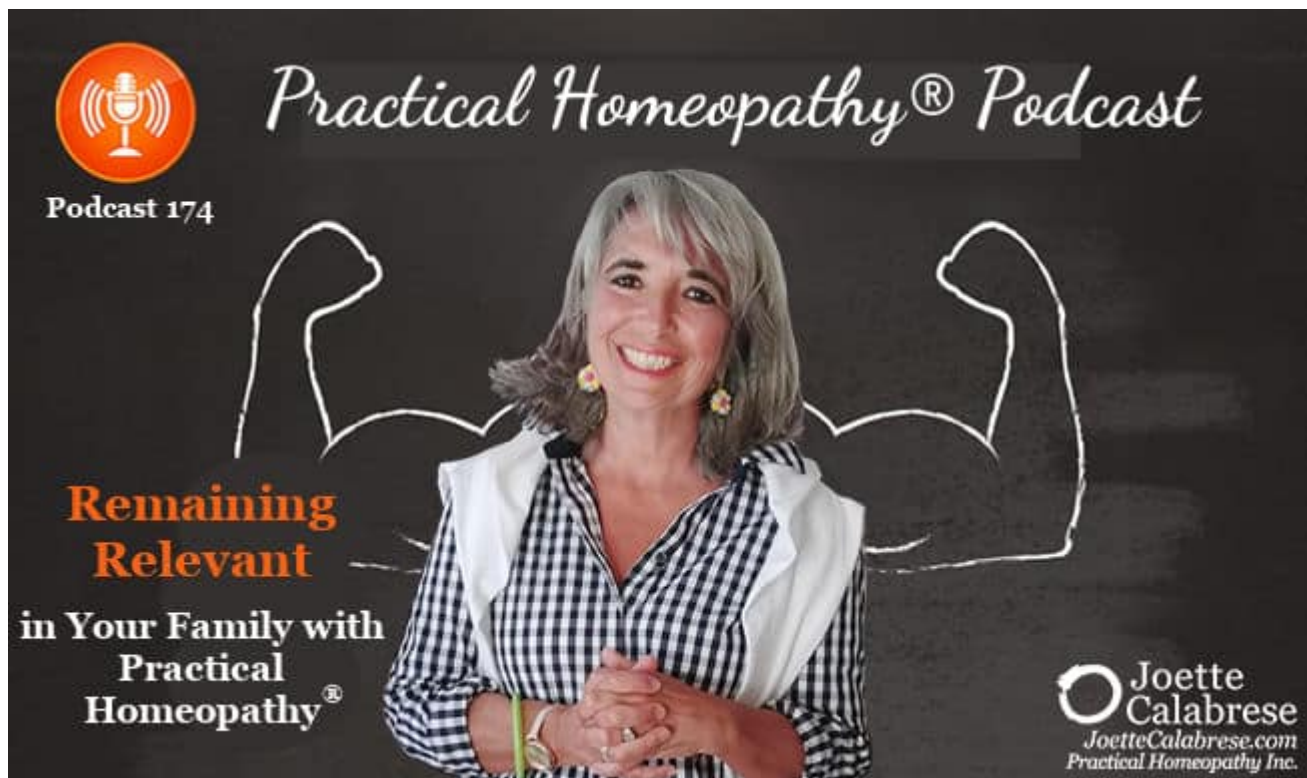


Podcast 174 – Remaining Relevant in Your Family with Practical Homeopathy®



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Additional resources:

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Kate:

This is the Practical Homeopathy® Podcast, episode number 174, with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

Introduction: Remaining Relevant in Your Family with Practical Homeopathy®

Kate: (01:00)

Welcome back to the Practical Homeopathy® Podcast. I'm Kate, and today we're going to do something a little different. And honestly, it's kind of special.

Because earlier today, the three of us – Joette, Nathalie and I – found ourselves deep in conversation, and it felt really important, and we wanted to share these little nuggets with you.

So, today we're talking about what it means to stay connected to our adult children and grandchildren as life shifts and roles change. Woven through that conversation, you're going to find a beautiful realization that knowing homeopathy doesn't just help us keep our families healthy, it helps keep us relevant in their lives. And it gives us a way to show up, to be useful, to be present, and that presence naturally brings us closer.

So, today we're inviting you in to eavesdrop just a little ... to pull up a chair and join us as we pick up on that conversation right where we left off.

Three mothers; one conclusion

Joette: (01:58)

Hi friends. We're happy that you're here with us today – eavesdropping, as Kate put it. We have three mothers here, and we've all come to the same conclusion. Right, Nathalie, wouldn't you say that?

Nathalie:

Exactly.

Kate:

Yeah, it was such a fun conversation, and we thought that the listeners could benefit by some of the things that we're saying.

And I had a pivotal moment when I was talking to my daughter.

And Joette, you were the one that says over and over again how homeopathy keeps you relevant. And recently my daughter had several illnesses back-to-back. And, Nathalie, your son, what happened with him?

Nathalie:

My son had a major hip surgery, and this was very recent. So, it definitely brought some things to light.

Joette:

You said though, Nathalie, it didn't just bring things to light. It made you closer to him.

Nathalie:

It made me much closer to him, partly because we've spent so much time together these last few weeks, but also because I've been able to help him and be there for him in a way he didn't realize I could.

It's their realization that they need us

Joette: (03:02)

That's it. It's their realization. They have to come to that realization. And as I was saying earlier, the sicker they are, the more they need us, the more they're willing to learn from us.

And I think it was so much fun because we started to talk about it's not just about giving them the remedies and

bringing them their bone stock and keeping them warm or whatever they need to keep them comfortable. It's also an opportunity to kind of get in there a little bit more, especially when the children are adults or young adults.

Sometimes we think, "You know what? I think I missed that idea about how important it is to uphold our family name. Or maybe I didn't stress enough how shame can be a good thing in life, so we want to do what's right. Or maybe I missed the point ..."

And so, you're thinking: This is an opportunity.

You administer the medicine, you listen to them, and then maybe you give them a couple of words of wisdom that come from the mother. That might have come ... remind them:

"You know what? This came from your grandfather."

"You know what your grandmother used to always say?"

These are opportunities to be close to them when they're most in need. I don't mean to say we're taking advantage of their suffering, but in a way it's an opportunity for them and for us. No doubt.

Kate:

Well, knowing homeopathy is the catalyst that brings them to us. Right?

For my daughter, it's the conversation to her mom, "Mom, what do you think? " And she knows homeopathy, so she does pretty well. But when we're sick, it's so nice to have that person we can call and help us to brainstorm what to do.

And so, it's that little fire that ignites – that draws them to us, I should say – and it gives us that opportunity.

So, I just encourage the listeners to use their knowledge of homeopathy – or even to learn it to help. So, that their kids

come to them when they are adults or when they're adults and they have children, they come to us. And that is the little spark that ignites that time together.

Joette:

You know, I think that, for humans in general, we have memorable moments that are happy moments that bring tears to our eyes and really touch us deeply. But I think that what really is indelible is our sufferings.

And so, when we're suffering, if we can fill that in and help them move out of that, I think we've touched a nerve. I think we've touched a place that maybe is, I don't know, more special, more sacred. I'm not sure what it is, but I think we've touched an area in them that will perhaps hold and carry on, as you said, not just for them, but for their children and maybe their grandchildren too.

A mom helping her son through hip surgery

Joette: (05:41)

So, I love what you were saying, Nathalie, because that's kind of how we got started on this. Because your son has gone through this surgery, and you had some remedies that you helped him with before because he was worried, right?

Nathalie:

Yeah. He was very worried about the surgery. He had never been in a hospital before. He had to stay overnight. So, he kind of depended a lot on *Gelsemium*, and it made him feel better just to hold it in his hands sometimes ... just knowing "My mom gave me this; this is okay."

He's a young adult. He's not a child. But I think sometimes when we're sick – and especially if it's a major thing – we almost emotionally regress a little bit. So, he was very happy to have *Gelsemium*.

Joette:

Did it help him, Nathalie? Did the *Gelsemium* help him with the anxiety?

Nathalie:

It did.

Joette:

Oh, that's great.

Nathalie:

It helped him a lot.

After the surgery, he was greatly affected by the anesthesia – coming out of the anesthesia and then the pain medication they were giving him. So, at that point, we gave him *Ignatia* because he was very, very emotional, and it was almost like a grief.

It was hard to explain, but when we are in what felt like a dire situation for him emotionally, it came kind of out as grief. And that helped him a lot.

Joette:

So now he's gotten some relief. He's got his mother by his side, and he's learned two homeopathic medicines that have helped him.

Nathalie:

Yes. And he loves that. He's asked me to order more so that he can have it with him when he needs it.

And one of the beautiful things is that my younger children, because they have helped me take care of him, they've grown very observant.

And so, my son's 19. He has a little bit of a quirk where he definitely teases his younger sisters. He's not big on hugs. He's a little reserved in that area, but my younger children have learned to be very observant while they're helping me.

And they'll say, "Mom, I think Wyatt needs some more medicine. He's being very nice."

Because he's very sweet when he's sick or in pain. He changes to this just angel, and that's very sweet.

So, they'll say, "Mom, Wyatt's being really nice. I think he needs some more medicine."

Joette:

So, in other words, that means that he's feeling a little weakened. A little bit ...

Nathalie:

Vulnerable and weakened.

Joette:

Vulnerable.

Nathalie:

When he feels that way, that's usually because the pain of something's creeping up.

Joette:

Yes. That's just precious.

So, it's that trickle down. It's going down to the next children without even waiting another generation. That's already been observed by them. And so, they're learning what the watchful eye of a mother means. Now it's the watchful eye of the siblings. It's so great.

A grandmom helping her children, their spouses and grandchildren

Kate: (08:28)

And Joette, tell us about how homeopathy helps you remain relevant for your now-grandchildren, with your children and their spouses.

Joette:

I'm not someone who uses texting very often, but when I know someone in the family is not well, then I will make sure that my phone is consistently plugged in at night, and I know where it is.

And so, I will get a text even about my son's cat or his best friend's mother. And I love being connected that way.

Not only do I know about who they're spending time with and what they're worried about and what's going on in their lives, but even small things. "Mom, the cat has not been ... the cat's, I think, got a urinary tract infection. Did we use *Cantharis* last time?"

That's the kind of stuff I want to know. I want to know what's going on. Because again, of course, my kids are adults and out of the house. And now with grandchildren, I have my daughter-in-law who contacts me, which is a great thing.

And sometimes even her family. I'm in touch with them as well. So, it even connects me to my daughter-in-law's family, which is also a great thing.

It's a reach-out-to-others opportunity that you might not get under any other circumstances. I don't want to just see them at the christening. I don't want to just see them at the birthday parties. I want to be in contact with them, too, because they're such an important part of my daughter-in-law's life and my grandchildren's lives.

So, this really extends further and further and further. And so, when we talk about community, this is the ultimate of what we're talking about.

Kate:

Yeah, it's a bridge builder – right – with not only our children, but with others around us. And yeah, my son's girlfriend ... I've become closer to her because of homeopathy. And she's interested in homeopathy now, and it gives you another thing to talk about.

Joette:

Yeah, when you're on the same page about something and especially if they're interested in learning, and then you can say, "Well, maybe you want to, I don't know, read this book or listen to the podcast or listen to this podcast." Or just give them suggestions and then back off and let them do it at their own pace because that really has a lot to do with it.

And a big part of this is also we raise our kids, and we're always ... we want so badly that they learn this – that they learn good eating habits, and they know how to use homeopathy, and they don't fall into line with what society is feeding them. And we wonder if we're overdoing it.

Well, this is that opportunity. Because as you said, they're vulnerable, they're willing, they're open.

Nathalie:

They're captive.

Joette:

Yeah, they're captive. It's like the same thing when you drive them to school or something.

You got them for 45 minutes. I've got them. I've got them

full-time now, and I'm going to pick them up on the way back again – another 45 minutes. I can just listen and then throw in a couple of little bits of wisdom if I can possibly slip it in.

When they're sick, they have more time to get closer to you

Kate: (11:20)

Well, I was talking to my daughter about this and why we're closer during the times that she's sick. And she said, "Mom, it's because I have the time to talk to you more."

And she has the need to talk to me more to talk about the remedies, but also, she has the time because she'll work less if she's really sick.

And I hadn't thought of it that way until she mentioned that, but yes, it slows their lives down and enables that time with you.

Nathalie, Wyatt is with you, and he's a captive audience there because he had to have a surgery, like you said on his hip. He's on crutches, and he's really slowed down for a long period of time.

Nathalie:

Yes. He's very slowed down. And I think I was telling you both earlier, we are closer and more friends than we ever have been in his life. I mean, being a young adult, of course I'm getting to know him better, but this was a very concentrated time that I got to really get to know him, and he got to know me.

And my children have always said nice things about me. That's great. But because he's sick and I helped him, he bragged about me! And I thought, "Oh!" Well, that made me so proud, I thought, bragging about me!

Joette:

Isn't that a great feeling?

Nathalie:

Yes. Especially from some of our kids. I think maybe especially the boys. They're a little more stoic; they're a little more tough. They're not talking about these things a lot. So, it felt good that he thought I did something important by helping him.

Joette:

Because you had. It was important. Yes. Yes.

And if they come – when they come out of the anesthetic after surgery, and there you are right there, you're his guardian angel.

Nathalie:

That's going to make me get teary-eyed. You say it like that, Joette.

Joette:

Well, he didn't see your wings. They were tucked down, folded back.

Nathalie:

Yeah.

Homeopathy for the caregiver

Kate: (13:17)

So, I want to ask Nathalie: When Wyatt had that surgery – because it was a pretty major ordeal – did *you* take anything?

Because I was thinking about (as we were talking) how you get

that phone call, and you're hoping that the adult child is calling you with some good news. But there's always in the back of my mind like, "Okay, is something wrong?"

Because nowadays, we text so much that if you actually get a phone call, you wonder, "Okay, is everything okay?" So, there's that heart, maybe, rate increase for just a moment.

So, what did you do for yourself during that time?

Nathalie:

So, in the beginning, what I did is took *Aconite*. Because I felt like to me this was a great big thing.

Yes, it built up to the surgery, but it didn't feel like I was prepared. I did feel shocked afterwards. So, I did that.

And then I did also take *Ignatia* for about a week, but you know what? Then, it was fine because I think the emotional side of us being close together and me being with him all the time actually calmed me down because I could see what was happening. I could respond to what was happening. I didn't feel lost and not in-the-know.

So, after that first week, I didn't need to take anything anymore. And I felt like, I don't know, I was really happy with how we got through it.

Kate:

That reminds me of that text message I got from my daughter when I was out of town, and she said, "Mom, I'm not feeling well. I have really bad lung congestion and wheezing, and I'm having trouble breathing."

Nathalie:

I remember that.

Kate:

Yeah, full stop. And then, she did not text me back.

I'm texting her frantically, and she didn't text me back for many hours. I had to take something at that point because you start worrying about your son or daughter, and you're wondering what is happening.

So, I took *Ignatia*, and I think maybe *Aconite* at the time because it was a fright to get that text message and knowing good remedies.

Closing Advice: Everybody wins

Joette: (15:15)

Well, what I love about all this, too – and kind of circling back around again – is the continuity.

It feeds them, then it feeds you, then it feeds them, then it feeds the younger kids, et cetera, et cetera.

I love that natural flow of being able to do this. And a lot of this could be done just by being there, even if you knew nothing about homeopathy, just being there by their side.

But there's something about having something that actually works, and works to counteract ill effects of the anesthetic, or ill effects of the lung infection or whatever. We have an extra measure of ability that, unfortunately, a lot of mothers and grandmothers don't have.

That's our mission is to get it out there because this is very, very important information for people to get.

Kate:

Well, we hope that you've enjoyed listening in on this conversation and appreciate Nathalie, your willingness to share so openly.

Joette:

Thank you both for doing this because it did seem kind of private when we first started talking about this earlier. But we thought, you know, this is the kind of thing that women like to share. So, let's do that.

So, I hope we've shared enough information with you today so that you can feel confident in passing this on even to others who could be benefited by this kind of thought.

And also, you want to pass it on to someone who you already have a relationship with. Perhaps it's your daughter; perhaps it's your son; maybe it's your sister. So, get this information out, friends. We need to share this. It's really important stuff for the family.

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my [podcasts](#), but also my [blog posts](#) and [Monday Night Lives](#).

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse [JoettesLearningCenter.com](#) to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of [The Academy of Practical Homeopathy®](#), Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

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your health strategy, visit PracticalHomeopathy.com.