

Podcast 181 – Moms with Moxie: Learn It, Use It, Pass It On!



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Kate:

This is the Practical Homeopathy® Podcast, episode number 181.

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: Learn It, Use It, Pass It On!

Kate: (00:58)

Welcome back to the Practical Homeopathy® Podcast. I'm Kate, and today I'm talking with Amanda, a mom of six, a Gateway study group leader, and someone who came to Practical Homeopathy®, I'd say, the long way around.

Amanda first met homeopathy through a local homeopath after she had begun questioning a lot of the standards she had trusted for so long.

She saw those little white pills work again and again for a chronic issue with her husband. So, she wanted to learn more and bought a kit. She bought the books, and she taught herself.

So, today she's going to share with us about the night her youngest daughter was flushed, hysterical, and what happened in less than a minute. She'll also share how she's used Practical Homeopathy® for chronic ear infections, migraines, OCD, infected spider bites, depression, kidney stones, and the ordinary emergencies of a house full of children.

She leads Gateway study groups and so much more, and I'm thrilled to welcome Amanda.

Hi, Amanda.

Amanda:

Hi, Kate. It's an honor to be here. Thanks for having me.

Kate:

We are excited that you agreed to do this. So, I want to ask you to start at the beginning, Amanda.

Amanda:

Sure. Well, it was really, I say, by the grace of God, I came to learn about homeopathy. I have six kids (and a hubby) but only had two when I had started considering homeschooling. And I started hanging out with some outside-the-box thinking homeschoolers and found myself questioning the standards of the day all of a sudden.

And I realized when I started doing my research that many of the things I'd put my trust in were not the best for our family and many, downright harmful. I decided to look up "natural health," I think it was, online, and up came the name of a local homeopath.

She helped us with whatever came up, including this chronic issue – it was a swallowing/choking issue for my husband.

Kate:

Oh!

Amanda:

Yeah, it was pretty serious. It was not uncommon to have him get up from the table and be choking on food. So, it was pretty distressing to watch and for him, obviously.

And so, this homeopath helped us with this issue, and we saw the power of those little white pills again and again. When I started asking questions to learn more, I quickly found out our homeopath was not one to educate on the subject.

So yes, I did what you had mentioned. I bought myself a kit and all the books I could get my hands on, and I followed some different homeopaths and gleaned as much as I could. Really, I was just starving for any tips and wisdom I could get into

this brain, and I knew this stuff worked.

I just wanted to be more capable and confident. And you see, our homeopath was not on call for us 24/7.

Kate:

Right. You still had to figure some things out.

Amanda:

I did.

Very first success: Daughter in hysterics with a hot and red face

Amanda: (03:59)

So, I'll never forget my first success with using homeopathy for my daughter. I remember all the keynotes screaming at me, as well as my youngest daughter screaming at me.

All of a sudden, she was hysterical. Her face was flushed, red and hot. In her ear was red too, and her pupils were enlarged too.

I've been studying some of the most common remedies and thought, well, here goes nothing. If this isn't a case for *Belladonna*, I don't know what would be.

So, I popped one pill of *Belladonna* into her mouth, and, no kidding, in less than a minute, she calmed down and proceeded to now be distracted and playing with her siblings.

Kate:

Wow. You must have been so excited!

Amanda:

I was a bit flabbergasted.

I started actually second-guessing myself that it actually happened that way, but then a couple hours later she was in a bit of an uproar again, albeit a lesser intense version than the first.

So, I gave her one more *Belladonna*, and that seemed to be the end of it. So, this was confirming to me.

This was my fifth child. And I know that when something like this came on, it didn't typically end this quickly. And I could expect some stay-at-home time the next day or two, getting through whatever it was, but that didn't happen.

And I knew that the remedy had helped us avoid it – whatever it was.

Kate:

Yeah, "it."

Amanda:

I didn't need to know, though, because I was quite happy and feeling quite accomplished in that victory. I'd only wish there were more than my children present to witness it.

Kate:

That's fantastic. Yay!

Classical homeopathy versus Practical Homeopathy®

Amanda: (05:45)

Yeah. So, I continued to grow in my experience and trust in this medicine for about 12 years before following Joette.

Believe it or not, I'd actually been warned against the Joette method and avoided her site for years.

Kate:

Oh, really? Okay.

Amanda:

For those of you who might not know, the classical method of homeopathy holds to some very specific rules that I'd been following for many years. I'd seen many successes over the years, but they were always limited to only simple acutes.

So, as far as repeating remedies often, using more than one remedy at a time, or using a specific protocol for a specific condition, well, basically, Practical Homeopathy® breaks through these boundaries of traditional guidelines, and it takes homeopathy farther, both in efficiency and success rates.

So, I didn't really get here until my son developed a chronic ear infection, and it kept coming back every two to three months for about a year.

I wasn't seeing success with my homeopathic medicine kit like I had been, but I knew the power of homeopathy, and I decided, well, it was time to go off to "the dark side."

And I went over to Joette's website and found a protocol which I used. After all, I had the medicines on hand. I knew they worked, and what have I got to lose?

The ear infection cleared up, and it didn't come back.

And I was left thinking, "What have I been avoiding all these years?" I started gobbling up all of Joette's blog posts – well, as many as I could read at a time and her podcast episodes.

Kate:

And now here you are.

Amanda:

And now here I am.

Over the years previous to finding Joette, I'd followed traditional classical rules. So, I'd be using a great fitting remedy for a specific condition, but sometimes I just didn't have the success. And I knew the keynotes of many of the medicines, yet I was missing something.

Now, I look back to times when I clearly had the best matching remedy, yet I was fearful to repeat the medicine. And I believe that if I had, I would likely have found more success.

Kate:

Yes, yes. I've heard others say that as well.

Amanda:

Yeah. So, using Practical Homeopathy® has really given me the knowledge and resolve to help others even more.

And with Joette's protocol-based homeopathy and her wisdom and the things that I learned, my successes have really skyrocketed. The Academy has definitely boosted that and also studying with Joette in Mastery this year.

Kate:

So, what Amanda was just talking about was [The Academy of Practical Homeopathy®](#), and then there's a second year of study called Mastery, and those are year-long programs. And so, I just wanted to clarify that for those who are listening who might not have heard about that.

Helping friends and family with myriad health issues

Amanda: (08:54)

Yeah. So, since starting The Academy, I just jumped right into being able to help some family members and friends with

chronic conditions too, and many acutes – whatever came up.

I used to personally have severe migraines every month, and *Sepia* has really brought them down to an occasional dull headache. I've helped others with OCD, infected spider bites, very serious depression, kidney stones, and much, much more.

And at this point, I'm really thinking, "Well, what *can't* homeopathy help with?"

Kate:

Right. Wow. You've done a lot, Amanda. Those are serious things that you mentioned, and every time you see this medicine work, don't you just feel in awe and so thankful for what it can do?

Amanda:

Yes. I feel full of gratitude and just amazed every time it works. It's funny how that just doesn't get old, but with each success, it's just like, "Wow, mind-boggling!"

How to learn Practical Homeopathy®

Kate: (10:00)

Amanda, I imagine people who are listening are thinking, "Wow, I want to have the knowledge that you do and be able to address some of these conditions." They either experience them themselves, or they know someone who has these conditions or other ones.

What would you suggest to them if they want to know how to help people like you have been?

Amanda:

I would highly encourage checking out [Joette's blog articles](#). They are amazing.

Her [podcasts](#) are just full of her wisdom, and you will learn so, so much from those.

If you want to fast-track, like I did, consider taking the Protocol Courses or jumping into the Gateway – I guess comes first, [Gateway to Practical Homeopathy®](#).

And after the Gateways, the [Protocol Courses](#) are the next thing where it is just a little more intense, a little deeper dive, but then you're going to feel so much more confident about taking on more chronic conditions and being confident.

And then there's always [The Academy of Practical Homeopathy®](#), which has been just a life-changing experience for myself and my family. We've benefited in so many ways. And while it was a boatload of information coming at me in that one year of immersive study with Joette, I was so thankful for each and everything that I learned. And I'm still going into it and reviewing it, but I'm seeing it play out in real life.

It's like everything that kind of comes up, I now know why I made that choice and did take the deep dive and jump into The Academy year because it's just so truly benefited our family and friends. So, I have no regrets.

Kate:

And Joette's Academy does encompass all of those Protocol Courses that you mentioned earlier, too. So, a lot of people go from the Gateway to The Academy if they just want to dive right into the deep end.

And if you want information on any of these things that Amanda or I talked about, you can go to JoettesLearningCenter.com and find the information.

Okay, Amanda, let's get back to your story and what came next.

Stages of homeopathic education: a natural progression to healing

Amanda: (12:15)

Sure. So, I think of all of the various phases I've gone through on my homeopathy journey so far. You've heard a little bit, but I thought it might be fun to describe them, as I'm sure maybe many listeners can relate – or if they haven't made that jump start yet, they will relate when they do possibly.

From the start, I was collecting books and reading as much as I could about homeopathy. I was so ecstatic to have found out about this medicine, and I was probably a little overenthusiastic.

Then, I'd be taking notes on exact symptoms of a very mild, simple cold with maybe only a slightly runny nose and repertorizing like a madwoman.

Kate:

I remember those days.

Amanda:

Yeah. I couldn't wait. I was so excited to use my newfound remedy kit and match the symptoms. Whereas, now, a little farther down the road, I realized, "Wow, for a relatively mild illness, let's just get to bed early, cut out any sugar, and get some chicken soup on the stove, and call it a day, and we're good."

So, I learned a little bit later on that we don't need a remedy for every little thing. Early on as well, my husband would be teasing me, asking me about what kind of "potion" I was giving to him and the children.

For everyone's information, though, let me be very clear. This is a valid medicine based on repeatable, observable scientific

methods – 200 years of good science, I might add.

And my joking hubby actually approaches me for remedies now. And since helping him with that chronic serious throat condition he had, now he comes to me. And I can tell my “potions” are finally working. Kidding!

Just looking back, I remember the early sweet stages of babies and having little ones. And I always found that was just such a blissful time, where my sweet darling kiddos would just trust me and depend on me for everything.

Whatever you dole out – any remedy – they are your biggest fans and reward you with cuddles and kisses. So, you could not do any wrong.

This was also the phase where they love the remedies and the taste of the remedies. And you may watch out because I did find one of my remedy kits all dumped out, with all of the little white pills all over the floor.

Kate:

Oh, no.

Amanda:

And some of the vials completely half empty and dripping with drool.

Kate:

What a picture in my mind.

Amanda:

Right? Well, I was thankful this medicine is safe and cannot be overdosed on because the loss of my remedies was real, and it was akin to accidentally spilling the pumped breast milk. There may have been some tears.

Another phase I call ... it's the "eye-rolling teenagers" phase, and you are familiar. I'm still actually in this one because we still have three teenagers in our home, but I've got a couple out of it now.

And sometimes these teens, they just want to be like everyone else and pop that Advil when things come up, or don't you dare pull out those remedies when their friends are around and maybe embarrass them.

And then, "What, Mom? I can't take this at work. What if someone sees me?" have I heard over the years.

And a good tip for anyone with teenagers is that the remedy *Chamomilla* 200C. Don't think of that as just for teething babies, because we have found it can be used for irritable, demanding teenagers, too, who might be getting their wisdom teeth.

Kate:

That's great. That's great advice.

Amanda:

More recently, I've really been soaking up the 20-something stage. Our oldest daughter just got married. She calls more often "just because" and asks me about remedies she could use for anything that comes up.

It's really a gift to still be needed in that way as I miss her in our home, especially when she was one of those eye-rolling teenagers not so long ago.

Kate:

That's a good shift.

Amanda:

Yes, it's a good shift for sure.

Kate:

And what about now?

Amanda:

Now, I find word is getting out that I can help with Practical Homeopathy® – more opportunities to help others that just seem to be popping up every week.

So, all in all, it's really been one step at a time, though. And when illness, infection, injury happens, it's no longer a panic. It's a quiet confidence that I have and also just another opportunity for me to use this medicine for good and just see its awesome abilities in real life for healing.

The blessing of knowing these medicines and how to use them has been invaluable to me and my loved ones.

Learn It, Use It, Pass It On!

Kate: (17:16)

That's sweet. I would love to hear next your motto, because you have a really great motto. In fact, I want to start using it. It's so good.

Amanda:

Yes, I do have a motto for Practical Homeopathy®. In fact, I put it on some t-shirts recently. And it is basically this: Learn it, use it, pass it on.

So, I want everyone to – if they have benefited from homeopathy and seen it work – to be able to take the time to share it with someone else.

Kate:

Absolutely. So, learn it, use it and pass it on. That's great!

Amanda:

A recent Gateway student of mine that I can think of, and she's a retired nurse who had been on conventional pain medication for years for back pain after an injury. She took a deep dive into Gateway with me, and she started using the remedies.

She no longer requires her medication and is even taking less of the homeopathic remedies.

So, she is amazing. She's really applied the motto. She's telling people about this medicine constantly and helping others with conditions that come up in her life. And it's just been such an inspiration to know her and see her passion to share her story with others. She sends me success updates on the regular, telling me of her latest victories with Practical Homeopathy®, and she is really on a mission, and I love it. (Trish, that's for you.)

Kate:

Go Trish!

So, Amanda, you've recently had an opportunity to pass it on in a big way, or I should say at a big event near you. Tell us about that.

Amanda:

Yeah! Recently I had the amazing opportunity at what is known in Ontario as the International Plowing Match. And it was in Walkerton, Ontario. It's a huge agricultural affair. Over 70,000+ people come from all over. There were all kinds in attendance, and I was so thankful to be able to hold an exhibitor table at this event.

It just so happened my table was right across from Public Health's table and also beside one that was raising money for an MRI at a local hospital.

And it was interesting: One nurse actually came to my table just to have a look and say, “Everyone should know about this medicine and use it first before coming to conventional medicine.” And that really struck me.

Another attendee (who joined my latest Gateway study group with her husband) shared that her husband’s mother was a nurse and had raised them using homeopathy.

And yet another attendee had a separate homeopath for herself and her dog, and she was so excited to hear that she could learn about using this medicine herself as well and just be able to use it in practical ways for whatever comes up.

There were some who had no idea still yet what homeopathy was, and some who were eager to dip their toes in it, and many eager to hear about it.

Overall, it was an incredible time to get a feel for how open people are to this medicine. And they are really open.

Kate:

Wow. Wow, that’s great. You are in Canada, and it’s a bit different there than in the U.S. I know people listening to this podcast are from all over the world, but I would love for you to share your perspective as someone who uses homeopathy living in Canada.

Amanda:

Yeah. Canada is tightly regulated when it comes to homeopathy. And many people are still yet unfamiliar with it, but I think it’s making a comeback. It really wasn’t that long ago that homeopathy was brought here to Canada in 1845, I learned.

And one fact I love is that an Emily Stowe – who is famous for being the very first female physician to publicly practice medicine in Canada – she was actually a homeopathic physician.

During this period, like, late 1800s, people were wanting a more gentle approach and were actually choosing homeopathy over conventional care. Imagine having that choice when you went to the hospital.

Kate:

Yes.

Amanda:

Right? And it is great because homeopathy doesn't interact with other medications, so I think this would be an invaluable addition back into our hospital care.

Kate:

Yes, for sure.

Amanda:

And there were actually homeopathic hospitals in Toronto, Ontario, in the late 1800s. It may be long-forgotten history, but I'm so grateful homeopathy is truly on the rise.

Kate:

Absolutely.

Amanda:

When I dream of places like homeopathic hospitals, I really know it has to start in the homes and in families. And this is basically my "why": to bring this medicine and educate others to use it in practical ways for their families.

And that's what really lights me up. One day I do see it taking the forefront in medicine, and I see healthier, stronger, more independent people, families and communities.

Kate:

So, one of the ways that you're doing this is your [Gateway to Practical Homeopathy® study groups](#). Tell us a little bit about that.

Amanda:

Yes. As far as my Gateway study groups and the privilege of sharing this with others, I really just jumped right in as soon as I heard about this Gateway. I know I took it, I think, with Michelle and you, Kate, to start, and then I learned I could do it, too.

So, I really felt this calling to share it with others, and there was no time to wait. It wasn't perfect, and it was definitely not fancy. I hadn't started The Academy of Practical Homeopathy®, but I simply went through the Gateway I study guide with my friends.

Kate:

It's as simple as that, right?

Amanda:

Yeah, that's all it was. And no pressure. It was super fun, and I was able to share some of my experience. And I was able to learn more as I reviewed the whole Gateway guide myself. And I also gleaned wisdom from my friends, too, who also were bringing different experiences and insights to the table.

And I found that's really the beauty of learning together. It's definitely true what they say. If you want to master something, teach it.

Kate:

Absolutely.

Amanda:

My own knowledge, experience and confidence have grown so much

in leading study groups and talking with others about this medicine. And if I can encourage anyone only to just start with leading one Gateway with their friends. Each time you will start to think about it again – that you can do it again – because each time it just gets easier.

Kate:

Yeah. And you've had a lot of opportunities as this has continued to snowball, I guess I would say.

Amanda:

Yeah. The more and more people you meet, the more people that hear about it, friends and family members of those who are in your Gateway become interested and want to know a little bit more too.

So, yeah, it keeps the ball rolling.

And now I know the opportunities just keep expanding. There's now the [Advocates for \[Practical\] Homeopathy®](#) group that is free to join for those who are wanting to maybe hold Gateway study groups and looking for some guidance, support and encouragement to get started. And really, it's just all laid out for you.

Kate:

Yes. Yes. We have so many opportunities for those who want to do this and want help. Our Advocates for Practical Homeopathy® group is growing. And we're right there to hold your hand and give you the tools that you need and support to lead those study groups.

Amanda:

I love that. That's just such a gift because I know there's a lot of people who say, "Well, I couldn't possibly do that," or "I don't have the confidence."

And let me tell you, I never did either. I definitely had to take some *Gelsemium* doses for anticipatory anxiety prior to sharing on Zoom or sharing speeches or whatever I do. *Gelsemium* has been my friend for that, so keep that one in mind.

I know – and likely many of the listeners as well know – that if you just learn the basics of some of these top remedies and how invaluable they can be to everyone, even if it's just for first-aid situations.

I know *Arnica* can be such a lifesaver for trauma. My hockey-playing sons have used it more than a few times for concussions or *Aconitum* for shock.

Reminds me of a time I was dressing a nasty gash on my son. Meanwhile, his older sister almost hit the floor in shock.

Kate:

Oh, wow!

Amanda:

And *Aconitum* brought her down.

Or *Hypericum* even for pain. One instance was another daughter had excruciating tooth pain from clenching, and it stopped within minutes of *Hypericum*.

So, these top three marvels alone can do so much great work for healing.

And why is it so important? There's a quote that comes to mind that I like to share in my Gateways, and it is by Robin Murphy, a great naturopathic physician and homeopath that I love.

And this is a condensed version of his quote, but he said, "The highest form of homeopathy is first-aid prescribing. If

someone had a home remedy kit and knew what to do, this whole chain of health problems would never have needed to happen.”

So, I really believe the spread of this medicine can change the trajectory of health of our nations, in time.

And wouldn't it be incredible to see the next generations get healthier and more resilient and living longer with a great quality of life?

Kate:

Yes, for sure. I love this podcast for that reason – that it reaches out to so many.

And I hope that the messages that you can do it, to Amanda's story, and so many others that you hear on the podcast are examples of people who just want to learn. And they just take the first step of either joining a Gateway to Practical Homeopathy® study group or leading one or reading the blogs and listening to the [Facebook lives \[Monday Night Lives\]](#), and it really is that simple.

So, Amanda, just appreciate you being here today and for sharing what you have and for the example that you are to so many that you can do it. And it just takes really the tenacity to take that step and start learning.

Closing advice

Kate: (27:31)

So, I'd love to get any final thoughts that you have as we end the podcast.

Amanda:

Sure. Thanks for having me, Kate. Thanks for all you do and spreading this far and wide.

I guess last thoughts, I'd say if Practical Homeopathy® has

helped you or your loved ones, pass it on. Truly one of God's gifts to us, and Hahnemann said that himself: God's gift to man.

And it's here for us to multiply. I've seen it firsthand in my own life, so I know that you will be blessed by sharing it with others.

Kate:

Wise words. Thank you so much, Amanda. Great to have you on the podcast.

Amanda:

Thanks for having me, Kate. It was an honor.

Joette:

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.

To learn more and find out if homeopathy is a good fit for your health strategy, visit [PracticalHomeopathy.com](https://practicalhomeopathy.com).

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