

There Are Three Sides to Every Coin! Plus, Two Medicines for Scar Tissue



Today I'd like to address a particular type of question I'm often asked. A typical example is:

"Should I be concerned that the remedies outlined in the [Good Gut, Bad Gut course](#), your blog and other writings, and the [Banerji book](#) seem different?

Would you recommend that I focus on the remedies from the course rather than the book?"

People also ask, "Why is there a difference between such and such protocol (from the Banerji book for example) and this other protocol that you've given (on my blog or in a class perhaps) for the same condition?"

My readers have gotten used to the idea that I recommend following the Banerji protocols exactly as they are, without changes or substitutions, and that's a good thing – I'm very happy that my message has gotten through on that point.

However, when students and followers of my blog come across multiple protocols for the same condition, they often get confused.

Although at first glance this may *seem* confusing, let me assure you it's a *good* thing. As the saying goes, "there is more than one way to skin a cat," and it's beneficial to have knowledge of those other ways.

When it comes to the Banerji protocols, the information I give comes from a few different sources.

My primary sources are my personal transcripts of what I observed and recorded at the Banerji Research Foundation Clinic during my multiple visits to Kolkata, India.

I also consult the [Banerji Protocol book](#) and I often ask the Banerji's and the other doctors who I now consider my friends.

When I observe the Banerji methods at their busy research center/clinic, I am careful to take detailed and specific notes.

Throughout the course of my studies, my notes reflected the eventual protocol I would choose.

For instance, if I saw a case of kidney failure, I'd write down the client's age, gender, diagnosis, which homeopathics had been used previously and those currently being prescribed, along with whatever pharmaceutical drugs or medicines the person was taking at the time.

Ten minutes later, another kidney failure case might come in. Again, I'd write down all of the information related to

the case; every minutiae detail. I wouldn't just say to myself, "Oh, I've already got a kidney case written down." No!

I did this for a total of 6,528 cases over the last 3 years.

Every single one was different, and I made sure to document each of them because I suspected I might miss something vital if I didn't.

I wanted to make sure I never got it wrong, made assumptions, or misunderstood the particulars (even though I always read the remedies straight from the page the doctors wrote it on.)

One time, I observed a man who presented with severe scar tissue. Dr. Banerji had been using Nitricum acidum 200 every 3 days but after a considerable amount of time (around 6 months), there was no discernible change.

Dr. Pratip Banerji turned to me and asked, "Joette, what do you use for scar tissue?" I answered, "I use Thiosinaminum 6, twice daily."

He altered his medicine choice, at least for this particular patient.

Two different protocols, both extremely useful for addressing scar tissue.

I learned that when it comes to rheumatoid arthritis, Dr. Prasanta Banerji uses one specific protocol while his son, Dr. Pratip Banerji (who practices in the next room over), uses a completely different one. Is one right and the other wrong?

No. Both work well; it's just a matter of each doctor's personal preference.

We see this in almost every form of medicine. If you go to

an allopathic medical doctor, two people with the same condition might receive different pharmaceutical recommendations based on each doctor's experience and individual proclivity.

The same is true with traditional Chinese medicine or Naturopathy.

I often use the example of botanicals for a common cold or virus. While one person swears by Echinacea, another prefers garlic, and a third finds that infusions of vitamin C, essential oils and vitamin D are most effective.

All of these methods work, and most of them will work well for most people. But ... not all of them will work perfectly for all people, all of the time.

Furthermore, there's the important element of time. A protocol that has a high level of effectiveness at one point in time might be overshadowed by a different protocol at a different point in time.

Human health is constantly changing, and different strains of illnesses will continue to pass through populations from year to year. This year's influenza strain is different from last year's, which was different from the year before, and so on.

You get the idea.

Ultimately, though there may be several protocols to choose from (whether from the classical or practical perspective), it is easy to see how the Banerji system streamlines the process and makes it easier; having a single one for each diagnosis makes the process of selecting a homeopathic potency and frequency much simpler.

No intensive repertoire required!

However, having multiple protocols to choose from is

helpful, too, because if the first one doesn't act, or does so only partially (remember, most first-line Banerji protocols have been shown to work in around 80% of the population who suffer from the condition being treated), there is always another proven-effective option to choose from.

In short, if you have a proper diagnosis and are stymied by choosing between two or three different protocols, go with the one that most closely represents the individual case.

For those who don't have classical training or are not familiar with *materia medica*, this may be trickier.

Just remember, when unsure about an approach, it's best to choose *one* and stick with it for 6-8 weeks (adjusting dosages based on whether the condition is chronic or acute.)

My aim here on my blog and in my courses is to provide you with the tools and education to achieve optimal health. I want you to gain the knowledge, confidence, and pride in knowing you have become the master healer you and your family deserve.

So why have just one wrench in your toolbox when you can have three or four?

Most of us have always believed it's merely heads or tails. But what about the edge of the coin? Isn't that a side we should recognize, too?

Lingering Colds and Flu? Symptoms Be Gone!



This week, due to family commitments, I'm going to make this post short, but fear not!

I am also including three informative tips I hope will help you and yours during the often brutal cold and flu season.

In particular, colds and influenza that linger. In cases like this, it's important to be familiar with these three remedies:

1. [Sulphur 30](#), twice daily between 1-3 days, will often put a halt to the last of the illness. Just remember, we live in a world where we expect symptoms to go away immediately. Therefore, we often tend to be a bit impatient when it comes to our expectations of how quickly a recovery will commence. It's important it remains clear the typical cold lasts for about 1- 2 weeks, influenza and its after-effects can last for

several weeks, and coughs can take months to completely resolve.

*Keep these facts in mind as I offer you this lovely Homeopathy tip on how to truly kick a lingering cold; it would be wholly inappropriate to use if the condition is not really a lasting one, or is used as a *just-in-case* method.

Use this remedy only when the cold/flu has persisted for 10 days or more.

2. [Umcka](#) is a combination remedy that can be used in a pinch for a lingering cough, cold and in some cases, influenza. It can be found on Amazon or at your local health food store.
3. A dose of [Aurum metallicum 200](#), taken every other day, until very much better, is my go-to remedy for the oft inevitable depression that accompanies the flu. Did you know that influenza can actually *cause* depression? It's not uncommon for those who suffer from the flu to also experience accompanying symptoms of depression. These physiological effects can often last much longer than the initial illness, making it important to address this frequently unaddressed aspect of the flu.

By doing so, you can rest easy knowing you've done everything you can to ensure an effective and graceful healing period.

There you have it.

Three remedies I recommend when dealing with those pesky last symptoms of a cold or flu. Make sure to bookmark this page for the next time a cold or flu strikes.

I guarantee you'll be happy you did.

Warmly,

Joette

Drop That Duck! Who is the Ultimate Authority of Your Health?



My family and I keep ducks and chickens. Years ago, we had a fox problem; in particular, one who was cheekily thinning out our little band of fowl.

One day, I was at my desk meeting with a client and out of the corner of my eye, I saw what looked like a skirmish. When I stood up, I saw that a healthy red fox (healthy due to its unwelcome consumption of our free-range chickens!) had one of our ducks in its mouth by the neck and was trotting off with her towards the pond.

They were no more than 10 feet away from me. Instinctively I yelled out, "Drop that duck!" The moment I uttered the words, it occurred to me it was a silly command because, what fox would do such a thing, simply because I demanded it?

To my surprise, the fox did it! He dropped the duck, ran off, and the duck was not the least bit harmed! She quacked away toward the rest of the flock and carried on about her day.

Until that moment, I had no idea I had so much command over a fox. I didn't even know they spoke English!

All too often, we don't recognize our own authority. It's not until we flex our intrinsic inner power that we get a true picture of our inherent abilities.

It's no different with our health. So many times I hear, "But the doctor told me to," implying there was no other choice but to follow their authoritative directive. What you (like many) don't understand is the decision is yours, *not* the doctor's.

After all, it is *your* health, not someone else's, and you must live the rest of your life with the long-term side-effects of such an acquiescence. The good news is, with some effort, you can learn enough to avoid the clutches of today's modern medicine.

Now back to that pesky fox ...

Later that same day, my husband fetched the (un)lucky duck to examine her because if there was evidence the fox had penetrated her skin with his teeth, it would have been important to treat her.

We found a few small bite marks that could potentially cause infection, so I made a mixture of [Ledum palustre 200](#) and with an eyedropper, gave her a few squirts. For the next week, I did the same, once to twice daily.

The mixture I made was a dose of *Ledum* into about a half-ounce of water, which I then allowed to dissolve. A simple dropper full was what I shot into her mouth.

This happened about four years ago and I'm happy to report, this (now) lucky duck is still with us today.

There are two points I want to make here:

1) [Ledum palustre](#) is one of the premier homeopathics for puncture wounds, which includes bites from an animal; any animal even tick bites (<http://joettecalabrese.com/blog/protocol-lyme-disease-using-homeopathy/>). It has a history of protecting from even the most virile diseases, such as tetanus and rabies.

2) [Arnica montana](#) and [Hypericum perforatum](#) are the foremost medicines to prevent tetanus and infections from bites.

What's most vital though is your overall health, and that of your family's; it's up to you to learn as much as you can about protecting it from synthetic drugs and other superfluous affronts.

Don't let a "foxy" industry persuade your better judgment simply because you've had prolonged exposure to their particular brand of drugs and lifestyle.

Learn the alternatives to each conventional prescribed drug; there is always (and I mean **ALWAYS**) an alternative, and the

homeopathic is often one that will correct the problem, rather than merely manage the symptoms.

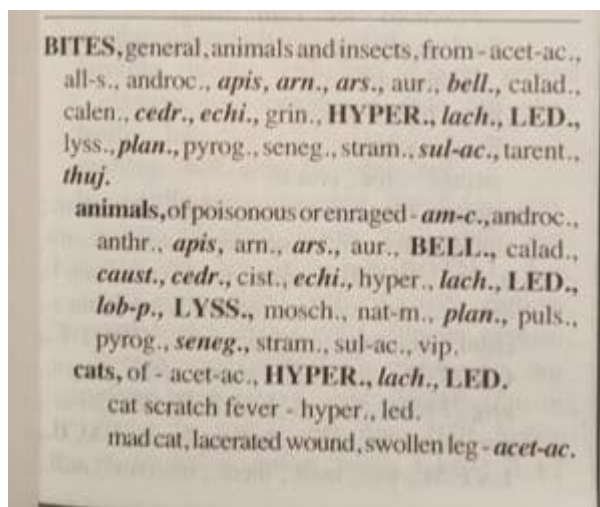
Acknowledge it. Learn it. Apply it.

My goal is to turn 100,000 new families on to using Homeopathy by 2020. That's 25,000 each year.

Join me in my effort to change the world. Turn your friends on to Homeopathy, and count on it as *your* medicine of choice.

Let's make the world a synthetic drug-free zone. We'll all be better for it!

Here are reference pages from the Clinical Chapter of *Homeopathic Clinical Repertory*, Robin Murphy, N.D. indicating the use of *Ledum*, *Arnica* and *Hypericum*.



Should you be interested in the medical rationale for using them as preventives of tetanus, here is the tetanus

TETANUS, lockjaw - absin., acet-ac., **acon.**, act-sp.,
aeth., agar., alum., alumn., ambro., aml-n., amyg-am.,
anan., **ang.**, anthr., ant-t., **arg-n.**, arn., ars., art-v.,
aster., aur., aur-m-n., bapt., **BELL.**, bry., bufo, calc.,
calen., **camph.**, cann-i., **canth.**, carbn-s., cast-eq.,
caust., **cedr.**, cham., chin., chin-s., chlf., chlöl., **CIC.**,
cimic., cina, cob., **cocc.**, coffin., colch., con., **crot-c.**,
crot-h., **cupr.**, **cupr-acet.**, cur., dig., dios., dulc., **gels.**,
glon., grat., **guare.**, **hep.**, hydr-ac., **hyos.**, **HYPER.**,
ign., iod., **ip.**, kali-br., kali-cy., kreos., lach., lat-m.,
laur., **LED.**, **lyc.**, lyss., mag-c., mag-p., mang., **merc.**,
merc-c., merc-i-f., morph., **mosch.**, naja, **nux-m.**,
NUX-V., **oena.**, **OP.**, ox-ac., **passi.**, **PETR.**, ph-ac.,
phos., phys., **plan.**, phyt., **PLAT.**, **plb.**, podo., puls.,
rhus-t., **sec.**, seneg., **SEP.**, sil., sol-n., spong., stann.,
staph., **stram.**, **STRY.**, sulph., tab., tarent., ter., **tetox.**,
ther., **upa.**, **verat.**, verat-v., vip., zinc-m.
injuries, after - all-c., **hyper.**, **led.**, plan.
preventive, for - **ARN.**, **HYPER.**, **LED.**, phys.,
tetox., thuj.

rubric as well.

Four Homeopathic Medicines for Asthma



Carle is a bright, creative young boy but at school, he just doesn't seem to function well. He has ADHD, anxiety and a bad temper.

He also has asthma. It can be quite severe at times. He has a history of frequent colds, allergies, chemical sensitivities, and bronchitis to go along with it. Like most kids with asthma, his pediatrician prescribed inhalers.

Now, why did I tell you about his behavior and ADHD if this is a blog post about asthma? Because, as I have shown time and again, when you treat a condition with conventional drugs, all these illnesses tend to become interconnected.

Rather expectedly, if you understand what synthetic drugs do, those who use inhalers often become aggressive and have difficulty with concentration. Anxiety caused by specific asthma medicines can also lead to generalized anxiety

disorder, which has been shown to carry on for years.

Is this psychiatric condition a side effect of a drug? Some might call it that.

I call it a new disease.

We've exchanged bronchial spasms for a behavioral disorder, yet haven't even cured the original disease! We've swapped normal aptitude in the classroom with an inability to learn and (sometimes) the ruining of social acceptance in school and other social circles.

Sounds to me like we're accumulating diseases, not uprooting them.

Carle and his family have stepped onto the modern medical conveyor belt and will have a difficult time getting off unless they understand just how serious these drugs are on a young body and mind.

The irony is, if the school was to have its way, Carle would be put on more drugs to further suppress his newly acquired behavior.

I looked up steroid inhalers on PubMed, and here is what I found: they "prevent and control airway inflammation" and "decrease severity, frequency, and duration of asthma attacks and treat the attacks as they occur."

I kept looking for the words "cure" or "life of living free from drugs," but I could not find them.

I didn't *really* expect to find those words.

The drugs are intended to suppress symptoms without regard to what they will likely cause elsewhere in Carle's delicate system.

We're told these drugs are tested, but on whom? Children

with developing lungs and blooming personalities? Of course not.

By law, children are not tested on. Well, except children like Carle, under the guise of “proper medical intervention.” If enough children were treated in the same manner, and enough of them were reported with psychological damage, it might cause pause for the industry to change the formula (just in time for the next fall-out to present), but that’s not likely for now, which essentially means Carle is the test.

In truth, we all are.

I don’t mind being part of the testing of a product such as a new refrigerator or smartphone, but I don’t want to be the lab rat for the pharmaceutical industry. And I especially don’t want my child to be one.

So what to do?

There are a few different ways we can approach a situation such as Carle’s. If his asthma was mild and his parents believed it could be controlled without submitting to an inhaler, they might decide not to give him one in the first place.

But unfortunately, most people don’t come to these kinds of conclusions until they discover just how dangerous drugs can be. This doesn’t happen until they, or someone they love, has suffered harm in which case, they could use one (not all) of the following Banerji Protocols:

1. [Kali carbonicum 200](#), every 7 days, for asthma in general
2. If there is wheezing, [Kali iodatum 6](#), twice daily can be employed as well.
3. If there is gagging, particularly from an extrinsic cause such as cat dander, I also like [Ipecac 30](#) every

1-3 hours if very severe, and less frequently if not. This is also of great value in those who have asthmatic coughing.

4. [Lachesis 200](#), one dose every other day, is a great medicine to help uproot asthma, but it should not be taken along with *Kali carbonicum*.

However, if extrinsic sources such as allergies are the main cause of asthma, other remedies must also be employed.

I won't go into them this week, but chemical sensitivities, food intolerances, animal dander, pollen and dust, for example, ought to be represented in the remedy choices to help uproot them.

Asthma can be a life-threatening disease and it's important to note if a medication is abruptly halted, a boomerang effect can become serious.

This is why it is not advisable to stop the use of prescribed drugs, even while on homeopathics, until it's clear that the drug has become undeniably superfluous. It would be advisable for most drugs to be weaned off with the guidance of the prescribing practitioner.

Remember folks, Homeopathy is medicine – not herbs, vitamins, home remedies, or supplements – so, if the symptoms I've described here are not apparent, it is sloppy and potentially harmful to employ the remedies mentioned above.

There you have it, folks. Homeopathic medicines for asthma, free of the nasty side-effects and behavioral issues.

Now *that's* what I call true medicine.

Warmly,



P.S. My flu has been uprooted by our beautiful homeopathics. I sounded raspy on and off for a few days, but never missed a day of work or family obligations. Meanwhile, one of the commenters on this blog offered a great tip; the specific *genus epidemicus* for this particular influenza. This is the remedy mostly likely to address *en masse* in the face of this epidemic. My staff is sourcing a pharmacy for you to purchase the medicine, so stay tuned. I hope to have this info for you by next week.

Homeopaths Get the Flu Too, Ya Know – Part Two



As I promised you I would [last week](#), I'm here to tell you about my road to recovery after succumbing to the flu.

I'm better. Actually, I was better within a few hours of taking the right remedy. That's the key folks. Knowing the correct remedy to consume, and when.

So many times I hear "it didn't work" when referring to a remedy for this ailment or that.

But the truth is, the most accurate way to describe what happens when nothing comes of a homeopathic medicine is to say, "I didn't choose the correct one."

How can I so boldly proclaim this? Because, friends, Homeopathy works. When the remedy is correct, it does its job, which is to say, it cures what ails you.

'Nuff said.

Back to last week when I reported that every bone in my body was shouting, I was cold to my core, my lungs ached, and I *knew* I was headed for one of those unmistakable, in-bed-for-a-couple-of-weeks kind of illnesses.

It felt like influenza. Like what everyone around me was reporting they had been experiencing for weeks.

Trust me when I say I'm not bragging, 'cause I'm not 100% better (I still have a little hoarseness and an occasional cough here and there), but I did it.

Let me rephrase that because, in actuality, *I* didn't do it.

Homeopathy did.

I quickly realized I began to improve shortly after taking [*Hepar Sulph 200*](#), but then I started to lose ground.

So I switched gears.

I recognized what I was suffering from wasn't just a garden variety cold but rather, full-blown influenza.

How did I know this? Because generally, a cold doesn't cause profound weakness, pain in the lungs, noteworthy aches and pains, or an impending sense of doom.

Once I realized this, I switched to Boiron's [*Influenzinum 30*](#) and took it approximately every 6 hours, and I stopped using [*Aconitum 200*](#) mixed with [*Bryonia 200*](#).

However, when I was at my parents' house that Sunday, my little bottle ran out, and I freaked because while I was taking it, I felt well ... peppy even.

Once I stopped, I could feel it creeping back. Actually, it wasn't really a creeping sensation. It was more like a

BAM!

I don't actually remember the drive home that night because I was so weak and out of it. Thankfully, I was able to rummage up another bottle in my kit, which I subsequently took before folding into a flump in my bed.

About 90 minutes after taking that dose from the fresh bottle, I felt like myself again and was able to get on with my evening duties without incident.

This is how it went all week long.

As long as I took the [*Influenzinum 30*](#), I worked (which for me, typically equates to 10 hour days), ate, and slept normally.

Then a few days ago, I felt that lung thing happening (with a burgeoning cough) again, so I decided to take [*Bryonia 200*](#).

Within about an hour, my lungs felt better, and the cough was noticeably absent.

This gave me permission to alternate between the two remedies, taking each around every 6-8 hours.

My voice became hoarse a couple of times, and since being a homeopathic consultant requires me to speak for most of the day, I took *Hepar sulph 200* a few times. As you may have guessed, it did the trick and restored my chords to their normal tone. (I may need to return to this from time to time.)

As of this post, it's been one week since I contracted influenza, and although I undoubtedly still have some lingering aspects of the illness, it hasn't kept me down (as long as I take my medicines!)

Honestly, it hasn't been much more than a little semblance of infirmity.

Yes, it may take another week (perhaps even more) until my body is completely rid of this, but as I improve, I'll skip a dose of one or the other to determine whether I need to continue.

If the symptoms return, it will indicate that I should do so.

If I still took drugs and went to doctors (like I did up until the time I was 32), what would they have to offer me for this cold, cough, influenza or whatever else they may deem it to be?

I was tempted to leave this space blank to make my point, but it simply wouldn't have read well on your screen. Instead, I'll say it in as many ways I know how:

The mainstream medical community has nothing more to offer than a quick prescription and a follow-up appointment.

Zilch. Nada. Niente.

We, however, have Homeopathy.

Remember, Homeopathy **is** medicine. Not the patented, synthetic, replete-with-side effects kind that only treats symptoms. The kind that's gentle, wholesome, side-effect free and most importantly ... effective.

The moral of my story is to make sure you have the correct remedies on hand and pay attention to what your body and symptoms are telling you. If it's not the flu, *Influenzinum* likely won't cure.

If it's not a cough that is particularly dry, *Bryonia* probably won't do much, and if your voice is not hoarse, or you don't have a dry cough, *Hepar sulph* won't save the day.

So use this information to your advantage; just promise me you'll tell others about it.

And get gutsy.

Tell even those who you don't believe would be open to this.

You never know who has just become disenchanted with synthetic drugs.

Homeopaths Get the Flu Too, Ya Know

I'm sick.

Lest you think homeopaths don't get ill ... here's proof that we do. I'm writing this on my laptop from bed, with a cup of bone stock on my bedside table.

You read that right – I. Am. Sick.

I feel pretty lonely, too (my husband is out of town for the day), but thank goodness for Buster, the bad office dog. He hasn't left my side.



This doesn't feel like a garden variety cold.

I'm super weak, my back is achy and my lungs feel like this is going to be a doozy of an illness. Everyone around me has

gotten bronchitis; one family member got pneumonia, and it feels like it's all stacking up against me to get me really down.

But I'm prepared.

This is what has gone through my head:

No wheezing nor breathing trouble, so I won't consider *Kali iod 6*.

No breathlessness or cough that's gagging or nagging, so no *Ipecac 30*.

No stuffed-up nose or the feeling of an infection in the sinuses, so I won't go to *Sanguinaria 200*.

And it's not deep enough to consider Kali carb, since it's not bronchitis or pneumonia.

Having said this, *Kali carb* is a great remedy to support the lungs in general. It's one of the best for asthma, emphysema and pneumonia but I'm not going there yet, since the aches and weakness are more prominent.

I could take *Influenzinum*, but so far, the remedies I'm considering have helped many around me, so I'll forgo that idea for a while.

I could use *Oscillococtinum®*, which helps thousands of people every year (including my family members) but never helps me, so although I might suggest it for others, I'll pass.

I might also consider *Gelsemium 30 or 200* if the fatigue doesn't back off. It's what the homeopaths used during the great flu [pandemic of 1918](#) and saved tens of thousands of lives, while the allopaths saw a large percentage of their patients die.

But again, I'm prepared.

I have my remedy kits, my notes, book, homemade bone stock and my poodle.

So this is what I've done so far:

About three hours ago when this came on, I took Aconitum 200 and Bryonia 200 because it's a good place to start for coughs and illnesses like this, especially when it comes on suddenly. It was the remedy that helped my sons with their recent coughs, so I put more credence into this choice.

I put the pills of one into my mouth and the pills of the other to mix them. The mixing of these two particular remedies is a protocol that Drs. Banerji taught me for colds and coughs. (Although, they have it pre-mixed in their pharmacy.) About an hour later, I took Hepar sulph 200. I plan to alternate between these medicines every few hours or so into the night.

Hepar sulph is my all-time favorite for coughs and although I haven't developed one as of yet, I took it because I feel rumblings in my lungs and it's what I call the homeopathic antibiotic for coughs and sore throats. (I hate saying that because homeopathy is often superior to antibiotics, but you know what I mean.)

Even though I have an idea where this may be headed, given those around me and the calls our office has been receiving, I'm going to remain conservative and stay focused on the symptoms that are currently presenting.

If this doesn't do enough good in the next 24 hours and my back is still achy, I might just go with *Rhus tox* 30 or *Nux vomica* 30 or 200.

Am I rambling? I think it's 'cause my brain feels fatigued, too.

But I want you to get an idea of how to tease out what's most important when trying to decide on a remedy choice, particularly when you're the one with the illness.

This will also be a good opportunity for everyone to see how I fare during this upcoming week.

Next week's blog will reveal what happened to me while recuperating. (Read it [here](#).)

I'm not going to write anymore because I'm going to sleep now.

I hope you don't get what I've got by reading this.

Wait. That's not how germs are spread, right?
(See what I mean about my brain? I really DO need to rest!)

Warmly,
Joette

P.S. I'm going this alone because I have my systems in place. But you, dear reader, ought to have a friend or homeopathy study group mate whom you can bounce this off of. Consider starting with one in your neck of the woods.

Homeopathic Remedy for Genital Herpes



Genital Herpes.

It strikes fear.

It ruins relationships.

It causes pain and suffering.

Most importantly, it's prevalent; epidemic even.

Enter Homeopathy.

First, allow me to clarify that I am by no means an expert on the daunting subject of Herpes of any strain. But since I'm privy to having worked closely with the Drs. Banerji and have witnessed the use of their Type 2 Herpes protocols, I would be remiss if I didn't share what I have learned.

So, I've decided that despite the forthcoming criticisms I will likely receive regarding my audacity to write on this sensitive subject, I will offer this information anyway.

Some things just need to be said.

Before I begin, however, allow me another caveat. I want to

reiterate that Homeopathy is *not* a word that describes holistic medicine. It is *not* herbalism, supplement therapy, home remedies nor vitamins.

Within these categories, it is acceptable to give something a try on a whim, in the hopes it will make a difference. This is not so with Homeopathy. Instead, I urge my students and readers to be absolutely certain of what they are treating.

This means that in order to approach a condition such as genital herpes, it is prudent to have an authentic diagnosis. If what someone believed was genital herpes turned out to be jock itch, some other fungal infection or eczema instead, the protocol I'm about to share with you, if used repeatedly, could actually *cause* the symptoms it was intended to remove. It wouldn't cause herpes but could cause symptoms that might resemble it.

Remember, that's how homeopathy works: it employs substances that in their gross form cause sufferings, while the homeopathic formula of super dilution and succession cures them.

This means it needs to be used with that in mind, and not as a just-in-case method of treatment.

In an effort to understand how Homeopathy acts in chronic illness, I urge you to go to my [Podcast #12](#) and listen to my explanation, which offers a deeper understanding of the topic. It will help you interpret what and how symptoms are represented.

Having clarified that, here is the Banerji Protocol for Genital Herpes. Promise me you will use it judiciously, and only after receiving a true diagnosis from a qualified practitioner:

- 1) [Camphor 200](#), one dose for one day only for anyone over

the age of 12 months old. (This is used to help clear the case and essentially clear the slate.)

2) Mercurius solubilis (or Mercurius vivus) 200C, twice daily.

3) Arsenicum album 200C, twice daily.

In some cases, amelioration is reported within days while in others, there's simply a lessening of presenting symptoms. Still, others report that the eruptions continue to occur but are less intense, shorter in duration and the episodes are fewer and far between.

Hence, the speed and depth of this protocol is dependent on such factors as the amount of suppression from drug use in the past, the immunity of the person and drugs the sufferer may presently be taking.

So there you have it. A complex subject distilled into a simpler one. Many thanks to the Drs. Banerji and their cumulative practical experience of 150 years.

Now go take care of your family and community and spread the word.

Podcast 17 – Homeopathy Can

Help Mothers Care for Their Children – New (and Not So New) to Homeopathy Part 1



I share in this podcast the harrowing experience I had with my firstborn child and how that changed the way I raised all of my children.

I explain that Homeopathy is more than home remedies, herbs, and vitamins; how it used to be prevalent in the US and is still widely used in Europe, South America, and India.

Homeopathy is a simple – yet intelligent and elegant – way to physically help your family.

Jendy: This podcast is sponsored by the book, "Backyard Farming on an Acre (More or Less)." Whether your goal is to eat healthier, save money, live more sustainably or a combination of these, "Backyard Farming" helps you get there. Comprehensive and detailed, it covers everything you need to know to plan, purchase, plant, raise, harvest, preserve and enjoy your own backyard farm.

Narrator: You're listening to The Mom Prepares podcast, a feature of momprepares.com, which is a modern guide to self-sufficiency, and a place to learn how to keep your family safe, fed and healthy.

Jendy: Hello, this is Jendy, and I am here with Joette Calabrese from JoetteCalabrese.com, and she is an expert on homeopathy and has several courses coming out that I believe our listeners would be very interested in. So hello, Joette. How are you?

Joette: Hi, I'm very well. Thanks for inviting me, Jendy.

Jendy: Would you tell us a little bit about yourself?

Joette: Yes, certainly. I'm an American homeopath. I'm a public speaker and an author, and I've studied and practiced homeopathy for about 27 years. But I was not always a homeopath. I raised my children and homeschooled them for 15 years while studying to become a professional homeopath. And I also made all my family's foods from scratch and raised chickens and ducks, and we have bees, and we have a pond.

And so, my children are all grown now. They're adults and away from the home, but I raised my children solely with homeopathy. They just never got an antibiotic, never had a Tylenol, not even an aspirin. My oldest is 27, and we have two others just under his age, and they've never had any

drugs at all because I counted 100% on homeopathy and homemade foods and some botanicals as well.

I have been very involved with Weston Price Foundation. I'm on the honorary board of the Western A. Price Foundation, and I'm a professional speaker and present at many of their international and regional conferences. I've spoken internationally and have authored not only my own blog where I try to give mostly women ... I skew towards moms because I feel very strongly about what I was capable of doing with my education, and I want to be able to share that with others.

Jendy: I think for me, when I became a mom is when I became much more interested in what I was putting in the body. Before that I didn't think about it, for me personally. And I love what you said about that, about antibiotics. One time I took my child to the doctor, I think for an earache, and they gave him antibiotic. And they said, "Well, that's not really going to take it away. You're going to have to come back and get something else." And I was kind of like, "Well, then why do I want this?"

Joette: Right. Good question. What I want to do with moms is I want them to question the authorities and not just ... once you homeschool your children, for example, you can't help but start questioning other traditional methods of raising children. Once you step outside of one box, you can't help but note that, "Boy, that's not right either, and maybe I should check this out; maybe I should look into this instead of that." And it just snowballs into a lifestyle that is pure and noble, as far as I'm concerned.

Jendy: So how did you first get interested in homeopathy?

Joette: Well, I went to a lecture offered by a doctor, an M.D., about 27 years ago. He was traveling through my hometown of Buffalo, New York, and he was giving

a lecture on vaccines, and I was pregnant with our first son. And I went to the lecture to learn a little bit about vaccinations, because I wasn't sure. I'd read a little bit and just wasn't certain about it. And I had no idea that this man was also a homeopathic physician. And so when I went and listened to him, I was astounded by the numbers and his data and the information that he gave this small band of mothers in regards to how every single illness that vaccines are supposed to protect us against, there's a homeopathic medicine that's been used for close to 200 years that has been shown to be even more efficacious.

I was blown away that night. And I went home and told my husband about it and was very excited. And I bought a book, a simple homeopathy book, and a little homeopathy kit, which meant that I had a number of remedies that I could use if something happened to someone in our family, and then this book to help me determine it. And then I went and met with a pediatrician to determine who I was going to have as my pediatrician for my child when he was born.

And I told the pediatrician that I was thinking about the idea of vaccination and that we were considering postponing vaccinations, or at least maybe minimizing the number in the very beginning and slowly adding them. And he kind of rolled his eyes a little bit, that should have been my first clue, but it wasn't – I wasn't savvy enough at that time to pick up on those nuances – but he rolled his eyes.

And all my friends told me, "Oh, he's a great guy. He's very open-minded." Which was another clue I should have listened to, because when you hear "open-minded," that's not what you want. We don't want an open-minded doctor; we want a doctor who really *gets* it – not someone who will consider. No, no, you want somebody who's already done the homework.

So, my son was born, and I took him for his well-baby checkup. That was mistake number three now, okay, because

there was nothing wrong with him. He was well! What did I need a doctor to tell me that he was well for? So, I foolishly did that and in trotted the nurse with a little vial and tossed it in my son's mouth. I said, "What was that?" She said, "Oh, just his polio vaccine."

Now, he was six weeks old. He was as healthy as can be. He never had anything wrong with him; he had been nursing vigorously; he was the right weight. And there was nothing I could say. There was nothing I could do. I said, "Well, I guess that's the way it went."

I decided though, I was pretty disturbed by the fact that they didn't recognize the fact that on my chart, it was very clear that we were going to postpone, and we were going to talk about it before, et cetera, et cetera, and no one bothered to do that with me. And I went home deciding I am not going back to that pediatrician.

Well, two days later, my son got very, very sick – 105.5 fever – he was listless. It lasted for two and a half days. And I said, "I am not going back to that pediatrician because I know what he'll do. He'll want to put him on an antibiotic and Tylenol, and I will be down the road that I did not want to travel ever in my life."

And he was only six weeks old, it would've been just the very beginning.

So, I had this book – this homeopathy book – and this kit. And nothing in the book indicated where to go with something such as vaccinosis or injury from vaccine, but what it did have was a chapter on high fevers. And so, I can't tell you precisely why I chose this specific remedy that I chose. It was an embryotic decision, but I decided to use the remedy *Sulphur* 30. And my mother was with me; my close friend was with me. They could see how sick my son was. He was laying in my arms, lethargic. He looked all dried out. Later, I

realized I should *never* have been without forcing some kind of fluids in him. And he probably should have been on an IV – he was so sick – to get at least saline solution. But I lucked out.

And I put the pills, four little *Sulphur 30C* – that's a homeopathic remedy – directly into his parched little mouth. And honest to goodness, Jendy, it was less than 40 minutes. He became firm in my arms; he commenced nursing, and the fever was completely gone. I was flabbergasted. My mother said, "*What just happened?*" My friend said, "Holy cow, this is *amazing*."

And that's what turned me. I said, "I *must* learn about this medicine. I *must* know what this is." Had I gone the other route, he would've had an antibiotic, like I said, and Tylenol. Tylenol's very dangerous for the liver, especially a little baby's forming liver. Antibiotics ruin the gut, even long term. I'm not talking about even if you give them probiotics, it takes a long time to undo what antibiotics can do to a baby's – to anyone's gut, for that matter.

And I found the answer myself in this book. I did it. I cured my son. I can't tell you the pleasure that I had in having accomplished that. So, I got every book I could find, and there were not very many. We're talking back in the '80s, there were not very many books. So, I dug and dug until I found a woman who had studied homeopathy in England – because homeopathy has been big in this country since the 1940s. It's very big in Europe and England and Germany, France, Switzerland, Greece. But she had studied there. And I begged her – she did not want to do this, but I begged her – to teach me and a band of mothers how to do this, so that we could treat anything that came our way. And we studied for four years – we met every Thursday night – studied for four years, and finally I decided to go to school in Toronto. And the rest is history, for my life.

Jendy: Wow. No more antibiotics or vaccines after that?

Joette: Well, he never had the antibiotic, and he certainly never had another vaccine, and we never went back to those pediatricians. Now he's a 27-year-old man, and as healthy as can be – rarely ever gets sick, and if anything, it's very mild. It's a little cough once every four years or something. And so then I raised our subsequent children in the same fashion, and we just lived on the foods that we grew and the homeopathic medicine that I was learning about consistently.

Jendy: So, if our listener doesn't know what homeopathy medicine is, how would you explain it?

Joette: Okay. Well, most people think that "homeopathy" means home remedies because of the prefix home in the word, but it doesn't mean that at all. "Home," in the word homeopathy, actually means homonym or like or similar. And "pathy," of course, means pathology or illness. So, it means similar illness.

So, let me give you an example. Let's say we get an onion, and we chop it up. And most folks, when they're exposed to an onion will have a cluster of symptoms: their eyes might run; their nose might run; their upper lip might excoriate; and they might even become a little jittery. So, that is a cluster of symptoms associated with the gross exposure to an onion.

Now, let's say there's someone who says, "Every spring when the tree buds blossom, my eyes run, my nose runs and my upper lip excoriates, and I'm a little bit jittery." That's a similar cluster of symptoms as what an onion will cause in the gross form. But it's not *exact* pathology, it's *homeo* or *similar* pathology.

Because the difference is in the first scenario, the cause

of the eyes running, et cetera, is as a result of being exposed to an onion. In the second scenario, the etiology or the cause of the illness is as a result of being exposed to tree buds blossoming.

So, in a homeopathic pharmacy (I might say parenthetically, regulated by the FDA – this is not underground, but in a homeopathic pharmacy), the pharmacists get a drop or a tincture – a drop of onion (of juice) and in alcohol, so now it's called a tincture – and they dilute it many times. They dilute it and dilute it and dilute it. So, when I said that I used *Sulphur* 30 for my son, it was *Sulphur*, in that example, diluted 30 times. In the onion example, we might dilute that 30 times and “C” or “X” after it, means that it's been diluted to the hundredth or the 10th power. So, it's quite dilute.

At a certain point in dilution, homeopathy – excuse me – the *original* substance becomes curative. It might cause illness in its original form, causes symptoms such as eyes running, nose running, et cetera. But after it's been diluted a number of times –and it's a mathematical number – once it gets to a certain level, the toxicity is minimized, and the curative aspect of the onion (or whatever plant or whatever mineral we're using) comes to the fore.

So, for that person who has the tree bud blossoming allergies, if we give them homeopathic onion that has been highly diluted – and of course we don't use “onion,” (we don't use that as the name). We use the Latin name because this is medicine. So, we use the name *Allium cepa*, which means onion in Latin. And then it gives us a number as to how many times it's been diluted.

We give that to that person with the tree bud blossoming allergies, and it uproots the allergy. It uproots it – doesn't treat symptoms – it gets rid of it. It's done. We're done. I'm not saying one dose, sometimes it needs to be

repeated over a period of days, and depending on the severity of the allergy for that person, it might be weeks, could even be a couple months. But when it's done, it's generally done.

Now, we might find that two years from now when the tree buds are blossoming again, that person might again have that problem, but it will be a much lesser level. They won't suffer nearly as much. It will last for a shorter period of time. So, then they use *Allium cepa* again, and it goes even deeper.

So, it's almost like pulling up the weeds in the garden. Each time you see the presentation of the weed, if you pull it up by its roots, you might find that there's a little bit of a root left behind. And the next time round, it'll be a weaker level of that dandelion.

That's what homeopathy is.

So, I warned you. I warned you, Jendy. I told you it's a long explanation. Particularly because most folks still believe that it means, "Oh, it means vitamin C or using home remedies or taking raw honey and vinegar for indigestion or something like that." And all of those have validity, but that's not what homeopathy is.

It is a very specific medical paradigm. And I might also add that I think is rather interesting, is that homeopathy was very big in this country at one time. The homeopaths had 100 hospitals in our country, in about 1940. And at the same time, the conventional doctors had fewer hospitals. Homeopaths were bigger and more impressive hospitals. There were not more homeopaths than the medical doctors – about 40% of the doctors in this country were homeopathic physicians. But there were more hospitals, and they were the big, big important hospitals that you still see all around. They're no longer homeopathic, but it was very big in this

country. And then we had an infighting in medicine back in the 1940s, and it was abolished in U.S. and Canada. Again, not so in Europe, South America, India, *just* North America.

Jendy: Is it coming back at all?

Joette: I think it is coming back. I believe that the way it's going to come back is grassroots this time. Although it was grassroots last time, too. It was mothers who wanted to learn homeopathy, wanted to be able to use it for their families because they were tired of the same old stuff we're tired of today: the antibiotics, and at that time they didn't have Tylenol, but they certainly had aspirin. They didn't want to see their stomachs all turned inside out from aspirin poisoning. They were tired of the old ways, and they wanted something that was gentle, but very, very effective. And that's the description of homeopathy.

Jendy: Yeah. For you personally, do you take something from your homeopathic medicine every week, or is it just kind of like when you get sick?

Joette: Well, if it's something that is an acute – such as an ear infection, for example – then you would just take it for a few days or less than a week, and it would be resolved. And then the next ear infection – that had been historically repeated, like you said earlier, every couple of months it can happen again and again, and again and again. No, it aborts it. It stops the whole process because the body doesn't need to show that any longer.

But if it's something that's chronic, like allergies or food intolerances or long-term illnesses like arthritis, behavior problems in children, now we have to use it for a longer period of time. But again, there are no side effects. No side effects. Can you imagine a medicine that only does good and no bad? We didn't even know there was such a thing, did

we?

Jendy: No. And it's always with the end goal to completely stop taking it. It's not like some medicines you get on, you're just on forever. But this medicine is to finish and be done with it.

Joette: That's right. Precisely. Precisely. That's exactly how it works.

Jendy: And at the very root, it is all natural substances.

Joette: Well, it comes from plants, animals, minerals, elements on the periodic table. There are close to 6,000 homeopathic remedies that are made today. The difference between homeopathy and botanicals or herbals is that homeopathy utilizes things in nature that are toxic ... because you *can* ... because it's so dilute that it eliminates the toxicity and allows the curative aspect to come to the fore.

So, we can use something like poison ivy. So, herbalists can't use poison ivy; it's too toxic. But if you get poison ivy – the plant – and get a drop of its juice and put it in alcohol, now we've made the tincture (like what I said earlier with the *Allium cepa*). And dilute it and then dilute it again and again and again and again – say, for example, 30 times to the hundredth power – it's called *Rhus tox* (that's the Latin name for poison ivy) 30C, for example. And we use that for chicken pox. Why? Because poison ivy acts *just like* chicken pox: pustules, itching, oozing, restlessness; it's the same picture.

So, it's "homeo pathology." It's similar illness, but it's similar enough that it will resolve it, but not exact. Because if it was *exact*, then you would have to get chicken pox pustules and dilute them and give them to the child who has chicken pox. No, no, no, we use *similar* illnesses. It's

quite elegant. It's simple and intelligent.

Jendy: Yes. It's like, "Oh, that makes so much sense, but oh, wow, there's so much more to it."

Joette: There is more to it. And many teachers of homeopathy ... and I will be honest with you, I too (and I've taught at colleges and universities and online and at seminars, and I do presentations all over the world), and I used to teach that it is *extremely* complex. And then I realized – it took me a long time, I'll be honest with you, Jendy. It took me a long time to realize this – that there is a way to do this for chronic issues that's very easy for moms and families to learn. And that's what I'm teaching now, how to do this very simply with simple protocols.

Jendy: And you teach this through your website, right?

Joette: Yes. I have CDs and books that I have authored that are available on my website. But right now, we're running a course called [Good Gut, Bad Gut](#). And you can go right to the front page, click on the image for Good Gut, Bad Gut, and it gets folks to learn a little bit more about it.

And the reason I call it Good Gut, Bad Gut is because of my nutritional understanding. And because I'm so very much against the use of antibiotics in most illnesses – particularly normal childhood illnesses – I find that people gravitate towards me who have had problems with their children or themselves having been put on antibiotics.

And we find that the ills that come from having used them – even one round of it can do this – are not just about the gut. It doesn't just disorder what's happening in the gastrointestinal system, but it also changes children's personalities. We see ADD in children, we see behavior disorders. We see moodiness and foginess in adults, as a

result of antibiotic poisoning. We see arthritis in older people. I mean, the list goes on and on, and I go into all of that. So, what I teach is how to uproot all of those issues in this Good Gut, Bad Gut course on my website.

Jendy: And that's all centered in the intestinal area?

Joette: Yes. Sugar addictions and menstrual issues, and I'm just looking at some of the ... chronic bloating, food intolerances. If I don't get one call by noon every day regarding food intolerances, that's an unusual day for me. Most people suffer; they can't have wheat. Why can't people eat wheat anymore? I mean, wheat has been around for thousands of years, for goodness sakes. Jesus broke bread that way. Why can't we eat wheat?

Well, some people say it's the kind of food that's been grown, and I will concede that it is. A lot of the food is industrialized and is difficult to digest. Nonetheless, we can digest it until we have the antibiotics, and then it's almost like a timeline. We can say, "I've not been well. I've been bloated and have sugar addictions, et cetera, et cetera, ever since last December." And then my question is, "What happened in October or November?" "I had a sinus infection." "Oh really? Let me guess what you took."

And now that sinus infection that was a short-term acute illness ... that had it been even left alone (I'm not saying that you would leave it alone), but had you left it alone, it might have lasted perhaps three weeks, two weeks, now has become a chronic illness because of the treatment that was used to uproot the sinus infection.

So what I teach is what do you do if you get a sinus infection? Let's learn a homeopathic remedy so that you can uproot it, and you don't have to think about antibiotics. But if you've already taken them, *now* what do you do? So, I

approach it from the very beginning, the beginning thinking process and all the way to the end when we perhaps have already done damage ... because it can be undone, and I've seen it many, many times.

Jendy: Because the body can heal itself if you give it what it needs.

Joette: Absolutely. Absolutely. But not if it's been poisoned. Sometimes, it can't be done on its own. And even with probiotics, they can be helpful here and there, but it depends on the person. Some people, a probiotic can make all the difference in the world, and they can get back on their feet. But what if it's a child who's had an antibiotic?

Let's say my son had been given an antibiotic at six weeks old. And then he had another bout of another high fever or ear infection, would've had another one and another round and another round and another round, another round. Then maybe acne when he was 18, and then by 21, he had a sinus infection. Now how can we possibly expect that poor body to be able to respond properly after it's been poisoned so many times? It's very hard to do that without the help of high quality food (which is also, of course, important) but particularly, with homeopathy to uproot that.

Jendy: Do you have an idea of cost? You mentioned something about you bought a kit when you first started, and then you said there's FDA pharmacies. Are you buying the medicines or have you gotten to the point that you make them, and is there a lot of cost involved?

Joette: Well, I don't make homeopathic medicines, generally speaking, but I do teach it in my ... I'm going to be teaching it in my Survivalist course using homeopathy. Where who knows if we're in a storm or there's a catastrophe of some sort, one may need to make a homeopathic

medicine, and so I do teach that.

But for everyday use, given that we're living in a comfortable world and things are not at that level, then I urge people to buy these remedies. You can buy them in health food stores, I sell a kit out of my office where they are 100 remedies. And that costs about 200 – I'm going to take an approximation – I believe it's about \$255 for 100 homeopathic remedies that are very commonly used in every day family care. [Editor's note: 100 Remedy Kits are no longer available through Joette's office.] You can get them at Walmart; you can get them at drug stores; just watch for them.

They have homeopathic remedies for teething, for sleeplessness, for restless legs, for muscle cramps, et cetera. They're ubiquitous. I mean, you can find them most anywhere. Now when I work with someone one-on-one as a client, then I arrange for a pharmacy ... for them to work with a pharmacy that makes the remedies specifically for that person. But it's unnecessary. You don't have to go that far in order to get the kind of reaction that you want, just by having a kit or getting to Walmart or a health food store, Whole Foods. They all carry them.

Jendy: That's so interesting, because you said about the hospitals not doing it, and it not being so popular anymore. But we can go anywhere and actually get them. So, there's not the *education*.

Joette: Yeah. The education is now in the hands of the mothers. That's the bottom line. It's not in the education of the doctors. They've stopped doing this. There are no more homeopathic medical schools in this country. So, that's why I had to leave this country in order to study this. And so now there are homeopathic schools that are starting up again. There's the American Medical Homeopathic School in Phoenix, Arizona, and I'm on the faculty of that

school. But they're far and few between, whereas they used to be two or three of them in every large city.

So, it's not the doctors who are doing this – although in many of the courses that I give online, it's jam packed with nurses. And we do see doctors, too. I have doctors who join my classes. But for the most part, you're not going to find any doctor who knows what this is, who's staying within the guidelines of what he was trained to do in medical school. He's going to have to, or she's going to have to step outside of the box in order to have gone this far and learned another medical science.

Jendy: And you mentioned you sell a kit, and can they get that through your website, too?

Joette: I don't sell it on my website, but if they contact me through the website – either through contact or they can call my office – we sell them directly out of my office, yes. [Editor's note: 100 Remedy Kits are no longer available through Joette's office.]

Jendy: And you said that's 100 different remedies?

Joette: Yes.

Jendy: About how long would that last an average family?

Joette: Well, I work with very large families often. I work with a lot of homeschooling folks and a lot of families have many children, and these kits can last for many years. Now, I own a kit – I own a couple of different kits – but I own one kit in particular, my favorite, which is the one I sell to people who are interested. I've owned mine for 19 years. And so, I raised three kids, my husband has used it. We have a dog, a cat, chickens. We've used it on our chickens. We used to have goats; we used it on our

goats. And this kit will last, I'll probably be able to pass this down to my great-grandchildren because the remedies never go bad. They don't have stale dates. They don't go bad.

I actually have (if we were live where you could actually see me on this), I'm going to point to a shadow box that I have up in my office here with remedies that were given to me by a man who was in his 90s when he came to see me about 15, 18 years ago.

His mother was a homeopath in Chicago, and he had some of the remedies that she had still left over from her practice. She was an M.D. And he gave them to me. And some of them are from 1910, 1918. And just to be certain that they worked, I used them for my family, and they worked. They still worked! So, they're a century old almost, and they still are effective. So, in a survivalist setting, I can't think of a better kind of medicine to have on hand.

Jendy: If you compare that to the cost of antibiotics, it's way cheaper.

Joette: Oh, it's *infinitely* cheaper. Meeting with me as a consultant, one-on-one, is not inexpensive, I'll be honest with you. But that's why I write this blog that I write every week, is I know that people can't afford to work with someone one-on-one all the time. So, I write a free blog that is skewed directly towards mothers and their everyday issues. So, I deal with breast infections and teething problems and croup. And I've written about what the remedies are, what to use – exactly the precise remedies, the protocol – exactly how it's to be used and where to purchase it. So, I have a little link back to someplace on Amazon or someplace else where we know that they can purchase these remedies. So, they don't have to go running around Walmart or Wegmans or wherever in the country to try to find these.

Jendy: Yes. And I saw you had a signup thing that you could get a free first aid chart or something, like a very simple one. And then you said you have courses, and those are probably a little more cost effective than the one-on-one consulting?

Joette: Yes, of course. Absolutely. And so, these are all online courses, or they're CDs, or they're downloads. I have it in every format possible. No one has to travel to Buffalo, New York, to study with me, they can do it all. And we also have live forums at all times, we have students who are constantly studying and asking questions, and we're always there to answer questions.

Jendy: Awesome. So there's a lot of ways they can learn through your website. And you said you have the Bad Gut, Good Gut course, and you have the [Survivalist course](#).

Joette: Yes. That's coming up. Yes.

Jendy: And are those the two main ones, are there more?

Joette: No, we have another course that's going to be coming up that's called just [Skin](#). And it's all about anything on the skin (including chicken pox), but it can also be psoriasis or warts or skin tags, acne. So, I'm going to be teaching just about skin, so that's another one.

We've got another one that's now in the works, that my writers and I are working on called, [Feminopathy](#), all about women and homeopathy. And it's not even women, it's actually starting at birth, baby, young girls, all the way through to old age, and what remedies are best used for each of the maladies that a girl or woman might encounter. We also have, what are the other ones, I said Survivalist, there's Good Gut, Bad Gut. We just finished, [How to Cure Yourself and Family](#), which is another very important book. That's the

goal! That is my goal is to teach families how to cure themselves.

Jendy: So, if our listener is brand new to this topic but intrigued, what would you recommend that they do or start?

Joette: The first thing that I would do is go to my website, Joette Calabrese, J-O-E-T-T-E, Calabrese, C-A-L-A-B-R-E-S-E, JoetteCalabrese.com and sign up for my blog. And it's free. No one ever badgers you; there's no advertising on it. I'm doing this just to get the word out. You'll get a blog every week, it'll be specific to the needs of most families. Even though I direct everything towards moms, to be honest, I know that dads are interested in these things, too – because I talk about shin splints and tendonitis and frozen shoulder and a lot of athletic issues that men might suffer from. But more often than not, it's about children and families in general: the cold, Ebola (I've covered that as well). So, that's a good place to start. And once you're in learning about that, I guarantee you're going to be hooked like I got hooked. I *guarantee* it.

Jendy: I know I'm going to go sign up for it because I'm intrigued already. Oh, my.

Well thank you Joette, so much for taking the time to talk to me and our listeners today, because I know you're busy with lots to do. And you know so much about this, I can tell I barely scratched the surface of the topic.

Joette: Oh, we could go on this forever, Jendy.

Jendy: I'm going to go have to dive into that blog there.

Joette: Yeah, yeah, please do.

Jendy: Thank you so much.

Joette: You're very welcome.

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Narrator: Thanks for listening. Make sure you subscribe so you don't miss a show. Visit our website, momprepares.com for show notes and more great information.

Warmly,

A handwritten signature in cursive script, appearing to read "Joette", followed by a period.

Dry, Cracked Skin: How to Get Rid of the "Ruff" Stuff

Hi Friends!



It's me, Buster.

I know it's been a while since my last post, but I haven't been able to use Joette's computer without her noticing what I'm up to.

And OK, I admit it, I've been enjoying my toasty spot under her desk so much, my paws have just been too lazy to type!

Ahh...such is the life of an office dog.

I do have a bone to pick though, and I couldn't help myself from jumping on the keyboard to tell you all about it.

It all started when Bella and her human family moved in down

the street.



I'll just come right out and say it ... I'm in love!

Here's Bella. We're even the same breed, but she's much better groomed than me!

The problem is, this weather is not doing my skin (and I'm sure yours) any favors ... super dry and even cracked in places. For me, it's far worse during the winter.

You can understand my dilemma; I couldn't exactly ask for Bella's paw when my own was so darn ruff!

Lucky for me, I have Joette. She knows me so well, I didn't even have to tell her why I was sniffing around her [homeopathy kits](#) for the best remedy to soothe my parched pads.

She let me in on a little secret I'm going to share with all of you (just don't tell her it was me who told you!) It's really pretty simple: [Petroleum 200](#), every other day until the skin is much improved. Then you stop.

It's that easy! Trust me, this works on the driest, most cracked skin (especially the kind you get during the winter months!)

I don't mean to brag, but my mitts have never looked or felt

better after taking Petroleum 200 over a period of about 2 weeks.

Now if you'll excuse me, I'm off to fetch a date with the prettiest hound in town ...

Until next time!

Buster (The Bad Office Dog)



Joette here. I want to confirm that *Petroleum 200* every other day is used for humans and pets alike.

The response to this medicine is beyond what coconut oil or any lotion can provide. If, however, you must use an oil, I urge folks to use only 100% edible oils.

If you can't eat it, don't wear it!

Synthetic products can suppress skin conditions and cause deepening pathology at a later date.

I also want to share with you a website a client of mine

made me aware of some months ago, www.Itsan.org. with regards to steroid withdrawal syndrome.

For those with skin conditions that have been “treated” with steroids, it’s a must-read site.

Should you be interested in learning how to uproot such skin withdrawal conditions, feel free to go to my course, [Skin: The Ugly Truth](#).

In my estimation, Homeopathy is one of the few medical methods capable of uprooting such suffering.

Once your fingers, hands, and feet are clear of painful winter cracks, pass on the good word to friends, family and colleagues.

Let’s cure one paw at a time!

Lead Poisoning and Two Homeopathic Antidotes: What I Would Do if I Lived in Flint, Michigan



The poor people of Flint, Michigan.

I'm trying really hard not to go off on a tangent about my thoughts surrounding the irresponsibility of government, and how we are more on our own than we'd like to believe (although I may have just done so by making that statement.)

This time, it's the local government who apparently, knowingly allowed the populace to be exposed to noteworthy amounts of lead in their municipal water system.

The families in Michigan are now left to fend for themselves, which is what we need to understand about life in the first place.

At the risk of nagging, I'll remind you that the only one looking out for you is **you**.

This is an essential perspective, and the first step towards health autonomy.

You may be asking yourself what I would do if I learned that *my* family had been exposed to lead?

After years of homeopathic practice and relying solely on

homeopathy for my family's health care, I know the homeopathic medicines that are consistently used throughout the world to antidote heavy metals.

But if I didn't know them, I'd go to one of my many trusted (and even beat-up) repertories, such as the *Homeopathic Clinical Repertory*, by Robin Murphy, my voluminous notes of what I learned in my classes back in the '80s, my files of clients I've worked with through the years and my notes of case observations from my fellowships with the Banerjis in Calcutta.

1) First, I'd consider Alumina.

It has been consistently shown that lead poisoning can be treated using this powerhouse homeopathic.

Sometimes it takes a few short few months. Sometimes many.

Homeopathic literature consistently indicates Alumina to be a good choice. For example, the *Concordant Materia Medica*, by Frans Vermuelen, tells us that it is a specific antidote for lead. But it is commonly described throughout most all other *materia medicas* as well.

Alumina is reported to stimulate brain function, while also correcting other neurological symptoms generated by the presence of high amounts of lead in the body.

Lead poisoning can induce specific physical symptoms such as tiredness, fatigue and even stupor, as well as mental confusion.

2) Another great homeopathic that has been used as a general antidote for lead poisoning (as well as mercury, I might add), is Causticum.

This medicine is credited with correcting nerve paralysis and urinary weakness induced by the toxic effects of lead.

Homeopaths worldwide have employed the use of Causticum to combat such effects as lethargy, mental confusion, muscle weakness and ligament fatigue, to name a few.

There are other important remedies to consider as well.

Plumbum (homeopathic lead) may also be considered, but I have decided to include the differentials between only Alumina and *Causticum* because they are where my experience lies.

The method is to choose between one of these medicines, based on the symptoms that present most prominently.

For my family, I would employ it in a low potency, such as 6X or C, 12X or C or 30X or C, once or twice daily until great improvement was established.

I can't tell you exactly what to do for your family and community. I can only share with you what I would do for my own.

One caveat: It is not prudent to use a homeopathic medicine without evidence that it is fully warranted.

In other words, these remedies are to be used **only** if lead poisoning is determined in conjunction with reliable testing provided by a healthcare professional.

Join me in spreading the word about the gift that is homeopathy.

Be ready, help others and GET THE LEAD OUT!