well, possibly.

Paola: I hope so.

Joette: Yes, it might be that the child wasn't exposed to as much mold recently. So, we won't know until we have that time so that we can observe from a distance.

Paola: Especially in the case of women, we have our hormone, our monthly cycle. That throws a rant into a lot of stuff. Well, part of the month you're better and part of the month you're worse. You don't know until six weeks to eight weeks covers 1 $\frac{1}{2}$ maybe even two cycles.

Joette: Right, exactly, exactly.

Paola: That's important. Kind of shifting subjects a little bit, Joette. We have a little time and I want to jump into it. I have seen a lot of the discussion out there about classical homeopathy versus the protocols and saying and word of mouth that the protocols can actually suppress symptoms in the way that antibiotics suppress symptoms or drugs can suppress symptoms.

Let's talk about that because that's a really scary statement to think that our beloved homeopathy could be doing damage.

Homeopathy is relatively safe

Joette: Well, let's start with this. Homeopathy is relatively safe. You can make a mess of things with homeopathy. There's no doubt about it.

That's why I'm so clear when I try to teach these protocols that you understand what you're getting into and what you're doing and how to use them and when to stop. So, I hope that I make it clear. I believe I am. People come back and ask me questions. I can see that they do understand. But if I have not, allow me to do so here.

It is very important that the protocols be followed precisely if you're going to be using protocols. If someone takes a homeopathic medicine and it is incorrect, you're taking it for eczema and what it really is, I don't know, lupus.

You start taking these medicines and you take them and take them and take them and you insist that this must be eczema. Then the remedy may indeed cause what it was intended to correct. You may end up with eczema. So now, you have lupus and eczema or other conditions that could be brought out by using the incorrect medicine.

But that's not, I believe, what the classicals who criticize the Banerji Protocols are saying. I believe what they're saying -. Go ahead.

Paola: I just want to interject real quick. It goes back to something we talked about in our last podcast. That is the protocols are like recipes but you can still mess up a recipe if you read it wrong or someone tells you the recipe wrong.

So, that's why I'm so adamant about telling people on Facebook who are sharing protocols, even in the Students of Joette Calabrese Facebook, you really want to take the courses yourself and know those protocols for yourself. Because you don't want to get the protocol wrong or interpret the recipe wrong because homeopathy is relatively safe.

Joette: It's medicine. It's medicine. It's not herbs. It's not vitamins. It's not supplements. It's not essential oils. It is medicine. So, it has to be taken with a great more respect. So, what I'm hearing sometimes is that if you repeat a medicine daily that that can suppress. I couldn't disagree more. That's number one.

Paola: I think that's great. That's great news, yes.

Joette: I couldn't disagree more because I see the outcome. The Banerjis have seen the outcomes of using them frequently. I also saw the outcome when I was a classical homeopath and I used homeopathic medicines.

I would give a dose and wait six weeks or give two doses in 24 hours or a third dose in 36 hours and then wait and wait and wait and wait. There were times when it was perfectly clear to me that it was important to repeat it. But my education told me not to repeat it.

So, what the Banerjis have done is given me permission. They've opened up my world and the world of many homeopaths, I believe throughout the world to yes, use it more frequently because it needs to be met with a condition more frequently.

Because if we wait too long, the condition starts to clear up for a little while and now, we wait week 4, week 5. It starts

to come back again. Week 6, holy cow, here it comes back again. I got to wait until week 8, that's classical. I got to wait until week 8 or even week 6.

Now, you can give it again. Holy cow, who's going to wait that long? Who's got that kind of time? We live in a fast paced world. People don't want to wait for things to unfold. Indeed, it may work. It does work. Classical homeopathy is a beautiful medicine but it often takes too long and we have such a better method by using these homeopathics in greater frequency.

Classical training and combination remedies

Now, that also harkens back to companies such as Hyland's Homeopathics or Boiron or Washington or Hahnemann Pharmacy, Helios, that manufacture combination remedies. I had been trained when I was trained classically many years ago, don't ever use combination remedies.

Well, that's great. But what that does is it keeps a huge segment of the population out of using homeopathy. I abhor that. It means that curing and the ability to correct disease then can only be in the hands of classical homeopaths. Well, good luck folks.

There aren't very many, number one. Number two, they often don't share the information. They don't tell you what they're giving you. They make it a kind of medicine that is only within the hands of a few. I don't like that kind of thinking.

Paola: Well, it's interesting. I have been to a classical homeopath before working with you, Joette. He's a great homeopath. I think he's done a lot of good in the world. But he wouldn't tell me the remedy that he wanted to give me.

Joette: That's very common in classical.

Paola: It kind of goes back, I think, to what you're saying.

Am I right?

Joette: Yes, that's exactly what we're talking about. It's keeping it so close to the vest that no one learns it. Well, I hate to say it but I believe that there are classical homeopaths out there who don't want people to learn it. They believe it's dangerous.

I think in some instances, that's an excuse because there is a lot that we can teach families how to use homeopathy. There's a lot that we can get out there. If we keep it so close to the vest, it will never blossom the way it needs to blossom. I believe this belongs in the hands of the families.

Paola: Perhaps it also comes down to every homeopath might be a good homeopath but they're not necessarily good teachers. That's a burden too.

Joette: I'm a mother first. I was a mother first. Then I became a homeopath. I can't wait until someday I become a grandmother because this is what needs to be in every single family. Every mother and grandmother needs to know what *Arnica* is used for.

They need to know how to use *Hypericum*. They need to know how to use *Belladonna* and *Antimonium crud*. If they don't know how to do this then what normally happens is they go directly to the conventional doctor and get suppressive methods. If they happen to have a classical homeopath by their side, great, but what if they don't?

Paola: Right. That's most of us.

Joette: What if the homeopath chooses incorrectly. You got to wait six to eight weeks to find out. No, no, no, no, no. We need to know how to do this ourselves. So, what I like about the combination remedies that are available at Wal-Mart – hello, shouldn't it be at Wal-Mart?

Why should it not be at Wal-Mart? What is this, esoteric? This is only for the upper echelon of education? Absolutely not. This is for everyone to use. So if a mother goes into Wal-Mart and says, "Gee, what can I use for my child's teething or for sleeplessness or my husband's leg cramp?"

There's a product that says homeopathic leg cramps. What do you know? Why should we discourage her from using this? Because number one, it's inexpensive.

Number two, it's readily available. Number three and most importantly, slam dunk, it usually works. If we can give them a medicine that works instead of pain relievers for her husband's leg cramps, we are 50 legs up on where they were before they started this. We need to give this message to the world.

Paola: It's really about empowering families, I think.

Joette: Absolutely.

Paola: The point of this discussion is to let you know that while homeopathy is relatively safe, as you said, the statement that classical homeopathy does not suppress and the protocols suppress is really a sweeping statement that isn't necessarily true.

Joette: Yes, that's right because you can suppress with classical homeopathy too. They make mistakes too.

Paola: The risk is in both.

Joette: Yes, absolutely. When we're buying, let's go back to those combination remedies for leg cramps, or teething tablets, or fever, or colds and flus, or Coldcalm, there are so many wonderful combination remedies out there. I used to be against them. I'll be honest with you.

You may even find something in which I've been recorded saying that a good 15, 20, 25 years ago. But I've mended my ways.

Because I see how important it is that families have this at their fingertips. So, if only one of the medicines is acting in a combination remedy to help that father or that husband with leg cramps so that he can get a good night sleep, so he can get up and make a living for his family the next day, that's good enough for me.

Just because there might be four others in that combination that are potentially superfluous doesn't mean it doesn't work.

Paola: Well, I've actually had a friend whose daughter had a fever and was not feeling well. She was older. She wasn't teething or anything. She had the teething tablets from -.

Joette: Hyland's.

Paola: Yes, Hyland's. But they don't sell here anymore because of that controversy. Anyway, her older daughter, she just gave her the teething tablet because it happened to have *Belladonna*. She needed *Belladonna*. She didn't have *Belladonna*. It worked.

Joette: Of course it worked, absolutely, because there's the remedy right there, sitting right in there. The little label tells us.

Paola: Now, I wouldn't recommend you to do that. That's not what you do but in a pinch, alright, it worked.

Joette: Absolutely.

Paola: So Joette, just this is kind of the blazing question. All your years of experience and perhaps from what you've heard from your colleagues, have you heard of a case where you've seen homeopathy, classical or otherwise, suppress a symptom that is absolutely this is suppressed.

A case of suppression

Joette: I have seen a case. Years ago when I first started

studying homeopathy, one of my friends who was far ahead of me in understanding of homeopathy was – we were all using only classical. She gave a homeopathic to someone. The person got sick. They got sick. Not with an acute, it was a chronic condition. I wish I remember the circumstances but it scared the wits out of us because we all believed that it must have been the homeopathic medicine that was incorrectly chosen. I don't know.

We, still to this day, don't know what it was. I've not gotten back to that person. I don't know what the circumstances are or what came of that. But we were under the impression that the homeopathic medicine that our friend chose caused a chronic condition to blossom in this person. I hate to use the word blossom but to -.

Paola: Spike, Joette, spike.

Joette: Spike. So yes, it can happen. Absolutely, it can happen. But for my money, for my time, for my energy, I'll take this medicine any day over medicines that we know have side effects, that must have side effects in order for them to even act.

Paola: And do suppress. If they worked, it means it suppressed.

Joette: That's right. That's right, absolutely. Now, there are times when we don't mind suppressing. Suppression isn't always a bad thing. When someone has to have surgery, you're going to suppress the sensation of pain when they use that scalpel across the abdomen. Of course, it's going to suppress.

There may be a downside to that. Of course, there's a downside to it. The person can get sick later on. They can have vomiting from the general anesthesia. They can have nightmares from anesthesia. They can feel spacy from anesthesia. But hello, there are times when you have to do that.

You just weigh the advantages to the disadvantages. But if you're using it without knowing, without understanding how serious side effects can be and how serious suppressions can be by using these drugs for long periods of time or even short ones, then you're walking into the lions dead blindly.

You just weigh the advantages to the disadvantages. But if you're using it without knowing, without understanding how serious side effects can be and how serious suppressions can be by using these drugs for long periods of time or even short ones, then you're walking into the lions dead blindly.

Paola: So basically, what you're saying is what other options do we have? If you're going to sit in a corner, paralyzed by fear that maybe, possibly, there's a small chance that homeopathy might suppress. You're not going to do anything. Well then, you got drugs.

We know that. So, it's like go with the safer option. We know this is much safer.

Joette: Yes, that's right. So, I like those combination remedies from Boiron, Hyland's, et cetera. I like those. I think that they are changing the way we, mothers, grandmothers, et cetera, treat our children and our families. It's changing the world. That's exactly what we want to do.

My goal is to reach 100,000 households by 2020. I have it written on this little rock here on my desk that I want to reach that many households. I hope I reach many more than that. But that was my original goal a few years ago. That's my focus. I want people to know how to use this stuff.

Paola: Well, I can't thank you enough, Joette. We have Moms with Moxie podcast coming out soon with Tina. She talks about that at the end about your goal and how thankful she is for it. I too, am thankful. So thank you for taking the time to talk to us today about not running around like a chicken with our head cut off. Kind of appreciating the difference between

classical and the protocols and that it is relatively safe basically.

Joette: Yes, yes. Well, thank you for doing this, Paola. It's always great.

Paola: You just listened to a podcast by joettecalabrese.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shared her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on Google Play, Blueberry, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com and schedule a free 15-minute conversation.

Unless You Prepare, Medical Conditions Pile Up



I'm often asked if homeopathy will cure a specific disease. Let's use ear infections as an example.

If your child has a screaming ear infection with a high fever and you give him Tylenol paired with an antibiotic and, as a result, the pain and fever cease, is that a cure?

What if the ear infection and fever return in a month or so; does the first illness still qualify as cured? The pediatrician might believe so, but I don't. Why? Because as a mother, when raising my kids, I was in it for the long haul.

I didn't count each illness separate from the next, blindly assuming they were unrelated. I planned to be with my children into adulthood and even beyond and if the illness morphed into something else, the side effects caused a new disease, or the original illness returned, I certainly would not have called this a cure.

Instead, I'd call it a deepening of the original illness.

Perhaps even a will for the illness to return until the disease is met with the correct medicine; the one that *uproots* the disease instead of thrusting it into the future, only to compound it.

Does this sound familiar to you...ear infection on top of ear infection, on top of ear infection? Repeated *otitis media* is not only common; pediatricians actually *expect* it to return.

Their solution?

More antibiotics.

That, my friends, is sloppy work that doesn't give a hoot about the future.

This is the place where I would normally offer the homeopathic remedy for *otitis media* but instead, I'm going to show you how to integrate it with medicines to help on other levels as well so that you see an entire picture of correction for now and into the future.

Returning to the child with recurring ear infections; this is how I'd put this case together:

1. [*Camphora 200*](#), 1 dose for one day only
2. [*Calcarea carbonica 200*](#), every other day for at least 3 months to aid with the immunity problem. This is started on day two
3. As needed, only during the next *otitis media* event, [*Hepar sulph 30*](#) every 1-3 hours. That is, every hour if the pain is horrendous, every 3 hours if it's mild. The fever will likely melt away along with the use of this remedy and its use should be halted when very much improved.

Why did I start with *Camphora*? [Read this](#) so that you have a good understanding of this remedy choice and how it will help antidote previous drugs.

What will this do, you ask? Well, besides correcting the present illness within hours and gently removing it in about a day or so, it will also likely put a stop to the repetition of these infections. It puts the child where he should have been after the initial incident, had homeopathy been employed the first time.

Consider a weed. We don't douse it in pesticides (well, some might, but they're not reading this). Instead, we uproot it. If it returns, it will likely be a milder version and will typically only require another gentle nudge. By and large, that's all it takes because the foundation it had previously built itself upon has been effectively treated to the point it doesn't have the necessary strength to grow back.

This same scenario relates to repeated strep and sinus infections, boils, urinary tract infections, repeated coughs, and even croup, to name a few.

If the child has had antibiotics, it's also likely he now has gut dysbiosis. Depending on how it presents, it will determine what other homeopathic medicines need to be employed in the above schedule.

I'll give you a few ideas here but to be honest, the subject of wiping out the effects antibiotics may have caused is a rather vast subject. Not impossible to treat; in fact, it's not all that difficult. It just takes some understanding and specific protocols. (I cover this thoroughly in my course, [Good Gut, Bad Gut.](#))

So let's say the child has the above conditions and lately, is suffering from bloating and gas after every meal as a direct result of antibiotic treatment.

This would call for [Lycopodium 200C](#), taken twice daily, usually for about 2 months. This is a Banerji Protocol that I have been employing for the last four years with great success.

As such, the schedule would now look like this:

1. [Camphora 200](#), 1 dose for one day only
2. [Calcareo carbonica 200](#), every other day for at least 3 months to aid with the immunity problem. Started on day two
3. As needed during the next *otitis media* event, [Hepar sulph 30](#) every 1-3 hours. That is, every hour if the pain is horrendous, every 3 hours if it's mild. The fever will likely melt away as well
4. [Lycopodium 200](#), twice daily for about 2 months, and then assessed

If more time is needed to fully correct the ill effects of the old antibiotic gas and bloat, it should be continued.

With this plan, you've not only protected the child from another round of antibiotics by knowing how to use *Hepar sulph* if it presents, but you've corrected the inherited immunity concern with *Calcareo carbonica* AND corrected the gnarly hand of previous antibiotics that caused chronic gut illness.

This is how homeopathy can reach back into the past, set the present straight and protect the future with one schedule of protocols.

Is it any wonder that it's the fastest-growing medical method on earth?

Warmly,

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

P.S. Remember that *Hepar sulph* is not the only medicine we can turn to for *otitis media*. We also have *Pulsatilla*,

Chamomilla, Nux vomica and others, but *Hepar sulph* is the one that more often does the work.

Let 'em Suffer: Canker Sores are a Weapon

We do what we have to do to keep our kids in line. Now that my sons are adults, I'm willing to admit some of the tactics *I* used to keep *them* in line.

Let me explain.



Canker sores usually represent an underlying GI condition; sometimes, a reaction to a specific food or food group. Some

people's outbreaks are triggered by tomatoes. Some are triggered by salty junk foods. Some by sugar. No matter.

No, really.

No matter!

I'm not a devotee of food abstinence. In fact, I shun the idea and instead encourage folks to correct the problem, not run from the food.

My own son's canker sores were triggered by sugar – which was both good and bad. Good for me, bad for him.

This particular son did a lot of skiing when he was young and would meet his friends at the ski area where there was a canteen that sold candy bars and other popular commercial treats. Such confections were a no-no at home.

But he couldn't eat the stuff without developing a tell-tale canker sore a mere 24 hours later, giving him and his sweet indiscretions away.

Busted!!

I wasn't in a big rush to treat his canker sores because they usually kept him in line; I could count on his habit of routinely abandoning the sweet-gorging events when a canker sore or two emerged.

But because I homeschooled our sons with plenty of homeopathy, it didn't take long for him to figure out which medicine cured his pesky and painful mouth sores.

He got a hold of the [Merc sol 200](#) from our family kit and was soon cured (sneaky little bugger!)

I don't actually know how often he took it *or* how long it took for the sores to finally halt, but this is how I'd use it today for someone I'm not trying to slyly persuade:

[Mercurius sol 200](#) twice daily or [Mercurius Sol 6](#), 3-4 times daily.

Now, remember that homeopathy is not intended to “treat” symptoms like allopathic meds but rather, to *uproot* the condition altogether. This means that once you become accustomed to using this method, you’ll see fewer episodes, lasting a shorter period of time and with less intensity when/if they *do* occur.

Someday you’ll likely hear what I heard: “Hey Mom, remember when I used to get canker sores all the time?”

If you’re self-assured and methodically crafty like me, you’ll just smile and say to yourself, “Yeah, too bad. They were one of my best tools to keep you in line, smarty pants!”

Warmly,

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

P.S. My course, [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#) will teach you how to address food intolerances. Plus, it will also teach you specific homeopathic protocols to treat a host of other illnesses that spring from the gut.

This is a proven system that I used often when raising my kids, as well as the Banerji protocols these highly-lauded doctors have used for a century and a half. Check it out [here](#).

A Tale of Two Kiddies

Hi, friends! Buster the Bad Office Dog here. I know it's been a while since I've posted. But I couldn't pass up the opportunity to share this wonderful "tail" of how homeopathy helped save the life of one of my fellow furry friends.

I've heard that the method used to save the baby goat in this story is used for newborn humans as well. I hope you never have to put this method to use.



It was the best of times, it was the worst of times. Well, it often is for any female who is giving (unmedicated) birth, and so it was with a goat mama one morning who was kidding twins.

Stephanie had no idea that the doe was even pregnant! But to

her shock—the first of the two kids was presenting headfirst.

Unlike humans, goats and many other hooved animals typically present front feet first, almost like they are diving into the world.

So, Stephanie had a big problem on her hands.

It was the worst of times.

At first, Stephanie thought the kid was dead – a stillborn – but upon inspection, she realized that there were some waning signs of life.

Usually, in a breech presentation such as this, one must push the kid's head back into the mama goat, reach in and grab hold of the front two hooves, and guide them forward. The goal is to try to get the little goat back into the right position. It sounds simple enough in theory, but in practice, it is a slippery and wet challenge.

After about an hour of trying, Stephanie gave up and decided to gently pull the kid out at the next contraction by holding onto his shoulders. It worked!

Her excitement didn't last long, as she soon realized that he wasn't getting up to nurse. This became even more apparent after the second kid was born. By comparison, goat number two was an athlete! He was up, nursing and running about.

Stephanie knew she needed to immediately get that first kid some homeopathy, but—in her panic—she wasn't quite sure what to do. So, she reached out to her fearless study group leader who, most fortunately, answered the phone on the first ring!

Like Stephanie, her group leader had also taken my class, [The Survivalist's Guide to Homeopathy, and together](#)

[they designed a protocol for baby goat number one.](#)

At first, they employed *Arnica montana* and *Aconitum napellus*. These were alternated every 10 minutes or so.

Next, after some further inspection, Stephanie saw that the kid had blue gums and showed other signs of not having enough oxygen at birth. Homeopath-midwives around the globe know exactly what remedy to give when there is a newborn in a situation such as this: *Carbo veg*.

Interestingly, *Carbo vegetabilis* a homeopathic remedy made from vegetable charcoal. One should think of this remedy when there is collapse (like fainting). The breathing presents as shallow, and the person will often feel cold to the touch. The face can also be pale, puffy, and may have a yellowish-greenish tint.

You can see here how our little goat's eyes are swollen, and that with the blue gums, he fits this *Carbo veg* symptom picture.



It was with [Carbo veg 30](#) that things really started to shift for baby goat. Within an hour, his eyes opened.

Less than 30 minutes later, he began to try standing up ... he wobbled a lot, but an hour and a half later, he could do it on his own.



An hour after that? Well, this little kiddie was moving about just like his brother. He was still a bit weaker, but he had really perked up.

Stephanie continued the *Carbo veg 30* and the [Arnica 200](#) over the next several days, but with much less frequency.

You can see here that kid number one (with the white on his back half) was doing well keeping up with his twin.

Two days later it was even more evident. Today, about a month later, you wouldn't know which of the kids had a traumatic birth and which one didn't!

And so it is, as it often goes with homeopathy, that we have a happy ending to this story: the tale of two kiddies.

Warmly,



Buster (The Bad Office Dog)

Podcast 25 – Moms with Moxie – Meet the Arnica Mom!



In this podcast, we cover:

04:33 Barb's introduction to homeopathy and the *Arnica* basket

14:10 Joette's influence with *Kali carb* for asthma

21:09 More *Arnica* experience: uterine fibroid

24:51 Using remedies on horses and tips on how to administer them

31:51 Childbirth and labor

You are listening to a podcast from joettecalabrese.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Paola: It's another podcast at joettecalabrese.com. Today, we've got a new episode for the Moms with Moxie miniseries.

Joette: All the way from my desk in New York, I get to see how homeopathy is transforming lives all over the globe. 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. Your successes inspire me and they're glorious and powerful. I can't keep your successes a secret any longer. So with help from my roving reporter, Paola, we bring you this mini podcast series that I call "Moms with Moxie." It's actually grandmoms, too but it's moms with Moxie. See how regular mothers and others, average people who want to cure those around them have gone from freaking to fabulous with homeopathy.

Paola: Hi. I'm excited to have another "Moms with Moxie" interview. Today, we have Barb Rigelhof, hailing from the state of Washington. Hi, Barb.

Barb: Hi. It's nice to see you, Paola.

Paola: I know. I'm so glad to be chatting with you. I love doing these little interviews because I want others to see and

Joette wants others to see that normal moms, if you study this, you can become pretty awesome. I'm excited to hear your stories. Tell us about how you came to find natural medicine and homeopathy.

Barb: Right. The natural medicines came about because I'm blessed and cursed at the same time that regular medicine doesn't tend to work on me. I get side effects and no results. At some point, I started looking into natural medicine. I have a science background so I looked at herbs. I looked at sort of everything except homeopathy because homeopathy being energy medicine, so I was kind of woo-woo. And so, being a science snob, I was like, "Oh, that's just perfect. Whatever." So I didn't look at that.

It was when a friend of mine who dragged me to a talk by a homeopath back in Montreal where I'm from, she took me to this talk and this homeopath just blew me away. She had been a nurse for 35 years, and also French-Canadian lady, awesome, awesome speaker. Just what she was talking about just blew me away. So, I started thinking, "Okay. Maybe I do need to look into this homeopathy stuff." It was in my face all the time. I kept putting it aside. So, I did start working with that. When I started trying it out, it was first on my dog. There's no placebo effect on animals. That's one of the things they always talk about with homeopathy. Oh, it's the full effect.

Paola: Yes.

Barb: Yes. Try telling that to a dog. I don't think you can convince a dog that what you're doing is going to help them. They just either get better or they don't. I had some great results. So then I started using it for myself and this was before I had kids. By the time my kids came along, I was really starting to get much more proficient with it. So, my kids were raised largely with homeopathic remedies.

Paola: Oh, I'm so jealous. That is my dream story, that I

found homeopathy before I have my kids, practiced on some animal, got comfortable with it.

Barb: That's just because I'm older than you, Paola. I found it and then I had my kids. That's all.

Paola: Well, that's wonderful, I think. I meet moms even today that have just one tiny baby. I'm like, "Oh, you're so lucky you met me and I get to share this with you." So that's great. I like that you had a science background. It is funny how we just dismiss homeopathy until we realize that maybe we don't know it all.

Barb: Yes, exactly. Yes, it's that science indoctrination. Really, we're not even looking at evidence. We're just going with what we've been told.

Paola: Right.

Barb: We just spoon feed it along and now at some point, you go, "Oh, wait a minute. Well, I actually don't know anything about this. Maybe there's something to it."

Paola: Right. I think that's why people do the herbs and the essential oils first because in our heads, it makes more sense.

Barb: Most allopathic medicines come from herbs or plants or something. We know that. So, using the herbal form is less of the mind shift.

Paola: Right. I think the biggest thing that people need to grasp with homeopathy, just step one is understanding we're not trying to kill the infection, which a lot of times garlic, herbs, and antibiotics -. I was kind of thinking along those lines. We're thinking about changing the terrain so that your body can't host the illness anymore.

Barb: Exactly. We're not suppressing. We're actually helping the body to rally its troops and deal with it.

Paola: Tell us what happened with your dog then.

Barb's introduction to homeopathy and the *Arnica* basket

Barb: Oh, okay. Yes. So, this was a number of years ago. So my dog, within a space of six months, he had two surgeries. The first one, I didn't know about homeopathy yet. So, he came back from that surgery. He was in quite a bit of pain. I gave him pain relief. You could see it in the eyes. I saw how he dealt with it. But the second surgery, I knew about homeopathy and I decided to give *Arnica* a try. So, I had dissolved some *Arnica* in a dropper bottle. I had that ready with me when I went to pick him up. When I went to pick him up, he was very excited to see me. He was having, it was debulking of a tumor that was on his jaw. So, he smacked his jaw when he saw me. He was so excited. It started bleeding. I could see the pain in his eyes. Blood was gushing everywhere. Fortunately, I had it already. I gave him the drops right away. Literally, within 30 seconds, his eyes cleared and the bleeding stopped. My pet went like, "Wow!" I kept giving him the *Arnica* and I didn't have to give him any pain relief medicine. When you know your animal, I mean, I could just tell by his eyes especially having experienced a previous surgery, and just the way it kept everything under control and how quickly he recovered. It was a real eye-opener. That's when I went, "Okay, this is something."

Paola: That's what's so cool about treating animals and young children or babies is they're so uninhibited. They will let you know if there's improvement. You can observe and see that shift so clearly.

Barb: Yes.

Paola: I was teasing you. You are like the *Arnica* mom. You've really found a lot of great uses for *Arnica*.

Barb: I have. I even have another little story since we last

talked. For Thanksgiving, we went to our neighbor's house. There were few other families there. Everyone was sitting around the table. They went around and said, "Let everyone say what you're thankful for and also what you're known for." So, when it was my turn, I said, "I'm known for BBs," which I call them Barb's bombs. It's these little chocolate, homemade chocolate truffles that I make that I always brought to any of our events, right.

Paola: Oh, yummy!

Barb: So, I was known for those. Everyone was like, "No, you're like the *Arnica*." Anytime we're injured, you're on the doorstep with the *Arnica* and the instructions on what to do."

Paola: Oh, I love that. You have like an *Arnica* basket.

Barb: There'd be other remedies too depending on the injury. But yes, I'm known as – and sometimes the kids would come to me and say like, "Barb, I hurt myself. My mom said I could come for some *Arnica*."

Paola: Oh, that's so awesome. They trust you. They know. That's great. I love that. I know it's so funny. I think sometimes when I've learned homeopathy even more, I get them all jumbled up in my head and sometimes the answer is so simple, *Arnica* or even *Aconite* and *Arnica*.

Barb: Those are certainly for an injury or an emergency because one of the things I love about *Arnica* is how good it is for shock. It's amazing for shock or just getting your head straight. I mean, I took it one time when my daughter injured herself. I was fine. But I took it just because she cut the end of her finger and she was really young.

Paola: Oh, my gosh!

Barb: Yes. I'm not squeamish but when it's your kid, it's a whole different thing. So, I was feeling faint, just so like,

"Oh, my God!" I said to my husband, "I actually took the *Arnica* before I gave it to her." It's a little of that airplane thing where you put the gas mask on first.

Paola: Yes, that's exactly what I thought.

Barb: I was worried that I was going to be sick.

Paola: Right.

Barb: I got to keep it together so I can help her.

Paola: Yes.

Barb: Yes. It's a life-saver for so many things.

Paola: That's awesome. I love that. So, you have how many kids? Tell me what that was like raising them having known homeopathy from the beginning.

Barb: Right. So, I have two children. My oldest is 17. My youngest just turned 14. So, I've been doing this for a while.

Paola: Yes.

Barb: You can tell. I got more proficient as I went along. I didn't have a lot of childhood illnesses. We didn't have a lot of stuff. But I did have the crying baby and the fevers and all of that. My kids have never had a suppressed fever in their life. They've always had their fevers treated homeopathically. I've never had an elevated fever for more than 12 hours using homeopathics

Paola: Wow!

Barb: So, I'm not afraid of a fever. I mean, we're so indoctrinated in this fear of fever. I mean, a fever is a wonderful thing. It's your body burning up whatever is in its system that shouldn't be there. So, it's not something to be afraid of. But if you can help it along and help it do it more effectively and get through the disease more effectively, then

great.

Paola: I think that's such a big thing that Joette has talked about so much. But it seems that I still can't get away from it no matter how much -. She has blogs and podcasts about fevers. Young moms are still so stressed out by it. I mean, I think it's coming from three areas. I feel like part of that is because the doctors are, "So, you need to give them Tylenol. You need to give them Tylenol." Then you fill in the blanks.

Barb: They're burning up. They could get out of control.

Paola: Right. Then the second thing is I feel like our mothers and grandmothers aren't passing down that knowledge for whatever reason. Maybe we've a lot of doctors who supersede and take over that role for us. Then it's just that lack of experience. I guess what made you feel comfortable to never ever suppress a fever?

Barb: I think part of it was the gift of having children a bit later than I expected to. I think I watched all my friends go through it. I mean, I had one good friend who had a daughter who, this wasn't a fever situation. I think she had strep throat or something. This poor little kid ended up on the couch for two months on various antibiotics after antibiotics after antibiotics. She was all of three or four years of age. When you see a listless kid on the couch for a couple of months at that age for something pretty normal, I mean, it's just an infection, I was mortified. I just said, "This is not the way to treat kids." You just see that it's just more and more suppression, suppression, suppression.

I also had an incident myself where I worked at a bank and I got a paper cut on my finger that ended up with some funky herpes virus. So, I ended up with this funky infection on my finger that had to be lanced, opened. Anyway, I took antibiotics for that. Well, after that course of antibiotics,

I ended up with a bladder infection. I was given antibiotics for that. Then I ended up with a kidney infection. At some point, I just went, "Okay, so I'm going from one infection to another because I'm going from one set of antibiotics to another."

Paola: The merry-go-round.

Barb: A pattern. I saw that in myself. I saw it in people around me. I just went, "No, this doesn't work."

Paola: So, maybe the takeaway here is observe. Observe those around you that are doing everything that Joette is saying to be careful about.

Barb: Right. When you see people who are preaching all the other stuff, are they really healthy? How well are they doing? Are their kids truly healthy? Are they popping pills all the time?

Paola: Yes, are they propped up?

Barb: Yes, exactly. That's one of the things that I'm good at. I see the big picture in things. Some people are very good at looking at specific things. I'm not so good at that. It's hard for me to really focus in on things. I see everything. I'm pretty good at picking up patterns around me. I saw that pattern in so many people and just thought this is not how we go.

Paola: Which is very science-based, observation, kind of referring to your background, I think that's great. Observation is incredibly powerful. It's how we've come to know a lot of things.

Barb: It's the first step to any valid science. If you're not observing stuff, I mean, that's how you start studying this, observation.

Paola: Back to raising your children with homeopathy, tell me

more about that.

Barb: When I was looking at how to best raise my kids, I was so lucky to start it with dogs. It's less stressful, honestly, when you're looking at pets first as babies and everything. I learned a lot. This dog that I told you about with the two surgeries, he ended up having cancer. So I started really looking into what's going on with cancer in dogs because those rates are going through the roof.

Paola: Yes, they are. I heard today, it's one in every two dogs are going to die from cancer. That's a lot.

Barb: It's crazy. It's crazy. I had a friend, a very good friend who was talking to me about how she was stopping to vaccinate her dogs. I was like, "Really? Why were you doing that?" She said, "Well, they're showing a link between all these increases and all these medications and everything and all these diseases that are coming forth. There's a concern that there might be a link between that and cancer or just what it does to the immune system and therefore, more diseases and everything." I'm not trying to say that vaccines cause cancer but just vaccines will harm your immune system. So then, you're just going to expect more things to come up, whatever.

Paola: It compromises the immune system.

Barb: Exactly. So I started looking at all of that. It just all came together in a picture for me. It's not that I won't do things allopathically but why would you for things that it doesn't work well in?

Paola: Joette calls this being a consumer of medicine. Like if you're going to go shopping and you're a consumer for like an outfit, you're super critical about how it fits, how it looks, how it feels, the price, everything, the risks, and how much money you're going to spend, and going to debt or whatever for this if you're putting it on the credit card. We don't do that

with allopathic medicine and that's exactly what you did.

Barb: This is the indoctrination that we've been given. It's amazing because when you look around, people are not getting healthier. Certainly, children are not getting healthier.

Paola: Right.

Barb: You want to question what's going on. It's not, I mean, the intentions are good but let's open our eyes and look and decide what we think is best for us and our families.

Paola: Tell us how has Joette influenced your journey because that's going to be more recent.

Joette's influence with *Kali carb* for asthma

Barb: Yes. Well, because of course, when you're trying to treat your own family, it's really hard. It's really hard with your kids. It's hard, first of all, to really see the picture of what's going on because you're influenced by your perceptions. I mean, most doctors don't treat their own family members either.

Paola: Right. Right. That's true.

Barb: That's difficult. It's also hard too, sometimes when you're dealing with something that's a little more chronic to really have the patience to follow it through and know you're going in the right direction without a fresh set of eyes and they're saying, "Hey! Yes, this is the right thing." So, I consulted Joette for my daughter. She had some exercised-induced asthma that was building up. She was playing soccer. She was quite young, just six or seven, probably about seven. She hadn't been formally diagnosed but I could certainly see. Her color would just get – she'd get very pale and just have a hard time catching her breath. That was starting to get worse and worse. Then eventually, I did take her to my naturopath

and she said, "Yes, it looks like she's developing asthma."

Paola: It's just typical at that age. Usually, you don't get it until about seven or eight. Did she have eczema before?

Barb: A little bit but not bad. I didn't use cortisone and do all those nasty things that would have made it bad. She had a pretty bad cradle cap as a newborn. Yes, yes, that I remember quite well.

Paola: And Joette says that that can sometimes be food intolerance, a manifestation. Yes.

Barb: Yes, exactly. So we treated her for that. Within about six months, she was just pretty much – it was pretty much better. We just had to give her. *Kali carb* is the remedy for her which is the one for wheezing and all that kind of stuff.

Paola: What is it, *Kali carb* 200, every other day?

Barb: Yes.

Paola: Okay, because I know they're going to want to know, the people, the folks listening.

Barb: Oh, my gosh! She was on a few others because she had a few other things going on. But that was the balm for the wheezing.

Paola: Okay.

Barb: Every now and then, when she's had a chest cold since then, I'll still give her a couple of doses because first of all, I mean, it helps clear up the chest cold and just because that seems to be her remedy for anything that goes to her chest. But my daughter does not have exercise-induced asthma. She has no issues now. She is a pretty heavy-duty equestrian right now. So, she trains hard and she has no breathing problems at all. There's not an herb or a drug out there I think that can do that.

Paola: Wow! That's amazing

Barb: Yes.

Paola: Oh, just to give her that freedom to live. Oh, that's great.

Barb: That I could not have done on my own.

Paola: Right.

Barb: I do have some training, not just an independent training but I have a bit of formal training in homeopathy. I would not have been able to follow that through with my own child on my own because I was second guessing myself. I would be just like, "Oh, I don't think it's working or now, this has popped up, maybe I need to shift it." You know, we wouldn't have gotten there.

Paola: Yes. We are so lucky to be able to have consults with Joette.

Barb: Yes.

Paola: That's a huge thing. Tell us about your training, your background education with homeopathy and then the shift into the Banerji Protocols because that's a question that's been coming up is comparing the difference between the two. So you have classical training. Go ahead.

Barb: Yes. I have a certificate from the British Institute of Homeopathy. I'm not a certified homeopath but I have a certificate in homeopathy. So it's the first step. I was doing that classical training. That was my first exposure to homeopathy as well. It's always the classical method. So, you're looking at one remedy for the problem. You're taking one dose. You wait a month. Then I had consultations with classical homeopaths. That was always the process is you figure out which is the best match. You take that dose. You go back in a month to see where you're at, to see if you need to

do things differently. It can be of course extremely effective. But if you're not finding the right remedy, first of all, it's very time-consuming, taking the case especially for someone like me. I'm an onion with many layers. So, it can be really hard to take the case for me because I have so much stuff. Then other people are a little more cut and dry. But I've found some frustration with that. I had some great successes. But I also found, again using it for my family, using it myself was really frustrating because I'm not going to sit down with my kid for an hour and a half and take the case the way a classical homeopath will.

Paola: Right.

Barb: So then, once I started consulting with Joette, she was just starting to get into these protocols. When she started using those, it was just like ding, ding, ding. The light went off. Just having things that are more, you have this situation, well then chances are this protocol will probably work. You don't have to do this complicated case-taking.

Paola: Yes. It's practical. It's practical. Moms want straightforward and practical.

Barb: Especially with treating your own family.

Paola: Yes.

Barb: You need to know if your kid has this, this or this. Well, you know what? Start with this. When it doesn't work, it's going to be this and that's probably going to do it.

Paola: Yes. I love that.

Barb: You don't have this open book of well, it could be one of a hundred remedies. Let's see. Do they feel better at night? You go through all of this. Oh, my gosh! It's so – I hate it.

Paola: Exhausting.

Barb: Yes, exactly.

Paola: Yes.

Barb: I like it. I'm the *Arnica* lady, right? They tend to be more like *Arnica*. They're a little more universal.

Paola: Right, because *Arnica* is a protocol that a lot of classical homeopaths, whether or not they appreciate it as a protocol, it's the go-to. With Joette, she's teaching us the Banerji Protocols and she's expanding that same mindset.

Barb: Exactly. It also makes sense. I mean, the classical remedies, when homeopathy was first developed, I mean, that was what, 250 years ago now. It was a different world. Things were a lot less complex than they are now. Bodies responded in a different way than they do now. I think you need to modernize, just like medicine has had to be modernized. Any healing modality needs to be modernized as we develop.

Paola: Right and as our illnesses become modern.

Barb: Yes, because they're more complex.

Paola: They are.

Barb: They're different. If you get the flu now, it's not the flu of 250 years ago.

Paola: Right or even out with syphilis, enter Crohn's, fibromyalgia, colitis.

Barb: Exactly.

Paola: We can't trick Mother Nature. She finds a way to make us sick. We've got to let our bodies evolve with healing.

Barb: Yes.

Paola: Very good. Let's hear some stories. You've told me about your experience with your dog. That was your big

introduction to homeopathy with *Arnica*. I love *Arnica* for that reason because it's such a dramatic, it's a great convert. You know, when someone's hurt themselves like, "Oh here's some *Arnica*."

Barb: Yes. It works so quickly. It's amazing.

Paola: Right. Tell us some more stories with *Arnica*, with homeopathy, whatever you think.

More *Arnica* experience: uterine fibroid

Barb: I can give you one of my best experiences with *Arnica*. It wasn't a great experience but the *Arnica* really saved my butt, at least. I had a very large fibroid that I did not know about. It decided to prolapse which is basically the birth itself. So, it sort of showed up. I scuttled over to a doctor. We had arranged for surgery. Of course, it was a Friday when I got to the doctor.

Paola: This is a uterine fibroid?

Barb: Yes, uterine fibroid.

Paola: Okay.

Barb: The surgery was scheduled for Monday morning. Well, Sunday night, it decides to detach, 10 o'clock at night. It was like having an artery cut. I was bleeding. I'm sitting in the bathroom bleeding like an artery has been cut. I'm thinking, "Holy crap. What do I do?" Fortunately, my kids and my husband were still up. So I called my kids. My husband was upstairs. I said, "Get the kids to get me my *Arnica*." I have, of course, a homeopathy kit that has a 1M *Arnica* in it. Usually, I keep 200C *Arnica* in my purse all the time. But I have the 1M and I told them to get me the 1M.

Paola: Right.

Barb: I took *Arnica* right away because I was worried that I

might pass out or I didn't know how long this bleeding was going to go on. They got my husband. I had to keep my wits about me. I had to call my doctor, all of these. So anyway, long story short, we booted over to the hospital. It was almost a 30-minute drive. But I have my *Arnica* with me. I kept taking it. By the time we got there, the bleeding had completely stopped.

Paola: Wow.

Barb: And it was amazing because that's probably the most scared I have ever been personally for myself because I've never bled like that. It stopped it very quickly. Within a few minutes, it was under control and within a few more minutes, it was done.

Paola: That's amazing.

Barb: Yes, it was amazing.

Paola: I can relate. I wrote on Joette's blog about my miscarriage where I hemorrhaged.

Barb: Oh there you go, yes.

Paola: *Arnica* was part of that.

Barb: It can literally save your life.

Paola: Yes.

Barb: Yes.

Paola: I was in the hospital still hemorrhaging and they didn't even know. I guess they weren't monitoring me. I just had a miscarriage, so I was kind of loopy and not sure. Oh wait. Maybe I shouldn't be bleeding this much. I wasn't in the car on the way anymore, so I had a dose behind the doctor's backs. But, yes.

Barb: Yes, that's what you do. You kind of sneak it.

Paola: Exactly.

Barb: So that you don't have to explain. When your mind is messed up, the last thing you need to do is have to explain this to a doctor.

Paola: Defend yourself, right.

Barb: Yes. My husband was dosing me at the hospital when the doctor would leave the room as well.

Paola: You too, okay. Yes. We do that not because we want to lie. It's because you want to protect the doctor and not get into it.

Barb: Exactly. I mean, how could I talk about it the next morning when I'm out of the danger zone and not feeling so exhausted by the whole process. But yes, that the time sometimes you just got to do what you got to do.

Paola: So, at that point with your fibroid, did you still have to have the surgery to get it removed?

Barb: Yes. But it was very simple surgery because when they prolapsed – I mean if they're small, they just have to twist. You can just twist them right off. It's just because it was so large that it had to be surgery in a hospital because of the potential for bleeding.

Paola: Right.

Barb: I have proven at this point that yes, it had a lot of potential for bleeding.

Paola: Right. So it had fully detached or it was just tearing?

Barb: It was tearing.

Paola: Okay, so you had finished it off.

Barb: Yes. They just finished it off. But oh my goodness, I

recovered in record time even with having the general anesthetic and everything. I had the surgery on the Monday morning. The Tuesday, I rested. Wednesday, I was on my feet at a horse show with my daughter for the next five days.

Paola: Wow. That's amazing. I love that story. I'm so glad you're okay.

Barb: Yes, fine.

Paola: That's awesome. So horses are kind of big part of your lives. Have you had a chance to use it with?

Using remedies on horses and tips on how to administer them

Barb: I do. Yes, I use it a lot with horses; again, *Arnica* of course. I've used *Rhus tox*. It's been great for the aches and pains and that kind of thing because the horses are athletes. I've had a lot of success with one of our horses using that. I've sort of had to develop a method for administering the homeopathy to the horses because I kind of tried everything. Having always used the glass dropper bottles, that's what I went to first. Then I switched at once to look for something a little more simple. So, I switched to little spray bottles. Most of the horses are okay with that. They have to get used to something being sprayed near their mouth and some are fine. Some are a little flighty with that. One time fairly recently, I was dosing one of our horses. I just had a dropper bottle with me. So, we're at a horse show. I'm giving him this little dose.

Paola: Do you put it in his mouth with the dropper bottle?

Barb: Yes. I would put it just in his mouth. I pull the lip out a little bit.

Paola: Okay.

Barb: Sometimes they're tossing their head around. I would

basically just squirt it in there.

Paola: Right.

Barb: But the little devil, he bit the tip off the grass.

Paola: Oh no.

Barb: I just about died because I didn't know if he swallowed it. I didn't know if it was in his mouth. I didn't know. I'm searching in the hay but I mean, needle in a haystack, right.

Paola: Oh my God.

Barb: It was just a little tip. I had visions of surgeries and internal bleeding. I just about died. It turned out he was fine. He must have spat it out. We never found it. He was fine or if he swallowed it, his body took care of it. Whatever happened, I don't know but he was totally fine.

Paola: Right.

Barb: But that was the end of me with glass around horses and homeopathic remedies. I kind of had a little aha moment when I was drinking out of a water bottle. I thought, "Oh, those little, small water bottles that they have for kids that are about eight ounces instead of the bigger ones." You just mix up the remedy in one of those. Shake it up. Let it dissolve. They can use a Sharpie to write on it, what it is. I just dose them like that. It's plastic. If they bite the bottle, it doesn't matter.

Paola: Then that bottle is permanently assigned to that remedy?

Barb: Yes, exactly. They are disposable. So if you're at the horse shows or you're travelling or whatever, I don't have to worry about taking care of little glass bottles and wrapping them up and everything. I don't use disposable water bottles as a rule. I try not to but it's fantastic, I have to say.

Paola: That's clever.

Barb: I put those in my car. Now, I don't have to worry about running out of sterilized bottles for remedies and to keep my [kit](#). If you've used them a few times then you go like, "Oh gosh, I got to sterilized the bottle or whatever." I just keep those little water bottles with me and a Sharpie and my remedy kit. I can mix it up right there. Even with some horses when they're eating, I'll just toss it on their hay.

Paola: Oh, that's clever.

Barb: Because you're not supposed to have them around food. But I think with horses and some other animals, they have such a simple diet. Horses are eating all the time. So, it's almost impossible to dose them away from food anyway. I think with their very simple diet, I've had great success. It seems to work just fine.

Paola: Interesting.

Barb: Yes.

Paola: So with our cow, they're very different than horses. We are able to spray on her nose. It doesn't bother her much. But we just have the one and then often what I do is when she's in distention, I have access underneath her tail because I've milked or whatever. I can just lift up the tail and spray under her tail and that works.

Barb: Yes. I'm thinking with the horse, that could be an interesting experience.

Paola: Yes.

Barb: They vary a lot. Some horses are no problem at all. But others are going to hit the roof. You're never going to get near them again with the spray bottles.

Paola: Yes, that's probably true. Horses kick backwards,

whereas cows don't. They kick to the side. So, if you're right behind her, you're generally safe.

Barb: Yes. It's just I wouldn't want to go there with the horses.

Paola: Yes.

Barb: I think my method is I'll stick to that one.

Paola: Yes, very good. I like that. Oh boy, I don't want a horse. They're huge. They're scary to me.

Barb: Oh, they're fabulous. But yes, it's one of those things.

Paola: No, that's very good tip. I know lot of people that use homeopathy and have horses especially around where we live in Texas. So that's a very good tip. I like that.

Do you have a specific story of using homeopathy in one of your horses?

Barb: Yes. We have a retired pony that injured herself horribly. She cut her side on this bolt in our yard and ripped her side open down to the ribs. But she's very stoic. We had no idea anything was wrong. My daughter and I just went to feed them in the evening and she's standing there. We tossed her a hay, standing there chewing her hay. Then she turned and I see this huge, I mean it was probably at least 10 inches long.

Paola: Oh my gosh.

Barb: Fortunately, it wasn't bleeding too much. It was still fairly fresh. So, you can imagine, both my daughter and I kind of went into shock. Anyway, I got up the *Arnica*, gave it to the pony right away. I gave it to us and called the vet. Of course, the vet is over an hour away, so we had to wait. So, I'm just giving her *Arnica*, *Arnica*, *Arnica* and the vet got there. It was several hours later because she was worried

about the lung being punctured. It was that nasty a wound.

Paola: Wow.

Barb: So, she had to apply layers of stitching. Anyway, got her all stitched up. Well, that pony healed so quickly. This is an older pony. She's 23. She healed so quickly and so perfectly from this wound. There was no infection. We didn't have to do anything else. I mean, it was just amazing. Other than just keep it clean and keep our eye on it, it just healed up beautifully. That was a real saver because it was really extreme. It was a really horrible, horrible wound.

Paola: So, did she end up getting stitched up or having to take antibiotics or anything?

Barb: You know, this was a case where I actually did give her the antibiotics because the wound was fairly fresh but it was probably at least an hour too old. You don't know what's in there. I mean, there was some dirt in there. It had to be cleaned.

Paola: Well, it's in a barn.

Barb: It's in a barn and it was down to her ribs. This is where you weigh the pros and cons. Allopathic drugs save people's lives.

Paola: Right, they do.

Barb: This to me was a time when I said, "Okay, you know what, I'm doing the antibiotics." But I'm using all my homeopathic knowledge to support the healing. With that being so much faster and so much cleaner, I mean it was best case scenario.

Paola: Right. That's good to know. You can use the homeopathy alongside. They don't counteract.

Barb: Absolutely. I mean there are times for that. This is what I've seen time and time again is anytime we have an

injury in our family, whether it's a pet or a human or whatever, our rate of healing, we're always sort of the best case scenario.

Paola: Right.

Barb: We heal so quickly and so efficiently.

Paola: That's wonderful. You had also told me a good story, moving on from horses to humans, about child birth.

Childbirth and labor

Barb: Yes. Oh my goodness, yes. *Hypericum* is my very good friend. I wasn't as knowledgeable about homeopathy when I had my first child as I became. But I had a very knowledgeable midwife who was wonderful. I damaged my coccyx quite a few times in my youth.

Paola: Is that your tailbone?

Barb: Yes, it's the tailbone. That is what ended up causing me the biggest problems in my first labor. I had horrible pain in my tailbone. It was worse than the actual labor pains and I had fully natural labor. So the *Hypericum* was what actually really saved me in that case because that's what allowed me to just be able to get through that pain. I would not have known what to do. I was very fortunate to have a midwife who knew her remedies.

Paola: Oh how lucky.

Barb: It was *Hypericum*. It's in 200C and she just kept dosing me. I was able to get through it. I was so pleased because I did not, I definitely didn't want to end up going to any of the drugs. As someone who's had a lot of back issues, my big concern with an epidural is then you end up (I mean, my theories) giving birth in positions you wouldn't necessarily give birth in if you could feel it.

Paola: Right.

Barb: You end up doing some damage. So, I was really worried about. I didn't want to mask any pain because of my back.

Paola: I never thought of that. That's a very good point because you might get into a safer position.

Barb: Yes.

Paola: Wow. It can cause that problem, interesting. I never thought about. You see, I had epidurals with all three of my births. People always apologized to me like, "Oh well, I did an epidural." Hey, listen. Homeopathy didn't come until after I had all my three children.

Barb: The other thing too is if you don't have someone who's skilled supporting you. If you've got a doctor and you're trying to do it naturally and your doctor only knows allopathic medicine and you're having a hard time, you need support.

Paola: Yes.

Barb: One thing about childbirth, you need support. So when you have someone who's really knowledgeable with the alternatives supporting you because you can't and even if I knew what I knew now, I don't think I could have done it for myself. It was extreme. I just wanted to run away from this pain. It was so painful. It wasn't the labor pain. It was that different.

Paola: It's the pressure on that bone.

Barb: Yes. It was excruciating. To have someone who could just really support me through that made all the difference and the right remedies. Women should never be hard on themselves about labor.

Paola: You did it. Good job.

Barb: You do what you got to do. That's why you need to surround yourself with the right people.

Paola: Right. That's very good. I love that.

Barb: It's a support group. So, you need the right support people.

Paola: I like that very good takeaway. What about your husband? Has he used homeopathy? How does he feel about it?

Barb: Oh yes, especially, of course *Arnica*. He's an avid cyclist. He was in a cycling accident one time. He was with a group of people and they all kind of went down. He ended up really kind of crushing his collarbone. It was just a nasty fracture. They actually ended up taking him away in an ambulance because they were worried about his neck. I don't know what's the problem with his neck but it was just such a nasty fracture. They just wanted to stabilize him. But I got the distress call as soon as the fall happened. They give me, "Come and pick me up and bring the *Arnica*!"

Paola: Oh I love it.

Barb: I would load him with *Arnica*. All the guys got the *Arnica*. He didn't want to take any pain meds. He just wanted his *Arnica*. Actually, I had to force him to take one dose of pain meds because he was in so much pain.

Paola: Did they have to set the collarbone?

Barb: They didn't set it. I'm trying to remember it. It's a few years ago now. I'm not quite sure what they did with him but he did have to go see a surgeon, an orthopedic surgeon. He didn't have to have surgery. It's because of an old injury that he had where he had a really strong ligament that held his collarbone on so strong. That's why it actually ended up being a worse fracture. It had been added to his old injury that had made his ligaments so strong. Anyway, I filled him up

with all kinds of remedies and his supplements and everything. He made a supersonic recovery, yet again, but the *Arnica* got him through that point of dealing with all of that.

Paola: You really are the *Arnica* mom.

Barb: I am. Thanksgiving really brought it home when everyone was like, "No, you're the *Arnica*." I was like, "Oh, I am."

Paola: For the chocolate, the chocolate balls.

Barb: Yes.

Paola: Do you just use *Arnica*?

Barb: No, no, no. I use all kinds of stuff. Well, I like another story of my son when he was young. He didn't have a lot of fevers as a young kid which actually worried me because I was worried that his immune system wasn't kicking in. He would get these low-grade sicknesses where he'd just be hot but it never got this big. Well, when he got his first really good fever, he was five. It was a *Belladonna* fever. I was so excited. He had the eyes. He had the flushed cheeks. I was like, "It's a *Belladonna* fever." I'm so excited. So, I treated him with this *Belladonna*. He got through it beautifully. I've got 150 remedies, at least, in my little drawers. I use all the kinds of stuff. But I guess it's just the *Arnica*, when it's an injury, it's the first thing I go to.

Paola: Yes, easy.

Barb: So, you can figure out what else you need. Of course, as you're healing, different remedies will support the healing process if it's bone or you know.

Paola: I was thinking for your husband's collar. You probably used *Symphytum*.

Barb: Oh, absolutely.

Paola: That's a great one for healing bones that have been broken. But it's really important that they're set. You have to have the bone set first before you start that one.

Barb: Yes, because it's going to start knitting together. So, if the bones are in the wrong spot, you're going to start healing it all off.

Paola: Yes. Then they'll have to re-break it and then set it again. Oh don't even, that would be awful.

Barb: No, exactly.

Paola: Thank you Barb for chatting with me and telling me you *Arnica* stories and your horse stories and all of you thoughts. It's so helpful to hear from a seasoned mom who's been there and done that. You know Joette is not the only one. We can aspire to go out to be like you.

Barb: I don't know. I think you probably have a lot more knowledge. You seem to have a lot more knowledge than I had at your age. You probably have a lot of knowledge in there. We all have our own leg paths and we learn about the stuff we learn about.

Paola: That's exactly right. That's thanks to Joette, thank you Joette.

Barb: Yes, Joette's wonderful.

Paola: Thank you for joining me today.

Barb: Thank you so much, Paola. I really appreciate the opportunity to chat about homeopathy.

Paola: No problem. We hope to have another "Moms with Moxie" coming out soon. So stay tuned to Joette's podcast. Thanks.

Joette: Are you or someone you know a Mom with Moxie? Well, we're on the hunt for you. Of course, we don't want to hear

just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you're a Mom with Moxie. For more information, contact podcast@joettecalabrese.com.

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com and schedule a free 15-minute conversation.

Many of the homeopathic medicines referenced in this transcript can be found at <https://shop.boironusa.com/>. Enter the coupon code "joette" at checkout and you will receive a 20% discount on your purchase.

Homeopathy Ruined My Life



 **Joette
Calabrese**
Homeopathyworks

Before homeopathy, my life was normal.

When I was not well (often), I'd take off time from my workday and socialize with the staff at my doctor's office while waiting for my turn to meet with the doctor. It was easy because we spoke a common language – the language of annual tests, allergy shots, vaccines, and drugs.

I was one of the crowd. I fit in.

And then Homeopathy ruined my life!

1. I lost my relationship with my doctor.

And I actually liked my doctor. He was nice and always willing to write out a prescription. But after finding homeopathy, I didn't need to see him anymore. Instead, I was able to treat myself (and later my children's) sore throats, injuries, infections, earaches, and more by myself. No

doctor required.

Sadly, I never really saw the guy anymore.

2. When someone comes to me with a problem, I'm taking their case in my head.

I used to be that friend you could commiserate with and complain to about aches or pains. I could relate to the friend because I had them myself. Then that stopped. Ever since homeopathy, when friends come to me with symptoms of discomfort, illness or injury, instead of just letting them vent, I actually *help* them!

Because I have amassed practical knowledge, I'm constantly solving their health issues. When they tell me, "I'm losing my hair," I don't say, "Oh no, I'm sorry to hear that." Instead, I blurt the Banerji protocol "[*Ustilago 200*](#), daily for many, many months."

I can't stop myself, which brings me to Number 3:

3. People keep asking for help from me because I'm good at helping them.

From morning 'til night, people need me. I am helping people all day long. I'm sought out because they know I have answers for them and that I *care*! I ask you, my friends, to imagine the burden of shouldering that sense of deep satisfaction that comes from helping people free themselves from the grips of allopathic drugs and setting them towards independence and robust health.

Helping others has definitely affected my "normal life" – which is now a memory of the past.

4. I have to bite my tongue – a lot.

You may recall my sharing with you [an incident that happened to me in a grocery store](#) when I overheard a mom's

conversation about her doctor's botched advice for her infant's fever.

I had to bite my tongue because it's important to recognize that not everyone is looking for my advice (especially strangers in a grocery store)! I'm forced to stop myself when I overhear medical conversations that alarm and sometimes disgust me.

5. I have too much cash in my bank account because we no longer spend money on medical bills, drugs and lost time away from more important endeavors.

Extra money can be taxing (yes, a pun). Because I'm able to take care of most everything that comes my family's way, we no longer shell out countless dollars for exorbitant premiums, because we don't even have conventional health insurance anymore. No premiums. No deductibles. No co-pays. Also, no more drugs, weekly allergy shots; not even vet bills.

So now what? What are we supposed to do with all that savings?

Unfortunately, I've been forced to experience more travel to India to immerse myself in the world of medical homeopathy, be more charitable, further my education, enjoy more special moments in life, and feel more secure looking forward to a slower-paced life (way off in the future, because this is too good of a life to stop just yet) – all because of homeopathy.

Problems. Problems. Problems.

So, if you're new to homeopathy and want to learn how to ruin your life, too – I'm happy to share in your misery.

Warmly,



P.S. Consider my [Homeopathy Study Group Program](#). All you need to do is gather up a few friends, (local or via SKYPE or Zoom.US) and we'll provide the rest – taking you by the hand in my guided course.

By the way, this is the opportunity you might be looking for to bring in your mother-in-law, daughter-in-law or others who don't agree with you. Instead of hearing only your voice on the merits of homeopathy, they will likely be persuaded by others in the group who will inevitably share their positive experiences each week. You'll all learn and share in unison. Now, what could be better than that?

Heartwarming Homeopathy for Angina



Today's blog comes from the heart.

Angina to be specific.

For those of you unlucky enough to have had angina, you know how concerning it is. Angina (angina pectoris) is the sensation of pain in the chest of varying degrees. The pain can spread to the shoulders and arms, causing an inadequate blood supply to the heart. It is often considered a precursor to a heart attack, and this is especially so if you've had a stroke or cardiac event in the past.

Interestingly, heartburn can also feel like angina and visa-versa. A clear-cut diagnosis is important to pinpoint exactly what is going on; once you know, you can apply the proper protocol.

I have some personal experience in dealing with matters of the heart such as this one. Read "[My Dad and the Dead Cardiologists](#)" and my podcast entitled, "[Shut UP!](#)" to learn homeopathic remedies relating to cardiac conditions.

In addition to what I present in these articles, I want to share a medicine specifically intended for cases of angina that are stubborn and frequent.

Take Howard, my 89-year-old relative who has had a heart condition for years. He'd been taking the Banerji Protocol [*Lachesis 200*](#) every other day to address his post-stroke palpitations and breathlessness. He was also taking [*Crataegus*](#), mother tincture, 5 drops twice daily on my recommendation.

But after a recent stroke, he began to suffer from regular angina. As an aside, so mild was the stroke that it confused several cardiologists in two university-setting cardiac wards. Was it really a stroke or something else, they wondered? While he appeared to be having the stroke, he was given [*Aconitum 200*](#) every few minutes at home and in the ambulance. I believe that was the reason he didn't go into a full CVA.

But because of fear, in spite of his continuous good results from having relied on homeopathy, the doctors convinced him to use their medical wares.

So for several months, Howard took the commonly prescribed angina medication, [*Nitroglycerine*](#). It rid him of pain for a week or two but then—as is common with drugs of commerce—he began to need a stronger and stronger dose with each passing week to keep the symptoms subdued.

The only recommendation that the cardiologist had was to wear a Nitroglycerine patch all day long. (The assumption being that his blood was Nitroglycerine-deficient?)

This is the exact opposite of homeopathy. Rather than helping, traditional drugs pull the person further and further away from a resolution or cure down a toxic little trail of demise.

Homeopathic medicines, on the other hand, need to be taken with less and less frequency and cause no toxic consequences. They often also soften concomitant symptoms that the person doesn't necessarily associate with the condition. In Howard's case, after taking the prescribed drugs, he was weak, sleepless, irritable, sometimes confused, and anxious.

In other words, while dutifully taking the drugs, he subsequently lost quality of life.

And so Howard came back to me.

I so wish he had skipped the unnecessary suffering and reached out to me from the beginning!

I taught him the angina protocol, [*Cimicifuga* 30](#), taken twice a day.

The evening of the first day (after his second dose), he had absolutely no angina for the first time in over three months and his blood pressure normalized.

He kept a record of his symptoms, and on each day he would email, "NO ANGINA TODAY!" and "Another great day!!!!"

Each day was filled with numerous happy exclamation points.

I wasn't surprised because I've come to expect these kinds of results.

Howard continued the homeopathics twice daily; on the tenth day, he reported that there'd been some minor pain in the chest, but nothing like before, and it brought no concern.

Day 11 and 12 were again excellent days for him.

At some point during that first week of taking [*Cimicifuga* 30](#), he ceremoniously ripped the Nitroglycerine patch from his shoulder.

It became clear to him that it simply wasn't helping.

He'd found something better that no cardiologist in the U.S. knows about.

Because he has a history of stroke, he is now on [Cimicifuga 30](#) twice a day, and [Lachesis 200](#) every other day, as well as [Crataegus](#) mother tincture twice daily.

His sleep is fully restored.

No more lonely, anxiety-ridden nights. No more weakness during the day filled with impending dread.

This is why I urge you to take heart like Howard did by learning more about this worldwide movement of bringing homeopathy into every home.

Find someone to help in your circle of friends and relatives and watch their lives restore.

Meanwhile, Happy Valentine's Day!

Warmly,

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

P.S. Consider starting a [homeopathy study group](#) so you can treat your family yourself.