Having a Swell Summer



Many schools are back in session, but some folks are still having a swell summer.

By “swell,” I mean that certain people are experiencing swelling in the crazy heat and humidity blanketing the Northern Hemisphere. In fact, one of my reader’s fingers was so swollen he could barely get his wedding ring off!



As always, homeopathy provides a polite, gentle medicine that has been shown to nudge the body back into proper function. Indeed, one of our valuable cell salts, *Natrum sulphuricum*, has been shown to address aggravations from warm, humid weather.

More commonly referred to as *Nat sulph*, this cell salt would generally be employed in a 6X potency, twice daily, for edematous swelling. (Of course, as always, we halt the use of the medicine when the condition is very much better or if no measure of improvement is observed after giving it due time to act.)

In fact, when we moved to Florida, my body was completely thrown off kilter by the oppressive heat and humidity. So, I utilized *Nat sulph* with great success. (You may remember I discussed my experience at the time in my Cell Salt Series: Sweltering and Swelling.)

What's interesting about *Nat sulph* 6X is that it may be

taken in advance.

For instance, let's say the weatherman says a heat dome is expected to encompass your area. (Sound familiar this week, middle America?) Suppose a sufferer knows without a doubt that their body doesn't react well to hot, humid weather. It always makes them unbearably uncomfortable or perhaps even makes them out-and-out sick. A little advanced use of *Nat sulph* – perhaps a few days ahead of the impending weather – may naturally bolster their body's ability to cope and preempt ill effects as the heat settles in.

Plus, *Nat sulph* is not only for edema. It may also be called upon for other conditions related to hot, moist weather, such as asthma, nausea, headache, body aches and fatigue. The keynotes – what differentiates this medicine from other medicine choices – is the condition's worsening from moist heat.

Under the rubric of edema, we also find *Apis mellifica* listed as a strongly suggested medicine in the homeopathic repertory. *Apis* 30 can be helpful as well, most notably if stinging accompanies the swelling. But we'll talk about *Apis* and edema more soon, so be sure to return to this site!

And here's a little tidbit I've discussed several times previously, but it bears repeating. Wisely, my son regularly makes a homemade electrolyte rehydration beverage. The recipe actually includes *Nat sulph*. This healthful, delicious drink sure beats the questionable ingredients (such as dyes and artificial flavorings) contained in commercial Gatorade. Plus, it's quite refreshing.

Through this year's blog posts, we're slowly but surely curating a well-stocked homeopathy inventory. In case you missed earlier posts, here's a list of the must-have medicines we've included in our kit so far. (Click on the medicine names to learn more.)

1. ColdCalm®
2. *Ruta graveolens*
3. *Symphytum officinale*
4. *Arnica montana*
5. *Hypericum perforatum*
6. *Oscillococcinum®*
7. *Arsenicum album*
8. *Aconitum napellus*
9. *Hepar sulphuris calcareum*
10. SleepCalm®
11. *Pulsatilla nigricans*
12. *Ignatia amara*
13. *Rhus toxicodendron*
14. *Helleborus niger*
15. *Euphrasia officinalis*
16. *Lycopodium*
17. *Nux vomica*
18. *Sepia*
19. *Cantharis vesicatoria*
20. Cyclease® Menopause
21. *Sulphur*
22. *Bryonia alba*
23. *Berberis vulgaris*
24. *Ledum palustre*
25. *Belladonna*
26. *Gelsemium sempervirens*
27. *Hyoscyamus niger*
28. *Coffea cruda*
29. *Cina maritima*

You can also learn more about many of these medicines in *A Materia Medica: Practical Homeopathy® for Busy Families*. I wrote this *materia medica* with families in mind. There's no complicated homeopath-speak … just my plain-spoken English with examples from my family and practice. It's an excellent *materia medica* for beginners as well as a quick resource for the more experienced user when time is of the essence.

Be sure to pass on the good news of homeopathy!

Warmly,

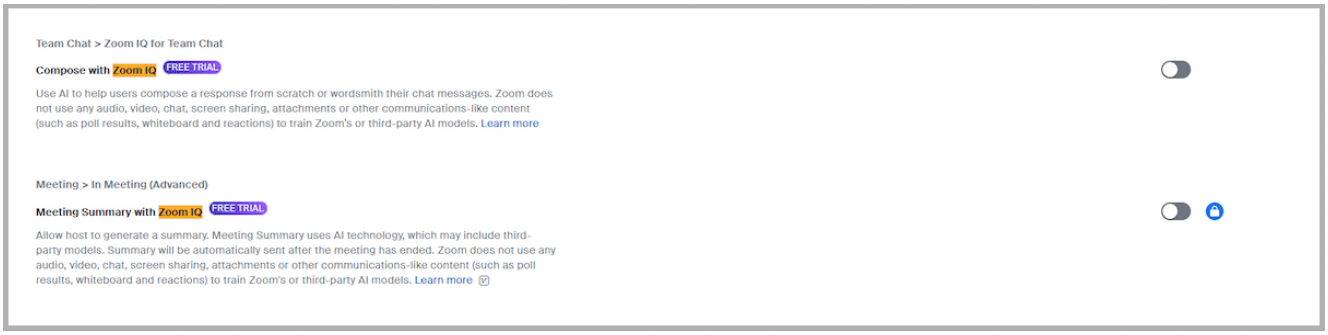


P.S. Here at JoetteCalabrese.com, we continuously and ardently fight for your privacy.

In response to recent disturbing trends in artificial intelligence and concerns about large companies collecting our data, the Practical Homeopathy® internet technology team has conducted a thorough review of current policies and technical systems employed by Zoom, Inc.

After an in-depth conference call with Zoom's Tier 3 Support, here are the current precautions we are taking on your behalf:

- We have verified that all AI-related settings within our Zoom account are disabled and locked in the off position.

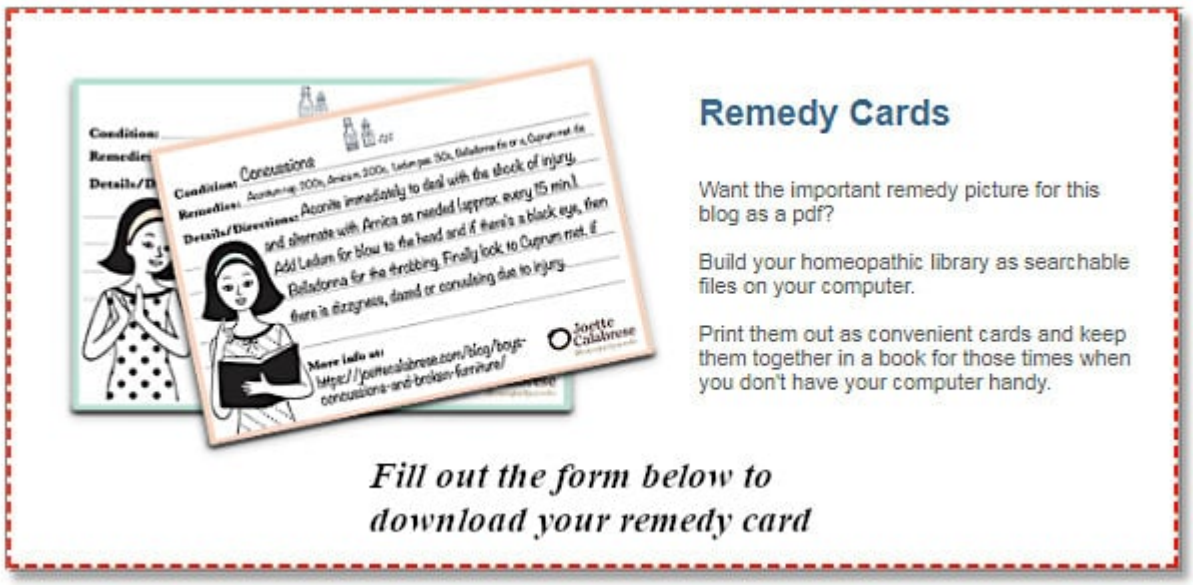


- Our IT team has established an open, ongoing dialog with our Zoom account executive and their respective IT teams regarding this matter. Further documentation and assurances should be forthcoming. We will share

any new, pertinent information.

My entire team at Practical Homeopathy® understands and shares your concerns, and we don’t take our promise to provide a “safe and secure” site lightly. Rest assured that, to the best of our ability, we will continue to ensure our platform remains free of prying eyes and invasive AI so that you, our esteemed students, may confidently grow your homeopathic skills.

As is the case with all technology, the climate is ever-changing. We will continue to put our students’ and followers’ privacy first by monitoring these changes as they happen and acting accordingly.



08/27/23 Having a Swell Summer
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Dog Days



Yes, yes … seems as though everyone in the Northern

Hemisphere has been perspiring their way through the Dog Days of Summer.

But today, I'm not talking about *those* dog days. Today, I want to share an inspirational success story involving an adorable pup named Odin and our friends who own him.

Because when you own a dog, *every* day is a dog day!

And that brings me to little Odin. (Isn't he adorable?) He howled and cried whenever his people, Amanda and Jeff, left him. It was heartbreaking … for all of them.

As a nurse, Amanda knows that homeopathy works and works well, so she's an astute reader of my blogs.

Rather than complicating her assessment of Odin's freakouts, she kept it simple. What do I mean by "simple"?

In homeopathy, we don't want to bring assumptions into play. Many people might think Odin was neurotic or prone to panic attacks. "Oh, it must be his breed." "Oh, it must be his age." "Oh, it must be that he's afraid of the silence."

When choosing a homeopathic medicine, we must resist the temptation to interpret the symptoms! There's no room for "Oh, it must be …" assumptions. We have to distill the condition down to its simplest components and just look at precisely what it is.

In this case, it was a simple equation. "When we leave, the dog doesn't like it." That's it! Nothing more. It's a clear case of Odin crying, "Don't leave me. I want to be with you!"

Separation anxiety is generally a call for *Pulsatilla nigricans*. I've already discussed Pulsatilla as a must-have medicine in any well-curated homeopathy kit for fake-dairy intolerance. But as I say in A *Materia Medica*: Practical Homeopathy® for Busy Families, *Pulsatilla's* "primary

classical characteristic is the need for love and affection."

That's it. Little Odin needed his people's love and affection. So, Amanda knew he needed the safe, polite, gentle nudge homeopathy could provide, and she gave him *Pulsatilla nigricans* 30.*

In her words: "We've been using *Pulsatilla* for about two months now and give him one dose every morning. It has helped with his separation anxiety tremendously, so much that other people have noticed and have asked what we've done to change his behavior!"

Look at that, my friends. *Pulsatilla* aborted the whole thing all because Amanda paid attention to the homeopathy facts and philosophies I've shared in my blogs.

You can do this too! My blogs and podcasts provide a wealth of information – for free. And when you're ready to learn more, check out The Learning Center, where you will find information on my popular condition-specific protocol courses. There's even a Course Selector to help determine which course best matches your family's needs. And until you're ready to take that deeper dive, you'll also find a free Resource Library with additional useful information from various sources.

No matter what path you choose to take, just keep learning and stay curious, my dear readers. Then pass on the good news of homeopathy!

Warmly,



*Remember that *Pulsatilla* is a medicine and should not be given indefinitely. We generally use a medicine for a few weeks and then reassess.

We reassess by looking at what symptoms and conditions remain, if there's been an improvement and, if so, to what extent. According to our findings, we either halt the medicine (because its job is done) or carry on because there's still plenty more work to be completed.

One of the most important ways to determine if a medicine has done its work is to halt the medicine and see if the suffering returns. If it does return, we can either begin utilizing the medicine again – less frequently (such as every other day instead of twice daily) – or carry on for another few weeks while always observing.

The same principle applies to pooches or people.

P.S. My friends, the perfect place to begin your journey into this healthcare paradigm is through the Gateway to Practical Homeopathy®: A Guided Study Group Curriculum. Learning with others – sharing experiences – is the fastest way to garner knowledge for yourself, your family, and even your larger community. Once you know how efficacious homeopathy is, you won't be able to keep it a secret! Join our movement. Let my curriculum take you by the hand and raise your understanding to the next level!



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

Fill out the form below to download your remedy card

Bruxism



There’s nothing like a fancy word to make a condition sound exotic. However, bruxism is far from exotic. In fact, it’s pretty common, especially in children. Bruxism is just another way to say grinding the teeth.

It’s not uncommon that children will grow out of grinding their teeth. Although, some individuals remain plagued with the condition well into adulthood. For still others, the condition commences in adulthood.

While this condition can certainly be uncomfortable, it can also be damaging. Temporomandibular disorders (TMDs) may result, such as the jaw pain of TMJ. Teeth can also crack under the repeated stress of grinding or clenching, and cracks lead to tooth decay and loss of structural integrity.

With adults, often, the answer can be a simple lifestyle change, as some causes of bruxism are:

- Drug use – Most notably, anti-anxiety and anti-depression drugs such as selective serotonin reuptake inhibitors (SSRIs) can result in tooth grinding.
- Chocolate
- Coffee

If one finds drugs, chocolate or coffee are affecting their dental health, then common sense dictates one should cut back or eliminate the culprit! Right?

It reminds me of the old doctor joke: “My arm hurts when I do this!” Doc says, “Then don’t do that!”

So, if coffee makes one grind their teeth, don’t drink it! I’ve reduced my coffee intake and added ingredients to make it a more enriching beverage. In fact, I did a Monday Night Live event on this topic, and my Mighty Members received my recipe – along with my rationale –earlier this week.



Other cases of bruxism may stem from:

- Food intolerances and allergies
- Anxiety

However, in children, **a more common cause of bruxism can be parasites – pinworms**, to be exact. I hate to tell you folks, but if one child has pinworms, then it's not uncommon that the whole family may get them.

Believe it or not, a common culprit is sharing popcorn! The female worms cause such intense itching in the rectum that a child (or anyone for that matter) can barely contain their need to scratch, particularly at night. And then the eggs are under the fingernails.

Unless one performs a good, old-fashioned morning scrub under those nails, then reaching in a shared bowl of popcorn can spread the eggs.

But I don't want people to freak out! This is life. This is nature. We don't want to live in fear of all the little critters surrounding us daily. In fact, one of my most ardent messages is to stop fearing infections. Did you hear me? I'll repeat it in case you didn't hear me: Stop fearing infections! Our bodies are designed to handle these things …

sometimes they just need a polite, gentle nudge.

When it has been established that pinworms are present and there is grinding of the teeth (especially at night), one such nudge can be *Cina maritima* 30, utilized twice daily. Usually, this would be continued over many weeks. But as always, we stop using a medicine when significant improvement in the condition is observed – when the sufferer is "very much better." We also halt the medicine if no improvement at all is seen (after its use for an adequate period of time).

However, pinworms are not required to be present along with the bruxism to call upon *Cina*. As is often the case in homeopathy, the etiology doesn't necessarily affect the medicine choice.

Indeed, *Cina* is one of our quintessential childhood remedies. But it can also be utilized for adults. Although, with adults, it is a good idea to begin by reducing exposure to the aforementioned extrinsic influences, such as coffee, chocolate or drugs, before moving forward into utilizing a homeopathic medicine.

But remember what I often say: Just because you *know* the medicine doesn't mean it's the one you use! I always encourage those employing homeopathy to do their homework. Read about *Cina* in a *materia medica* to ensure it's a relatively tight fit for the case! It's but one of the many medicines that can be utilized for bruxism. There's generally more than one way to peel an orange in homeopathy. In fact, that's one of the beauties of this paradigm!

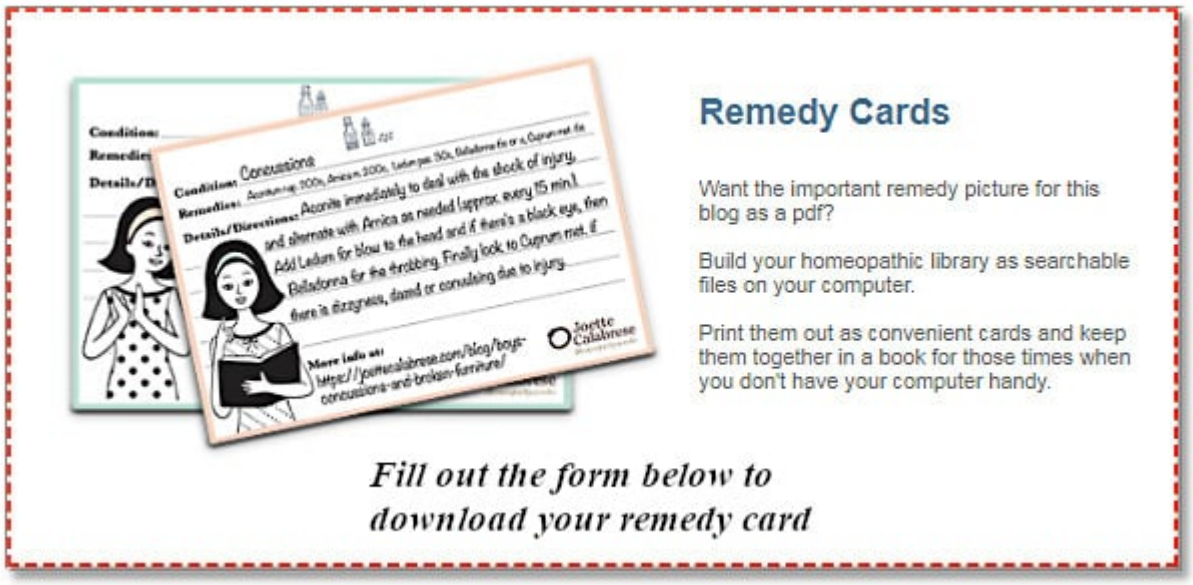
Pass on the good news of homeopathy!

Warmly,

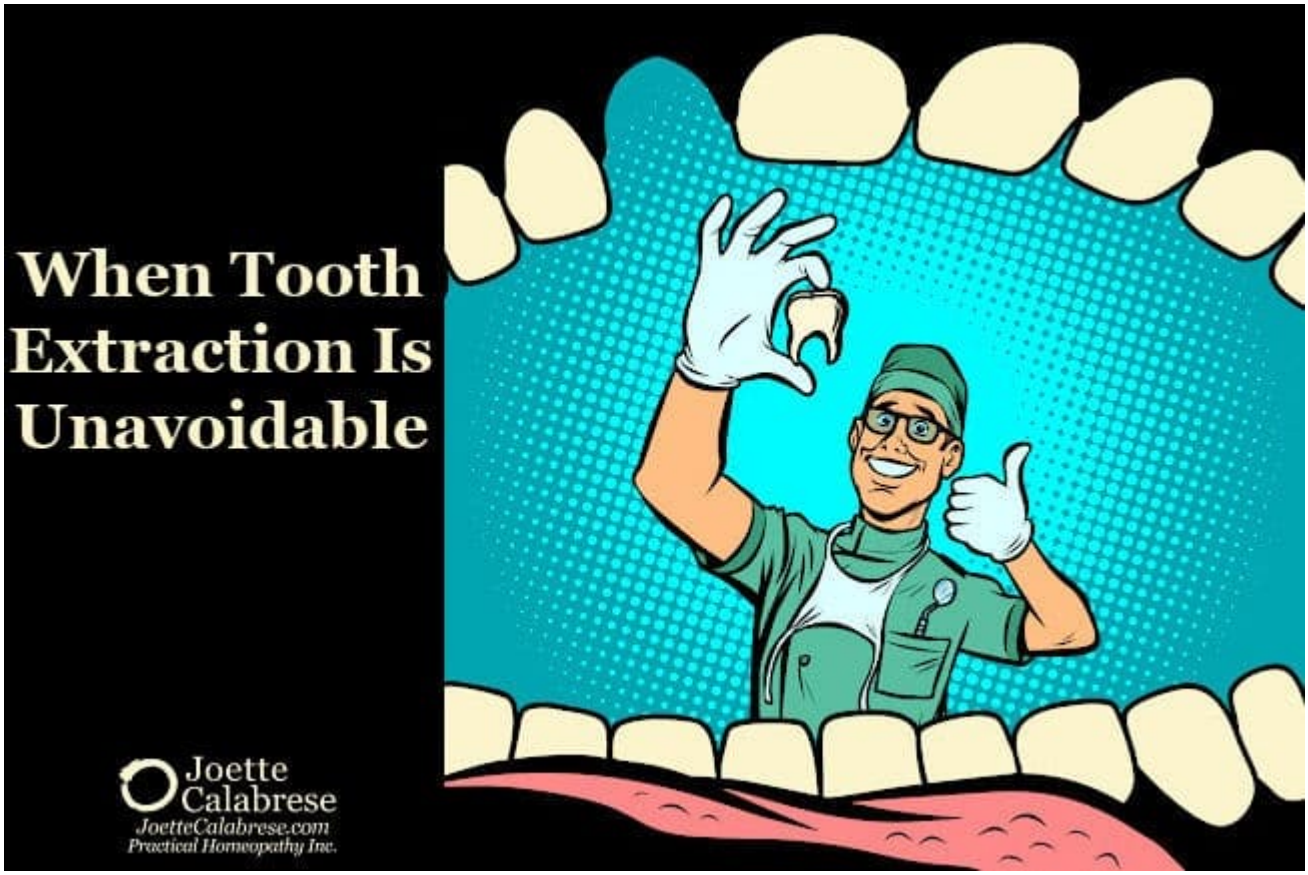


P.S. Want to learn more about using a repertory and *materia medica*? Of course, you do! Get acquainted with both books through the Gateway to Practical Homeopathy I and II. Learning through my study group curriculum is the best way to begin developing your homeopathy skills. And I should know. Creating a study group is how I learned decades ago.

And why not join Joette's Mighty Members to dive deeper into these topics. You'll receive extra weekly blog posts (in my Memos to Mighty Members), exclusive videos from me, daily inspirational quotes, free gifts and a private social center to discuss homeopathy with like-minded folks – away from the prying eyes of public social media. Plus, so much more. And all my Mighties qualify for a 10% discount on course purchases. Don't be left behind! Join us!



When Tooth Extraction Is Unavoidable



Our first choice is to avoid tooth extractions. That's a no-brainer!

Indeed, our goal is to retain all our teeth through good diet and homeopathic support when needed.

(See my article, Homeopathy for Home Dental Care, written for Weston A. Price's "Wise Traditions" in 2011, as well as Dental Health: Tooth Pain and last week's article, Exquisite Tooth Pain.)

But sometimes, despite our best efforts, the unthinkable happens. We must part ways with a beloved tooth. (However,

if it were me, I would certainly make sure I had received a confirmatory second or even third opinion – preferably from a biological dentist.)

To that end, I was recently asked about specific homeopathic medicines for consideration when an extraction occurs.

Extractions are a surgical procedure. So, one might strongly consider following the surgical protocols I have written about previously in Anticipating Surgery? Homeopathy Can Help and Surgery: Answering Your Questions.

Another consideration for the extraction would be diluted Calendula officinalis mother tincture (MT). Placing 5-10 drops of *Calendula* MT in a few ounces of water creates a mouth rinse that has been shown to soothe the pain, control bleeding and help with wound healing. Generally, this dilution is gently swished about the mouth and then spit out or swallowed.

So, *Calendula* should be added to our list as another must-have homeopathic for a well-curated kit. I've discussed this useful medicine before in several blog posts. In the 200th potency, *Calendula* can help with the pain amputees experience of phantom limbs.

However, topically, *Calendula* has been clinically shown to be an antiseptic of sorts. I consider it one of My Top 5 Sizzling Summer Remedies for the minor cuts and abrasions that kids inevitably get from playing outside.

It also has a history of success with preventing infection in instances of surgical incisions. (You might remember my post, Don't Look if You're Squeamish.)

Besides homeopathic *Calendula* in pillule form, Boiron offers several topical *Calendula* first-aid products (cream, ointment or gel) that are convenient and well-regarded. So, there are many forms of *Calendula*, each of which deserves a

place in our homeopathy inventories!

My friends, we hear much in the media about building generational wealth. But what could be more important than building generational *HEALTH*?

I've said this so many times, but it bears repeating. Learning homeopathy can keep you relevant in your children's and grandchildren's lives. By passing your homeopathy knowledge on to them, you further ensure that even *their* children and grandchildren will enjoy self-reliance in health care matters through Practical Homeopathy®. Imagine … your great-great grandchildren could be born into a world of health autonomy with the same gentle, efficacious, safe homeopathic medicines that have successfully weathered the test of time.

Now, *that* is generational health.

But don't simply take my word for it! To illustrate my point, I want to share (with permission, of course) a non-solicited testimonial that I recently received from a proud grandmother.



"I love helping people with homeopathy. I cannot begin to

say what it has meant and still means to my family. My children and grandchildren love it also. My 11-year-old granddaughter burst into my office a couple of weeks ago and said, 'Mamaw, I need Hypericum *quickly!'*

"My first thought was maybe there was a smashed finger, but I was wrong. One of the young ladies at a church function was having 'shooting' pains in her back, and she was so distressed. There were lots of tears flowing!

"[My granddaughter] said, 'I know Hypericum *is good for shooting pains!' Well, needless to say, I was impressed.*

"It turns out that this lady was under a lot of stress. Her grandmother in another state was dying. So, I encouraged [my granddaughter] to calm down and take a minute so we could look at it.

"I showed her in the repertory how that Nat Mur *is good for grief, and it also is used for shooting pains. [My granddaughter] took some* Nat Mur *to this lady, and within 5 minutes, there was a smile on both of their faces!*

"Now, I can't imagine anything that could make a grandmother happier than to see her children use homeopathy to help others! [My granddaughter] said, 'I knew we could help her!' "

– Janie S.

Is that not powerful? After reading stories like that, time and again I'm convinced of homeopathy's powerful future – and the future of humanity.

Janie and her granddaughter are a perfect illustration of creating generational health. If you haven't already, won't you join us in our movement?

Want to begin the journey? As with anything, it's best to begin at the beginning! Step through the Gateway to

Practical Homeopathy®, my guided study group curriculum. Over 20,000 study group members have started their journey to confidence and competence in homeopathy through membership in Gateway study groups.

Not only will you develop a solid foundational knowledge of my unique paradigm – Practical Homeopathy® – but you will also develop deep, lifelong friendships with your fellow study group members. These like-minded moms, grandmoms and dads will become your support system in tough times and your cheering section for victories!

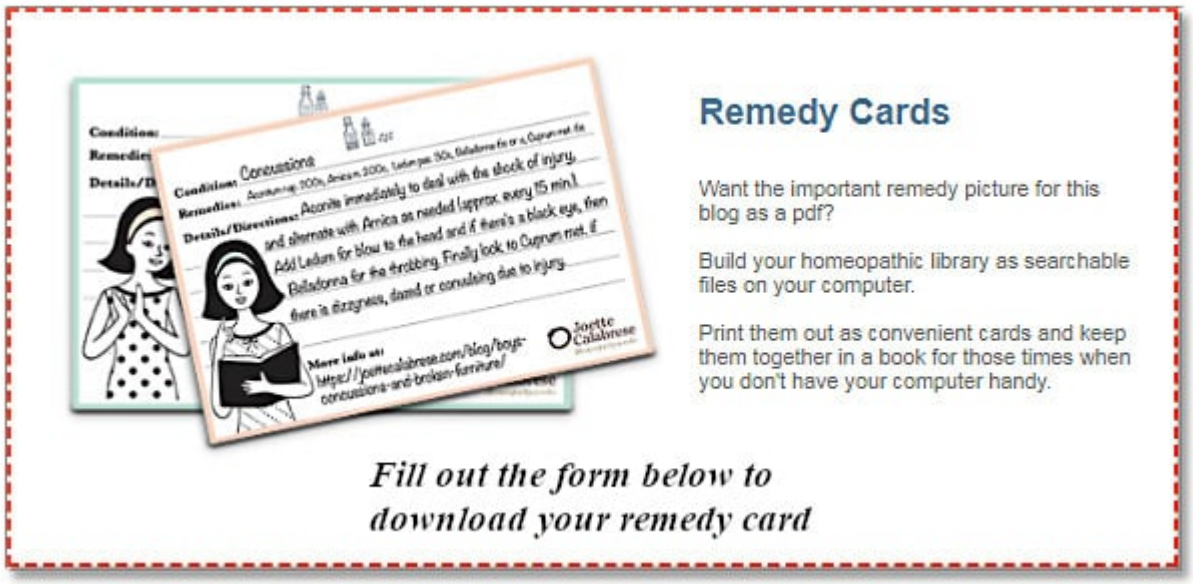
Build generational health by taking that first step through the Gateway!

And don't forget to pass on the good news of homeopathy!

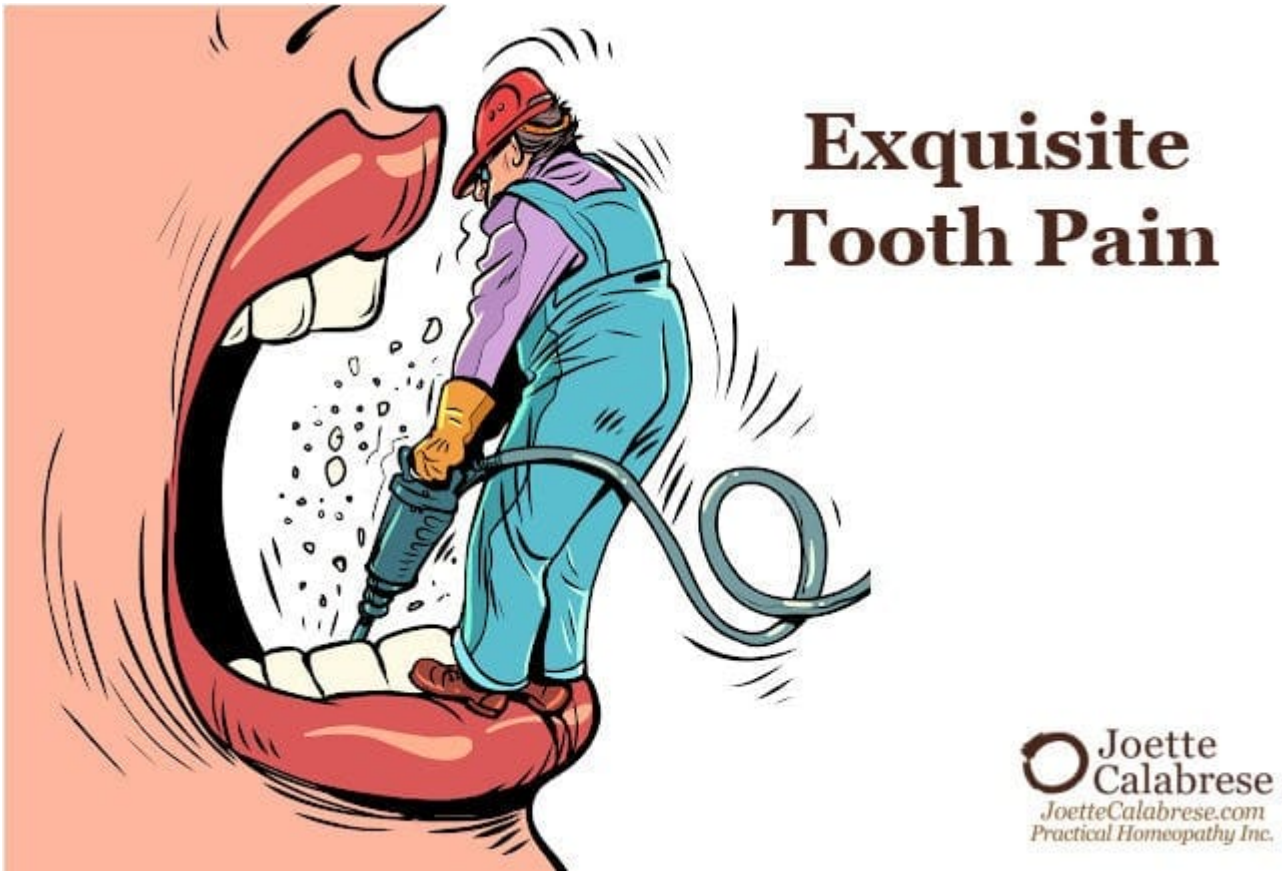
Warmly,



**Lightly edited for clarity and privacy.



Exquisite Tooth Pain



We often take our teeth for granted. They help us eat. They help us speak. They help maintain facial and intracranial structures that even affect the alignment of our neck and spine.

However, when a tooth hurts … yee-owh! There often is no pain like tooth pain. It's like having a little jackhammer in your mouth – a relentless jackhammer.

Most people think of *Hypericum perforatum* for toothaches. And rightfully so, if nerve damage is involved. Indeed, *Hypericum* has been shown to be effective for nerve pain, which is often a contributing factor to toothache.

Pulsatilla nigricans is another medicine generally

considered, particularly when the pain is triggered by hot food or drink.

But there is another medicine to consider if the pain is pretty severe. (I'm talking *exquisite* tooth pain.) If nothing else has helped and cold brings a little comfort, then *Coffea cruda* 200, twice daily until very much better, has been observed to act.

Now, I've talked about *Coffea* in previous blog posts for racing hearts from too much chocolate, severe itching that causes wakefulness at night, insomnia, anxiety and even fainting from joy. But dental pain is another reason to ensure *Coffea cruda* is poised and ready in your homeopathy kit.

I'm not promising that *Coffea* will necessarily act on pain like morphine. But in my experience, when employing this medicine, sufferers have achieved enough improvement to make life bearable again. Indeed, sometimes a slight improvement in the pain is all that's needed until the underlying condition is fully addressed.

Interestingly, many of my clients suffering from toothache have reported that absolutely nothing improves the pain. So, I ask a more precise question, "What are you doing for it?"

Often, that's when they'll explain, "Well, this doesn't necessarily make it stop hurting completely, but I just find myself drinking cold water or holding an ice pack against my jaw."



Ah-ha!

While they might not label this behavior as providing relief, they are listening to their body's instincts, and that's an important indication for the Practical Homeopath™ when choosing a medicine.

Let me give you another example: abdominal pain. Some clients can't stand any pressure against their stomachs. They may even resort to wearing only dresses so that a waistband doesn't press against them. However, conversely, some clients are doubled over with their arms squeezed against their stomachs, keeping pressure on the gut!

Neither of these groups of sufferers would claim their behavior is ameliorative. They simply find themselves doing it!

These unconscious behaviors are the body's innate indications that help point to the correct medicines.

So, keep this in mind as you observe yourself or your loved ones. As you know, in homeopathy, observation is a critical part of choosing what medicine to use, how long to use it for, and when to halt.

My friends, you may be interested in downloading a white paper I prepared some time ago called “Teeth Worthy Tips.” It’s completely free, and you can find it in my newly revamped Free Resource Library in The Learning Center.

If you’re a Mighty Member or already own one of my courses, simply log in with your existing account information. If not, you can create a free account to access the Free Resource Library with a few clicks of your keyboard.

Either way, once logged in, scroll down to the section “Additional Sources of Homeopathic Information.” You’ll find “Teeth Worthy Tips” close to the top of the list.

Browse around while you’re there. I’ve curated a great many articles from other sources on homeopathic research, specific diseases, the worldwide practice of homeopathy, my course infographics and so much more. I even included an archive of all 94 of my daily “At Home with Homeopathy Tips” from the 2020 shutdown when many of my readers were stuck at home.

So, peruse the information in the Free Resource Library to help you pass on the good news of homeopathy! And add must-have *Coffea cruda* to your homeopathy kit!

Warmly,

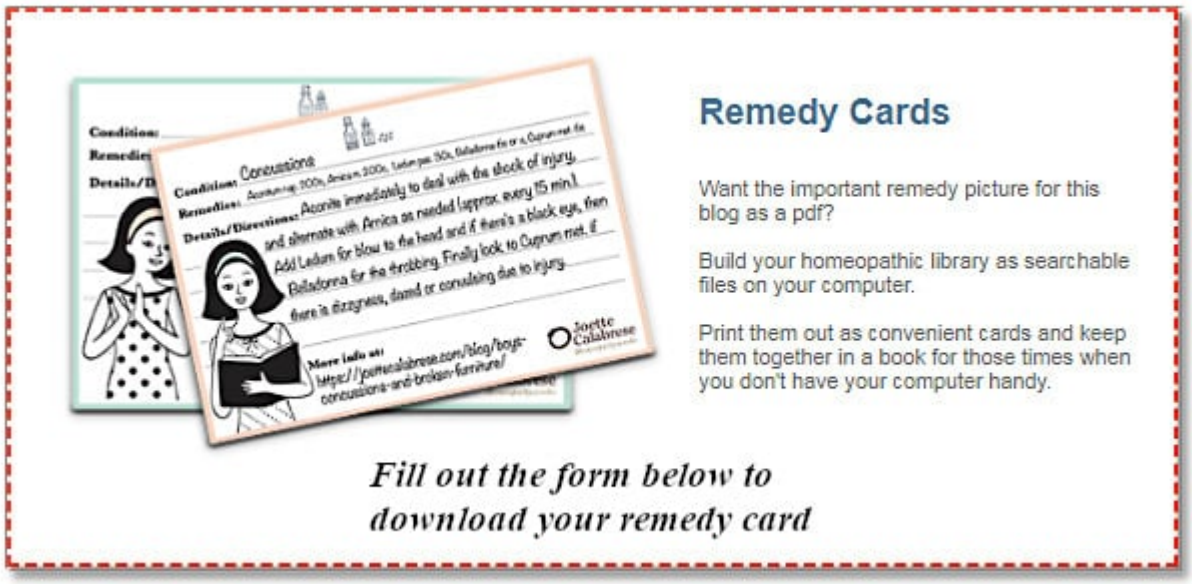


P.S. Do you want to learn more? Get started today and restore your loved ones’ health in a way you may not have thought possible.

Over 20,000 participants have gone through my Gateway to Practical Homeopathy® Guided Study Group Curriculum.

It's easy to create a study group with friends – as I did decades ago – or join a group with an experienced leader. Either way, you'll form life-long friendships as you begin your journey to health autonomy.

Just click here to learn more about the Gateway to Practical Homeopathy®.



"I Don't Like That Baby": Homeopathy and Behavioral Issues



Yes, you read that title correctly. Although many people associate homeopathy with only physical conditions, these polite yet powerful medicines have been shown to be effective for behavioral issues as well.

Hyoscyamus niger is a great medicine for psychological problems and behavioral disorders –and those conditions in children are no different. In fact, I've discussed it before in a previous blog post concerning Attention Deficit Disorder.

But today, I'd like to teach another use of *Hyoscyamus*, for I've used it so many times in my practice for children who demonstrate frustrated anger and may even show a tendency toward violence. While the etiology is not *always* important in our choice of medicines, I have often seen this unpleasant behavior stem from jealousy.

For instance, Nanette has a new baby brother. Nanette had been accustomed to getting all the attention in her family,

but Baby Nick had dethroned her.

While she appeared to love him, she also intensely disliked him. This dichotomy between those emotions – that love/hate relationship – was too much for her little mind to process. She was overwhelmed and began acting out.

"I don't want that baby!" she would think. "Don't put that baby beside me! I don't like him."

Nanette's mom reported, "But my child is so sweet! She's such a good child!" Meanwhile, when Mom's back was turned, Nanette would give Baby Nick a stealthy little pinch … just enough to cause him pain and make him cry. As if to say, "That'll show that interloper!"

Mom was at her wit's end.

Nanette had never shown this kind of behavior in the past. Mom was convinced that she would simply outgrow it, but then the sleepwalking began!

The tendency to act out with physical aggression (such as pinching, striking or biting) and sleepwalking calls for a homeopathic medicine with a history of addressing both of these behavioral symptoms: *Hyoscyamus niger* 6C, used twice daily until very much better.

Now, one doesn't necessarily need to observe both of those symptoms before choosing this particular medicine. However, when both behaviors are present, they serve as solid confirmation of our choice.

Nanette simply needed a gentle little nudge from *Hyoscyamus* to help her central nervous system settle down. Soon, she was transformed back into the pleasant, even-tempered little girl she had been before Nick's birth.

She no longer pinches her little brother, grabs his toys or pushes him down. They play together like two peas in a pod.

For now.

Wait until they're teenagers, and her pesty little brother follows her everywhere!

Speaking of teenagers, *Hyoscyamus* 6C, twice daily, is also a consideration for ailmenst from heightened emotions after jilted love.

Whether it's the sudden end of first puppy love or a former best friend at school who has moved on to another relationship, the feelings of jealousy, rejection and resentment can rev up the central nervous system. The adolescent or teenager can develop behavioral traits that make them become annoying, too much to handle or downright awful to be around.

Other typical keynotes can include sleepwalking, restlessness, strange gestures, loquaciousness, inappropriate laughter, lewd jokes or discussing sex in a ribald way. Even promiscuity, hyper-sexuality and exhibitionism can ensue.

Now, I am not saying that all those symptoms will present in every youngster with a broken heart or that those behaviors must be on full display 24 hours a day. But if any of those symptoms occur with enough frequency for the parents to wonder, "What the heck is going on with my child?" then *Hyoscyamus niger* 6C, twice daily until very much better, is worth considering for this pathology.

So, be sure to add this useful medicine to your well-curated homeopathy kit.

There's no need for the entire family to endure the unpleasantness of behavioral issues. Indeed, emotional, mental and behavioral conditions are no match for proven homeopathic medicines. I teach many more conditions – and the associated medicines and protocols – in greater depth in

my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.



I think it goes without saying, but uprooting mental and emotional conditions with gentle, efficacious homeopathy triumphs over the use of dangerous psychotropic drugs. Pharmaceutical intervention may cause anything from unpleasant side effects to personality changes to even iatrogenic illness.

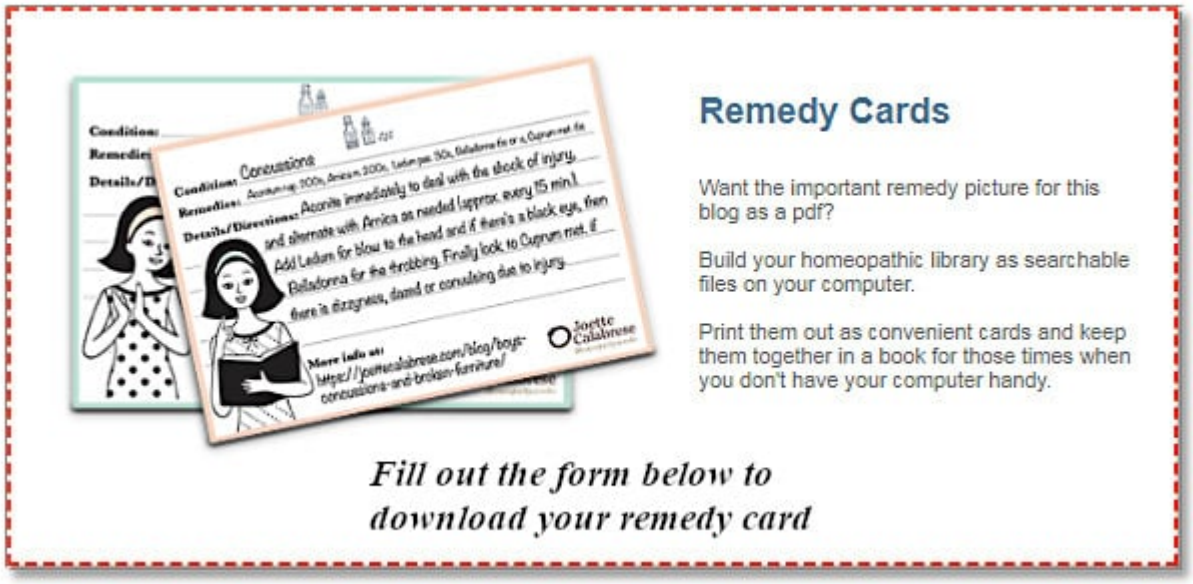
And later this week, my Mighty Members will receive a fascinating interview with a renowned psychiatrist who said, "Giving a child a psychiatric drug is poisoning, not treatment." I couldn't have said it better myself. This revealing interview is not to be missed, so join us!

Pass on the good news of homeopathy!

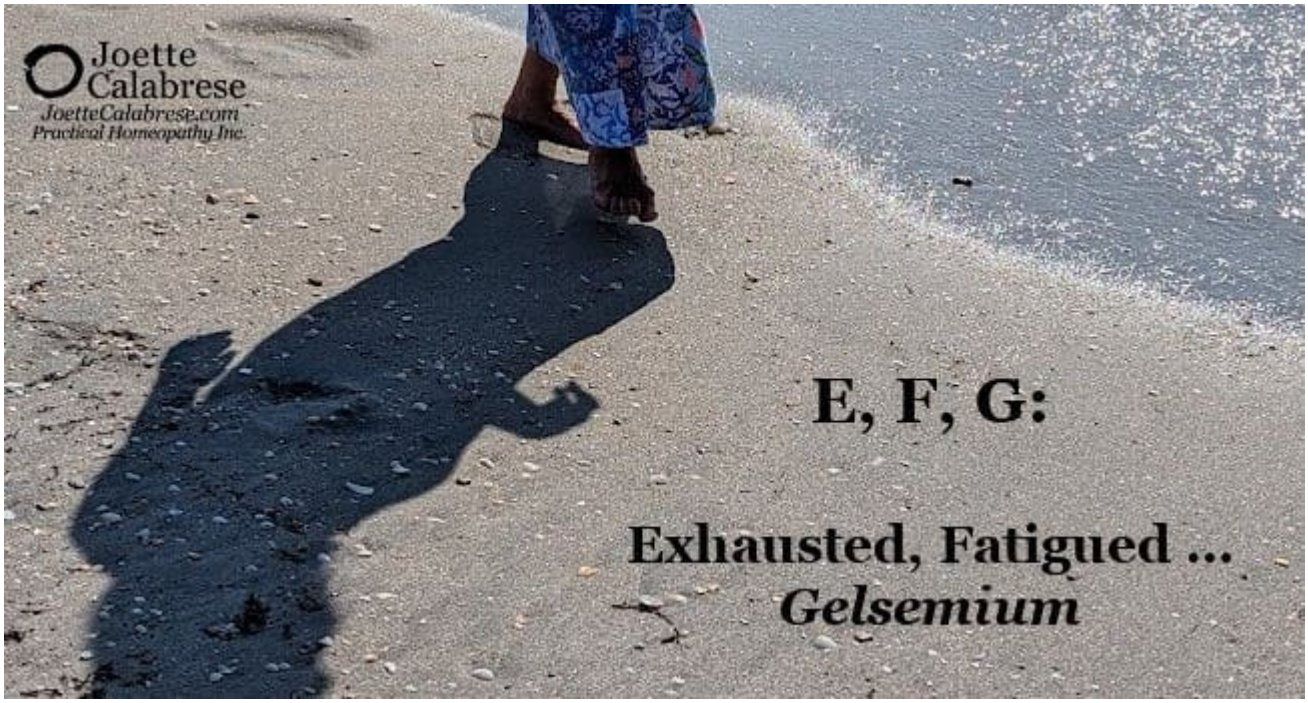
Warmly,



P.S. Remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases, such as Mindful Homeopathy. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



E, F, G: Exhausted, Fatigued … *Gelsemium*



Have you ever been dog-tired?

I love old English expressions. Do you wonder about this particular one's origin?

Well, here you go. From theidioms.com, dog-tired is "an adjectival phrase meaning to be physically exhausted, it derives from an ancient tale of Alfred the Great, who used to send his sons out with his widespread kennels of hunting dogs. Whichever of his sons, be it Athelbrod or Edwin, were able to catch more of the hounds would gain their father's right-hand side at the dinner table that evening. These chases would leave them 'dog-tired' yet merry at their victory."

But I digress.

I have been dog-tired after my recent morning walks, even without a kennel of hunting dogs or a competitive king.

You see, my husband Perry and I go for a 45-minute walk on the beach every morning. Even though we commence in the early morning, this is Florida. It's already hot! And lest you think this is simply a pleasant, gentle stroll, I say, "Oh, nay-nay!"

Our morning walks are rigorous exercise.



The sand on this particular beach is uneven. It’s often so soft that you sink in and practically have to climb out of each step. And the turtles have been climbing up to the beach, leaving behind sand moguls for me to navigate laboriously.

When we would get home from our walks, I felt like I could literally FLOP down, prostrate on the floor.

I. Was. BEAT!

Initially, I assumed my exhaustion was due to dehydration. So, I employed the homeopathic medicine *Cinchona officinalis (China)*, which is great for loss of fluids. But it made no

difference.

I drank water before, during and after my walk to ensure proper hydration. But no change. I was incredibly fatigued and couldn't shake it all day long.

So, if my condition wasn't aided by drinking water or *China*, what could help?

That's when I realized I was somewhat overcomplicating my case. What I was experiencing was just plain ol' garden-variety fatigue. My exhaustion may have stemmed from overwork. (It really is a rigorous walk.) My condition could also have stemmed from the sun or heavy perspiration. But regardless of the specific cause, I needed to base my medicine choice on this grander picture rather than the etiology.

And I remembered my ABCs. Most specifically: E, F, G. Exhaustion, Fatigue … *Gelsemium*!

Indeed, after a couple of doses of *Gelsemium sempervirens* 30, I not only perked up but also suddenly had new ideas! My creative juices started flowing again.

Now, I take *Gelsemium* 30 before I go out on my walk and am able to return home without collapsing on the floor in a puddle.

I've previously discussed *Gelsemium* in blog posts as a well-documented homeopathic response to cases of influenza – both past and present. It's also often displayed success in addressing anticipatory anxiety. And now you have one more reason to add it to your well-curated homeopathic medicine kit. I am living proof that *Gelsemium sempervirens* 30, twice daily until very much better, has been shown to act with aplomb for garden-variety exhaustion and fatigue.

Pass on the good news of homeopathy!

Warmly,



P.S. As you know, my mission has always been to spread the word about Practical Homeopathy® to as many families as humanly possible. So, I've created a private enclave as a safe space where I can speak candidly. It's called Joette's Mighty Members!

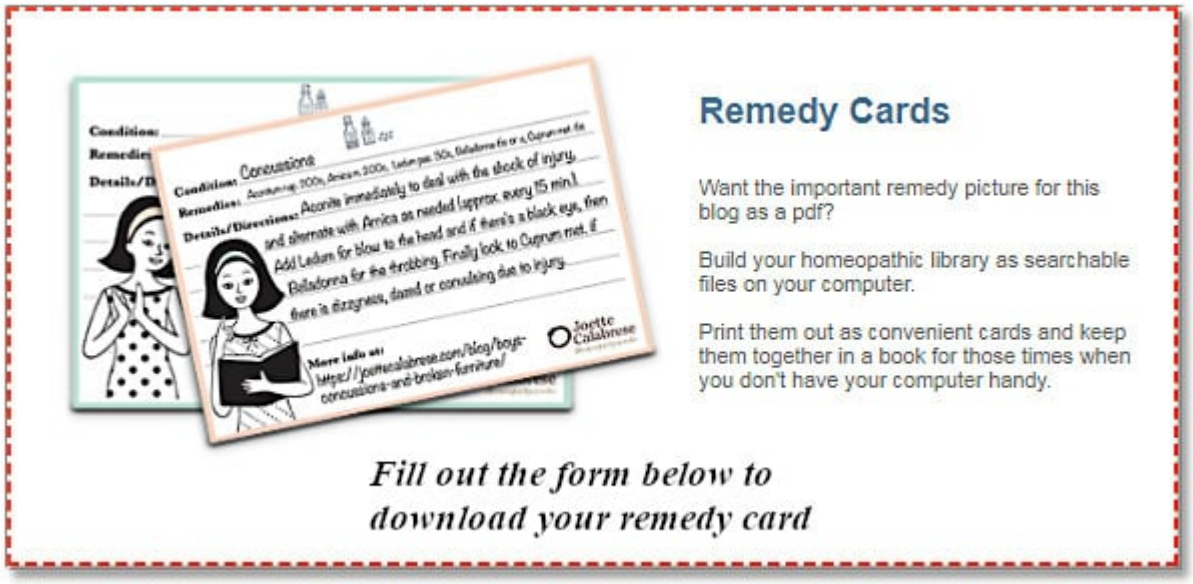
Membership provides you with an exclusive, comprehensive and enjoyable homeopathy community, extra weekly blog posts, short videos from me to you, and a social center where you can develop relationships with other like-minded folks without fear of social media's prying eyes. And all my Mighties qualify for a 10% discount on course purchases.

My Mighties receive so much more than I can offer here.

In fact, next week, I plan to treat my Mighties to a video interview I conducted for my Mastery™ students with internationally renowned homeopathic pharmacists! If you'd like to see this interview, why not join our exclusive group now?

Members get printable collections of all my Remedy Cards. Plus, annual subscribers receive free Remedy Reference Guides – downloadable e-books of prior blog posts dating all the way back to 2013. They're indispensable in hardcopy if your internet service goes down and a condition arises.

Consider joining us and becoming MIGHTY!



If You Can't Stand the Heat … Grab the Belladonna



Whew! Summer has come with a vengeance, hasn't it? Indeed, as most of the United States bakes in a meteorological oven, it's hard to get my mind off the subject of heat.

So, what homeopathic medicine do we think of when we think of painful symptoms involving redness and extreme heat?

Why, *Belladonna*, of course!

I've written about *Belladonna* many times before, and what all of those posts have in common are symptoms with significant components of heat and pain.

Keep in mind that *Belladonna* is not a moderate medicine. So, I'm not talking about a bit of warmth; I'm talking about extremely HOT! (Yes … all caps with an exclamation point!) Plus, a case for Belladonna is generally not just a little ouchy; it's downright PAINFUL! (Again, with all capital letters and a big ol' exclamation point!)

Let's review what we've already discussed in blogs past.

Belladonna is generally considered for the pain associated with cases affecting soft tissues, such as tonsilitis or strep throat, otitis media (ear infection) or swimmer's ear, pressure-induced ear pain, conjunctivitis, tooth pain, sinus pain, gout, boils, violent eruptions of prickly heat, skin infections, ingrown toenails, headaches and even migraines.

And, of course, *Belladonna* is a premier medicine for fevers. (Remember, HOT! and PAINFUL!) But don't fall prey to commercial medicine's viewpoint that every fever should be reduced. No. Fevers are a natural reaction to disease and illness – a *necessary* reaction! I urge you to re-read my blog post "Get Your Kids High: Fever Is Good" to refresh your memory on my opinion on fevers, based on the work of several excellent conventional doctors.

So, I could just close out this blog post now, having made a fairly impressive case for including *Belladonna* in one's homeopathy kit in the 30th potency.*

However, let's get back to the subject at hand. It's hot outside!



When heat creeps into the triple digits, the vulnerable

among us are often susceptible to hyperpyrexia, otherwise known as heat stroke, heat prostration, sunstroke or heat exhaustion. No matter what one calls it, the symptoms can be any combination of weakness, dizziness, redness and severe headache.

Obviously, we approach this condition with common sense solutions, such as rehydrating and getting out of the heat and sun. However, homeopathy, as always, is a good adjunct to prudent self-care.

Keeping in mind our clues of HOT! and PAINFUL!, *Belladonna* 30 has been shown to address hyperpyrexia when employed every 2-6 hours, gradually expanding the time between doses to twice daily until very much better. However, if the effects of the heat have created a more severe, acute situation, then perhaps utilizing this medicine every 15 minutes for the first hour is worth consideration before stretching it out to 2-6 hours, then twice daily.

There's also more information on heatstroke in an older blog I wrote called "Sickening Summer," which provides a few other considerations and differentials.

It's important to always keep in mind that homeopathy is medicine – not a vitamin or herbal supplement. *Belladonna* is not used because it's hot outside, but rather for specific pathologies that arise after becoming considerably overheated.

Additionally, the chosen dosing schedule should reflect our respect for homeopathy as a medicine. We employ homeopathics only when needed and only as often as needed. Then we back off as improvement ensues, halting the medicine completely when we are very much better.

And as each Remedy Card clearly states (scroll down to get your free Remedy Card for this condition), as always, halt the use of any homeopathic if there's no improvement.

But when the condition displays extreme pain and heat – with capital letters and exclamation points – we know where to turn. Indeed, if we can't stand the heat, we grab the *Belladonna*. So, keep it handy in your homeopathy kit, especially in this broiling summer.

Try to stay cool, my friends. You might want to try my sons' homemade electrolyte rehydration beverage. It's a yummy way to avoid heat prostration in the first place.

Pass on the good news of homeopathy!

Warmly,



*Some of the older blogs may mention lower potencies of *Belladonna* that are now very challenging to purchase because of the FDA's recent assaults on homeopathy … at the behest of Big Pharma, I'm guessing. But generally, the 30th potency will suffice if that's all one can procure.

P.S. Annual subscribers to Joette's Mighty Members, your free gift is available now. Yes, it's another downloadable eBook, a "Remedy Reference Guide" of all of my blog posts from 2022. Add it to your Mighty Members collection of previous years' blog posts, all the way back to 2013!

The power grid often succumbs to weather as hot as this. So, storing my blog posts offline will allow you to look up conditions and medicines even when the internet is down. It's a great way to remain self-reliant and Mighty in any circumstance.

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



Freedom Comes in Many Forms



Today is a special day in the United States. We celebrate our freedom!

Indeed, our Founding Fathers eschewed external control. They fought and *died* for autonomy!

But lest we forget, freedom comes in many forms – not the least of which is HEALTH freedom. Have you claimed your health autonomy yet, or are you still under the external control of the medical-industrial complex?

If you're ready to declare independence, you won't even have to throw tea in a harbor or form a militia!

You might want to do it the way I did decades ago when I reclaimed my family's health by utilizing two methods:

1. Skilling up! Becoming a pro at using the safest and most effective medical model –homeopathy – instead of the stuff that's promoted by the pharmaceutical cartels.

2. Becoming part of a dynamic real-life group of like-minded others by starting a homeopathy study group.

So, what do I recommend you do? Follow in my footsteps using Practical Homeopathy®.

With families in mind, I wrapped the whole big idea into a tidy package so you could have it at your fingertips and make a gobsmacking change in your life the way I did in the 1980s.

And here it is … my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum!

My curriculum is all laid out to help you start your own study group or join a group led by an experienced study group leader. (You can find one on Joette's Study Group: Find your new Study Group Friends' Facebook page.)

Are you worried that learning homeopathy is too complex? Do you have qualms about investing in your education? Well, here is an inspirational email I received from a recent study group participant that addresses both those concerns:



"The Practical Homeopathy class experience was excellent. I expected it to be super complicated, but it was broken down so well that I was able to begin using remedies right away with my sick and injured children. It's always heartbreaking to watch them be sick or in pain, but seeing the remedies working without antibiotics and all kinds of tests and x-rays was incredible!!

The amount I spent on the course and book has already been an unbelievable savings from doctor visits and tests from 2 kids with strep and one with a sprained ankle.

Truly remarkable medicine, truly remarkable course, what an opportunity and experience so far! Looking forward to Gateway II!

"Thank you so much for getting the word out and being so generous with this information!

"God bless you always!

"Peace in Christ"

– Jennifer L.



Do you want that? Jennifer did, and I did.

Do you want the self-reliance, autonomy and health independence that Jennifer described?

Of course, you do! Who wouldn't?

My friends, it's yours for the taking. Just gather up your own fife and drum corps or join an existing one. Then, step through the Gateway to Practical Homeopathy®!

Over 18,000 happy study group members can't be wrong! I hope you will join their ranks and keep this freedom movement rolling! As our forefathers proved, when people join together, there is nothing they can't accomplish!

So, enjoy all the family fun and festivities today. But remember, your canine family members may not enjoy the fireworks tonight as much as you do.

There are several homeopathic medicines for dogs who suffer from anxiety as the loud booming noises intrude on their sensitive ears. In order of common usage, those medicines

are *Phosphorus 200*, *Aconitum napellus 200*, *Coffea cruda 200* or *Ignatia amara 200*.

They often need to be repeated every few hours during an attack, or they may even be employed as a prophylactic when you know the event is forthcoming. (Or should I say, more appropriately, FOURTHcoming?)

Read more about my son's use of *Phosphorus 200* with his girlfriend's dog last year in Flynn and the Not-So-Fun Fireworks. You can also download a free Remedy Card associated with the condition while you're there.

Plus, *Argentum nitricum 200*, has also shown to be successful with some animals, such as in my blog post, A Dog with Anxiety? There's a Homeopathic Solution.

My fellow lovers of freedom, homeopathy is polite, efficacious and free from the dangerous side effects of conventional medicine. Indeed, this medicine returns control of health care to the family – right where it belongs!

With that, I wish you and yours a Happy (Health) Independence Day!

Warmly,



*Lightly edited for clarity.

The Hummingbird Effect



Have you heard of the Butterfly Effect? If not, a simplistic definition of the theory is that seemingly small events can have huge impacts elsewhere because of the complex system in which we live. Many folks sum it up in an illustration

something like this:

If a butterfly flaps its wings in Indonesia, the resulting air currents could contribute to a tornado in Oklahoma.

Now, I'm not an expert in meteorology or chaos theory, so I can't speak to butterfly consequences. But I can assure you that seemingly small victories in homeopathy can have HUGE impacts on global health care.

Why? Because people are sick and tired of the medical-industrial complex control over their lives. They are disillusioned with conventional medicine, Big Pharma and government interference. Stories illustrating homeopathy's successes not only inspire but also influence people to learn more.

One homeopathy success story from Topeka can result in a groundswell of new homeopathic interest in New Zealand.

Believe me, my team and I are watching it happen!

So, today, I want to take a brief detour from our project this year of building out our homeopathy kits to share a stellar success story from a Gateway to Practical Homeopathy® student. Along with her study group, she managed to nurse a tiny hummingbird from the brink of death to flying away with renewed vim and vigor!

Yes, my friends, I believe this story will initiate "The Hummingbird Effect."



"Good morning, Joette!

"A few hours before my Gateway I & II class, I found a dying

and probably dehydrated female hummingbird in my garage. The only way I knew it was still alive was by its tiny toes gripping my finger as I gently held it in my hand.

"I quickly tried to give it sugar water by dipping its beak in and out of a hand-held feeder with no response.

"So, I put her in a box and tried again later, no response.

"Just before my class started, I had an idea to add a couple pellets of Aconite *to the sugar water. I heard a tiny chirp and knew I was on to something.*

"I told my class what I was doing, and [another member] suggested I try Arnica. So, I added a couple pellets of Arnica to the sugar water and again dipped the weak hummingbird's beak in and out.

"Within a minute or two, the bird's tongue started drinking up the mixture on its own!

"Another five minutes went by, and it started struggling in my hand to tell me, 'Hey! I am alive and doing very much better!!!'

"I took her to the door, opened my hand, and she lifted off and flew away to live another day, all thanks to homeopathy!

*"The whole class witnessed this miracle!"**

– Lisa O.





Bravo, Lisa! Your success – especially accompanied by the adorable photo of the tiny hummingbird as you were treating it – speaks volumes as to the efficacy of homeopathy.

I've mentioned before that *Arnica montana* 200 is the premier homeopathic medicine for first aid, especially for soft tissue, bone and head injuries. In fact, my husband and I have used it for our own little injured bird.

My friends, in case you were wondering, this method of homeopathy – Practical Homeopathy® – is the best medicine in the world, and I simply won't hear another word about it.

Let the Hummingbird Effect begin!

Warmly,



P.S. Have you joined a Gateway to Practical Homeopathy® study group yet? Wouldn't you like to know exactly what to do in situations requiring first aid and more?

Wouldn't you value a support group such as the one that gathered around Lisa during this delicate and profound moment in her life?

For less than the price of going out to dinner, you can invest in yourself and your family's future. Just like Lisa, you too can become more proficient in homeopathy.

But don't wait. Emergencies happen when we least expect them. The time to prepare is now! Everything you need to get started is right here: Gateway to Practical Homeopathy®: A Guided Study Group Curriculum.

*Lightly edited for clarity.

