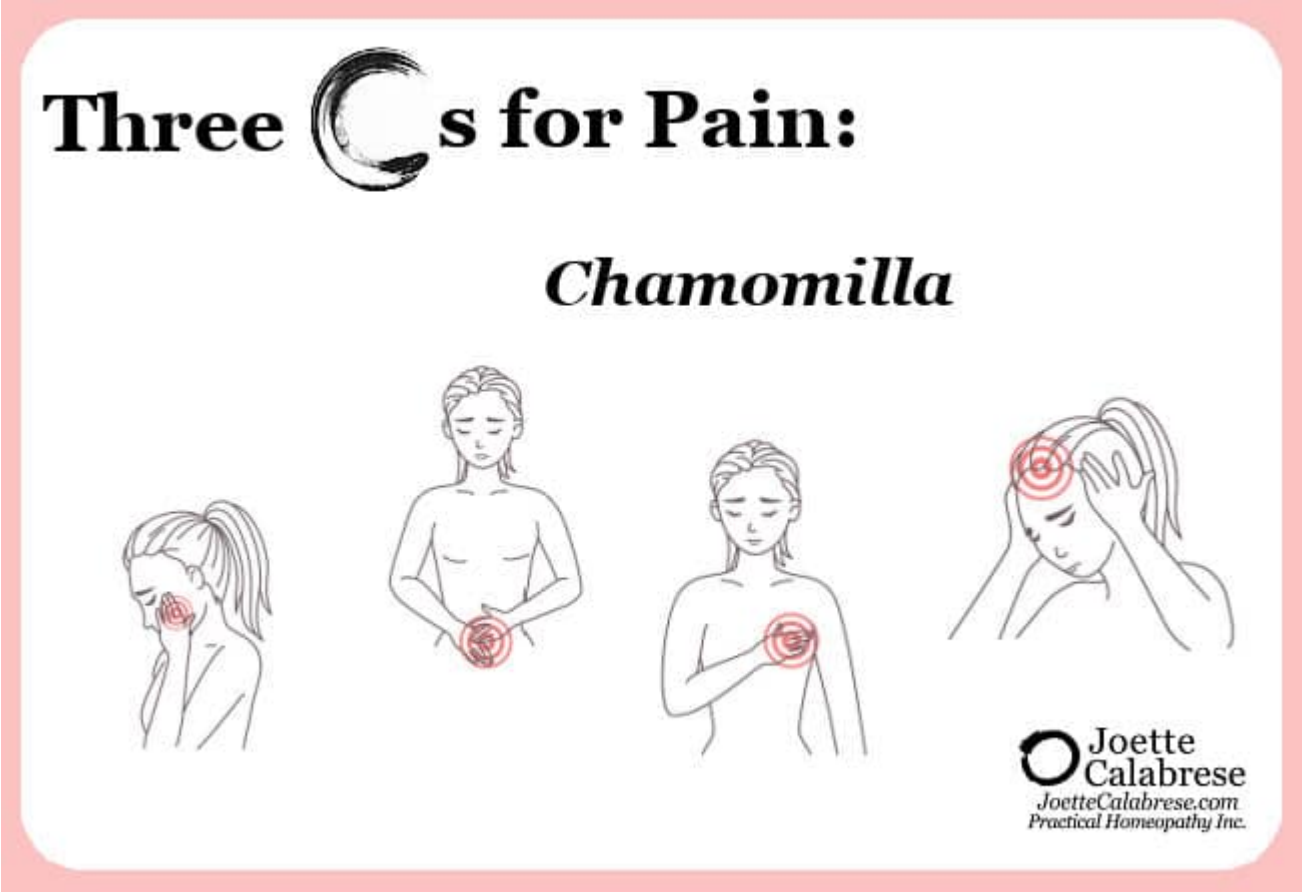
3 Cs for Pain, Part 1: *Chamomilla*



You can hear a sufferer's cough. You can see a sufferer's eczema. But pain is invisible.

How many people do you know who are suffering from pain? It may be more than you think. Luckily, there is homeopathy.

It has been reported that 20.9% of Americans experience chronic pain. More often than not, these folks suffer in silence. Their daily routines are affected and, in some cases, severely limited. Their relationships deteriorate; their mental acuity diminishes; their joie de vivre often disappears.

The standard of care in conventional medicine is, of course, synthetic drugs of commerce, otherwise known as pain

medication. Even if they work in the short term, the long-term risk of addiction is commonly worse than the initial condition.

Homeopathy for pain

Homeopathy has historically been shown to address pain in a polite, gentle and natural way, with no risk of requiring higher and higher dosages or of developing an addiction. So, over the next few weeks, let me introduce you to a short series: 3 Cs for Pain.

First up this week is homeopathically prepared *Chamomilla*.

Chamomilla is well-known to moms who use homeopathy for their children's teething pain, but it is so much more than just for teething or dental pain. It has a grander ability, as it can also be used for general pain, particularly when the sufferer demonstrates the same characteristics as a teething child.



The pain sufferer for whom *Chamomilla* would be a reasonable consideration is over-sensitive and can't be appeased … just like a teething infant. The sufferer is irritable, fractious, and displays a "Don't touch me; don't get near me" attitude.

Do you understand the comparison?

Let me give you an example. I once had a case of a teenage girl with painful menses. We'll call her Molly. During our consultation, Molly was rude and abrupt when her mother interjected pertinent information. She was oversensitive to an extreme, rolling her eyes and being generally insufferable.

This was not merely typical teenage behavior. I could tell Molly could barely contain herself. At one point, her mother said, "Aw, honey," and ever so gently touched Molly's shoulder. Molly pulled away and winced, simply from being touched!

(Ahem … Molly's mother needed to provide a good dose of what I call "*Parental Discipline* 200c," but that's a matter for another time.)

But do you see the similarities? Her behavior was tantamount to a teething infant arching their back and trying to kick their mother away. She was quarrelsome and obstinate.

In Molly's case, *Chamomilla vulgaris* 200, twice daily during her menstrual cycle, was the answer. Molly slowly returned to the typical behavior expected of her age group. She became a normal "teenager," a little difficult but not uncivil.

Indeed, *Chamomilla* is an excellent consideration for painful menses as well as for labor pain. In fact, in Robin Murphy's "Nature's *Materia Medica*," he mentions its use for "Intolerable labor pains, sends the doctors and nurse away, then calls again."

Once again, it's an example of the person requiring *Chamomilla* having a pain-induced meltdown.

Keep in mind that I'm not talking about mild pain. Pain calling for *Chamomilla* is severe; the person can be found screaming and demanding relief, perhaps even with anger and

rage. As we mentioned earlier, because we can't hear or see pain, we use the symptoms (as described by the sufferer) and our observation of their behavior.

When an individual of any age mirrors the fractious behavior of a teething infant by displaying hypersensitivity to an unendurable pain, consider *Chamomilla*. So, read more about it in your *materia medica* and add it to your well-curated homeopathy kit.

Be sure to check back for my blog next week when I'll discuss the 2nd of the 3 Cs for pain: *Cimicifuga*.

(And Mighty Members, I'll have a follow-up for you later in the week regarding *Chamomilla* and coffee.)

Pass on the good news of homeopathy!

Warmly,



P.S. I've discussed *Chamomilla* in several blog posts in the past:

Dental pain

Teething pain

Ear pain when flying

Pain from ear infections

Pain from contractions during birth

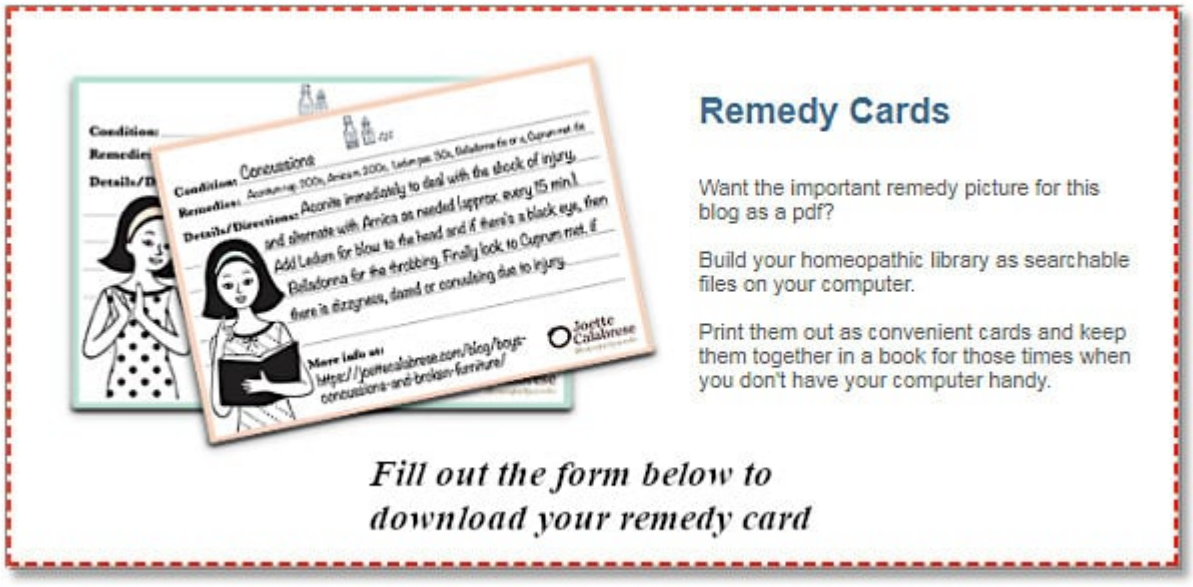
Colic

Extreme irritability

But, my friend, the most effective way to understand the complete picture of pain and develop the competence to know which remedy to choose is to take my course, "Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain for Good."

In it, I offer a solution to physical pain that *works* – a solution free of risky surgeries, injections and drugs with their adverse side effects. Could there be a better resource for your family? Don't allow anyone you love to suffer in silence, go through needless surgeries or take dangerous drugs. There is no better way to help them thrive than by introducing them to well-chosen homeopathic medicines.

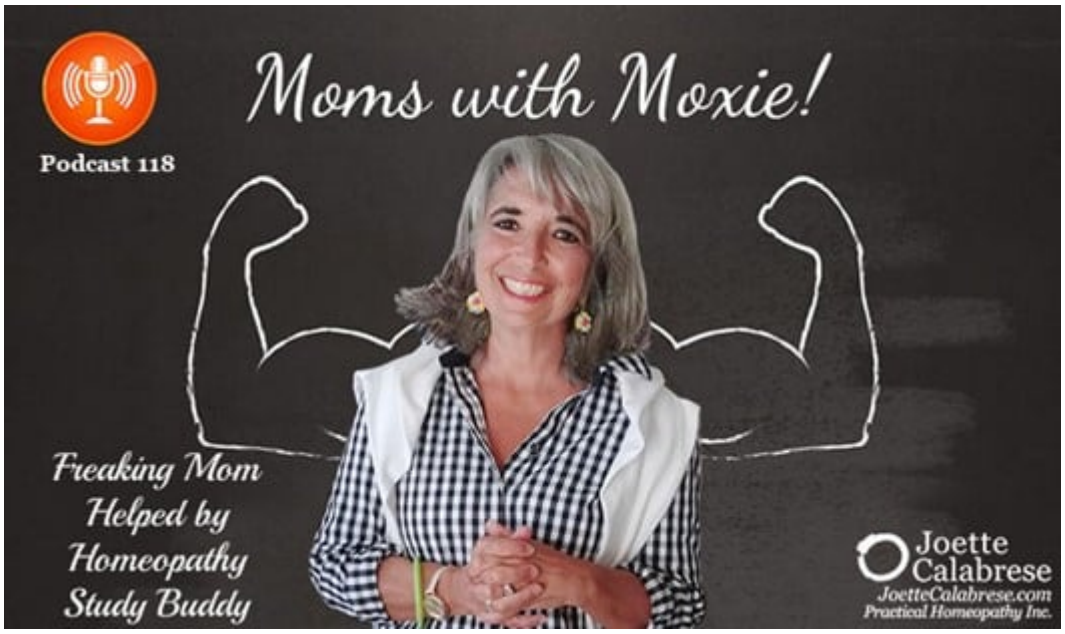
And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.



5-19-24 3 Cs for Pain, Part 1: Chamomilla
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Podcast 118 – Moms with Moxie: Freaking Mom Helped by Homeopathy Study Buddy



IN THIS PODCAST, WE COVER:

02:13 Introduction

07:43 Why Join The Academy of Practical Homeopathy®?

11:13 The Power of Study Groups: A Dramatic Success Story

21:36 Freedom From Fear

23:42 How to Join a Study Group
The Academy of Practical Homeopathy®
Gateway to Practical Homeopathy®: A Guided Study Group Curriculum
Joette's Study Group, Find Your New Study Group Friends

ADDITIONAL RESOURCES MENTIONED IN THIS PODCAST:

JoettesLearningCenter.com

Kate:
This is the Practical Homeopathy® Podcast, episode number 118.

Joette:
Hi! This is Joette Calabrese. My Practical Homeopathy® is transforming lives all over the globe by offering health freedom!

They say a picture is worth a thousand words, but I say a podcast is *priceless*.

I want you to hear – in their own words – how regular people just like you have reshaped their lives using the practical protocols I teach in my Practical Homeopathy®.

So, with the help of my reporter Kate, I bring you this podcast series featuring interviews with moms, dads, teens, health care practitioners and Academy of Practical Homeopathy® students from all walks of life.

With education, you can follow in these students' footsteps. You can eliminate your fear of illness and injury by learning how to care for yourself and your family. Like

them, YOU can be in control – without acquiescing to authority – to live healthier, more autonomous lives. Indeed, you, too, can heal yourself and your family through my brand of homeopathy – *Practical* Homeopathy®.

INTRODUCTION

Kate: (01:30)
Hi, I am Kate, and I want to welcome you to today's podcast. I am super excited to talk today about connection. That's one of the things that we're going to share with you today, and it's been one of the most important parts of my life throughout the last, I would say, 5 to 10 years. Because I've met dear friends from all over the world, and these women – these beautiful women – have become a part of my life – an integral part of my life, actually. And I don't know what I would do without them.

I met many of my dearest friends through Gateway to Homeopathy study groups, and it's just been an amazing relationship that I've had. And it sounds funny to say, but some of my closest friends are really all over the United States and the world.

And so today I want to introduce you to two beautiful women who have met in study groups, actually through the Academy of Practical Homeopathy®. And so, I want to welcome you to the podcast. Robin and Katie, welcome.

Robin and Katie:
Thank you. Thank you. Great to be here.

Kate:
So, I want to get to know you just a little bit. Robin, tell us a little bit about yourself.

Robin:
So, my husband and I, our two boys, we are in southeast Idaho. Picked up and moved from California about three years

ago and randomly showed up in a town called Pocatello. Love it here and love being able to dive into homeopathy.

We are very much of a people who like to take ownership of our health and of our lives, and so we take the time to really dig into that.

But for a while, I just didn't know why we were even here. And here we are, and I've been able to meet Katie, and it's been a blessing to be here.

Kate:
Yeah. So, now you know one of the reasons that you ended up there, maybe.

Robin:
Exactly. It was so random, but here we are.

And with that, too, Academy of Practical Homeopathy® – both Katie and I joined last year. So, it has been a fun ride. We'll dig into that a bit during this podcast.

Kate:
Okay. Katie, tell us a little bit about you.

Katie:
I grew up in a very remote town in Idaho. We didn't have a doctor. We didn't have a hospital anywhere nearby. The nearest large town that we could even go Christmas shopping was three hours away.

Kate:
Wow!

Katie:
And so we learned to be our own doctor, to tend our own things, our own injuries, our own illnesses. And I'm so glad that we learned not to rely heavily on the medical system.

Sometimes I've had relatives that have had to be taken by

Life Flight because of emergencies. Really glad that we have it when it's needed. But for the rest of the time, we just learned how to be self-sufficient for our health, and I'm so grateful for that.

So, I didn't know what to study in school. I tried massage. And then I got a degree in sports medicine and tried to learn more about supplements, herbs, essential oils. And finally, *finally*, I was introduced to homeopathy, and I have found the ultimate medicine, and it's wonderful, and I love it so much.

Kate:
Never looked back, right?

Katie:
That's right. That's right.

Kate:
Yeah, I hear a lot of people say that. That's what happened for me, too. You go through all of these other natural healing paradigms and when you get to homeopathy – which, unfortunately, is usually last (I don't know why that is) – but it's like: This is home. This is what I've been looking for.

I know Joette talks about that. This is the medicine we've all been looking for, and it's really so true. It's so much more efficacious, I have found, than any other healing paradigm. So, yeah.

Well, one of the things that I wanted to ask you about today is what really got you into homeopathy? What medicine really worked that sold you on homeopathy?

Katie, you want to share that with us?

Katie:
Sure. After I took my first Gateway class with my sister, I

bought a small kit, and it didn't have very many remedies and certainly not in very big amounts. And so, it was small enough to fit in my purse.

We went to the beach, my family, and one of my daughters got stung on her leg by a jellyfish. After a quick panic, thinking, "What can I do about this?" She was screaming in pain. She was in so much pain and so upset.

And then I remembered my homeopathy kit, and I gave a remedy. And it was *Apis* that comes from a honeybee, and that really worked for the jellyfish sting. Within five minutes, she was back playing in the waves.

After that, I wanted to know everything about this medicine. I don't know a single other medicine that I had ever heard of that could have done that.

Kate:
Yeah. So quickly and so efficacious. Right?

Katie:
That's right.

Kate:
So, from then on, you were gung-ho into studying homeopathy.

Katie:
Yes, I was.

Kate:
All right. Robin, what about you? What really stood out in the beginning for you?

Robin:
So many stories. I would have to say one of the key stories was when one of our kitties who was coming down the hill, and my husband took a look at her and said her entire arm was swollen.

We didn't know at first what had happened – if she had been bit by a snake, what the injury was – but it was completely swollen. She had a pretty massive limp. And even though my husband took Gateway to Homeopathy, and he believed in the power of it, I think he had a moment of doubt of like, "Well, is this going to work?"

Because she was in such bad shape with labored breathing, and so we gave her a combination of three different medications – you know, homeopathy – and *Arsenicum*, *Hypericum* … there's a third one. And within the third dose, it was later that day that she was up walking around, back to her old self. When it returned a month later, for some reason, we re-dosed her. She was fine. It was incredible to see.

So that's just one of many stories. I love homeopathy in that it treats the root cause. It's just so simple, and yet it is God's medicine. It's like what Joette talks about all the time.

Kate:
Yeah. Well, those are great.

Katie:
So gentle.

WHY JOIN THE ACADEMY OF PRACTICAL HOMEOPATHY®?

Kate: (07:43)
Yeah. Yes! Yes, exactly.

So, you both recently have joined The Academy of Practical Homeopathy®, and I would love to hear a little bit about what prompted you to join and what you're finding with The Academy. What you love about it, and what you want to tell people about it? Robin, you want to share with us?

Robin:

I have been a believer in homeopathy for the last couple years; my husband joining a study group. And then when it came for The Academy, I think overall, again, diving into different courses and the different medicines, having that opportunity to have an in-depth study is important because I think that knowledge really is power and being able to equip ourselves with it.

And then I think probably Katie for you, too, being able to funnel that information down to the kids of, "Hey, in the event that something happens, here's what you need: *Aconite*, *Arnica*, whatnot."

So, I think a lot of it is just making sure that we have the information that we need. It's really the toolbox, I think.

Kate:
Yeah. So, what prompted you to join The Academy? Because I know you've done Gateway 1, and so what really made you take that leap?

Robin:
It was just the need for jumping into the material and being able to take that ownership. I think otherwise, you're always dependent on other people.

If you have that knowledge and you have that understanding, then you're able to turn to your loved one in a time of need and say, "Here's what you need." Instead of, "I don't have the knowledge; I'm sorry."

It was that time to realize if it's not now, when is it going to be? And sometimes we can get in that mode of it's not ever convenient … and it's not. But at some point, you've got to realize, just jump in.

For anybody out there listening who feels like it's not the right time … you're overwhelmed. There's no better time than right now. And you'll figure it out, and you'll make the

time for it because it's a priority. But this knowledge is too important to let it just sit there for another year until it's going to be a better time. We're going to always be busy.

Kate:
Yeah. We have a mama with 10 kids in The Academy. And I mean, if … I always think if *she* can do it. I mean, that's pretty incredible.

Katie, what about you? Tell me what your thoughts are about The Academy, and what you've been excited about.

Katie:
I actually got into The Academy because I had so many family members. I come from a very large family, and I had so many people all the time coming to me and wanting to know what to do for gout and what to do for heartburn and what to do for a broken leg and what to do for this and that, and I have a headache today. And I just felt like my knowledge that I had was insufficient, and there was nowhere for me to turn.

There aren't homeopaths everywhere. And certainly, I don't know any in this area. And I just felt like maybe I just need to do it. Maybe, you know? And so that I can be that point of contact – that reference – for all of these people that are already coming to me anyways, and I have to do all this research. Why am I holding myself back by not rounding out my education? And so that's why I decided to get into it.

I actually joined The Academy late. I was four weeks late getting in, so I felt like I was so behind, and I didn't know if I was ever going to catch up. But I'm so glad that I was put into a study group … where I was allowed to join a study group. They hadn't solidified those study groups yet, and I got into the one that I was in, and I'm so glad.

THE POWER OF STUDY GROUPS: A DRAMATIC SUCCESS STORY

Kate: (11:13)
So that leads us to a really key part of why you guys are here today, and that's to also share your story about what happened and how being in this study group together really was a lifesaver in a way.

So, go ahead, Katie. Tell us what happened, and you guys came together into the study group. I know because one of our team members said, "Hey, Katie, you should join the study group because you live in the same area as Robin."

So, since you guys lived in the same area, you were kind of suggested to be in the same study group. Tell us why that was important and what happened. Katie,

Katie:
In the middle of October, my one-and-a-half-year-old got sick. When she has a fever, she has seizures with her fever, and it's very scary. I've taken her in at my husband's urging –taken her to the hospital now that we live near one.

And the doctors tell me, "It's a febrile seizure; there's not really anything we can do. Just try and keep her comfortable and safe and don't worry about it. Just keep her temperature low, make sure that you're keeping her on Tylenol and ibuprofen and keep that temperature down so that she doesn't go into these seizures." And that was as good as they could tell me.

So, when she got sick again … and it was just a fever. There was no runny nose; there was no cough; no nothing to suggest that it was a cold or a flu of some kind. It was just a fever and extreme fatigue. She was just very weak, tired, but she had a hard time sleeping. And so, it was a worrisome time. She wasn't eating, but she at least was drinking, and she would have these seizures.

So, I was giving her just a basic flu remedy for the kind of symptoms that she was having with being so weak. And that

was helping, but it was not … I don't think that it was shortening the disease.

And so, I looked up in one of my reference books about fevers of unknown origin. The Drs. Banerji, in their book, talk about that. And so, I looked for my remedy that they suggested, and I didn't have it. I thought I had it. I did *not* have it. And I think that's because I gave it to either my mom or my grandma when they were having trouble. And so, I didn't have it at home, and they live a long ways away.

So, I immediately got online, and I ordered the correct remedy. But it was a weekend. Even though I ordered expedited shipping, I knew it wasn't going to get to me for a couple of days. And so, I thought, "Well, we can tough it out for a couple of days. Keep her on this remedy that's sort of helping and use another one for the seizures and just try and keep things under control until that one gets here."

Well, I checked every day. And Tuesday came; it hadn't even been shipped! I was trying to track the order and stuff, and it had not even shipped yet.

That night, she had some of the worst seizures that I have ever seen in my life. Some of them lasting up to 45 seconds … a minute. And I don't know, I haven't seen a lot of people have seizures, but she doesn't breathe very good when she's having a seizure. It's very scary. And her lips turn blue, and then when she's done with it, she's so, so, so tired.

And at about 4:30 that morning … I had been up all night … again. I thought, "I really need some help. I wish there was somebody around here that had this medicine." And then I thought, "Oh! Maybe one of my study group members that lives nearby, Robin, might have this medicine."

And so, I texted her at 4:30 in the morning. She didn't see it until the next day. Isn't that right, Robin?

Robin:
At 7:00 a.m. So, I turned my phone on at 7:00 a.m. I'm like, who text messaged me at 4:30? You need … like, this is an SOS.

Katie:
Right? Immediately, Robin flew into action. She *did* have the medicine. She asked me did I need some, and I was just beside myself with relief and hope. And she was there before noon. She brought it right to me.

Kate:
Awww.

Katie:
And within seconds of the very first dose, I saw a change in my daughter. She relaxed. She had been very whiny, upset, but still weak. I mean, there wasn't hardly anything she could do. She was getting dehydrated a little bit by that time – or had been dehydrated, and then we rehydrated her. But it wasn't like she wasn't getting any better.

But I saw an immediate change. And so did you, Robin, right?

Robin:
It was within seconds.

Katie:
It was.

Robin:
It was incredible to see. I remember looking at you, Katie, and saying, "This is what Joette talks about when 'this is the right medicine, and it will act'."

But it was seconds. It was shocking.

But having you call out for help, one, I think is important. Sometimes we can get into that mindset of like, do I really need help? I don't want to inconvenience. But it was never

an inconvenience to just reach out and say, “Hey, do you have a medicine?”

And I went through Joette’s blog earlier that year – even the year before – and just documented all the different medicines that Joette had written about of the “have to haves.” And I had these medicines, and I brought *Cocculus* to you as well, which Joette had a blog about it. And if you’re a caregiver, this is what to bring or to take to somebody who’s a caregiver. And so, I immediately thought, “Hey, this could be something that’s helpful.”

But also, it’s just the connection with our other study group member, our study group adviser, Erin, who has been a complete godsend. I reached out to her when you reached out and said, “Hey, can you start a conversation with Katie? I’m on the road, so I’m not going to be available, but let’s make sure that we’re thinking through all of the different medicines. But I’m going to bring some different ones, including one for Katie.”

But having her eyes on that too was really neat to see.

Katie:
I’m glad that you brought her in. I was hesitant to post to the entire group. You know what I mean? We’ve got, I don’t know, eight or nine members in the study group, and I didn’t want everyone worried and asking questions … and I didn’t want to have to field any of those questions.

I just needed a little bit of guidance, a little bit of help through this because I couldn’t think anymore. My brain was fried. I had been up for four nights in a row, and the only time that I ever ate anything was when I could walk around holding my baby and find whatever was available on the shelf in the kitchen. (Not that my family doesn’t care, but they just didn’t see the need. It never occurred to them to bring meals in. And I never thought to ask. I was in a bad state.

You know?)

Kate:
It's really hard to think when you are exhausted and caring for someone. And Joette talks about that, too. How when you are caring for a child, it's really good to have that other person that you can talk to and say, "Hey, what do you think? Because I just can't think right now." It's too close to you. You're too worried.

And like you're saying, it's great to have that connection, somebody that you can reach out to that can help you think – that's the bottom line – and just kind of be with you. Even someone just to *be* there, you know? That you know someone is on the phone or on the way, and just that right there is a huge relief, I think.

So, Katie and Robin have been talking about the importance of connection and being involved in a study group. And they're both in the study group for The Academy, but there are many study groups that you can be a part of … the Gateway to Homeopathy study groups that I talked about earlier.

But I think we wanted to just emphasize that importance of *not* trying to buckle up and go it alone. Maybe Katie was doing in the beginning that you had that study group there, and you did reach out and the importance of that. So maybe you guys can talk about that a little bit and what you want to share with the listeners.

Katie:
Oh, I'm going to cry if I talk anymore about that. I just felt like that Robin was a guardian angel for us. I mean, she was like our rescue. She had the right medicine, and I had a connection to her, and she has a willing heart just to help people. People that study homeopathy, they don't do it for fame and fortune. They do it because they really care.

And that … it meant the world to me.

Kate:
So, you were saying before, Katie, and maybe I can just share that you had said if you wouldn't have had that remedy at that time, that you probably would've ended up going to the hospital again and seeking medical care – which we're not saying that that's a bad thing – right?

Katie:
No. No, I would've done it.

Kate:
But just how you were able to stay home, and that remedy took care of it and the value of that for you.

Katie:
Yeah, it really eased my mind. I had been on the verge at least twice, probably three times, of taking her to the hospital because I knew that a fever – with no other symptoms except just weakness that lasted that long and was starting to inch up and up and up – could only mean some kind of septic infection or something similar. And she would have to be on some heavy antibiotics and have a lot of testing done.

I wanted to spare her that if I could, but I wasn't going to put her life in jeopardy so that I could stay home and say that I handled it myself. I would've gone. I would've gone. But I am so glad that I didn't have to.

She was spared all kinds of horrible traumas that some of my other children have gone through. To be catheterized is traumatic, I don't care who you are. But especially for a small child, it's terrible. Some of the tests that they have to endure to figure out what's going on so that they can get the right treatment …

FREEDOM FROM FEAR

Kate: (21:36)
Yeah. So, we're thankful for that when we need it, but we're also thankful for these medicines that allow us to …

And I think another thing too is to not have the fear, right? Because we have tools that we can use … and that I know has been important in *my* life.

I remember you guys were talking about your daughter being stung by a, what, a jellyfish?

Katie:
Jellyfish.

Kate:
And we were on an island at one point, and my daughter got stung by, I think, a sea urchin? I'm not quite sure. But yeah, she started blowing up too. And it was an island without medical care. You had to see if you could get a flight back to another island to get medical care.

And we used homeopathy for that. And just knowing that I had some tools there that I could use really … well, one, you never know what would've happened if you didn't have that in that instance. How long would it been until you got care and then would it have been in time?

I mean, it's literally been a number of times where homeopathy, I can honestly say, has saved one of our lives in my family. It helps with that fear.

You need that connection. I'm connected to all these beautiful women who are willing to help at any time. Like you said, Katie, these people that you meet in these study groups, they are selfless, and they are willing to be there day or night and to help. And so that's a beautiful, beautiful thing.

Robin, did you want to add anything to that?

Robin:
I think a lot of it is just reaching out. Sometimes we can get in this state in place of wanting to be strong and push through it. And yet there's no harm in asking, "Hey, am I headed in the right direction? What do you think? Do you have any input?" You don't know how anything can be turned around and then within seconds see an improvement, and you just can't believe your eyes. So being able to be part of that …

And I just encourage people to reach out, connect, ask questions. Like, don't go at this alone. If there's stories, share them. I think that that's how we all learn, and we can apply it to our daily lives, too.

HOW TO JOIN A STUDY GROUP

Kate: (23:42)
Yeah. So, if you are listening to this podcast, and you think, "I want to have a connection with other people." Because there's men study groups. There's women's study groups. If you want to have that connection to a group of people, there's a number of ways that you can do it.

One of them is through homeopathy study groups, whether it's in The Academy of Practical Homeopathy® or Joette's Gateway to Homeopathy study groups.

But if not there, then find your people that you can be connected with … that you can do life together and that you have each other's backs. I just think that's super-important, and I know that's what you guys have found with this as well.

I just wanted a quick mention: If you're looking for a way to connect with other people through Joette's Gateway study groups, you can go on the Facebook page, Joette's Study Group, Find Your New Study Group Friends. So that's a Facebook page. And if you join there, you'll see all the

people who are offering study groups and connect with someone there.

So, I want to thank you guys today for sharing your story. And I know it was emotional and hard, but I know that people are going to be just really thankful that you took the time today to share your story and to encourage those who are listening. So, thank you so much.

Robin:
Absolutely. Thank you, Kate, for having us.

Katie:
It was a pleasure to be here.

Kate:
All right. I will see you in The Academy.

Robin:
Wonderful. Thanks, Kate.

Kate:
Thank you. Bye-Bye.

Robin and Katie:
Bye. Bye!

Joette:
These podcasts focus on students of Practical Homeopathy® who have learned how to take care of themselves, family, friends, clients, pets, patients and even livestock using homeopathic medicine.

I hope listening to this podcast has inspired you to follow in their footsteps.

But this podcast is only a start. It's *critical* that you learn how to use these homeopathic medicines properly. So, peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

With the proper training, you can join the tens of 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.*

Motherhood Is a Lifetime Gig



You know what today is: It’s Mother’s Day! Whether you are a mother or simply have one, we all universally celebrate this day.

I once overheard a discussion in which one young lady confessed trepidation about dedicating her next 18 years to motherhood. The older woman she was speaking to just laughed – laughed a little too hard, some might think.

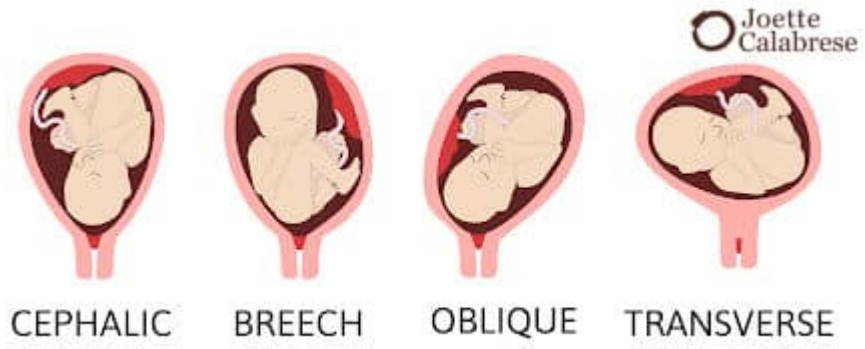
“Eighteen years?” she responded through her laughter. “You’ve got to be kidding! My daughter is in her late 50s, and I’m STILL her mommy when she needs me. Eighteen years? Sweetheart, mothering doesn’t stop at a set age. Mothering doesn’t stop when they get married. Mothering doesn’t even stop when they become mothers themselves. Motherhood is a lifetime gig, my friend.”

Indeed, it certainly is. Mothers never leave the front line. (And they don’t want to!)

My office received a testimonial from one such mother who

was right there, contributing moral support and homeopathic assistance she gleaned from my teachings as her adult daughter was about to give birth to her third child.

The baby was breech at 35 weeks, but Grandma knew precisely how homeopathy could naturally, gently and politely turn the baby to the correct position for birth.



"My daughter took two dosages of Pulsatilla 200CK in one day, one right before bed. We prayed that God would turn the baby.

"She was doing exercises to loosen up the pelvic area. She slept with a pillow between the legs as suggested by a YouTuber who was an exercise specialist.

"Her children, ages 7 and 3, both slept an amazing 12 hours. She slept like a rock all night.

"She awoke and something had changed!! Was it true??

"She palpated, and probed, and it indeed did seem that baby had flipped while she was asleep.

"Today, the midwife and sonogram confirmed that baby was

anterior and head down and a beautiful healthy specimen!!

"Joette's article [see below] … was a great encouragement!!

"Thank you!! – Peg E."*



Inspirational story, Peg. Well done! Congratulations on your expanding, thriving family.

The article she mentioned was my blog post, Birthing Series Part One: Turning a Breech Baby.

That three-part series (including my responses to reader comments in the comment section) is quite educational for new mothers. The other two articles in the series are:

Birthing Series Part Two: The Premier Remedy for Childbirth and a Few More

Birthing Series Part Three: Baby Is Born, but You're Not Done Yet! Neither is Homeopathy

I've said it so many times, but studying homeopathy can provide you with a relevancy like no other. My adult children still call me for healthcare advice for themselves, their families, their roommates, and even their pets. I have to admit, one of my favorite sounds is hearing a grateful "Thanks, Mom."

I love being a mother, and I love passing on the good news of homeopathy. How lucky am I that the two fit so seamlessly hand-in-hand! They can for you too. All it takes is a little education.

Last week, I tempted your loved ones to purchase a gift card for you to use for my Gateway to Practical Homeopathy®. You could also use it toward a course, to enjoy a subscription

to my Mighty Members, or even as part of your tuition in The Academy of Practical Homeopathy®, which is beginning another academic year in July.

But I know how kids can be. Perhaps they didn't listen. Instead, you're enjoying flowers and chocolates. Those are nice, too, but why not buy a more lasting gift for yourself? You deserve it!

Check out my Learning Center to view the available courses. Choose the one that will most benefit your family's concerns and conditions even if your children are grown because let's face it … motherhood is a lifetime gig.

For all of you who are mothers, Happy Mother's Day!

Warmly,



*Lightly edited for clarity.

P.S. You just read my student used *Pulsatilla* 200CK. If that "CK" designation had you a bit stymied, I encourage you to read my post, C, CH or CK? The Answer Revealed.

A Mother, Her Kids and *Aconite*



Mothers come in all shapes, sizes and even species. Yet one thing all mothers have in common is their fierce, protective and nurturing instincts. But instincts can only take us so far. **Education is imperative** so Mom knows what to do when unexpected health conditions strike.

Preparation preempts panic!

I wrote the Gateway to Practical Homeopathy®: A Guided Study Group Curriculum to give every mom the competence and confidence to treat her family's ills. So, as you can imagine, nothing gives me more joy than to receive an

unsolicited testimonial from one such mom who used her Gateway education to help her kids.

(Oh, did I mention that by her "kids," she means baby goats?)



"I am writing to share a short but fun story about how Joette's Gateway 1 Study Group saved a newborn goat this week.

"Two of my daughters, 15 and 18, wanted to have milk goats this year. They bought two pregnant does, and both had their babies on the coldest and most blustery day this spring!

"All four baby does were bundled up in goat jackets, but when evening came, my daughter Ella carried in a baby they had named Cookie. Cookie was shaking and refused to eat. Ella unsuited her and began massaging her body to get her circulation moving and warm her up, but the goat stayed on her side, staring off with glassy eyes. This is never a good sign with animals.

" 'Mom!' Ella said with an anguished tone, 'She's going to die!'

"The checklist began to run through my mind… Caused by cold, she seems to be in shock, and what newborn would not feel afraid in such a situation?

"I got out our Aconite *200, had the children put a couple of pellets on her tongue, and I said a prayer out loud for her. Within a couple of minutes, Cookie sat up and everyone felt hope. We continued to warm her and gave her another*

dose of Aconite *after fifteen minutes, and she improved again, looking around with interest.*

"We brought all of the 'kids' in out of the cold overnight, but Cookie is doing best of all now. Thank you for the repetitive information about the ABCs of homeopathy in Gateway 1. Aconite was a game changer for one baby goat and saved my children so much worry and work in caring for her.

"Sincerely, Linda M.

"P.S. I am attaching 2 photos. One photo [below] *is of Cookie with our poodle, Costa, who appointed himself guardian while she recovered that evening. The second photo* [main blog photo] *is of Cookie the next morning, strong and ready to get on with the day."**



Let me take this opportunity to reaffirm that *Aconitum* should <u>always</u> be used in homeopathically prepared, potentized form – <u>only</u> when there's a number after it, such as 200C (as demonstrated here). We <u>NEVER</u> utilize *Aconitum napellus* in mother tincture form.

That said, what an excellent example of the power of

Aconitum napellus 200C! Well done, Linda. I'm sure the lesson your daughters learned from your skilled response will forever remain a significant influence in their lives. They witnessed how homeopathy can gently trigger a radical shift.

Think about it. **By joining a Gateway to Practical Homeopathy® study group, you've set generational health freedom in motion for your entire family.**

(And who knows? Maybe your future grandchildren will want "kids" of their own!)

Why am I writing about mothers this week instead of waiting until next weekend's Mother's Day? Well, frankly, next week would be too late! I want to give you an opportunity to purchase a unique, meaningful, *practical* Mother's Day gift for your family's matriarch.

Would your mom enjoy the transformative experience of a Gateway to Practical Homeopathy® study group? If so, purchase a customizable gift card from my website. (Our system cannot handle purchasing any product for someone else; you will just be purchasing it for yourself on your account. However, purchasing a gift card allows your recipient to place the order themselves, ensuring their enrollment records and communications are attached to *their* account instead of yours.)

As of this writing, a $73 gift card should cover the curriculum, shipping and handling. But why not round up?

If you're feeling generous – and why shouldn't you; you only have one mom – purchase a higher amount to allow your mom to choose a protocol course she's had her eye on. Imagine how much fun Mom will have perusing my Learning Center to discover which educational offering suits her fancy.

May is the month for "kids" to honor their moms. You've got

a week to make it her best Mother’s Day yet. With my easy online gift cards, you don’t even have to leave home. Win-win!

Pass on the good news of homeopathy.

Warmly,



*Lightly edited for clarity.

Leave No Stone Unturned (Tonsil Stone, That Is)



I've received a number of requests to cover tonsil stones. To be honest, I wasn't sure if this subject would be prevalent enough to interest all my readers.

Indeed, some people are prone to tonsil stones, while others aren't.

Folks prone to this condition have often experienced repetitive occurrences of tonsillitis, met with repeated antibiotics, of course. That fact alone leads me to ask the question: Could tonsil stones be an iatrogenic disease? Meaning, could drugs of commerce (specifically antibiotics over-prescribed for throat infections) contribute to a seeming predisposition to developing tonsil stones?

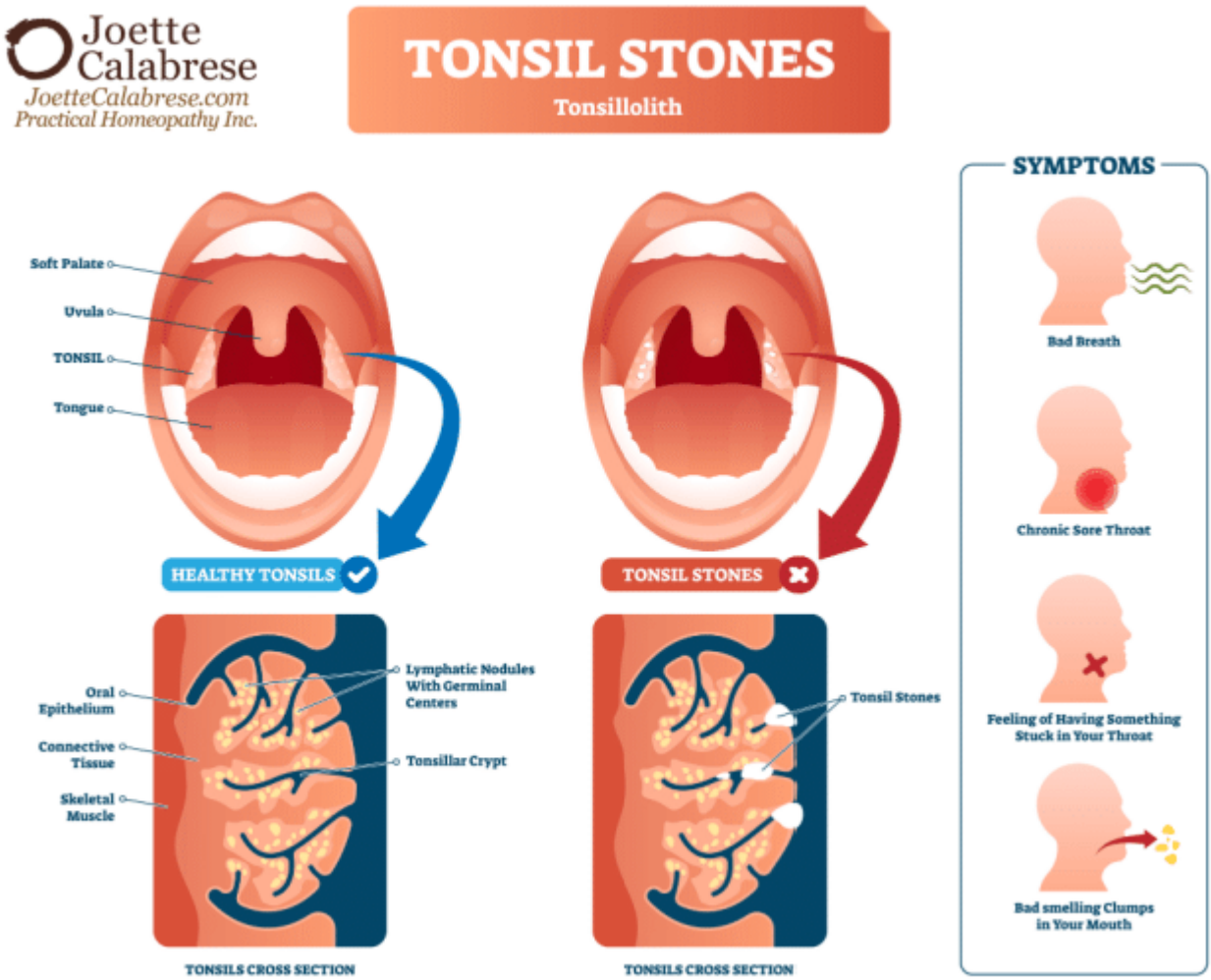
I'm not saying it does. I don't know. However, it's an interesting question to consider. I am reminded of Dr. William Osler's instructive quote:

"The person who takes medicine must recover twice, once from the disease and once from the medicine."

Now, before you dismiss that quote as simply the rumination of some random outlier, keep in mind that Dr. Osler was a founding father of Johns Hopkins! It's hard to think of a more conventional source to have exposed this consequential principle.

Write it down, my friends, in a place where you'll see it over and over. It's that important of a message.

However, whether tonsil stones are iatrogenic or just the "luck of the draw," they are formed by calcified bacteria and debris within the tonsil folds.



Homeopathy often doesn't need to identify the etiology. When tonsil stones are discovered (often accompanied by throat or ear pain and halitosis), Hepar sulphuris calcareum (also

known as *Hepar sulph*) is generally employed in the 30th potency, twice daily, until the stones are pretty much gone. Be mindful that the medicine may require an elongated period of time to complete the job.

I know that sounds vague, and I don't mean to be. It's just that this condition can sometimes take months to resolve. It's essential for the sufferer to observe, observe, observe to ensure they have chosen the correct medicine. As long as we observe improvement in any of the three "magic markers," we know we're on the right track.

What are the three magic markers, you may ask? Well, I teach more about them in my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum. But in short:

1. Once the remedy is given, the first marker is that **the symptoms appear with less intensity.** In other words, on a scale of 1 to 10, what began as an 8 has been reduced to, say, a 6, then to a 4, and so on.
2. The second magic marker is **a shorter duration of the presenting event**. For example, if vomiting is the issue, the episodes will not last as long. So, though the person may continue to vomit over the course of a few days, the time actually suffering is shortened.
3. The third and final magic marker is **larger increments of time between each event**. For example, if someone is vomiting every hour, then every three hours after taking the remedy, it is considered a noticeable improvement.

For tonsil stones, we would watch for them to get smaller, not be as hard, or simply be easier to release. If we observe any movement toward those goals, we can confidently assume we have determined the correct medicine and continue until very much better. Usually what I witness over time is a complete resolution of the condition.

Once there's improvement – even the tiniest bit – the medicine is then given its due time to act fully. Rome wasn't built in a day, after all.

If a sufferer is considering a tonsillectomy – or as I like to call it, killing a mosquito with a bazooka – I would encourage them to read my blog post, I Want My Body Parts Back, to learn about my experience with tonsils.

It's one more reason my mission is to pass on the good news of homeopathy!

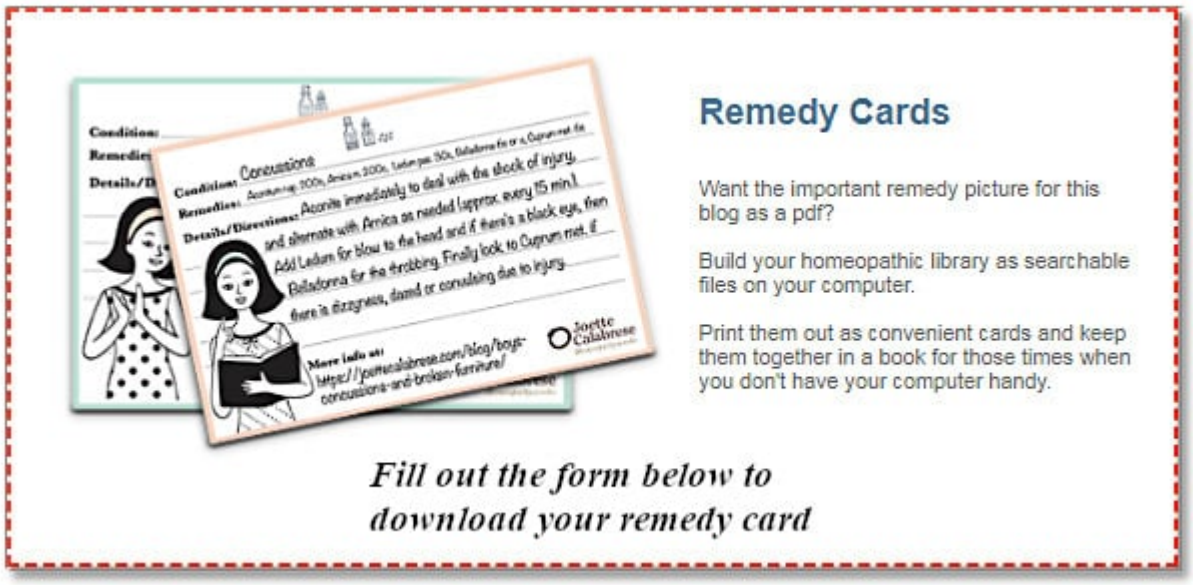
Warmly,



P.S. Tired of going it alone? Let me connect you with like-minded individuals traveling the same path. Consider becoming one of my Mighty Members. For the price of a fancy coffee, you can have access to a safe, private discussion platform to compare notes with other homeopathy devotees at various places in their education. Some of my Academy of Practical Homeopathy® and Mastery™ graduates are among the ranks, and some folks are brand-new to this paradigm.

You'll learn from both ends of the spectrum and find your niche.

Plus, you'll receive a weekly extra blog post in which I can be more candid with my teaching, personal life and humor. You'll also get a biweekly short video of instruction, a 10% discount on course purchases, the ability to search the Monday Night Live events without joining Facebook and more. Don't be left out. Click here to learn more.



Homeopathy Hints from Holstein



Hi. I’m Holstein.

What? You were expecting a cow? Well, that’s speciesism right there. Do I look like a cow?

Nope, I’m a Fox Terrier, and Joette told me I’m cute as a button. So there.

(Harumph. Cow, indeed.)

Well, anyway … I heard that a very smart dog named Buster used to write blog posts about homeopathy. We all miss Buster very much. But between you and me, I say, anything poodles can do, I can do better. So, let me tell you a little story about how homeopathy saved my life.

I mean, don’t get me wrong … I wasn’t dying of a disease or anything. I was just annoying my owner so much that I was

worried he might give me away to a local farmer, which all of us pets know is human-speak for something else entirely. (At least, we think so; we've never seen anyone come back from the farm.)

Look, it all started with a ball. Oh my gosh. Have you ever played with a ball? It's AMAZING! You can run and fetch it, bring it back to your human, and, by sheer force of will, you can make them throw it again.

And again.

And again.

And again.



Okay, maybe I took it too far. Joette's son (whom I live with) said I was "neurotic." At first, I thought that meant adorable and fun to play with, but I'm pretty sure I got that wrong.

Turns out, he thought I was out-of-my-mind nuts. Yep, I overheard a very hurtful phone call between him and his mom, Joette, where I learned that apparently, dogs are supposed to *stop* playing with the ball eventually … or at least take a break. I guess we're not supposed to keep asking our humans to "throw the ball, throw the ball, throw the ball, throw the ball."

I say, if you didn't want us to enjoy playing with the ball,

then why did you throw it in the first place? Humans. I'll never understand them.

Sure, if I was alone, I could rest. But if there was a human nearby, I'd get so excited. I'd want to play! Like, a LOT. Throw the ball, throw the ball, throw the ball. Throw the ball, already!

At any rate, Joette recommended a homeopathic medicine that would make me less of this "neurotic" thing. So, her son put some delicious little pellets of *Coffea cruda 200* in my mouth, and he rubbed my little face and throat (which was quite enjoyable) until the pellets melted.

No kidding. Within 10 minutes, I was calm. I didn't feel that weird compulsion to play with the ball. I just kind of took a break and lay beside my people. It was nice. Joette's son put his hand on me and said, "Hey, Holstein isn't vibrating!"

I guess I just had a problem relaxing. I had been a little, well … wound up. When my human would try to hold me (to keep me from annoying our houseguests), I would just scream to get back down. I couldn't be still. They couldn't lock me in my room because I'd create such a fuss that they'd worry I was going to tear the room apart. The back of the door now resembles a Jackson Pollock.

All I really wanted was to get back to my ball. Geez. You'd think they'd understand that.

But that *Coffea* 200 sure calmed me down. I overheard that it also helps humans with their nervousness and overactive thoughts. I think Joette wrote about it once in her blog post, Anxiety: When the Elevator Flies to the Top.

Look, I still like playing with the ball. But now, I can also be a little more in control of myself. I've heard them say I'm more fun to be around. (Weird … because I thought

throwing the ball to me all day, every day would have been fun for them. But I guess not.)

I just wanted to let you know about this clever *Coffea cruda* 200 stuff. Maybe you have a four-legged friend who could use a little of it? Or heck, maybe you know a two-legged friend who needs it, too.

Either way, I highly recommend it. (And the face-rubbing part. Don't forget the face-rubbing part.)

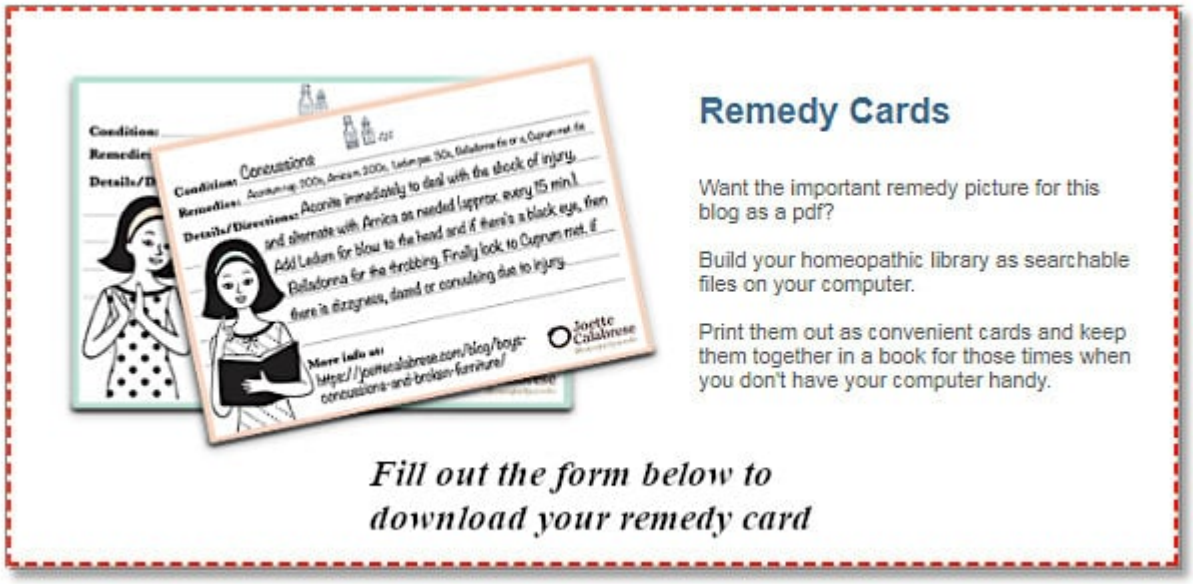
That's it for me. I think I'll go lie down a bit and maybe take a nap. This new, calmer life I'm leading definitely has its perks!



Holstein

P.S. Joette, here. If other mental or emotional conditions interest you, download a free infographic containing the names of a few commonly employed homeopathic medicines for this category of conditions. My course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, provides more in-depth information that may be just what your family needs.

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



Practical Homeopathy® for UTIs



Years ago (eleven of them, to be precise), I wrote a newsletter on homeopathy for UTIs entitled When It's Hard to Go. Readers who've found it through web searches have contacted my team because there were no potencies included in the article.

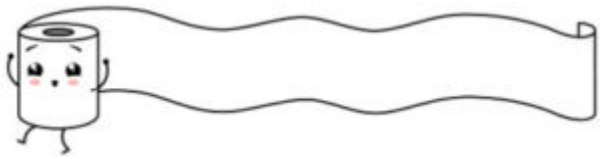
Well, I have an easy explanation for why I was seemingly vague in that post: Classical homeopathy is vague!

You see, back in 2013, when I wrote that newsletter, I still practiced classical homeopathy. But over the years, after developing my own extensive clinical practice as well as my fellowship with the Drs. Banerji in India, I veered away from the esoteric and embraced the practical by utilizing proven, condition-specific protocols for common conditions. Because of this change in my philosophy, the success rate in my practice soared, and my teachings became more digestable.

Why? Because the brand of homeopathy I developed over time –

my Practical Homeopathy® – is not vague. It contains precise, reproducible protocols gathered from top-notch homeopaths all over the world as well as from my decades of case-taking and teaching. I'm no longer handcuffed to the esoteric, enigmatic and dogmatic ideology of classical thinking.

So, it's time to update that old newsletter by putting my Practical Homeopathy® spin on it.



The very first change I want to make is that outside of the Banerji Protocol for UTIs (which I discussed in my 2017 blog post, Recurring UTIs and Antibiotics: Stop the Cycle, where you can download the Remedy Card), my current go-to medicine for general UTIs is *Cantharis* 30, twice daily (or every few hours, depending on severity), until very much better.

As I mentioned in 2013, *Cantharis* is for those who experience a strong sense of urgency, yet very little is voided upon reaching the bathroom. The sufferer may be compelled to rush to the toilet and may even lose urine on the way. Sometimes, a sense of frenzied desperation accompanies an infection, and accompanying pain may make this symptom worse. Burning pain is also a strong indication for *Cantharis*. But it's not necessary – nor is an infection – in order to employ *Cantharis.*

Here's an example of what I hear regularly: One of my team members who was afflicted with at least one or two UTIs a year – not unlike what my hundreds of clients and students report – told me that she hasn't had one in ages thanks to *Cantharis* 30. A few little pillules employed years ago have given her lasting freedom, peace of mind and empowerment.

But despite that success story, there is often more than one way to bake a cake in homeopathy – even in Practical Homeopathy®. So, let's look at the first few medicines in my 2013 newsletter that may be considered for UTIs.

As you read, remember that all of these medicines – as with every homeopathic medicine – should only be employed until the condition is very much better. Then, halt. Observe. If symptoms recommence, the medicine may be started again as before.

These are listed in what I consider to be the order of importance as of this writing. If a chosen medicine provides absolutely no improvement in due time, then one might consider another medicine:

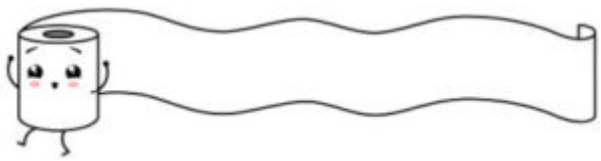
Staphysagria 30, every 3-12 hours, depending on severity, until very much better – This remedy was initially further down the list, but it has proved so efficacious that I'm moving it up! *Staphysagria* has a reputation for aiding girls who suffer UTIs after being abused, either physically or emotionally, or after a recent embarrassment. So common is *Staphysagria* in this malady that it should be considered if no other remedy seems to fit the "picture" of the symptoms. It's also a capital choice for honeymoon cystitis.

Natrum phosphoricum 6X (*Nat phos*), twice daily, until very much better – This little gem of a remedy was my previous go-to medicine (before I recognized even more effective protocols). However, *Nat phos* can be used in conjunction with any of the other listed remedies for urinary problems. *Nat phos* 6X is indicated whenever there is an acidic and alkaline imbalance. There is a strong urge to urinate, yet the person must wait for the urine to flow. Watch for symptoms such as nervous weakness, burning pain and albuminous urine. These signs are made worse after relations and in the evening.

Ferrum phosphoricum 6X (*Ferr phos*), twice daily, until very much better – This little cell salt is excellent for any inflammatory state, especially when the inflammation is accompanied by throbbing. Consider this when a fever accompanies the UTI. The sufferer may be nervous, anemic and sensitive. Along with *Nat phos* 6X, it may be alternated with any of the other listed remedies.

Aconitum napellus 200 (*Aconite*), twice daily, at the immediate onset of the condition – When I teach students about this remedy, I call it "quick shock" because *Aconitum* is a useful medicine when the body experiences a shock of any sort and has a quick reaction to it. Think of a hot day swimming in warm water and then hopping into a cold, air-conditioned car while still wet. If a urinary tract infection ensues, one might immediately consider this remedy. A fright, such as after an accident, can also be a call for *Aconitum*. Burning before urination and a sense of pressure in the bladder could also point to this choice. As I mentioned, this medicine is generally utilized only at the beginning of the condition – the sudden onset. Another of these potential medicines may be chosen to alternate with *Aconite* during those first few days after onset. After halting the *Aconite*, the other medicine may also be continued, until very much better.

While my original list contained six additional candidates for consideration, there are actually *many* medicines to choose from for a urinary tract infection. But remember, we only move to the others if the top considerations (the Banerji Protocol or *Cantharis*) don't act. We certainly would not throw *all* of these at one condition. Instead, we prudently choose the top match or matches.



Whew! That's a lot of information for one post. So, I'll follow up with the remaining six medicines in my next Memo to Mighty Members later in the week. (If you're not a Mighty Member yet, what are you waiting for?)

For now, readers, I want you to take note: By looking through my older blog posts, you can see the progression of my thinking from 2013 to 2024. Sure, I started out as a classical homeopath because that's all that was available then. It's different now. I'm no longer over-egging the pudding. Instead, I teach what I have gleaned over my almost 40 years of study and practice. However, judging from the responses from my current readers, students and clients, I'm convinced that Practical Homeopathy® has made the homeopathic medical paradigm more accessible to everyone – mothers, grandmothers, dads, nurses, pharmacists and M.D.s.

More and more individuals have garnered the competence and confidence to treat themselves, their families, loved ones and even clients or patients because of the straightforward clarity of my Practical Homeopathy®.

So, when I say, "Pass on the good news of homeopathy," I more specifically mean my *Practical* Homeopathy®!

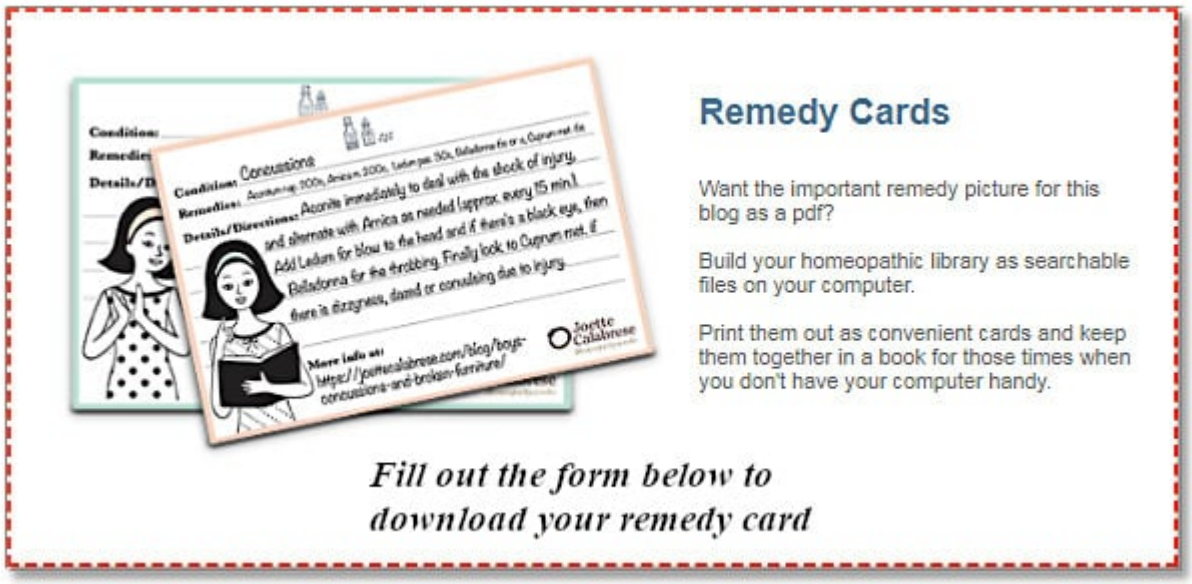
Warmly,



P.S. If you want to take a deep dive into this subject and learn how to avoid the use of antibiotics for UTIs and other similar common infections, I urge you to consider my course, The Antibiotic Alternative: Balance your Bugs Without the

Drugs: How Homeopathy Can Help You Avoid Antibiotic Fallout and Strengthen Immunity in Everyday Family Life. Learn many more practical, proven homeopathic protocols as alternatives to side-effect-ridden antibiotics.

And don't forget, my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.



Conquering a Sore Throat with *Mercurius sol*



Folks, the list is as long as my arm:

Saltwater gargle
Hot tea with lemon
Honey
Lozenges
Humidifiers
Chicken soup
Popsicles
Apple cider vinegar
Cayenne pepper
Gargle with aspirin
Ibuprofen
OTC synthetic chemical throat sprays

Yep, the list of home remedies for sore throats is seemingly endless. Do they work? Perhaps. Briefly. But when one’s throat is on fire, who wants to experiment?

Homeopathy – not to be confused with home remedies, as homeopathy is a medical paradigm – offers several medicines for sore throats that have been used by homeopathic practitioners for over 200 years and have been historically proven safe and effective.

So, today, let's discuss one of them that should be included in that well-stocked homeopathy kit we've been curating over the past 16 months of blog posts.

Mercurius solubilis (sometimes alternatively spelled as *solublis*) is a premier homeopathic medicine for sore throats. Now, before we go any further, I should also mention that *Mercurius vivus*, another medicine, is so close in action to *Merc sol* that they are pretty much interchangeable. So, one may choose either one with confidence.

We've discussed other medicines for sore throats, such as *Belladonna* or *Hepar sulph* and even *Merc cyn*. However, *Merc sol* (or *viv*) would be a primary consideration when the sore throat pain is considerable and *also* exhibits these certain distinguishing factors:

- Throat looks like pizza or macerated meat – bright red, pustular, puffy and a mess
- Bad odor in mouth
- Excessive saliva

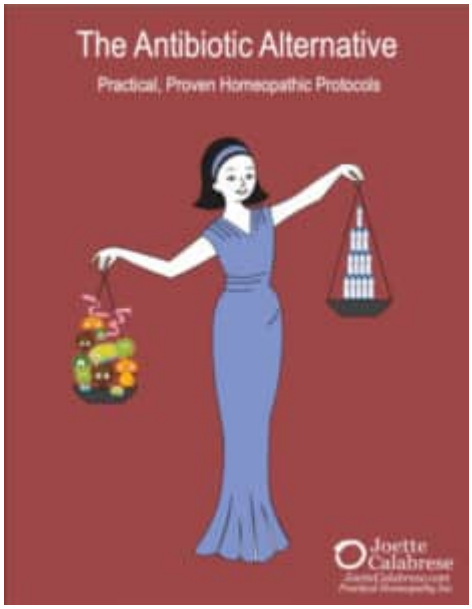
Generally, one would employ *Merc sol* (or *Merc viv*) 30, every 3-12 hours, depending on severity. One might consider utilizing the medicine every three hours at the height of the throat pain. Then, as the symptoms decrease, one would extend the time between doses accordingly. For less severe throat pain, one might only need this medicine twice daily.

Remember, as always, homeopathic medicines are only used when medically needed for a pathology. Homeopathy is neither a supplement nor a home remedy, as is often stated

haphazardly.

Homeopathy is medicine. We utilize it prudently, meaning one stops using it when the condition is very much better.

Now, my friends, a doctor might throw antibiotics at this sore throat condition. But I say no. Why risk the side effects of antibiotics when homeopathy offers a more polite solution that doesn't systemically slam the body? No one needs to fall into the downward spiral of secondary and tertiary conditions that antibiotics often cause.



If you're ready to say "no" to the indiscriminate use of antibiotics, my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs, was designed with you in mind. Whether it be a case of sore throat, otitis media, impetigo, a urinary tract infection or a bone infection, homeopathy can address conditions with consistent, reproducible results.

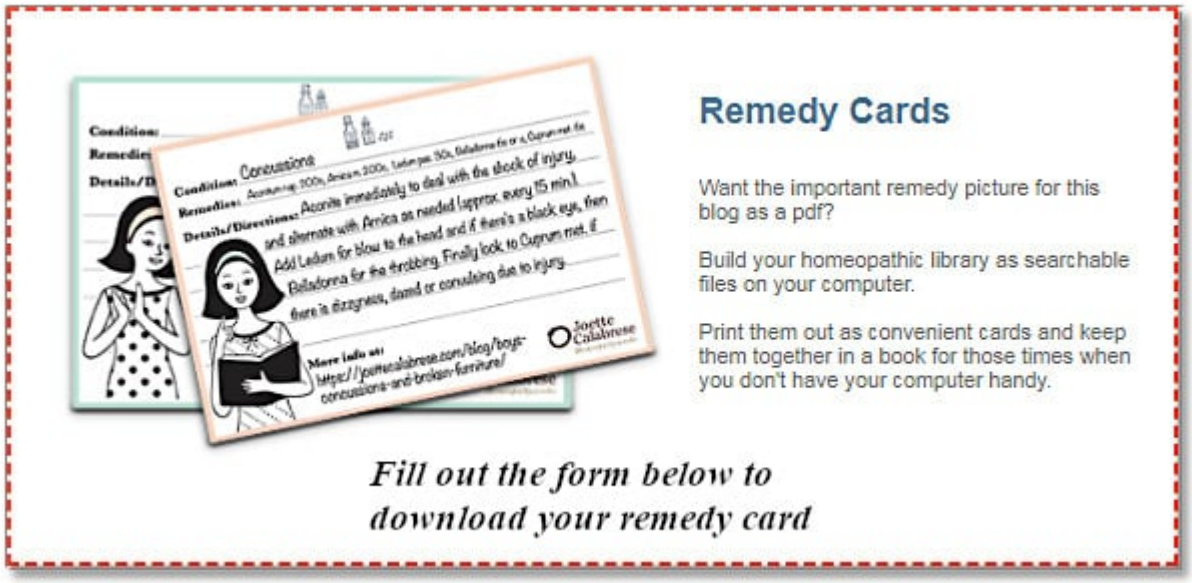
In fact, download my Antibiotic Alternative infographic – for free – and receive a few practical, proven protocols pulled right from the course.

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.

Pass on the good news of homeopathy!

Warmly,





Christ Is Risen!

“Christus surréxit!”

“Surréxit vere, allelúja”

This traditional greeting in the Catholic church describes a blessed miracle that occurred two thousand years ago.

Translated:

“Christ is risen!”

“He is risen indeed, Alleluia!”

My dear friends, for Christians, today is our most sacred day – our holiest day – Easter Sunday.

As the angel of the Lord explained to Mary and Mary Magdalene as they came to see Christ’s tomb in Matthew 28:6, “He is not here; for he has risen, as he said.” Indeed, it was a pronouncement that has since offered hope as it echoes around the world.

So, from my family, myself and my entire team here at Practical Homeopathy®, we take a break from our regular routine to wish “Buona Pasqua a te e alla tua famiglia.” Happy Easter to you and your family.



Podcast 117 – Let's Catch Up and Learn About *Quebracho*



IN THIS PODCAST, WE COVER:

02:13 Introduction

05:07 The Academy of Practical Homeopathy® (Join Founders' List for more information)

07:07 Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

09:22 Joette's Study Group: Find Your New Study Group Friends' Facebook page
Or, find a study group once you've already purchased the study guide, by logging in to your "Gateway to Practical Homeopathy® I, Second Edition" portal page through The Learning Center. On the Welcome page, you will find a list of Joette's Ambassadors leading study groups.

10:35 Joette's Mighty Members

11:03 Monday Night Lives on Joette's Mighty Members site or our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and now, Instagram

11:50 Joette's free blogs

13:26 *Quebracho*

14:39 Dr. William Boericke's "Pocket Manual of Homœpathic *Materia Medica* & Repertory"

18:15 *Carbo veg*

20:26 *Materia medica* for free online

21:24 Joette's closing message on her movement and the global popularity of homeopathy

ADDITIONAL RESOURCES MENTIONED IN THIS PODCAST:

JoettesLearningCenter.com

Kate:

This is the Practical Homeopathy® Podcast, episode number 117, with Joette Calabrese.

Joette:

This is 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 family's health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms together and embrace health care freedom.

Join me 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 called Practical Homeopathy®.

Now, whether you've tried homeopathy in the past or were frustrated, or you're examining the possibilities of caring for your family *yourself* for the first time – you are in the right place.

In this podcast, I'll offer you my decades of clinical experience as a practicing homeopath and years of teaching tens of thousands of students so that you can become the hero of your family and community.

This is true health freedom, my friends. This is my *Practical Homeopathy*®.

Kate:

Hi everyone, I'm Kate, and I am here today with Joette Calabrese. Welcome, Joette.

Joette:

Thank you, Kate. Welcome to you, too.

Kate:

Yeah, it's your podcast, but I'm welcoming you!

I wanted to just say a little shout-out: Hello to those who might be new to your podcast and those who have been listening. But we've taken a little break from podcasts, and so we would just want to welcome you back or welcome you for the first time.

This is a podcast all about Practical Homeopathy®. So maybe,

Joette, just take a minute and tell us who you are and what this is about.

INTRODUCTION

Joette: (02:13)

Well, my name again is Joette Calabrese, and we have kind of this little universe of information on our website and associated with the website. So, we're going to talk about each of those components that we've put together for the past many years, and then what we've been doing recently.

So, I'm a practicing homeopath. I have been for 36 years, actually teaching for 36 years … probably more in practice closer to 34 years. And now since that time, I'm spending a great deal of time teaching. It's one of my great joys.

Kate:

And your goal – one of your goals … your *big* goal – is to bring homeopathy …

Can you share that with us?

Joette:

Yes. My goal has been to bring homeopathy into every home and especially in the hands of the women – the moms, the grandmothers, those who are the caretakers, those who take care of children and grandchildren – but also for those taking care of their elderly parents, their pets, their livestock.

So, whatever your family is comprised of, you, as the person in the home, need to know this information.

Now, this does *not* mean that we don't also have many people who are in our courses who are medical doctors and naturopaths and functional M.D.s, conventional M.D.s and

nurses and chiropractors and physician's assistants and et cetera, et cetera, but …

Kate:

Dads and EMTs.

Joette:

Yeah. We also have dads and EMTs. That's right. We do.

But the focus is to get this information to the hands of those who are at home, taking care of the family. That has been stripped for a long time from the hands of women, and now we're going to put it back into their capable hands and give them the tools, so they don't feel as though they need to run to a professional at every turn or that they need to use drugs at every turn. And the more – I always tell folks – the more they learn, the less angst there will be in your life.

Kate:

So, Joette, I know on your website you offer something for everyone – every budget – starting with blogs and podcasts, which there's no charge. And you've been doing your blogs for how long now?

Joette:

You know what, Kate? I'm not sure. I think it's 14 years – every Sunday night.

Kate:

Yeah, it's a long time. So, there's a ton of information. I often say that if you just go through all the blogs and podcasts, that can be taking a course, honestly.

So, you also have available a group called Mighty Members, and that's something that's newer that you're doing. And

then you have your Gateway study groups and your courses and now something pretty significant that we've been working on for the last couple of years.

Why don't you tell us about that?

THE ACADEMY OF PRACTICAL HOMEOPATHY®

Joette: (05:07)

Well, that is the ultimate piece. It's The Academy – The Academy of Practical Homeopathy®. It is a very specific kind of medicine that I have procured by using Banerji protocols and French protocols and other protocols – my own protocols – but protocols from other homeopaths to make homeopathy much easier.

So, instead of using classical, we can come up with a medicine much more quickly, including the potency and frequency. And we focus very deeply on that subject in The Academy of Practical Homeopathy®.

It's a year-long program, extremely intense. Let's put it this way: I would call it rigorous. And it's done online but live as well. That carries the student through each step of what needs to be understood and known regarding homeopathy.

And then we have a second program – a second year, which is called the Mastery™ – and that is once the first year of The Academy is completed. Then, the student can move on to Mastery™.

And then, we have a third component, and that is the third year, which is also 11 months long. And that's what we call Mastermind.

So, a person could decide to go through all three of these programs all at once – determine that they're going to do one year after another for three years – or they can choose just one year, or they can choose just two years, et cetera.

Kate:

Yeah. So The Academy, if you are interested in joining The Academy or finding out more information about that in particular, you can go to AcademyofPracticalHomeopathy.com and there's a Founder's List that you can join. And when we are offering our next class – when that will start – we will send out some information before it begins.

So, Joette, there's some other things that are new as well that we've done in the last couple of years. And one of those is the Gateway to Homeopathy Study Guide. There is now a second edition. Can you explain about that?

GATEWAY TO PRACTICAL HOMEOPATHY®: A GUIDED STUDY GROUP CURRICULUM

Joette: (07:07)

Now, that's what this looks like. It's a pretty hefty book with tons of information.

And the way I learned homeopathy originally back in the '80s was some friends and I formed a group. We met every Thursday night, and we studied homeopathy so that we knew how to treat our children, our husbands, our parents, our pets, our relatives and our friends in general.

And we stayed together. We met every Thursday for four years. It was a foundation for me that not only taught me how to use homeopathy – at least the first steps in using homeopathy – particularly for acute conditions but also for some chronic conditions.

But it also built a natural support system so that my friends and I could count on each other to get help should something occur. Then we could go to each other and ask for help. And it was a very important part of my life.

I never missed a Thursday night for those four years. None

of us did, especially our main group. We considered it so valuable that nothing would get in the way.

And so based on that paradigm – on that program or that idea – we set up a program called Gateway Study Groups where folks can join a study group. They can either make their own – come up with their own friends – and then we give them the information on how to do it. Step-by-step guide. And then each of their study group members purchases this book. It's quite reasonable in price, and it's something that can be used regularly even after the student has finished the course. It's a great reference.

But during the course, this is a lot of information that will be used very deeply. It teaches you which homeopathic medicines to use under what circumstances, what potency to use, how frequently to use it. So, it's not giving you guesswork.

It tells you under *this* condition – when a child has or someone has otitis media – *this* is the medicine, *this* is the potency, and *this* is the frequency.

And so we go step by step to teach folks how to use this at home. And so, to join one of these groups, we're going to have that listed below, right, Kate, so that folks can hop in and get into the Gateway study?

FIND YOUR NEW STUDY GROUP FRIENDS' FACEBOOK PAGE

Kate: (09:22)

Yeah, there's a Facebook page where it's Joette's Find Your Study Group Friends Facebook page. And so that's how you can find someone who's leading a study group.

Or, like Joette said, if you want to start your own study group, you simply purchase the book, and it walks you through how to lay out a study group, how to invite people,

gives you some examples, and, at each study group meeting, what you would say and what questions you would ask about the different lessons in the book.

So, I just wanted to emphasize one of the main things about these study groups like you were talking about earlier, Joette, is the relationships that you develop. Really, I have some of my best friends now; I met them through the study groups. And so, that is really a very valuable piece of joining or starting a Gateway to Practical Homeopathy®.

Joette:

Joining or starting. Yes, you could go either way. Yeah, you've taken a number of groups through, haven't you, Kate?

Kate:

Yes. There's really people all over the world who join these study groups. When I led mine, I had people from different countries in the study groups, and it's really great to be able to develop those relationships.

All right, let's talk about Mighty Members because that's fairly new as well. Mighty Members … can you explain that a little bit, Joette?

JOETTE'S MIGHTY MEMBERS

Joette: (10:35)

Well, it's a subscription site, and what folks do is they join in, and they get information from me a little something every day.

And then every week, we give them things that I would not normally say to the general public – something that might be a little bit more controversial, perhaps, or even a little more personal. I am willing to give that kind of information out a little more readily in Joette's Mighty Members.

Kate:

It’s hosted on your own …

Joette:

A private … yes, it’s a private server.

MONDAY NIGHT LIVES

Kate: (11:03)

… private server. And so, it’s kind of like our own private Facebook page, in a way. We’ve added something you put out called “Mighty Musings,” which are videos just for those who are part of the Mighties.

And then there’s a Social Center so the people on this site can communicate with one another – ask questions. You jump in there once in a while.

There’s a library archive, I know, of your Monday Night Lives, and sometimes you pop on and just talk to the Mighties after your Facebook Lives that you do weekly on Mondays. So that’s another benefit.

But yeah, it’s another option for those who are looking for something that’s a little bit like a step beyond the blogs and the podcasts. Or we have students who are in The Academy and Mastery™ who are also Mighty Members. So, there’s really something for everyone if you’re…

JOETTE’S FREE BLOGS

Joette: (11:50)

For all different palettes and for all different budgets. Yeah, absolutely.

Because the blog is free, I encourage people to use the blog when there’s a condition that comes up. You simply put in my

name, “Joette Calabrese, otitis media,” “Joette Calabrese, shin splints,” “Joette Calabrese, strep throat,” et cetera. And find the article that I’ve written about it with the name of the medicine that is one of the most common medicines to be used for that, the potency and the frequency.

And then we direct you – I direct you – to where you can purchase it. And I have no affiliate program. In other words, I don’t get paid by those places that I send you to. I don’t believe in that method or that concept.

Instead, I’d rather just give you the information and encourage you to consider learning more.

And that’s really what all of this is about, is to move you up the ladder into a more in-depth understanding of how to use homeopathy, so that you have comfort when someone is suffering in your family. You’re not freaking.

You’re going from freaking to fabulous, to be honest.

Kate:

I want you to tell a funny story about your kids. And when they are in need of a homeopathic medicine, where do they go?

Joette:

They go to the blog! They actually say the next day, they say, “Mom, I went to the blog, and I keyed it in, and I looked up the remedy, and it helped. Thank you so much.”

Or “Mom, I went to the blog, and I’m not sure I understand what I’m supposed to do here. Could you clarify it for me?”

And they send their friends there, and they help their friends, their pets, et cetera, and their spouse, et cetera. It’s really great.

So, even my family – even my father – was using my blog at one time.

QUEBRACHO

Kate: (13:26)

That's funny. I love that story.

All right, let's switch gears and talk about a homeopathic medicine that is going to be helpful, especially during this cold/flu season, and that is *Quebracho*. And I'm going to spell it Q-U-E-B-R-A-C-H-O. And that's a homeopathic medicine that comes from a hard tree.

So, tell us a little bit more about that medicine.

Joette:

Yeah, it's an interesting remedy. As we know, homeopathic medicines are often derived from plants. Not always – they can be from minerals; they can be from the periodic table, et cetera, et cetera. But this one happens to be a plant that's found in South America, mostly in Argentina.

And it's a tree that's used for tanning, even all the way back since the 1800s. So, it was used for tanning leather, and it was a red-brown color. Not that that's really important, but it's interesting to learn this. And it was used for waterproofing leather. So, I think that's pretty interesting.

So, then we come to some information on *Quebracho* – excuse me, it looks like it's pronounced "qwe-bracho," but it's actually "ka-bracho." It's a Portuguese word.

1. **WILLIAM BOERICKE'S "POCKET MANUAL OF HOMŒPATHIC *MATERIA MEDICA* & REPERTORY"**

Joette: (14:39)

And we go to William Boericke; I've got his book here. And Dr. William Boericke was a homeopath back in the 1800s and 1900s, and he was best known to be an editor of the Pocket Manual.

I actually have another book of his; hold on.

Kate:

He was also a physician, wasn't he?

Joette:

Yes, he was. He was a medical doctor. Well, that's what all homeopaths were. They were all medical doctors.

And so, this is his book, this particular version. This particular edition is not available, but you can still get it in paper. This happens to be in leather.

And so, he says of *Quebracho* that it is "*Digitalis* of the lungs." Now he's quoting that from Dr. Hale, who was another medical doctor homeopath from 1877. And what that means is *Digitalis*, of course, is for the heart, but *Quebracho* is for the lungs.

So, when it comes to the heart, we use *Digitalis*. When it comes to the lungs – this is a very generalization here – when it comes to the lungs and especially a concern about colds and flus that go to the lungs, *Quebracho* is a really good choice.

So, this is what he says here. I have it written here, and I also have it up on my screen. He says, "It increases oxidation, removes temporary obstruction to the oxidation of the blood by stimulating respiration centers, increasing oxidation and excretion of carbonic acid, pulmonary stenosis for thrombosis of the pulmonary artery, and is an effective remedy in many cases of asthma. It stimulates the respiratory centers and increases the oxygen in the blood."

And one of the ways that we would consider using this is if someone is in need of air. So, "want of breath" is the way it's put in homeopathy – particularly during exertion. That is one of the guiding symptoms for the use of *Quebracho*.

So, it's also great for cardiac asthma. And so cardiac dyspnea, which is also … dyspnea is breathlessness. And so, if there is a cardiac sensation, perhaps the heart is pounding hard because the person is having a difficult time – not a serious time necessarily – but a difficult time breathing; they need to catch their breath; they need to slow down. The medicine would be *Quebracho*.

Now, how do we use this? Do we use it only at that moment as an SOS? Do we use it on a regular basis because this person is suffering from this on a regular basis?

I'm going to say that it can be used in both situations. So, if someone has asthma or a respiratory condition such as a cold or a flu, and they have a "want of breath" – particularly after exertion or during exertion – *Quebracho* would be useful.

If it's on a regular basis, we would *use* this on a regular basis. I would personally use this, say, once a day in a 30th potency for a few weeks until we see a shift – until we see that that condition has resolved enough.

Now, if it's only an occasional event that this person has this "want of breath" during exertion, then we're going to use this *as needed only*. And again, I would use it *Quebracho* 30, potency 30C (or 30X if that's all that can be obtained) and use that every few minutes or every 15 minutes or so. And stop as soon as there's improvement or stop if we see *no* improvement after, say, four doses.

Kate:

Now, Joette, can you explain: *Carbo veg* also has that want

of air, lack of air. So, what might be the difference?

CARBO VEG

Joette: (18:15)

Yes, *Carbo veg* does have that "air hunger." It's a little different, air *hunger*. I know that sounds like we're splitting hairs, so to speak. But *Carbo veg* is more air *hunger*, where it's not that it's during exertion necessarily or that they can't get the breath, but it's still remaining unsatisfactory. The air that they are getting in is not a satisfying breath.

Carbo veg does not relate as deeply as *Quebracho* in relation to the heart as well. And *Carbo veg* is specific for having had an experience – not always – but having had an experience with being exposed to carbon monoxide.

Quebracho is as a result of having had an experience with a cold or flu.

Now, these are not hard and fast, but if you've got any one of those two pieces, then you know which one to consider is more in the running.

Kate:

So, as far as owning potencies, you've talked about a 30C. And I know you've mentioned before about using *Carbo veg* for an asthmatic reaction to something, and *Carbo veg* is one of the remedies that can be useful in that situation. And we use it often in a 6C in that situation.

Would you ever consider the *Quebracho* in the 6 to have a …

Joette:

Yes. Yes, I would consider that to be used in a 6C. And then in that case, I would use it once a day over a longer period

of time.

You know, in Robin Murphy's *materia medica*, he says to use it for dyspnea, of course, emphysema, for pulmonary stenosis. There's a whole list in Robin Murphy's *materia medica* on how this medicine is used. Shortness of breath during exertion, again, respiratory paralysis (a feeling of as though the lungs are just not moving as they should), slowed heart. And that combination can be very, very useful.

And should you be interested, I always urge folks to get a hold of a *materia medica* and start studying – start reading the particular medicine – so that you have a real good understanding of what the capability of this medicine is.

***MATERIA MEDICA* FOR FREE ONLINE**

Kate: (20:26)

And you can find *materia medica* for free online as well. If you don't have one, you can just search "*materia medica*" and then put in "*Quebracho*" or just "*materia medica,*" and then some will come up. And you can look at the medicine that way if you don't own a *materia medica*.

So, Joette, I think this has been a really good little introduction to *Quebracho* and an explanation about what you do and all the things that you offer. And so, thank you for sharing with us today.

I hope this gives your listeners just a little taste of what you do.

And hopefully we'll see you somewhere in a study group or a Mighty Members or The Academy. We'll put all the links that we mentioned – these different things that we offer – we'll put the links on the website. So, if you're looking to find out information, you can go there.

Joette, you always have words of wisdom as we close things.

So, what would you like to share with your listeners as we finish out this podcast?

JOETTE'S CLOSING MESSAGE ON HER MOVEMENT AND THE GLOBAL POPULARITY OF HOMEOPATHY

Joette: (21:24)

Well, I would like to say that I think it's impossible to overstate the significance of this information and of this movement – because it's actually a movement.

I think we're at a crossroads in history. People are disgusted with Big Pharma. They're tired of the old way. Folks are saying, "I don't want to take the synthetic stuff anymore. The drugs of commerce, they make me worse. And I know there's got to be another way to do this." But they don't know what to do.

They often say, "I don't want to take this, but I don't know what else."

Enter Practical Homeopathy®.

And so, in searching for an alternative – and I don't like to call this "alternative" because this medicine is the second most used medicine on this earth.

First is Chinese Medicine – by the sheer numbers of Chinese in China and that area of the world.

And the second most used medicine is homeopathy.

And behind that is conventional, synthetic drugs of commerce.

But for those who have lived in North America and some parts of Europe – many people don't realize this! But the earth is wide, my friends. And I urge those who have not cast their vision out further that they're missing out on an entire

medical paradigm – without side effects – that is available to be readily learned and noted how valuable this medicine is because it's so inexpensive, so readily understood, and it simply works. Practical Homeopathy® works.

Kate:

Joette, thank you so much. It was a great podcast, and I look forward to the next one.

Joette:

So do I, Kate, thanks.

It's my honor to share as many Practical Homeopathy® protocols for single conditions as I can – for free, without affiliates or even advertising – here in my podcasts, 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 and find fun study group opportunities and in-depth courses developed by subject.

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.