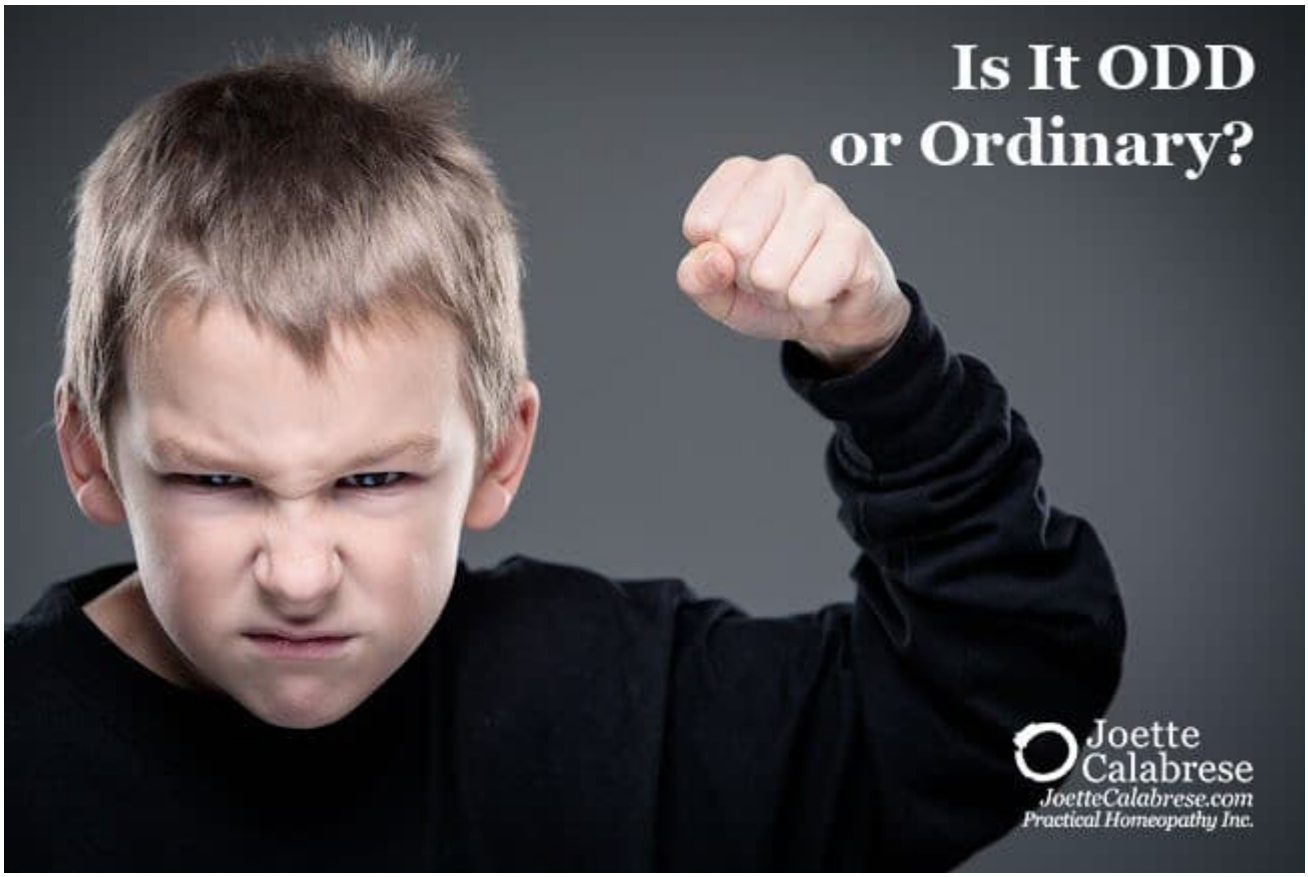
Is It ODD or Ordinary?



Our children are targets.

Commercials target them for expensive toys and sugary cereals.

And all too often, psychologists and other "experts" target them for the disorder du jour.

Now, don't get me wrong. Some children *do* have emotional or behavioral disorders that should be attended to – hopefully, however, not with drugs of commerce.

We know it is best to address both physical and emotional issues with our relatively safe, efficacious, polite homeopathic medicines. In fact, we've covered ADD before in a blog post, Attention Deficit Disorder and Homeopathy.

However, I've noticed quite a few questions on our forums

regarding diagnoses of ODD (Oppositional Defiant Disorder) in children.

Let's begin here: It's practically a child's full-time job to push the envelope and try your patience. That is ordinary.

But if your child is frequently angry, defiant and vindictive towards you or others in authority over them, they may end up being targeted by healthcare professionals as having ODD.

I'm going to be a bit controversial here (I'm sure that doesn't surprise you), but back in my day, we didn't have all these acronyms for child behavior. We just tossed them all under the umbrella labeled "poor parenting."

But today, we live in a very permissive society.

Instead of explaining every little bit of our reasoning to a child, we used to tell them to "stop it" and put them in their room.

"Why, Mommy?"

"Because I said so."

Full stop.

End of story. End of argument.

I have referred many mothers to the work of Dr. John Rosemond, a psychologist with old-fashioned thinking. His books are great, but if you're too busy to read, he had quite a few YouTube videos you can peruse (instead of wasting time on Netflix).

You see, as Dr. Rosemond espouses, too much permissiveness – too much explaining – allows the child to see all the cracks he can weave his way through instead of understanding *this*

is the way it's going to be.

I did it myself! I was permissive with my first child. But by the time I had my second, I couldn't stand it anymore. I straightened *myself* out!

What I was doing had never occurred to me as being permissive. It's an easy thing to miss – especially if one lives in a community of other mothers who do the same thing.

With a nod to Dr. Laura Schlessinger, when behavioral problems arise, punish the child with something **"swift, horrible and unexpected."**

Now, of course, I don't mean something horrible to you; I'm not talking about beating them. I mean something horrible from the child's perspective!

For instance, if your child loves their Legos, then take those Legos away. When they get older, it becomes no skiing, no slumber party, or no night out.

So, when they are throwing a tantrum, I urge you to act without warning.

Don't say, "I've told you this before. You'd better stop or …"

No.

No.

No.

Just take the Legos away. End of discussion.

This is every bit as much about changing *your* behavior as it is about changing their behavior!

Trust me, removing something they adore is something they will never forget! It's swift, horrible and unexpected.

But what if you and your spouse have already done all of that (and I mean *REALLY* done all of that), yet your child is still obstinate and oppositional? If you are positive the issue is not a result of parenting, then it's time to call upon homeopathy for help:

***Stramonium* 6, twice a day until very much better**

However, there is one huge caveat: Do not give this medicine "just because."

Just because your child is acting out, they might not have an emotional pathology requiring a homeopathic medicine.

That's where observant, intuitive and steadfast parenting comes in. As I used to say when I was raising my boys, "I'm not here to be their best friend. Right now, I'm here to be the SOB who keeps them on the straight and narrow. I'll be their best friend later in life– after I've raised them."

But when you are positive there is an underlying behavioral disorder, *Stramonium* could be the answer.

It's certainly a better answer than allowing the school psychologist to target them for synthetic medicines that might cause all manner of undesired side effects. Not to mention the invasion of your child's privacy.

In my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, I discuss other childhood psychological diagnoses – such as ADD and ADHD – along with the homeopathic medicines that address them.

This online course is packed with protocols I've used successfully for mental and emotional conditions through my years of personal and professional experience. Plus, we'll go through specific case studies offered by students just like you.

There is a time (as I've discussed here today) when behavior

modification is all that is needed. Still, there is most certainly a time for homeopathy when dealing with carefully diagnosed mental and emotional issues!

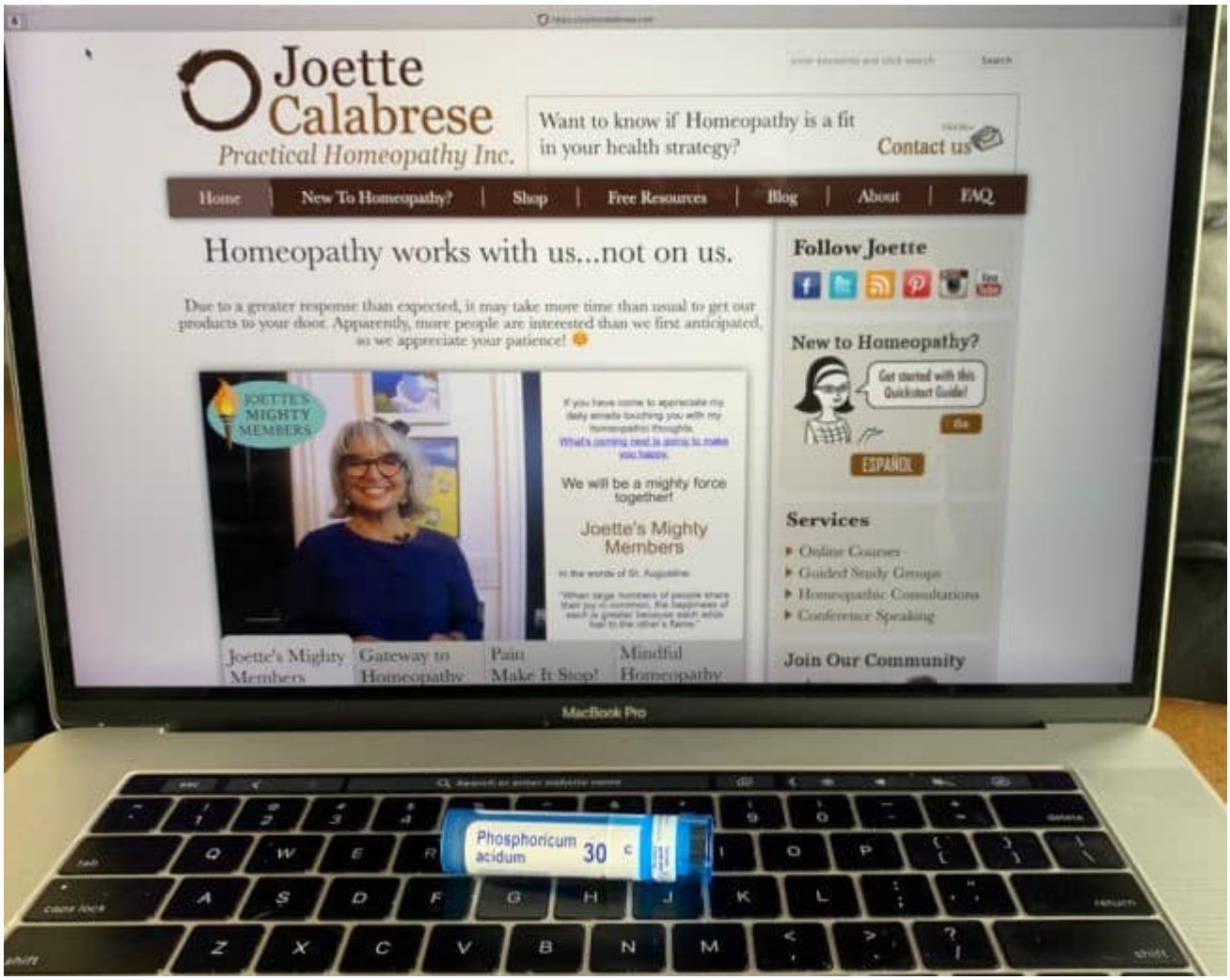
So, pass on the good news of homeopathy to other mothers and others! And consider forming a community of caring, strong-minded parents so you can support each other.

Warmly,

P.S. If you are curious about Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, please click here to download my free infographic, "9 Mindful Homeopathic Protocols." Then, simply follow the prompts if you want to learn more about the course.

And remember – all of 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.

Phocus with Phosphoricum acidum!



Ennui.

What a beautiful French word.

We really don't have a precise equivalent for "ennui" in English. Perhaps deflated, apathetic, indifferent? Those are all similar, I suppose. But they don't quite match the elegance of ennui. That's why I love the word.

So, why am I thinking about ennui today?

I am preparing to relaunch my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.

As I reminded my Mighty Members in an email earlier this week, homeopathy treats injuries, infections, female hormonal disorders and post-surgical ailments. But it also addresses psychological conditions such as anxiety,

depression and yes, ennui. In fact, I really can't think of anything homeopathy doesn't treat!

For instance, a team member of mine expressed she was having difficulty focusing while doing her computer work. (That's certainly not like her.)

I explained that when we're overtaxed (as she has been recently as a caregiver), our brains can recoil in a self-protective, near mental-collapse. We're only human, after all.

Our thought processes can be derailed by a psychologically trying event, by soldiering on through difficult brain work, or by ill-health. Have any of these affected you?

- Grief
- Overwork (especially when it's mental work)
- Overstudy
- Post-surgical depression
- Ailments from drug or alcohol abuse
- Illnesses such as the flu (especially after the loss of fluids due to diarrhea or dehydration)
- Chronic fatigue (a common symptom of a current virus)

While we might recognize the etiology, it is most important to observe how the condition presents – just as we do with physical complaints.

Some might suddenly experience an inability to concentrate or feel as though they're in a dreamlike state.

Perhaps they're slower to answer or have difficulties voicing their thoughts intelligibly. They may be unable to read long passages or have difficulty memorizing even the simplest of things.

To address these symptoms, we would generally consider *Phosphoricum acidum* 30C (or 200C, depending on severity)

first, twice daily until very much better.

Remember it this way:

Lack of phocus? *Phosphoricum acidum*

Brain phog? *Phosphoricum acidum*

There is no need to be phrustrated. Homeopathy is every bit as efficacious for psychological conditions as it is for physical conditions!

My course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, will educate you on how to take a case, prioritize the existing conditions, determine which remedies to use, as well as how to observe and assess the case as it progresses.

I've packed this online course with protocols. We'll take a deep dive into the remedies I've used over and over again for mental and emotional conditions – accompanied by my take on their use through my years of personal and professional experience. We'll go through specific case studies offered by students just like you.

And remember – all of 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.

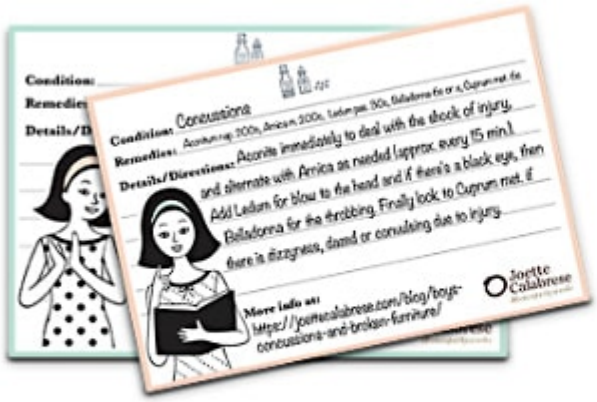
And while others suffer from angst during these unusual times, you've got something others don't. You've got homeopathy! Reason enough to pass on the good word of homeopathy.

Warmly,

P.S. I've written two previous blog posts on other uses for *Phosphoricum acidum*. You may want to re-read those blogs to get a more complete picture of this remedy in other situations:

Revolutionize Yourself: Homeopathy Cures Apathy (for post-surgical fatigue and anesthesia that doesn't wear off quickly enough)

Sunburn and Dehydration? Homeopathy Offers the Cure (for dehydration causing mental and physical exhaustion)



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.

Click Here To Get Your Card

He's Making His List

No doubt, Santa is going to be very busy in the coming days. You know the drill; he's making his list … checking it twice.

He might even look to you to lend him a hand!

When my boys were little, I used to help Santa by filling their stockings. I didn't give anything extravagant as stocking stuffers – an orange, a little bit of chocolate, and maybe some socks or a toothbrush.

I know, I know. What fun is that? Why didn't I just give them coal, for crying out loud? (More than likely, that's what my kids thought, too.)

But personally, I think Santa appreciates our helping out by giving useful, practical things.

And what could be more practical than Practical Homeopathy®?

These days, I often fill my sons' stockings with combination remedies from Boiron.

Combination remedies are the perfect gift to give to folks who are new to homeopathy and incredibly convenient for those who are more experienced.

No matter how much you know about homeopathy, when you're stuck in the car with the kids in the backseat complaining about feeling sick, there's no time to take the case. Just grab the appropriate combination remedy and throw it at them! Voila! Problem solved!

Boiron offers so many well-thought-out combination remedies. A great stocking stuffer is ColdCalm® – perfect for the winter months.

Or there's Oscillococcinum for flu, ThroatCalm® for sore throats, SinusCalm™ for nasal congestion, SleepCalm™ for sleeplessness, Boiron's AllergyCalm® (formerly called

RhinAllergy® or Sabadil) for allergies, and several others you'll find on Boiron's website.

However, I've seen a question asked several times in our social media forums about combination remedies that I want to address.

"Joette, you always recommend not using more than five or so remedies at a time. How can I use these combination remedies if they contain 7, 9, or 10 medicines?"

First of all, *these combination remedies are used in acute situations*.

With chronic conditions, granted, I do teach to limit the number of medicines you are using at one time.

But with these combination remedies, you're not planning to take them forevermore! An acute condition should resolve in a short time – a day or two or three. Even as soon as minutes in certain circumstances.

Secondly, *the medicines contained in these proprietary formulas are in low potencies*.

And third, *we trust Boiron!*

Boiron is of course compliant with government regulation and has a stellar reputation. They've been around a long time.

Yes, I would be wary of combination remedies from obscure vendors you might find on the internet – names you haven't heard of before. But Boiron has earned our consumer confidence – they know what they're doing!

So, you know your loved ones. Give whichever combination remedy your recipient would benefit most from.

And don't forget to use the coupon code "joette" to save 20% on your entire order!

If your loved one is ready to learn more about homeopathy, consider purchasing Gateway to Homeopathy for them! Imagine how excited they'll be when they see my study group book peeking out of their stocking?

What a perfect gift to have as they begin the new year! A truly life-changing gift.

Between giving combination remedies and books – or even courses – there's no better way to pass on the good news of homeopathy – *and* help Santa out!

By the way, I have no affiliate programs nor am I compensated for writing this, any of my writings, nor lending my name to your discount code. I find the pharmaceutical companies' dirty methods of influencing compliant medical doctors to be disingenuous and reprehensible. Instead, I offer a discount to you.

In short, I direct you to homeopathy products that I believe in.

And that's that.

Warmly,

P.S. Books on homeopathy are also a great gift idea. In fact, I've noticed questions on Facebook and my Mighty Members' forum asking which repertories and *materia medicas* I recommend.

Well, my answer requires a bit longer explanation than

merely providing a list. So, this Thursday, I'll share my thoughts in my weekly Memo to Mighty Members.

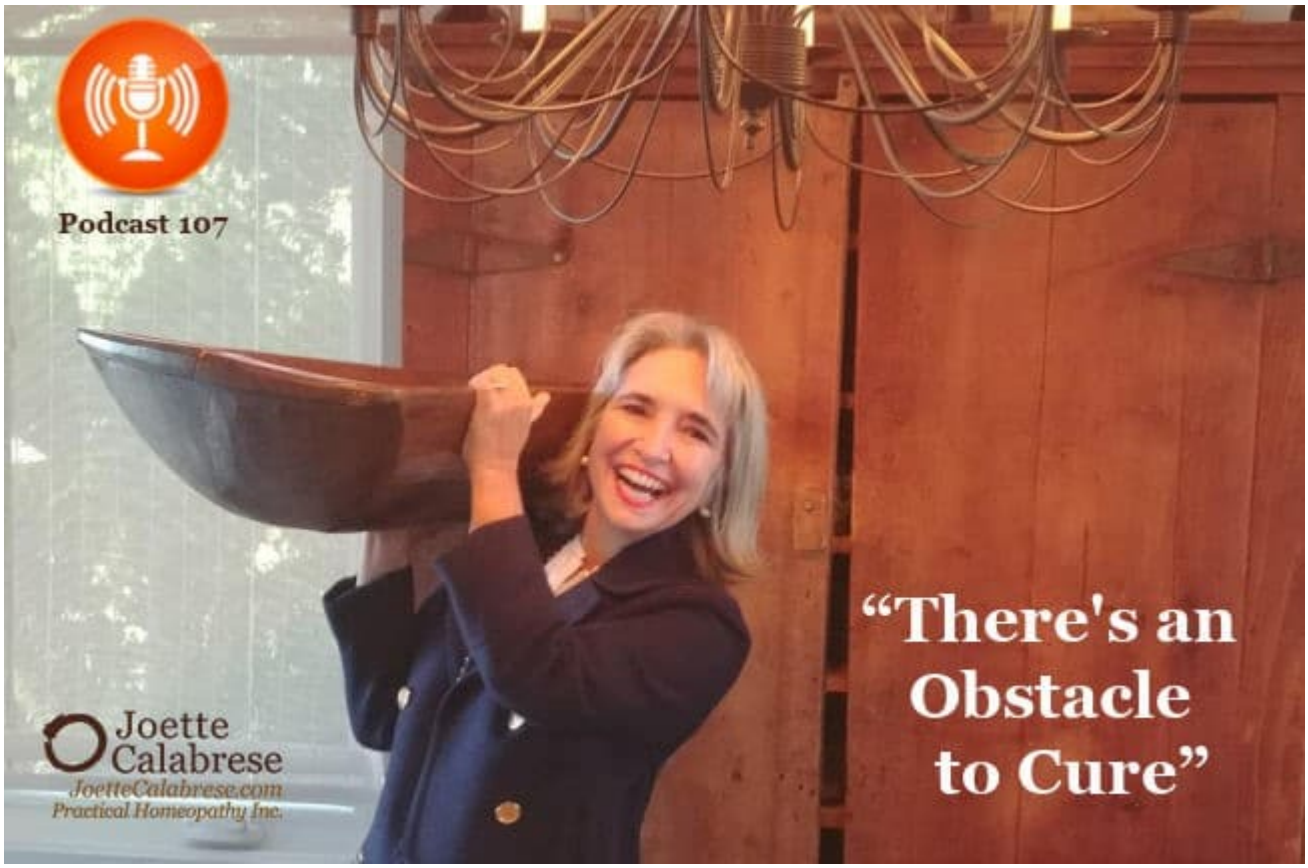
If you're not yet a Mighty Member, click here to discover all the perks.

As we face more and more censorship from Facebook, you'll find our Mighty Member site a safe enclave for me to more candidly offer my opinions and for you to discuss homeopathy with like-minded others.

Plus, you can watch my weekly Facebook Live events there – *without* succumbing to a Facebook account!

I hope you'll join us. Joette's Mighty Members are having fun!

Podcast 107 – "There's an Obstacle to Cure"



IN THIS PODCAST, WE COVER:

01:21 **S**ide Effects of Supplements, Vitamins and Medications

16:13 Have More Than a Doctor on Your Team

22:09 **Sobering** Effects from Drugs

33:37 **In a Nutshell**

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Podcast 23 – Moms with Moxie: Snap! Broken Bone. (the x-ray referred to in this podcast)

Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Joette's Mighty Members 'Want to take a slightly deeper dive and discuss topics that risk censorship on Facebook? – join me on my Mighty Membership site. Hosted safely on a private server away from Social Media and public membership site's prying ears.

Kate: This is the Practical Homeopathy® Podcast Episode Number 107 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively.

So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration – you need as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Hi, this is Kate. I want to welcome you back to the Practical Homeopathy® podcast. I'm here today with Joette. We are going to talk about regaining wellness with homeopathy.

But how do we get started? And it’s not what you might think.

I feel like I say that often, Joette: “But it’s not what you might think.”

We’re going to put a little twist on that today and take a step back and look at the whole picture. Tell us what that means, Joette? What are we going to talk about today?

Side Effects of Supplements, Vitamins and Medications

Joette: Well, the biggest picture that I would like to look at today is the side effects of supplements and vitamins and medications, of course, and how they reveal more than we think they do. If we’re paying attention, we can see aspects of our health diminishing as a result of them.

Kate: In fact, that might be the very thing that’s standing in the way, and so to speak, “blocking” us from progressing in our healing.

Joette: You bet. In homeopathy, we have a phrase called, “There’s an obstacle to cure.” I’ve seen it happen far too many times with medications, but I don’t know that people think much about vitamins and certain supplements.

Now, not all supplements. Let me also say that if the supplement is made up of 100% … I don't know … honey, or made from some ground-up dehydrated vegetables, we're not talking about that. I'm talking about supplements that have synthetics in them and ingredients that are difficult to pronounce. *That's* when I pull back and say, "That's not such a good idea."

First, let me say that we can start with meds.

There's no such thing as a conventional drug without side effects.

Just because you've become accustomed to it doesn't mean there are no side effects. I'm going to say it again: there is no such thing as a conventional drug without side effects. There *must* be side effects. Otherwise, the drug will not act.

Now, that sounds maybe like it's flying in the face of logic. But if you're using something that is of gross substance (meaning it's not diluted such as homeopathy and then succussed and diluted and succussed and diluted and diluted, et cetera) what remains in the original substance *has* to have a downside to its upside.

It doesn't mean that conventional drugs don't have value. It just means you have to kind of weigh it out. Because if you

have surgery coming up, you're going to have to have, perhaps, general anesthesia. I don't think *I'd* want surgery without general anesthesia, but there's a downside.

The downside is you might have headaches; you might have long term brain fog.

Kate: Nausea.

Joette: Nausea, neuropathy, there are many side effects that are associated with general anesthesia. But if you need that surgery, then you just have to accept it.

That's where I say let's save those meds for those times – because you don't know what's forthcoming.

You don't know if you're going to have an accident. You don't know if you're going to fall off a cliff or get hit by a Zamboni. You don't know what's going to happen in your life … fall off a horse, like you did, and break your arm in two places, et cetera, et cetera. You don't know when that's going to happen, so you want to save – if you possibly can – the use of conventional drugs for those times in which they're *truly needed*.

What I find, however, is that folks use drugs and take them every day for chronic conditions – sometimes conditions that aren't even medical, as far as I'm concerned, such as high cholesterol.

I’m sorry, I don’t buy that high cholesterol is a disease. It’s based on the lipid theory, and the keyword here is “*theory*.” These statin drugs have caused … and from what I have read, and what I’ve observed (and I observe it frequently; I have a very busy practice and a lot of students). I will tell you that what I observe is that folks suffer from these statin drugs just to keep a cholesterol number down.

How do they suffer?

Well, for men, it ruins their ability in the bedroom. For women, it makes them goofy – because we need the cholesterol that our bodies make and good food produces in our brain and in the reproductive organs.

Also, I find (not so much women, I find it in men), they get leg cramps and pains in their legs and weakness in their legs. Many times, they end up in wheelchairs because they can’t function.

If you check what they’re taking on a day-to-day basis, you find out, indeed, often (not always, often), they’ve been taking statin drugs for years.

So, when I take a case or when I teach folks how to take a case, I always urge them, and I remember myself, to look at the entire picture – the entire case. Not just “what do we

do for this condition, what remedy do we use?” Then we just use that remedy, and that’s all there is to it.

No, we have to look at the drugs the person’s taking because the drug might be the cause of the condition. If that’s the case, then a more prudent way to approach this is to halt the use of the drug.

Kate: When you say “drug,” Joette, I think there are times when people don’t think of it as a drug, but it is, indeed, altering their chemistry. Maybe give us an example of that situation.

Joette: Yes, it’s good point. Because some people don’t think of taking a lozenge, for example, that has estrogen and progesterone in it. They’re thinking of it more as something that you just suck on a couple times a day. But it is designed to affect the estrogen and progesterone amounts in a woman’s body.

Kate: Or what about like that cream that you applied when you were younger?

Joette: Yes, yes. Yes, well, because it’s applied to the skin. Years ago, when that whole estrogen-progesterone thing came out on the market, I had a friend who was very involved in studying how we can use estrogen or progesterone as we enter menopause.

I was pretty pre-menopausal. It was good 26-27 years ago when she was studying this. We were all in a group together, studying together. We were studying homeopathy and other modalities. And she came to the group with this information.

She was a physician's assistant for a naturopathic doctor. She was very excited about this breakthrough of using estrogen or progesterone. It was touted as natural – perfectly natural.

We all took tests, we took saliva tests, and it showed that … it was so long ago, to be honest, I don't remember exactly what it showed. But I believe, as I recall, it showed that I was too low in progesterone.

So, I ordered the cream through her – through the doctor. It was supposed to be rubbed on the skin, so I did that. I used it for, I think, two or three days, and I went into severe depression.

Now, all of us have experienced depression from time to time. But no, this was different.

This was, "Oh, my gosh!" I couldn't think; I couldn't do. I had a small child. I didn't make meals for two or three days. I didn't get dressed. In the morning, I didn't eat. I had a rocking chair in my kitchen, and I sat in the rocking chair.

Thankfully, my parents live next door. My mother came over and said, "What's going on?"

I said, “I don’t know mom, something really strange. I want to die. I don’t want to be here anymore. I just have to get out of here. I just have to get out of the state of being.”

And it came on pretty quickly – within two or three days.

My mother said, “What? Did you take something? Did you to eat something funny?”

I said, “Well, I put this cream, this progesterone cream on my abdomen.”

She said, “Get upstairs right now. Go shower it off.”

My mother, who never went to college, was a very wise woman. She knew the answers to many things – as many women do, who don’t necessarily go to college.

I went upstairs, and I showered it off. By the time I came downstairs, I felt improved. Now, I wasn’t myself yet. I would say improved maybe, I don’t know, 20% or something like that. But there was improvement.

I said, “Yes, I feel better.”

She said, “Okay, now wash your hands again. Let’s wash even though you just showered. Let’s wash your hands again.”

I washed my hands in the sink, and I kept washing and washing and washing.

Then a few hours later she said, “Go back upstairs, wash it off again. Take a shower, get a washcloth and really scrub it off”.

So, I did it again. I came downstairs and there was an additional improvement.

The word is, it was “natural.”

What's natural progesterone? I mean, I don't even know what that is. "Natural progesterone" to me means that it's got progesterone qualities, or it's progesterone.

If it's progesterone or estrogen qualities, then you could say that's perhaps wild yam or those kinds of plants.

But it's not *actually* the substance. It's not from a plant. It's synthetically derived. It's chemically made in a pharmaceutical industry's laboratory. So, that's a lot different than natural, at least most people's understanding of natural.

Back in the '70s, they were using progesterone (or was it estrogen? Now I can't remember which one it was), and they actually got it from pregnant mares. They would harvest that and use that in medicine. And then it stopped. I don't know what happened. So, that would have been natural progesterone or estrogen because it was from an animal.

But if I had not had my mother there, or I had not figured it out, I would have called myself suicidal. If I had gone to a medical doctor, the doctor would have said, "You're suicidal? Okay, here take this psychotropic drug."

Kate: Right.

Joette: I would have had another drug on top of the first drug. Then the second drug would have caused more side

effects.

I, maybe, would have started to gain weight. Then, they would have checked my thyroid and said, “Look at this, your thyroid is low.”

Then I would have had another synthetic drug on top of the second and the third drug, and we would have kept going and going and going.

It’s only when we know enough to step outside of the box and say, “Well, what is that I’m taking?”

I mean, I’m working with someone right now who has very severe psoriasis. One of the drugs that she’s taking, the first side effect is psoriasis.

She said, “But I have, I’ve had psoriasis for a lot longer than I’ve been taking the drug. That’s not uncommon to hear that, but never to that degree.

What drugs do is they get what you’ve already got – your weakest link – and drive it to a deeper state.

Now, the psoriasis, instead of being a tiny patch is blanketing her entire scalp. It’s maddening. It’s itchy. It’s embarrassing. It’s uncomfortable. It’s unsightly.

The drug that she’s taking, I believe, is superfluous.

But I am not a medical doctor. I don’t ever tell people, “Get off your drugs.”

What I do instead is educate them like I’m doing now. Saying, first of all, “If you’re not on a drug, try to stay away from it.”

When I say try, I don’t mean, “Gee, I don’t want to take that, but I’ll take it because there’s no other choice.” But rather, *“Gee, I don’t want to take that, let’s find a*

solution. I will find the alternative."

If there's anything I've learned in life, there's *always* an alternative. No matter what it is!

Even though it's presented to us as, "this is the only way," that's just an opinion! I believe that there is *always* an alternative.

All we have to do is *know* that, understand that, and then seek it.

It might mean suffering for a while, but it might be worth it. Because once you step onto that conveyor belt of drug, synthetic drug, synthetic drug, after drug, after drug, it's very hard to turn that around.

It can be done! I've seen it done. It can be done. But it takes a long time. It takes some not just time, it takes a *reset* in our thinking. With that reset might, also come the fact that that person has to find another doctor.

Kate: I was just going to say that, that we should talk about how you want to find somebody that's going to be in your corner and really willing to sit down and take a look at all those things with you, right?

Joette: Yes, so what you're doing is when I discuss this with clients, I tell them, "It would behoove you to work

with your doctor to see if you can get off of this medication because now the homeopathy is acting, and it's taking up the cause. As the homeopathy continues to act, then you can back off of that medication, but you need to be working with your doctor."

But if the doctor believes deeply in that modality, that's going to be a hard thing to convince him or her. So, now, the client or student needs to disassociate themselves with that particular doctor and find a new one. We're asking a lot of that person. That's really asking an awful lot of them.

That's why for those of you who are not taking drugs or have only been taking one drug, let me give this to you as a warning: that it's better off not to start in the first place – because it's not as sweeping a shift in your thinking and lifestyle and way of experiencing life.

But in the long run, the difference between being drugged – taking drugs on a day-to-day basis – and not is night and day. You can see it in someone. You can see it by their activity level. You can see it by the sparkle in their eye. You can see it in their ability to think.

You can see those people. If your eye is educated, you can often see who is drugged and who is not. And it's a travesty.

I hate to see that it's happened to so many people. It's happened to many of my relatives. That's, of course, when it hurts most – when it's someone close to you.

Have More Than a Doctor on Your Team

Joette: We were also talking Kate, because you had that pretty traumatic experience when your horse fell on you.

Is that what he did, or she did? Rolled on you and broke your arm?

Kate: She stepped on my arm.

Joette: Oh, my goodness. If you folks could just see this X-ray.

Kate: It's on podcast, you can see the X-ray right there.

Joette: That's right. That's right. It is. Yeah, it was pretty severe.

Then I mentioned to you – and practically simultaneously with you mentioning to me – that you need to have more than a doctor. You need to have a chiropractor in my estimation. You need people in your court. Then the other person that I think is really valuable is to have a pharmacist on your team.

Kate: Absolutely! Because the pharmacists are the ones that know about these medications.

The doctors don't have the time to do all the research about every medication. You had said earlier, Joette, when we were talking, that these drugs … there's new ones coming out all the time. How can they possibly see their patients and know everything about all the side effects of the drugs?

So, I have several pharmacists, actually, that I call *whenever*! For instance, my mom might be possibly needing to start a medication for, say, seizures. (Well, we know there's homeopathy. But you know, we have to work at these things, little by little.)

So, I have pharmacists that are in my corner that I know that I can contact and say, "Tell me all of the side

effects.”

But I can look those up myself, too. You have some tips for the listeners on how to do that. What would you tell them?

Joette: Well, I do have tips. But we still have one hand tied behind our back with this because we don’t have the database available to us that pharmacists have. They have everything all put together, and they can look it up. And they know – they talk to the patients who walk into the pharmacy. If it’s a small enough pharmacy, then it’s likely that they’ve gotten to know what the side effects are just by observation.

But here’s my one tip, and that is when you get a new drug, don’t throw that insert out. Get a micro… (I was going to say a microscope). Get a magnifying glass. (I happen to have one with a light on it. You flick it on, and it’s nice and bright, and it’s got the magnification.) And read the side effects.

The reason you need that magnifying glass and light is because there are so *many* side effects. They’re tiny. The print is very minute. That font is practically illegible.

That’s one place to start. Don’t ever throw that out. You keep that.

The other is that you go online, and you don’t look up what are the side effects of my statin drug. No, no, no. Instead, you look at what are you experiencing.

Let’s say you’re experiencing pain in the legs. You wonder, “Could it be from a drug or is this just because I’m getting old?”

(Everyone thinks it’s because they’re getting old, but that’s not necessarily so.)

You look up online: “leg pain” or “cramps in calves” or

“tendon pain”, et cetera, “caused by statin drugs.”

Now, if you go to the first page, those first entries are going to be the pharmaceutical entries. They have trolls who go through this and lead you to believe that that’s what you’re going to be looking up, and then when you get to the body of the article or the discussion, it has nothing to do with that title.

You’re going to have to go to page two, page three, page four, more likely page four or five and then start looking.

I don’t hear people talking about chatrooms anymore, but *that’s* the page that’s valuable with people talking about their experience with that particular drug, or with that particular condition related to drugs. *That’s* where you’re going to get the information.

It’s anecdotal. No doubt about it.

It’s so fascinating because modern medicine loves to disregard anecdotes. But I’m afraid that doesn’t make any sense to me.

Anecdotes are very valuable.

I mean, I know that if I put the key in my car and turn it, it starts it up. That’s an anecdote. That tells me, “Oh, my gosh, look, I’m going to be able to drive.”

Did I need a double-blind test to prove to me that by putting the key in my car, I’ll be able to start it up and drive? Of course not.

Life is all anecdotes.

Are double-blind studies valuable? Of course, they are — because that’s what homeopathy is based on is double blind studies. That’s what provings are.

But on a day-to-day basis, if you're not willing to read up on the provings of each of these homeopathic medicines, but you use this drug, or you use this homeopathic medicine, you see the results. After a while, if you can step outside of the box – the box usually is your doctor knows best, and this is the drug for you, and off you go. That's the box we want you to step outside of.

Instead, I want you to think, "The doctor has prescribed this. What other alternative do I have, and how bad is this drug?"

Or, if you are already taking the drug: "I have this condition and now it's time to find out whether or not it's actually a side effect of a drug that I've been taking."

So, you're looking under "leg pain", "leg cramps", "pain in calves"; you're looking for synonyms – "caused by" then the name of your drug.

Kate: Joette, you have a list – some examples in front of you, I think (at least last time that we talked). And you could tell some other examples of some side effects from some drugs that people usually don't see.

Sobering Effects from Drugs

Joette: Well, this one everyone saw back when I was a child and earlier. But I'm going to start out with it because it is the most infamous of all drugs that cause such serious problems.

The drug is thalidomide.

If you're from the '40s or the '50s or the '60s, you might remember that this was a drug that was given to pregnant women for nausea. It was when they also had anxiety, or they felt down during their pregnancy.

What it did was, they delivered babies that had deformed limbs. Some of them had no limbs. Or their hand was attached to their shoulder, and there was no arm. It was often multi-limbed, so that it was perhaps all four limbs, or just two of them were deformed.

I've known people who were babies of this drug. So – thalidomide. Of course, they assured these mothers that this was safe. But how do we know that it's safe until it's been used for a few years or so?

Kate: Right.

Joette: But then there's Accutane. That's a name that many folks might, and that was for acne. That caused birth defects as well. That was a pretty dangerous drug, and it was yanked off the market.

Then there are fluoroquinolones, and that's Cipro. It's an antibiotic, and it was used like candy.

"Oh, you got an ear infection. Here you go." (Instead of thinking about *Hepar sulph* or *Chamomilla* or something like that.) "Here, take this."

And that caused tendon ruptures.

I had one particular client that I remember – and others as well, but one in particular. It was a young priest who came to me with tremendous pain in his tendons. He couldn't wear shoes. He could only wear sandals because the pain was so severe in his feet, but mostly it was in his legs. He was suspicious that it was a tendon.

And later on, we found out that he had taken fluoroquinolones, and at that time, they were just becoming suspect in rupturing tendons especially of the legs.

Tendon ruptures – because he had a urinary tract infection. Instead of taking *Cantharis,* he took something that caused

his tendons to rupture.

Then there is Viox which was for arthritis. That's V–I–O–X, and that caused strokes and death.

Let's see, balance that out.

Arthritis on one hand, stroke and death on the other hand!

These are extremes. These are not what I would call side effects, folks. I would call these *sobering* effects. Because each of these conditions were not that dangerous to start with that these drugs were treating, and instead the outcomes were much more severe.

How about Raptiva? That was for psoriasis, and that caused fatal brain infections. Who has brain infections? That's not very common, but Raptiva caused that.

Then there was Zelnorm, and that was for constipation. It caused 500,000 strokes in … I don't know if it was North America, I don't know where that was totally … but 500,000 regardless of where that is, that's a lot.

Kate: Right. But you didn't have the constipation anymore?

Joette: No.

Kate: Oh, my gosh. It's just maddening!

Joette: I know. Constipation. So, *prunes*! I mean, if you don't know anything about homeopathy.

How about *Nux vomica* 30 for constipation? How about *Mag phos* 6? How about *Plumbum*? How about *Lycopodium*? There are so many beautiful homeopathic medicines that correct constipation.

Then there's my all-time favorite: Depo-Provera. What that is – is an injection that was given and still is given, only now, it's not exactly Depo-Provera. They have offshoots of

it, where you get an injection, and then for one year, you don't get your period.

Can you imagine that? You don't get your period for an entire year because of a synthetic progesterone.

It keeps you from getting pregnant: the one thing that women are really great at! I mean, men aren't any good at it. This is a woman thing. It is a very important thing in many women's lives. Also, the menses is also very important.

Kate: I guess you better not change your mind during that year.

Joette: Oops, yes. Maybe I want to get pregnant and no – no go. I've had lots of stories about Depo-Provera shots. But there was one in particular where a young woman came into my office – I was telling you about this earlier, Kate. She was about 32 years old, and she had this tremendous lower back pain.

She'd been to chiropractors and urologists and neurosurgeons, and no one could figure out what the problem was. But the pain was constant and pretty severe. She had not had any injuries. She had no problems with her spine. There was no spine deformation or anything like that. When I take a case, I always ask folks, "What medications are you taking?"

Now, she hadn't thought of this as a medication because it was a shot she had gotten a year ago – just about a year ago.

I said, "So, how are your periods?" (That's a very important question to ask a young woman.)

She said, "Oh, I don't get them."

"Why don't you get them?" I asked.

She said, “Well, because I got the Depo-Provera shot, and it keeps me from getting my period.”

Of course, you know, I’m flabbergasted by that – every time I hear this kind of thing. I don’t show that to the client.

She was sold a bill of goods in my estimation. Her doctor was a woman, and her doctor said, “This stuff is great, you don’t get periods.” The doc said, “I do it, too. I get that shot myself! Who wants to get a period?”

To me, that’s a very strange way of looking at life. But at any rate, that was her story.

One of the main medicines that we know – and I teach a lot about this in Feminopathy, my course Feminopathy, but you can learn about this on my blog as well. This main medicine that we teach that deals with hormones that have been tinkered with. Whether it means a mom who’s just had a lot of kids – and that’s not tinkering. That just means the hormones have been utilized heavily recently. Or for a woman who’s been on birth control pills for many years and has problems as a result of it, or who has had a suppressed menses.

Now, Depo-Provera shots suppress the menses. The remedy is *Sepia,* and it’s a great medicine. We use it in a 200 potency.

She was just at the end of that first year and was about to go back to the doctor and get her next shot of Depo-Provera and decided, indeed, she was not going to do that once I explained to her how this works. And so, she didn’t.

She started using *Sepia,* and the backache was gone in very short order. As I recall, when I met with her in about six weeks, the pain was completely gone.

When we step outside of what Mother Nature has planned for

us – when we tinker with the human body – we are playing with fire. We think we know more. You *think* you know Nemo, but you don't!

We think we know more than what the human body knows, but the body has innate intelligence. And it comes from our Maker! There's no two ways about it as far as I'm concerned. So, that's another example.

But I can give you a lot more. We won't go too far with them, but I will tell you this. This is one that is more common. (Not everyone gets Depo-Provera shots. Thankfully, they're not even used that often so much anymore.)

But Tylenol. How about Tylenol and ibuprofen?

Tylenol, folks don't know this already. It's been published many, many times. You should always know whatever you're putting in your mouth on a day-to-day basis … what it causes.

Tylenol causes liver damage.

And haven't we eaten or taken enough toxins in our lives to maybe want to protect our liver? It's very important that we do that.

The very same people who will only buy organic, because they don't want the toxins often are the ones who will take Tylenol if they have a headache. There's kind of disconnect, and I'm encouraging people to make that connection – to make sure that whatever you decide you want in your life that you take it to the fullest.

Then one last one, and that is ibuprofen. This one particularly because it causes such a sobering condition *especially* in children.

Ibuprofen has been shown to cause asthma in adults and children but particularly in children. It doesn't take a

lot. I've actually had cases come to me where the mother gave the child ibuprofen – maybe a day or two of it – for a fever or cold or aches and pains or whatever it might have been. After the third day of taking ibuprofen, the child developed asthma for the first time in his life.

That is horrible.

Asthma is a chronic disease, and it's a frightening disease if it gets very severe. I've had asthma in my life, and I can tell you it's not nice. And so, I would rather see a child live through a cold or flu, or aches and pains, or fever for a *short* period of time than to have a long-standing chronic disease.

Dr. Samuel Hahnemann, the Father of Homeopathy, when he studied and worked on this back in the late 1700s, early 1800s, he noted that when we treat symptoms – when we suppress symptoms by using something that just addresses the outward expression of the condition – it often causes a deeper condition to arise.

As we suppress that cold or fever or menses or nausea during pregnancy or skin conditions/ acne or that urinary tract infection, it releases the weakest link in the person's physiology. Even if that person has had some of those conditions in the past – a milder version – you can pretty much be guaranteed that the drug is going to get that condition and drive it to a much, much deeper state.

That is one of our main aphorisms in the Organon that Dr. Samuel Hahnemann put together for all of eternity, as far as I'm concerned, and for those who are astute and interested in learning how to address disease using homeopathy.

In a Nutshell

Kate: We've covered a lot, Joette, a lot to think about and a lot of homework for some of us to do on what we might be taking in and what side effects that might be causing.

Why don't you just kind of reiterate to us the main points of what we've covered so we can lock it in?

Joette: Well, the first thing I would urge you to do is to go online and figure out whether or not any of the conditions that you have might be related to the drugs you're taking.

Then if your doctor argues with you, that's time to find a new doctor.

The way you find a good doctor is you start asking around. You don't want the guy that's *necessarily* done all the publishing at the university. You want the guy who is open-minded and has lots of clinical experience.

The way that I have found doctors and dentists, et cetera, is to go to my local health food store and ask people there. Ask the owner if they have anyone. Then I might go to my co-op. And if I have a chiro-specialist, my chiropractor, et cetera.

You want to work with a doctor who has a reputation for looking at health in a more holistic manner.

Then I would say, enlist the help of a good pharmacist. Make banana bread and take it to your pharmacist and make that pharmacist your friend. Don't ask them questions at their busy time … you know, at five o'clock, six o'clock when everybody is there picking up their medications. Go to the pharmacist when he or she is not so busy. Maybe call, you know, around 11 o'clock at night when they're all alone.

In essence, it means you have to do research. You have to do a little extra work because, to be honest, there's no one out there who's going to do this but you.

This is not the doctor's problem. This is *your* problem.

This is not the chiropractor's problem, it's yours.

They may be there to try to help. But in the end, you're the one who goes home with the pain. You're the one who goes home with the asthma. You're the one who goes home with the breathlessness, et cetera.

So, it's up to you. It's up to each of us to do our homework.

I guess I would say the last point is to step outside of the box. Whatever they're telling you on television, do the opposite. Whatever they're telling you in women's magazines, well, first of all, close that women's magazine. Don't even go there because it's all advertisement for the industry and so are all the commercials on television.

For the younger listeners here, who don't even use television – they don't even go to them, they just go online – be careful of what you're reading. And make sure you trust who is telling you what. And go deeper and deeper until you find the true answers for yourself and your families. You will be a much healthier and much happier person in the long run and much more independent.

Joette: As I hope you know by now, on my blog, podcasts and Facebook Live, I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising. And when I want to take a slightly deeper dive and discuss topics that risk censorship on Facebook join me in my Mighty Membership site. Hosted safely on a private server away from Social Media and public membership ship site prying eyes.

But let me be clear. When it comes to more complex conditions, it's *key* that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my courses in which I walk students through each method with step-by-step training.

I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify, and iHeartRadio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

Address the Pain! Avoid the Knife!

There’s an old saw in carpentry (pardon the pun): Measure twice; cut once.

However, when it comes to our bodies, **it’s better not to cut at all!**

Many people immediately turn to orthopedic surgeons when they experience intense joint pain. But surgeons are trained to cut!

It is the rare – and excellent – orthopedic surgeon who challenges patients to seek other alternative solutions first.

While physical therapy, weight loss, or Pilates, yoga and

water workouts can be helpful, *nothing* comes close to the efficacy and safety of homeopathic medicines.

Homeopathy can help reduce or eliminate joint pain.

I've seen homeopathic medicines work so well that they've aborted the need for surgery completely! In other cases, it has enabled the patient to postpone surgery – putting it off for as many as 5-10 years.

At the very least, homeopathy can make the pain more manageable as you determine your course.

Take hip pain, for example.

Between 2000 and 2010, hip surgeries more than doubled in the United States! How many of those might have been avoided through the use of homeopathy?

In general, for hip pain, I teach the use of:

- ***Symphytum 200*** **mixed with** ***Calc phos 3*****: a Banerji Protocol used twice daily until very much better. (**If you can't find *Calc phos* 3, *Calc phos 6* is available at Boiron, and it will do.**)**
- ***Hypericum 200*****, used twice daily for extreme pain**

And also, I've found *Aesculus 200*, used twice daily, can often provide relief all by itself!

This is not to say homeopathy will always provide miraculous resolution or that all orthopedic surgeries are unnecessary or unavoidable (depending on the joint injury and degradation).

But I do believe "the knife" should be reserved as a last resort.

If surgery is absolutely required, homeopathy can assist the body both before and after. For more details, see my

previous blog posts, Anticipating Surgery? Homeopathy Can Help and Surgery: Answering Your Questions.

For standard, post-surgical incision pain, read Surgery? S Is for *Staphysagria*.

If post-surgical complications are encountered, again, call on homeopathy first! (I discussed one such example in Don't Look if You're Squeamish.)

No matter what stage of orthopedic pain, remember to incorporate homeopathy into your regimen. It's the versatile, elegant, effective medicine we all have been searching for.

AND, given the climate of big medicine and government mandates, the little Hitlers in gubernatorial positions, and the little men who think they know what you ought to have injected into your body, I urge you … nay, I *beseech* you to own as many homeopathic medicines as you can and own the *knowledge* of how to use them.

Up your pace (they've upped theirs) and take back your freedom with knowledge.

Follow me, and I'll lead you. Facebook Live. Joette's Mighty Members. This blog. My podcasts. Gateway to Homeopathy study groups. And my more in-depth online courses.

You are the hero. I am your guide.

Warmly,

P.S. I am relaunching my course: "Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."

I created it to give you hope that efficacious homeopathic solutions to intractable pain exist.

Click on this link, and you'll be able to download the free course infographic.

If you have been desperate to learn a safe, inexpensive way to uproot your or your loved one's debilitating pain, I urge you to consider this course now. Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as arthritis, dental pain or a pinched spinal nerve).

This is an indispensable course if you want to learn how to deal with:

- Fibromyalgia
- Arthritis & Joint pain
- Back pain
- Sciatica
- Muscle pain
- Dental pain

- Headaches and Migraines
- Bone pain
- Growing pains
- Gout
- Neuropathy
- Neuralgia
- Spasms and Cramps
- Chronic pain after injury, old injury pain that comes back
- Idiopathic / Unexplained pain
- And much more

[For a full outline, click here.]

And remember – all of 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.

So, Your Gym Is Finally Open

Calling all husbands and sons!!

Here is a little-known exercise concept I'd like to introduce to you:

If you haven't worked out in a while, *ease* back into it!

"No pain; no gain" is passe.

I know, I know. It's also not realistic to expect that from most of you men – and quite a few of you ladies as well.

So, at the very least, let me teach you the homeopathic solution for the debilitating pain resulting from over-abused muscles.

My son used to go to the gym four to five times a week. But along came that, that … well, you know, that thing that ground everything to a halt. Gyms were closed and habits

changed.

When workout facilities recently reopened months later, my son was like a coiled spring poised to explode back into his regimen.

As you've probably guessed by now, he overdid it – especially with his arms.

Days later, his triceps were exceedingly painful and weak.

I noticed he was working on his laptop in a very crooked posture. So, I queried him.

He said, "Look, Mom, I can't extend my arms!"

What?!

Rather than attempt to introduce the concept of "easing" back into exercise (there's no sense in closing the barn door after the horse is gone), I simply turned to a tried and true Banerji Protocol to address his pain.

Here's what we used:

Rhus tox 200 mixed together in the mouth with _Symphytum_ 200, twice daily, until the pain diminished.

On the first day, he used *Rhus tox* four times (twice as part of the *Symphytum* protocol and twice by itself). On the second and third days, he solely used the protocol twice.

By the second day, he had immensely improved.

By the third day, I actually had to ask him if his shoulder was still bothering him! He'd forgotten about it.

That's what I call "very much better!" Time to stop the medicine.

There are more specific protocols that I teach in my pain

course. Plus, I will share a little private tip with my Mighty Members later in the week about this protocol.

If you're not yet a Mighty Member, there's no need to suffer from FOMO (Fear of Missing Out). You can receive my candid tips and talks, too! Just visit Joette's Mighty Members and sign up to join us!

Or, you can learn more about this type of pain in my previous blog posts:

- Symphonic *Symphytum* for Pain
- My Bad
- Some Homeopathics Specific for Joint and Muscle Pains

As more and more folks get back to the gym, remember moderation (as well as the good news of homeopathy).

And send your friends and relatives here to this one-of-a-kind free blog!

Warmly,

P.S. Pain cases are not always simple or even straightforward; they can't all be resolved in a short blog post. But when you suffer from pain, you need answers.

To provide enough time to delve fully into the more complex world of pain, I am relaunching my course: "Make It

Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."

Click on this link, and you'll be able to download the Infographic.

I designed it to not only give you hope that efficacious homeopathic solutions exist but to give you specific tools to uproot such.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain, arthritis, neuropathy, headaches or a pinched spinal nerve).

Should you be interested in becoming the hero in your world, this is a partial list of what I'll be covering in this online course:

- Fibromyalgia
- Arthritis & Joint pain
- Back pain and Sciatica
- Muscle pain
- Dental pain
- Headaches and Migraines
- Bone pain and growing pains
- Gout
- Neuropathy, neuralgia
- Spasms & cramps
- Chronic pain after injury, old injury pain that comes back
- Idiopathic / Unexplained pain
- And much more

And remember – all of 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.

Role Reversal: Taking Care of the Elderly

They fed us; they bathed us; they diapered us; they strolled us around in the fresh air.

Now they need us to do the same for them.

It’s a simple matter of role reversal as each generation takes care of their elderly parents.

While it is a beautiful and rewarding thing to do, caring for the elderly is not without unusual predicaments and inevitable frustrations. I did a podcast on this topic: Podcast 51 – Aging: Our Grandparents, Our Parents and Us.

My mother lived with us for about a year before she passed away in late 2019. While each situation is different, many issues are quite common in eldercare. For instance, when my mother initially became my charge, her emotions were big. She cried and, not unlike many in her situation, she was sometimes angry.

Although my mother's dementia had taken over to the point that she didn't fully comprehend her situation, who wouldn't cry and be angry over such a drastic change in ability? It's quite common for our elders to have over-the-top emotions.

So, first and foremost, I worked with her homeopathically to even her temperament and bring her back to her old sweet self.

For crying and insomnia, I gave her *Ignatia* 200, twice a day, until these conditions abated. By then it was easy to forget the medicine since the condition didn't arise again until I inadvertently stopped giving it to her.

One persistent issue was urinary tract infections. UTIs are a leading cause of death in our elderly population. However, homeopathy offers an exceptional medicine for UTIs – *Cantharis* 30, generally used every few hours depending on severity. I noticed that when she was particularly restless, it wasn't long after that a UTI presented. My mother had her unique little way of showing me and through observation, I was able to recognize it.

Not only does it work effectively, but the use of homeopathy allows the avoidance of the classic complications of yeast infections, constipation, food intolerances and gut issues that antibiotics most assuredly usher in. (We've discussed *Cantharis* previously in Podcast 81 – Ladies Only and in Recurring UTIs and Antibiotics: Stop the Cycle.)

If your elderly charge is unable to communicate their urinary discomfort, fear not. A UTI diagnosis is often an easy – and logical – deduction made by your awareness of an odd urine odor.

Another cause of mortality among seniors is pneumonia. If caught early on, *Aconitum napellus* 200 mixed together in the mouth with *Bryonia* 30 (Banerji Protocol) can nip it in the bud! I would give it to my mother every 15 minutes or so for

the first 3-4 doses and then back off to every 3-4 hours. As she began feeling better, the frequency slowed to every 5-6 hours (and so on). (I recently discussed the use of this remedy in my blog post, "We Can Do This … Mother-to-Mother, Family-to-Family.")

Constipation is another chronic issue with our older generation. Think about it: they're sitting all day. Their lack of movement results in, well, a lack of "movements." Couple immobility with the side effects from the drugs they might be on, and you have a recipe for discomfort.

As discussed in the same blog post above, *Nux vomica* 200 or 30, twice daily when needed, combats constipation – politely, rather than aggressively with explosive laxatives. (You can also read about the same use of *Nux vomica* in Medication Causing Constipation in Children.)

Now, I have no doubt you might wonder, "How on earth do I get homeopathic remedies into my aging parent – especially when I have several conditions to address?"

Well, when a parent is unusually obstinate, some tomfoolery might be in order. You've no doubt heard the story of my father. Before he became a believer in homeopathy, my mother and I resorted to putting his remedy in his soup!

But that method is certainly not optimal. If you absolutely have no choice, it is a compromise.

If you aren't at home all day and cannot closely attend your parent, I understand you may have to make concessions. To keep remedies down to a minimum, you would first address what you've determined to be the weightiest issue. That remedy should most definitely be separated from the others.

If secondary conditions are less life-threatening – say, just a wart and toenail fungus and gas when they eat wheat – you may be forced to give those secondary remedies together.

I have not done it myself, but I have heard from my students and clients over the decades that it works. But again, it is *not* optimal.

However, I don't believe it's all that difficult to present the medications properly. It's all about case management.

Here was my process (which worked quite nicely, I might add): I separated each remedy or protocol by only a matter of minutes as I dressed and got my mother up and ready for the day and going to bed at night.

For instance, in the morning, I would pop a homeopathic medicine in her mouth when she awoke. As I walked her into the bathroom, I would pop another remedy in her mouth. Washing her up? Another remedy. Setting her back in her wheelchair? Another remedy. Bringing her into the kitchen as I prepared breakfast? Yet another.

All of these medicines were separated by only a matter of minutes. But I gave each one its own little space to act.

And act they did!

In the end, it boils down to this: we can't depend on others – it's up to us! We have to take health matters into our own hands. Can you imagine all the drugs my little mother at the end of her life would have been subjected to had my brother, husband and I not committed ourselves to protect her from such?

In some ways, our society has developed a "learned helplessness." To paraphrase famed business strategist Dan Kennedy, we are holding onto an umbilical cord looking for someone else to plug it into!

It's as though we have been conditioned to say, "Someone else must have the answer – it can't possibly be me!"

But we who count on homeopathy know that it *CAN* be each of

us who holds the answer – and, most often, it *IS*! Especially when it comes to the care of our precious elderly family members.

Now, that doesn't mean someone else can't *contribute* to our solutions. But it does mean we can't *rely* on others. As I've said before, "**GLEAN, don't LEAN**!"

So, friends, you be the hero and I'll be your guide.

And, of course, pass on the good news of homeopathy.

Warmly,

P.S. Obviously, another condition my mother and many seniors deal with is dementia. It's too complex to get into it here in a blog. However, I did address it in a Facebook Live that you may be interested in: When Mental Confusion Becomes Hellish (from 7/6/20).

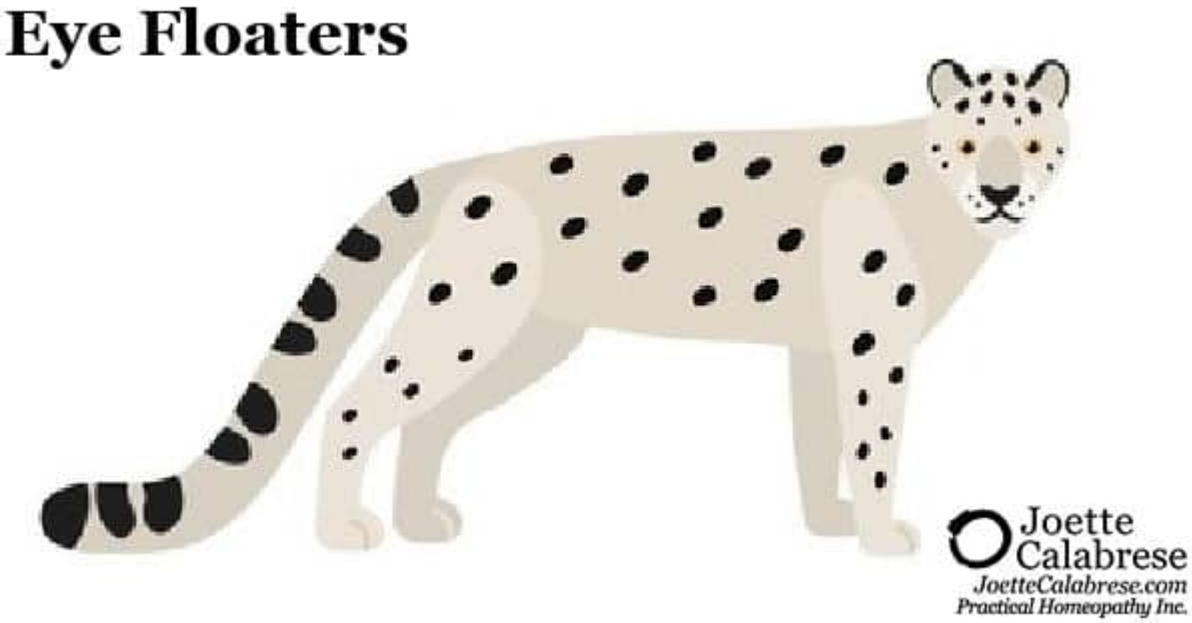
All of these conditions are covered in my Survivalist Guide to Homeopathy. This guide will be your anxiety reliever; providing a plan of action with time-proven and clinically tested homeopathic protocols – whether you have to run from your home or, as in my case, take over the care of your elderly parents. (Click on this link and download my infographic containing 23 emergency homeopathic remedies)

Want to avoid joining Facebook? Mighty Members can watch it right on their member page – acquiescing to Facebook not required!

And remember – all of 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.

Eye Floaters



No. Not those kind of spots!

I'm talking about the kinds of spots in your eyes that look like little black specks "floating" through your vision.

Depending on their placement, these floaters can range from easy-to-ignore, to downright annoying, to intruding on vision (in worst cases).

I noticed a number of my Mighty Members recently had a conversation about floaters in our private forum. But I wanted to weigh in here – on the blog – so that all of you who want to learn more about this issue would have access to the information.

You may have so much experience with certain conditions (say, otitis media, strep throat or urinary tract infections) that you don't need a professional diagnosis. However, if one were to experience a sudden onset of myriad floaters, that could be another story and a medical diagnosis may be warranted.

One cause is posterior vitreous detachment. While the name

sounds horrific, it is a common occurrence in people over 65 – and not considered rare in one's 40s or 50s.

It happens as the vitreous humor in our eyes shrinks and changes shape with age. Think about an old serving of Jell-O pulling away from the edges of the cup and cracking a bit. Eventually, the vitreous membrane pulls away from the retina, and may cause vitreous hemorrhage.

While sometimes gradual, it's usually sudden. And believe me, you'll know when it occurs. A team member of mine told me when she woke up one morning, it seemed as though she were looking through a snow globe! There were hundreds of floaters in her vision.

Modern medicine offers very little except reassurance. "It will eventually go away," the ophthalmologist told her. "Some will reabsorb, and your brain will compensate for the others. Eventually, you won't notice them in your field of vision."

Well, "eventually" didn't come. While most of them did go away, a few very pesky ones remained – right in the middle of her vision.

Enter homeopathy!

For vitreous hemorrhage, the Banerji Protocol that I count on is *Hamamelis virginiana* 200C mixed with *Arnica montana* 3C, four doses daily. This is a good place to start.

There are other protocols, depending on the exact issue. Vitreous hemorrhage can be caused by retinal tears, diabetes or trauma (among other causes). As with any condition, for best results, it is imperative to know exactly what you are tackling as you choose a medicine.

Here's something I want to make clear: before you choose a homeopathic medicine, look it up in your *materia medica*.

Take note of all the conditions each medicine covers. If you are deciding between two remedies, one may stand out as perfect because of other conditions it addresses – conditions that you may also be experiencing.

If there are several alternatives from which to choose, the medicine that most closely fits all of the symptoms and conditions you are experiencing should be your first choice.

For example, if you're considering *Hamamelis*, you would discover it is also used for hemorrhoids, Raynaud's Syndrome, varicose veins, etc. That's useful information!

Let's say you're experiencing both eye floaters AND hemorrhoids. You would then have built a sound case for choosing to use the *Hamamelis/Arnica* protocol rather than any of the other potential remedies.

You see, I try to make it as easy as I can with the protocols I teach, but *you need to know your medicines.* An awareness of the ideologies behind the use of a homeopathic medicine can have value – especially when choosing between alternative lines of protocols.

You can look up medicines in A *Materia Medica*: Practical Homeopathy® for Busy Families that I have written in easy-to-understand common language with my unique take on each remedy. Or you can look at Dr. James Tyler Kent's *materia medica* online.

My team member wisely chose *Hamamelis virginiana* 200C + *Arnica montana* 3C after her diagnosis. She is still utilizing it but has already noticed a vast improvement.

Problems with our eyes can be disconcerting, but homeopathy offers alternatives to merely learning to live with the issues or worse yet, having risky surgical procedures performed. If you've never read the story of my cousin's experience with cataracts, I suggest you click through to my

blog post from years ago, Cataracts Halted, Even Improved with Homeopathy.

And remember: Pass on the good news of homeopathy!

Warmly,

P.S. As I mentioned, the idea from this blog post came from an active thread in the Mighty Members' forum. If you've not joined us yet, please take a moment to review the benefits of membership in Joette's Mighty Members – not the least of which is our private forum. I consider it a safe "sandbox" in which you can enjoy time with like-minded others (without the prying data collection and judgments of Facebook).

I can only provide a limited amount of information in this blog post format. If learning your medicines appeals to you, I suggest you investigate my courses.

For instance, I consider The Survivalist Guide to be my *magnum opus* and the offering of which I am most proud. Many people assume it is only for emergencies, but no! It's an all-around complete guide for living homeopathically without the fear that those who don't use homeopathy suffer from! In it, I discuss *Hamamelis virginiana* as well as *Arnica montana* as they apply to several conditions.

You're going to want the infographic I designed for this intense guide. Not only will you find it invaluable, but it will also give you a sneak peek into the bounty of information this course contains.

And remember – all of 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.

Podcast 106 – “Old MacDonald Had a Farm, E-I-E-I-O.”

IN THIS PODCAST, WE COVER:

03:24 With a Moo-Moo Here …

12:24 And a Cluck-Cluck There …

24:30 Everywhere a Meow-Meow …

31:35 Treating Animals and Humans with Homeopathy

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Calcarea carbonicum (for milk fever in cattle)

"Fowl Cholera Epidemic! Homeopathy Averts a Catastrophe in the Flock."

Cuprum metallicum 30C (for fowl cholera)

Sulphur 30 (for foul odors/illness in feral or barn-raised animals)

"Homeopathy is Purr-fect"

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy® Podcast Episode Number 106 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively.

So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration – you need as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

*This podcast was recorded **after** the Ultimate Cool Kids' Guide to Homeopathy course semester began. So, depending on when you're listening to this recording, the course may or may not be open for registration. But not to worry – new semesters open regularly. So, stay tuned.*

And now, let's get started with the podcast:

"Old MacDonald had a farm, E-I-E-I-O …"

Kate: Welcome back to the Practical Homeopathy® podcast. I bet you're wondering what Old MacDonald's farm and homeopathy have to do with one another. Well, I actually just wanted to listen to Joette sing again.

Welcome, Joette, to the podcast today.

Joette: I love working with you, Kate.

Kate: Because we're silly, that's why.

Joette: Yes, I know it's fun. To do this or not, the podcasts *must* go out!!

Kate: So, we're going to talk about animals and homeopathy today.

Just a little teaser, if you haven't seen it already, by the time this podcast is aired, the kids' curriculum that you're producing should be out and have started. We're pretty

excited about that. We're in the mode of talking about animals and what homeopathic medicines to use – along with the medicines for humans as well. But in this course, we are going to be discussing a lot of the homeopathics for animal issues.

So, we're going to focus in on that today, right?

Joette: The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®. Kate, you're giving yourself too little credit. Kate is the lead person who is organizing and putting this all together and helping me produce it. Basically, you're producing it, and I'm helping you.

Kate: I'm just using your materials to put it together, so, we're a good team. I'm super-glad to be doing it.

Today, Joette, I want you to share some of your stories of how you've used homeopathy in the past with some of your animals – of which you've had many. Let's start off with a cow story. How about that?

Joette: Yes, well, so I want to put it in perspective because if anyone's been following me, then you know that I live in South Florida, and I don't treat animals so much anymore.

But we raised our children in the country, south of Buffalo.

And we had a small farm – 15 acres – and it was kind of a "hobby" farm of sorts. We had ducks and chickens and goats and down the road were llamas, and cows and horses. And so, it was really a great place for me to learn how to treat animals, and to live around animals! Even though I've always been a city girl, it was a great opportunity for me. You want to hear a cow story?

Kate: Yes, I know you have a lot of stories with animals. But I think there's one in particular about a cow that it was a dire situation, and you helped the cow.

With a Moo-Moo Here…

Joette: Yes. Let me also preface this by saying that for those who believe that homeopathy is just placebo: I don't know how a cow would be able to pick up on the intention of the farmer giving a specific homeopathic medicine. So, if it shows anything, it shows the efficacy of this medicine, and that ***it is absolutely not placebo***.

So, one day, I got a call. At that time, I had a brick and mortar office, and I got a call from someone I knew whose cow had just birthed its calf and was dying.

This farmer was a seasoned farmer and had seen this happen many times: It's called milk fever. The medical term is hypocalcemia. I was unfamiliar with it; I'm not a vet; I don't have a lot of experience. My study was in anatomy,

physiology and pathology for *humans*, certainly not veterinary study.

I didn't know what it meant, and he said, "Well, it's a fatal disease."

It's a metabolic disease that occurs when the blood serum – I'm reading this now because I jotted it down – blood serum of calcium drops to below normal levels. If it's not handled properly, a cow can go from healthy to dead within a matter of hours.

And as I said, this farmer was very seasoned and had seen many cows die from this. He was, you know … I don't know if I'd call him panic-stricken, but he was certainly pretty worried. The calf, of course, was fine. But the cow was breathing heavily, and he said, "She's collapsed, and it's a calcium drop."

So, without knowing about protocols, specifically – because I didn't have a protocol for that, and it was many years ago –the first remedy I thought of was I have to come up with a *calcium* medicine. Not only is it a calcium medicine, but it's got to be a calcium medicine that has *collapse,* and something that has to do … that's *metabolic*.

The first remedy, I thought it was *Calcarea carbonicum*. For short, it's *Calc carb*. It's one of our first medicines that we ever learn in homeopathy: *Calc*, C–A–L–C, *Carb*, C–A–R–B or *Calcarea carbonica,* C–A–L–C–A–R–E–A and *carbonica*.

This farmer had a homeopathy kit, thank goodness. Because otherwise, if he had to order it online or had to run to a health food store hoping that they had it, it would have put him in a great disadvantage. But he had the kit.

He said, “Okay, so what do I do?”

I said, “Open up the bottle. Pour some of the contents into the cap.”

Normally, we use … that happened to be, I think he had the Washington Homeopathy kit. In that case, you would use maybe six pills.

But no, this is a big cow. It’s a big animal, hundreds of pounds. I said, “Just fill up the cap with the medicines. Open up her mouth and pour it in.” If you can get it under her tongue, then she won’t chew it, and it won’t go away.”

Not that you need … let me parenthetically say … you don’t *need* to put it under the tongue. But in this case, it was such a dire situation, we want to make sure that we put it in the most efficacious location in the animal’s mouth.

He lifted her tongue and inserted the pills under the tongue and then gently closed her mouth. He said that her eyes were rolling back; she was going to die. He said, “She looks like she’s going to die within minutes.”

I stayed on the phone with him for a little while. But then I had other calls I had to take, and so I left. Within about – it's hard to remember this was, I don't know, 25 years ago – but I stayed on the phone only for a short period of time.

When he called me back about 20 minutes later, he said, "You're not going to believe this."

Whenever I hear that, I say to myself, "Oh, yes, I am."

He said, "She stood up. She's fine. She's *absolutely* fine. I can't believe it! It's like a miracle! She just stood up! And now the calf is nursing."

I said, "That doesn't surprise me. But it always gives me goosebumps."

It always gives me … what … *thankfulness* for this medicine. This is God's medicine, folks. I don't know any other way of saying it.

How is it that a medicine without side effects, a bottle that costs $12, could cure a cow – save the cow and the calf and the farmer from expense and time? How could that be? Because this medicine is something everyone needs to know about.

He said, “So that’s it? That’s all I do?”

I said, “No, well, no. Watch her. If she starts to look weak, her eyes look like they’re sinking back again, or they’re rolling back in her head, or she starts to fall back down again, you give her another dose. To be honest, I think that you should be giving her two or three doses every day for about three days.”

And he did. And, in his gratitude, he named the calf after me. So, the calf’s name is Joette.

He sent me a photograph of her and for the longest time, I had it as my front page of my desktop. Then when we moved, we lost it, unfortunately. The computer we had was probably corrupted or something. But anyway, the photograph was lost. So, the calf Joette is now just a distant memory.

But that’s how homeopathy works.

Now, some people say, “Well, yes, but I’ve had this condition for many years.” (Not that kind of condition.) What I’m saying is that speed depends on the … what’s the word … the more *dire* the condition, the *faster* the medicine will act, generally speaking.

This cow needed it. She was going to die as witnessed by

this farmer time and again. She needed this medicine immediately, and so it was used immediately.

I've seen that at births. I was at a friend's birth, and she was hemorrhaging. Somebody would say, "Well, how do you know it's going to work very fast?"

"Well, because she needs the medicine so badly."

I will never forget that I administered this medicine to my friend, and she was hemorrhaging terribly, and she had two previous …

This is a side story, but it illustrates more thoroughly. She had had two previous births where she hemorrhaged and had to be taken to the hospital and given pints of blood.

This situation was the first time I was with her at the birth, and we use the homeopathic medicine for her at that moment. It was actually *Pulsatilla,* and it brought her around. It aborted the hemorrhaging – within seconds – because that's what was needed. It needed "in-second" speed and action.

That's something that you will observe time and again as you use these medicines: that the more serious that condition – the more dire it is – the faster the medicines work.

How is that?

It’s God’s medicine. What can I say?

Kate: So, Joette, I know people are wanting to ask this question. What potency did you use with that cow? Do you remember?

Joette: Yes, it was a 200.

Kate: Okay.

Joette: So, hypocalcemia or milk fever is the name of the condition. If any farmers out there need to know what to do… If you go online and look at milk fever, you’re going to see that they die within minutes of falling to the ground. That’s the key, they fall to the ground, and then they die within hours, sometimes minutes.

Kate: One more thing I want to talk about is when you were telling us how you told this farmer to dispense those pellets in the cow’s mouth. You were talking about whether you would use four or five pellets or a whole cap full.

I just want to clarify for a second there, because I’ve used just two pellets of *Arnica,* say, on my horses, and they worked – seemed to work – great.

So, I would think that what you're saying is that you just want to make sure that the medicine gets in the mouth and is absorbed into the body, right?

Joette: That's it. Exactly. Two pellets, would they've worked? Possibly but we didn't have time to check it out.

I would use two pellets if I didn't have very many, and I had to treat more than one cow at the same time, and we had to distribute accordingly. But because this cow was on her deathbed, then it was important that we just give it to her and not worry about being sparing in our usage of our pills.

Kate: Okay. I just wanted to clarify that for those who are listening that you didn't *have* to … it's not a higher dose because that's a larger animal. It's just that you just want to make sure that this medicine got into that animal.

Joette: Well, I did allude to that a moment because the cow is big. I found it goes that generally you can get away with just a few pills for even a large animal. But at that moment, I was calculating in a way just to be *absolutely certain*. But you're right, two pills probably would have done it.

Kate: Yes, that's what I've used with my horses, and I just kind of hold their mouths to make sure that the pellets stay in there. Because inevitably, this cow was down, and she was

probably easy to get the medicines into her mouth. But when you have a horse that seems fine, and you're putting that medicine in, they toss their head around, and those pellets just come popping right out.

And a Cluck-Cluck There …

Kate: So, let's move in Old MacDonald's farm to chickens.

Joette: Well, when we bought our land south of Buffalo, I knew that we wanted to raise chickens. It was more of a hobby. I wanted our children to have that kind of responsibility of raising animals. I wanted fresh eggs. And I thought it would be a nice family project.

So, we bought our chickens, and this was the first flock that we had. We bought … I think it was about 40 chickens at the time. We learned later you don't do this with chickens. But we got them as chicks, and my sons were young, and they named some of the chickens – some of their favorite chickens – Gloria and Rosie. It was Dolores. It was very sweet.

But you learn not to do that with chickens because they die so readily by either a fox or a possum or something like that or diseases, that it's foolish to name them because then you become too emotionally attached, and then you lose your pet. So, it's best not to name them, but we learned that years later.

One day, one of my sons came in the house and said, “Mom, this chicken just died. I just watched her. She just fell over. She couldn’t walk for a while. She was actually walking in a strange fashion, and I saw her lay down, and then she just died!”

I said, “Oh my.”

Then my other son came in and said, “Mom, there’s another chicken acting really weird.”

And so, they were saying – they were coming back and reporting – “Oh my gosh, these chickens are really sick. They’ve got diarrhea, and they’re dying.”

I think we lost a few. It’s been a long time, so I don’t remember. But we lost a few before I said, “Uh-oh, something really serious is going on here.”

So, I called a vet who was a friend of mine. I described to her what was happening. She said, “They have diarrhea, right?”

I said, “Yes.”

She says, “They have a strange gait, right?”

I said, “Yes, that’s true.”

She said, “It sounds like cholera – fowl cholera. Not cholera that can be transmitted to humans or vice versa, but it is a disease that will kill them all.” She said, “They’ll probably all die and probably within just a few days.”

So, I said, “What can I do?”

She says, “There’s really nothing you can do. The few that survive will not lay eggs any longer once they survived this because they will have gotten it, and they will have chronic fowl cholera.”

I went to my chicken health handbook – believe it or not, I had one of those – and I looked up fowl cholera. Indeed, everything she said was absolutely true. It said that there are antibiotics that can be administered, but they’re really basically of no use, and the chickens all die.

Now, I know about cholera. Cholera is one of the first diseases that was treated by the homeopaths back in Europe. And I knew that the medicine that was specific for cholera was *Cuprum metallicum*. In the back of my mind, I knew that.

But what I did instead is, I opened up my repertory – because I was not a practical homeopath at the time; I was

still using only classical. I opened up my repertory and looked under cholera. Indeed, the medicine that was the most valuable was *Cuprum metallicum*. So, once you determine … I can't remember maybe 30 medicines named under the disease of cholera, and you have to choose which one is it (in classical homeopathy). Not only do you have to choose what the medicine is, you have to determine what potency, and then how frequently to use it.

But I looked at *Cuprum,* and I said, "I know *Cuprum!"*

Cuprum metallicum is medicine not only for cholera, but it's also a medicine for spasms … so that someone walks with a strange gait.

So, I cracked open my *materia medicas* and looked it up just to be certain. There, indeed, was *Cuprum metallicum,* and it has a strange walk *AND* diarrhea.

So, there it is – strange walk (spasmodic walk), diarrhea and cholera. I said, "It's got to be *Cuprum metallicum."*

There was a clear pattern that was developing in each of the chickens. First, we saw them with diarrhea; then we saw the strange gait; then we saw them kind of sit down without interest in pecking on the ground; and then they would fall over and die.

The first one that they brought to me, after a few of them

had died, was, I think, Gloria.

Kate: Actually, for those of you who are interested in reading about the story, it's published in Homeopathy Today and in Wise Traditions and the article is called "Fowl Cholera Epidemic! Homeopathy Averts a Catastrophe in the Flock." There's more information in that article.

Joette: It's right. I forgot that it had been printed in Homeopathy Today as well. That's right. Homeopathy Today and in Wise Traditions, so you can look it up and read more about it.

But, the first chicken was one of my son's pets. He loved Gloria. He said, "Mom, Mom, it's Gloria who's sick now! They're all dying, and Gloria's the next one!"

So, he grabbed Gloria. I opened up the bottle of *Cuprum metallicum* 30C, poured some of the contents into the cap, took out two pills. We pried open her little beak, and we stuck it in her mouth and then clamped down her little beak with our fingers.

Kate: I'm just fascinated by this story of you actually putting this … I can't imagine putting this into a chicken's beak.

Joette: Yeah, well, you have to be careful because if you're too forceful, you could hurt the chicken. So, he

didn’t want to put her down because it was his pet chicken. But I said, “No, Peter, you got to do that. You got to go on to the next one.”

Then they brought … Giuseppe meanwhile, got the next chicken, brought her in. We did the same thing. Opened up her little mouth, put in two pills of *Cuprum,* put them back onto the grass. Meanwhile, what we did is we gathered up all the other chickens and instead of inserting a couple of pills into each one’s mouth, we simply put it in the water.

Now, here was the problem with that: They would drink it *if they were still well enough to drink*. But for those who were so sick – and the disease had already progressed to the point where the diarrhea was so severe, and they were so dehydrated and so weakened that they couldn’t get to the water – we had to administer it to them one by one.

By the time we finished treating or putting the remedy in the water, and administering to those two, Gloria stood up. I couldn’t believe it! I mean, the cow stood up, now Gloria! Joette’s mother stood up, and Gloria stood up.

Indeed, they were coming alive again.

But this is one of those situations that I actually expected to happen to the cow that didn’t happen to the cow and, instead, happened to the chickens. By the time we got the remedy into all the other members of the flock, the first one, Gloria, started to go down.

You could see she was going down again. Okay, administered it again.

So, that's our key. We have to determine how often to use it because we can see the symptoms now becoming more prominent again. So, we gave it to her again. We gave the next chicken again. Now, we're putting Gloria and the two chickens (or two or three chickens) that we administered directly into their mouths in front of the water so they could take sips of water.

From the time we treated Gloria all the way to the end, not another chicken died. From the time we started the homeopathy, *none of them died*. Those that died first were the sacrifice to determine what needed to be done.

Now, you would think that's the end of the story. It was a great day for all of us. We were very, very pleased; we were very happy. I kept the *Cuprum metallicum* 30 in the water. And when we'd change the water, fresh … (and normally, we would change it only once a day – that day, we changed it twice so that the water was good and fresh, making sure everyone was getting it, and they were more interested in drinking the water). We changed it, and then put fresh *Cuprum metallicum* in it again. We kept it that way for a few days. We kept the medicine in there.

But that's not the end of the story.

What’s really fascinating about this story is that *none* of them had any problem laying eggs. The vet warned us, and the chicken health handbook reported that these chickens will never lay eggs once they’ve been exposed to cholera.

That’s not at all what happened.

We knew that every chicken laid eggs because you know that this breed of chicken lays one egg per day. We knew how many chickens we had. You count the chickens; you count the eggs. And you know that each chicken is laying an egg because no chicken lays two eggs in a day! They produced for years. Very interesting!

So, if I were a farmer who depended on the production of my animals, I would say that was a win, win, win financially. For us, it was an emotional win because my kids were attached to the chickens.

It was also a homeopathic win, not only for me in understanding how quickly you need to use it, how you administer it to the ones that are the sickest ones who are not going to drink from the water trough, but also for my children to see that! Growing up with those kinds of experiences was a big formulation of who they are today. I’m thankful that I knew what I knew, and that I didn’t give up and say, “Oh, well, they’re all going to die, just let ‘em die, and that’s it.”

Now, when this was all done, we had to find the source of

the cholera because they don’t just get cholera out of the thin air. There has to be a source. Well, it turned out there was a wild bird that had died of cholera in the coop. It had gotten into the coop and died in the straw. Of course, we had to get rid of the dead bird and then clean out the coop – fresh bedding.

Now, they also told us in the chicken health handbook that you have to disinfect the coop with – I can’t remember what it was – but it was a very strong antiseptic. We decided, instead, we were not going to do that. We decided that homeopathy was going to protect them, and it was a good decision.

We didn’t do that. We cleaned it all out, but we did not use the strong antiseptic that was recommended because we thought that was going to be taxing on them as well. So, we hosed it down, used soap and water – hot, soapy water – and then put down fresh bedding after we discarded the wild bird, and nothing ever happened again. That was it. We never saw another case of it. They were healthy and happy egg-laying chickens forevermore.

Kate: Before we move on to another animal on your little hobby farm, I want to ask you a question again that I know is burning in people’s minds. You had this watering bowl for the chickens? How many pellets did you put in the water?

Joette: I don’t remember.

Kate: What would you recommend to people then?

Joette: I don't remember how many I put in there. We had a trough that was maybe two feet-three feet long and held maybe a couple gallons of water. I think I used a dose, maybe four or six pills, something like that. Made sure the trough was clean so that nothing else was interfering. But even if it had been dirty … to be honest, I've given remedies in soup to my father, and it worked.

But this was a dire situation. I want to take away all conflicting factors that might get in the way of the success of the use of this medicine. But to be honest, I probably could have put it in a muddy, dirty trough that hadn't been cleaned in three days, if we had to.

Everywhere a Meow-Meow …

Kate: Joette, let's move on in Old MacDonald's farm to the kitties. I think you have a kitty story for us.

Joette: I have. Many years ago, we decided we wanted a cat. We heard of someone who had a litter, and they were semi-feral. They had been born in a barn, but they'd been touched and held by humans.

There was one runt in the litter. And they were still pretty

young, but this kitten was minute. The woman who had the cat said, “The mother cat is going to abandon this cat, and it’s going to die if you don’t take it.”

Holy cow. What?

Kate: Oh, my gosh.

Joette: What a responsibility!

Kate: Yes. If you don’t take this cat …

Joette: If you don’t take this kitten, it’s going to die. It was not very healthy. It looked pretty scruffy. Its fur was sticking up, even though kitten’s fur often does that, but it stuck up in a strange way. It did not have a very thick coat like the others. It was quite subdued in its behavior.

The kids said, “Mom, Mom, we got to take this kitten! We got to take this one!”

I knew we were in for trouble. But I thought, “Well, look, if we trust homeopathy, we trust it, and I would like the kids to learn. So, all right, we’ll take this kitten.”

About three or four days later, the kitten got very, very, *very* sick. So sick that it would not move, and I thought it was going to die.

I had given it a couple of cell salts to help build it up a little bit when we first got home, but apparently, it wasn't enough.

The cat got so sick, that we put it … the boys had this lamb's fur. They put it in a basket. They put the cat in the basket, and they gave it raw milk with an eyedropper. It had a very, very bad odor. The cat smelled *horrible*.

So, we were going to visit my in-laws and my parents in Florida. You know, we were living up in New York State, and we had to go. Well, there was no way we could leave this kitten with someone else, obviously!

So, we put the cat in the basket. We packed up the car – which is what we always did, we always drove down – and put the cat in the backseat between the boys. I thought, "This cat's going to die on the way to Florida or once we're in Florida. It's going to really be not very nice."

But I said, "Let's give a remedy a try." I gave the cat *Sulphur 30*, and I thought it's a last-ditch effort.

The first night we finished driving, I gave it to her twice. Her name was Carmelina, by the way. (I've written about

Carmelina and in other … in blogs, et cetera. She was really … well, I'll tell you more about that later.) But at any rate, I gave her two doses over a period of about six hours. I said, "You know, we've nothing to lose here."

We got to the first place where we stopped. I think it was … I don't know … just south of Pennsylvania. We stopped in a motel to spend the night, and the boys picked up the cat in the basket with a little handle and brought the cat in the motel room with us, and we all got into bed.

In the middle of the night, we heard this crazy sound like a scampering or something. I thought it was a *squirrel* had gotten into the room. We turned the light on, and the cat was under the bed on her back, upside down, grabbing the bottom of the mattress and spinning herself all around!

She had completely revived with two doses of *Sulphur* 30. She came out, and she was scampering, and she was *completely cured*.

Two doses of *Sulphur.*

I thought – we all thought – she was going to die. I really didn't want my kids to have to experience that. But on the other hand, it's a good thing for them to see life and death. But at any rate, I was certain we were going to be having to dispose of a kitten's body at some point.

And that’s not what happened. She lived for 16 years. She had lots of spunk. She was very skitterish and frightened, but she still was part of the family. She would climb up the Christmas tree every year. She would chase and catch mice and bring them in the house and catch snakes and bring them in the house. So, she was a very healthy cat for many, many years.

I know, isn’t that amazing?

Kate: Yes, it is. But I’ve seen homeopathy do this with animals over and over again. It’s incredible.

Joette: It is.

And now, I want to step back so that our listeners again, don’t read into this to mean that when you use homeopathic medicine, you only need two doses, and then they should be cured.

I’m telling these stories because they’re *remarkable* stories. They’re *noteworthy*.

But it was very severe – again, not unlike the cow situation. This was very severe; this cat was probably going to die, not unlike the cow was probably going to die. So, when you get into these very severe situations, as long as you have the *right* homeopathic medicine … and it’s a matter of *knowing* – which is not that hard to know. This is not

hard to find out which medicine it is!

I went simply by the fact that *Sulphur* is a remedy that is very specific for strong odors.

And, I also find that *Sulphur* is a great medicine for feral animals: cats that are feral, dogs in Kolkata that are feral, a squirrel that's sick or something like that. I find that *Sulphur* – and a couple of other main medicines that we call polychrests – are often very valuable in animal situations such as those.

It's different when we're treating a purebred horse or purebred dog. It's a little bit often – not always – it's often a little more complicated. But when it comes to an animal that has a history of living outside and not being tinkered with and not getting vaccinations, et cetera, then it's often those baseline polychrests remedies.

Kate: That might be a good, little exercise for the listeners to look up "what is the definition of polychrests."

Joette: Yes. That's a good idea. Instead of my teaching it now, yes, look it up online, absolutely.

Kate: We've been talking a lot about homeopathic medicines for animals. It's interesting because there are actual veterinarians that work specifically with homeopathy and

treating animals that way. So, if you're interested in something like that or learning more about those veterinarians who work that way, I know there are some of them that do phone consults. So, you can always do some research and look for those veterinarians online.

Joette: There are good homeopathic veterinary books that you can purchase. Dr. Pitcairn is a good author, but there are many others. If you have pets or livestock, by all means, I would stock up on those books. It will help you a great deal.

Kate: Joette, as we wrap up this podcast, share with us how you compare treating animals with homeopathy to humans with homeopathy.

Treating Animals and Humans with Homeopathy

Joette: It's pretty much the same. With an adult, if you're taking an adult's case, they're going to give you verbal answers. When you're taking the case of an animal, you have to just observe – not unlike if you're treating your infant or someone who's unconscious. You have to hone your observational skills.

That's another characteristic of being able to take the case. It's also a wonderful human skill to be able to look

at someone, pay attention. Are they acting weak? Are they thirsty? Can you see anything there – anything that you can detect –that will help you determine which homeopathic medicine to use.

With Carmelina, all I had was that she was very, very sick, weakened by something – I don't know what, and she had a very strong odor. Strong odor – not always, but more often than not – indicates the use for the remedy, *Sulphur.* And 30 or 200 would have would have acted, I'm certain, in about the same fashion.

I like when people treat animals because it gives them a lot of experience. It also affords them the opportunity to take note of details.

Kate: I almost feel like those Moms with Moxie that I talk to – the ones that have farms or a lot of animals – that they learn homeopathy at a much greater pace.

Joette: Faster! There's more velocity! Absolutely. So, if you have a farm or small farm, or if you have a lot of animals – if you have an opportunity to treat animals, wildlife – by all means, hop right in. You will learn a lot faster. Certainly so.

So, Kate, I guess what we end with is that homeopathy is, as I said earlier, God's medicine. It's intended for humans and animals and pets across the board, across this earth.

What I love about it is that as we learn this medicine, and we learn it together, mothers and grandmothers usually – although can be men sometimes, it's more often women folk – we should think in terms of linking arms across the earth. It will give us the strength to know that this *is* something we want to pass on, not only to our children and grandchildren, but to our neighbors, our friends, our relatives, our church mates, people we run into, anyone who might be interested, anyone who can be helped.

You want to help others. It gives us purpose in life to be able to give to someone else. It's the greatest purpose of all!

Joette: As I hope you know by now, on my blog, podcasts and Facebook Live, I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising.

But let me be clear. When it comes to more complex conditions, it's *key* that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my courses in which I walk students through each method with step-by-step training.

I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify, and iHeartRadio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

Look What You Can Do for Free, Folks!

I never think to share the successes I see in my daily work because I don’t want to capitalize on my clients’ sufferings.

But this is different.

This remarkable student sent her photos and testimonial to me – unsolicited. Her success with conquering the effects of Topical Steroid Withdrawal (TSW) might be considered nothing short of amazing – to those unfamiliar with homeopathy.

Her before-and-after photos vividly demonstrate the power

that homeopathic medicines hold!

Most importantly, she did this all on her own – for free – simply by reading my blogs and listening to my podcasts.

You can accomplish similar victories, too!

You can read my blogs and listen to my podcasts in your spare time, anywhere, on your phone or tablet. I've given you everything you need to get started. But, perhaps, you just need a little inspiration.

So, let me introduce you to Heather. Here is her story, as she shared it with me:

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"I've had eczema most of my life and had used topical steroids for it on and off for all of those years. I had used everything from hydrocortisone to the strongest steroids they make.

In July of 2017, I realized they were no longer working, so I went off of them. At that time, I had never heard of topical steroid withdrawal, but I quickly found myself in the worst of it.

Internet research helped me figure out what I was dealing with. I tried so many things to help and found little that gave any relief.

It's a true drug withdrawal process, with inability to regulate body temperature (I shook for months on end and couldn't get warm), insomnia (I slept an average of 2-3 hours a night for over a year, and then about 5-6 for over another year), and horrific pain and itching.

In late November of 2019, I was surfing the internet to see if I could find anything else to try to help me. I ran across Joette's website and became immediately obsessed.

I've always loved using natural remedies for health when possible but had not found anything to that point that was successful. But I thought I had nothing to lose … if this worked, it was far less money than I had spent on other things!

These are the articles I found that helped me choose my remedies.

I started with Antimonium crudum 6C twice a day (from Itchy Skin).

Then I added Arsenicum album 200C twice a day (from Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch).

I then included Petroleum 200C every other day because of the deep cracks (from It Cracks Me Up! How to Cure Dry Skin without Over Thinking).

I began in early December and started to see small improvements in my skin texture quickly … within a week or two. It was more success than I had seen with anything else I tried.

I was so amazed, I thought "I have to learn more about homeopathy!" So, I signed up for Joette's Gateway to Homeopathy class and started learning with Kate, the group leader her in January.

My 'before' picture was taken in January of 2020. (I had already seen some significant improvement from December to mid-January when this pic was taken, but that was the only picture I took of my face the whole time I had been in withdrawal).

My 'after' picture was taken in early August so I've been taking the remedies for 9 months so far.

I recently went off of Arsenicum album. I do feel the remedies helped some with my itching, but the itching is so fierce with Topical Steroid Withdrawal, I never felt like it

totally took it away. I still itch quite a bit, even on my healed skin. The great thing is my skin doesn't tear anymore when I scratch it.

I just read something in the last few days that stated the deep 'to the bone' itching that people experience with TSW is due to the damage that steroids cause to the nerve endings. It made me think of Hypericum.

I started using Hypericum 200C, and I truly feel like it helps my nerves relax enough that when I itch, it feels like a more 'normal' itch that is taken care of with a quick scratch rather than an itch that feels like I want to claw my skin off.

I'm not completely out of the withdrawal yet. My healing is happening from the top down. My face is pretty well healed, and I'm seeing substantial improvement now on the rest of my body.

The rest of my body is in various stages of healing, and I continue to see consistent improvement as I continue the homeopathic remedies. I'm so happy that I found Joette and am thankful for all I have learned." – Heather H.

****

I love it when people do this – grab the torch from me and successfully carry it themselves!

Heather did her homework!

Even her idea of using *Hypericum* 200 for the "to the bone" itching caused by damaged nerve endings shows great study. That's not a protocol, but it certainly is a well-thought-out decision on her part.

But I want you to remember that there are many, many homeopathic medicines for this condition. These happen to be precisely what Heather needed. So, remember, these are

medicines and should be used carefully, and if the person is worse, the medicine chosen should be abandoned.

But folks, it comes down to this: no one is out there for you but *you*!

And I promise you; **you can do more than you think you can … even if there are missteps.**

Follow Heather's stellar example by learning everything you possibly can. As I've said before – and this case brilliantly illustrates –don't be deterred thinking that you have to spend a lot of money to accomplish your goals. I have shared countless protocols and resources with you – for free – on my blogs, podcasts, Facebook Lives and now in my private group, on my private server, Joette' Mighty Members.

At the risk of repeating myself, look what you can do for free, folks!

You be the hero. I'll be your guide.

And when you experience success, pass on the good news of homeopathy!

Warmly,

P.S. Now, if you want *more* than the free resources offer – or you simply desire to accelerate your learning –the best

place to start is by joining a Gateway to Homeopathy study group (just as Heather has done). Learning alongside others provides not only camaraderie and lifelong friends, but also an opportunity to learn from others' wide-ranging conditions in a way you couldn't do alone.

However, if you are ready for a truly deep dive after your study group experience, that's when my courses come into play. My courses teach you how to be prepared to handle many conditions on your own – be ready for any eventuality.

For instance, before the pandemic hit this spring, how many of us truly imagined store shelves could suddenly empty of necessities? When the infrastructure fails, many people who are using topical steroid creams may not be able to get them anymore! Hopefully, you can share this blog post to instruct them on how to get through the withdrawal process using homeopathy.

But just think of how many other scenarios a failure of the infrastructure will affect! Learn how to take care of yourself – BY yourself – with The Survivalist Guide to Homeopathy. Be in full control of your family's health when the world turns upside down.

And if you think that The Survivalist Guide is only for emergencies, think again! It's an all-around complete guide for living homeopathically – especially when the inevitable "stuff" hits the fan, and it feels like a mini-apocalypse in your small corner of the world.

May I email you the infographic I designed for this course? Not only will you find it invaluable, but it will also give you a sneak peek into the bounty of information contained in this guide.

And remember – all of 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.

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