Easter – A Day of Hope



Today is a special day.

You may be asking yourself, “what actual day *is* it?”

Believe me, I understand if you’re no longer calendar savvy. One of the strangest parts of this new stay-at-home reality is losing track of what day it is.

Our schedules are upended. The markers we usually depend on are gone. Weekdays have blurred into weekends.

Time has stood still.

However, today (it’s Sunday, by the way) is one of the most important days in the Christian faith.

Today is Easter.

For those of us who observe Holy Week, we are a bit more attuned to religious observations and know Passover, the meaningful holiday of my Jewish friends, is ongoing this week as well.

Whatever your religious affiliation, one thing is certain for all of us: these are going to be very different holidays, unlike any others we've celebrated before. For today, we will not be in our churches and will not be in large gatherings with our extended families.

Instead, some of us will be at home with our closest loved ones, while some of us will be at home by ourselves. My husband and I are alone for the 1st time ever. No children, no parents, no siblings, no cousins. We're grateful to have each other. Even though, this isn't easy.

But the situation doesn't matter. The importance of the day is not the manner of celebration, but rather the *commemoration*!

Easter is a day of great hope, a fresh beginning, a new chance. It's about grace that was given, and grace that still exists.

Passover, while commemorating something very different, is much the same – a day of promise and hope.

More than ever, we need that feeling of hope – that confidence in a promised future.

As it is said, it is always darkest before the dawn. In both Easter and Passover, there were sad and fearsome events *before* the miracles occurred.

But the miracles *did* occur.

I hope you'll use today to reach out to friends and loved ones alike. We may not be able to hold their hands, but we undoubtedly can touch their hearts through Zoom, Skype, Facetime or just the plain ol' telephone.

Remind them: we will make it through this together – as history has proven time and time again. A bright and shining new day will dawn, and we will return to whatever our "normal" was before – but hopefully, a little bit stronger

and a little bit better than before!

Pass on the good news of Easter!

God Bless You All,



We Can Do This … Mother-to-Mother, Family-to-Family



What I'm offering you is not a definitive answer on how to treat viruses. Many of my colleagues from around the world with whom I'm in contact have different solutions to viruses and colds based on symptoms – which is, indeed, the best way to approach this matter.

There are likely many viruses that are circling the world, each with its own set of symptoms. This may or may not be the reason that there is not one, singular genus epidemicus.

At this juncture, this is a list of medicines that I've had the most success with as I've honed my selection based on cases and personal experience – as well as reports from you.

This may or may not act, and it may act in some areas of the world and not in others. As I (we) learn more, I'll keep you updated.

I'm not a physician; I'm a teacher. You are not a patient, but a student. This is not a substitute for medical care.

My family (my husband, my three sons and I) had all been sick. We don't know what it was. We stayed at home and weren't tested. But it really didn't matter. We were able to handle whatever it was we had – on our own, with homeopathy.

Quickly. Effectively.

Without side effects. Inexpensively. Many of my clients, students and followers have been in touch with me and are reporting that they've been able to do the same thing.

Regardless of which microorganism was behind our illness, homeopathic medicines worked well for us. Now, I can't say this information won't change as the microorganisms move their way through society. But as of this writing, this is what I have consistently seen to be successful for both my family and many of my clients.

At the first onset of a virus with typical cold symptoms, the Banerji Protocol for cold and cough of *Aconitum* 200 mixed together in the mouth with *Bryonia* 30 has proved to be very powerful. We used it every 15 minutes or so for the first 3-4 doses and then backed off to every 3-4 hours. As we began feeling better, the frequency slowed to every 5-6 hours (and so on).

Why is this such a winning combination? *Aconitum* (*Aconite*)

is for quick onset (as well as addressing pneumonia), and *Bryonia* is good for flu, colds and lung infections. After a few days, *Gelsemium 30* alone may be used in the same fashion.

If the illness starts with aches and fever, I use *Eupatorium 30* in the same fashion.

My illness began with crushing fatigue, so I used *Gelsemium 30* (also taken in the same manner).

My husband found success against his virus with *Thuja 30*. *Thuja* is an excellent fit because it is specific for viruses. It's also the Banerji's current recommendation – as of this writing – for prophylactic use.

When the illness includes fretting, angst and gut issues, my choice is *Arsenicum album 200* (again, taken in the same manner).

Similarly, *Nux vomica 30 or 200* has shown success – especially among men –when the illness includes gut issues, constipation and abundant concern about business.

We may have started with these, but I observed as the stages of each particular illness progressed, I changed remedies to fit the presenting symptoms.

In my husband's and my case, we were feeling better and then something of a relapse occurred.

My lungs were feeling cottony – almost like bronchitis. I chose *Antimonium tart 200,* which addressed my condition elegantly.

It's not a common choice, but it worked for me. *Ant tart* can also be used in conditions including loss of taste and smell – such as one of my sons experienced.

You must read your *materia medicas* to understand the action

of each remedy better so you, too, can make well-advised choices for your family as the illness evolves.

And remember in **regard to potency: use what you've got until you get what you need!!!**

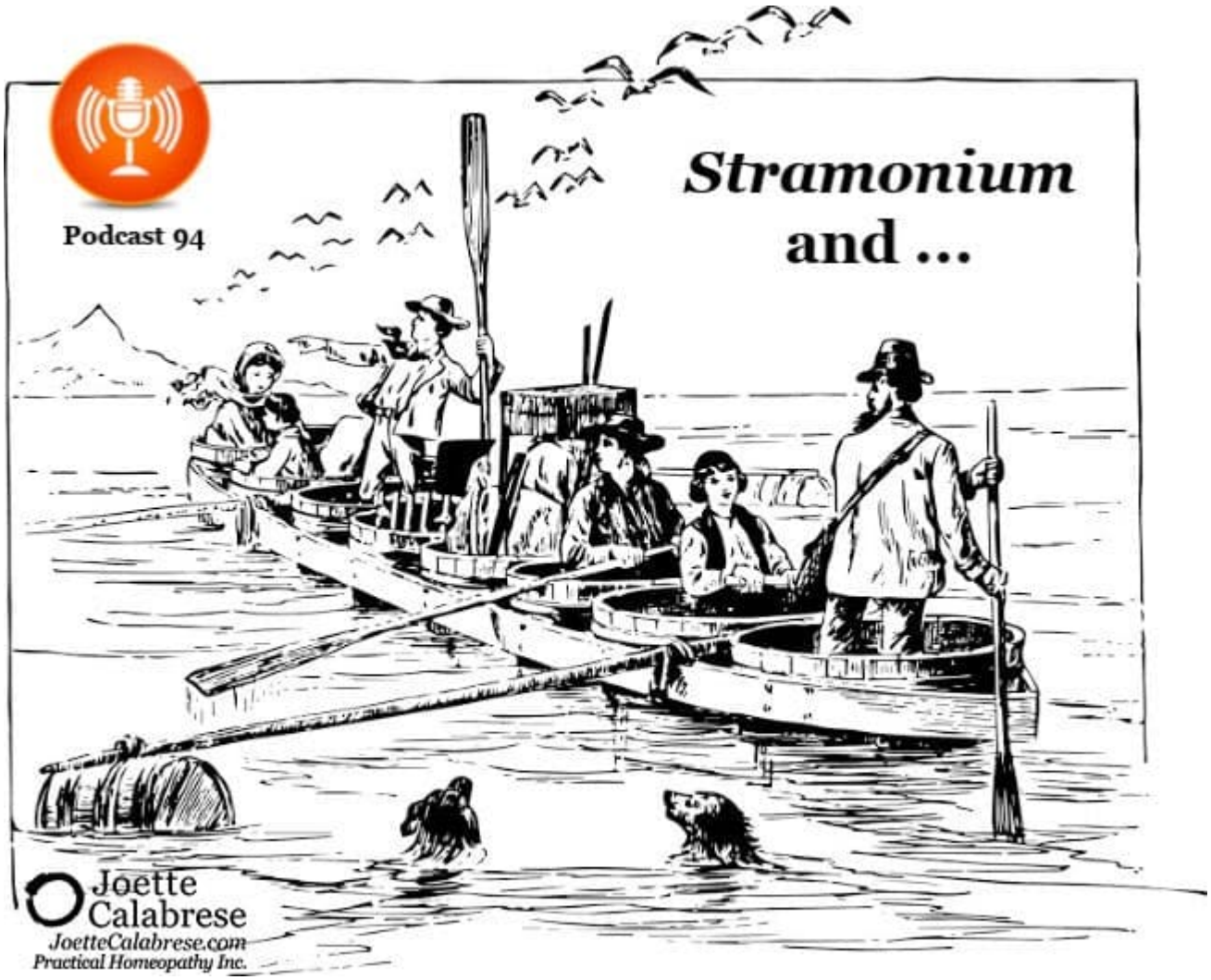
We can do this … mother-to-mother, family-to-family, linked across the world. Be the rock star in your family and community and pass on the good news of homeopathy!

Warmly and with optimism,





Podcast 94 – Stramonium and The Swiss Family Robinson



IN THIS PODCAST, WE COVER:

01:15 Stramonium for Night Terrors

08:47 Stramonium for Pets

14:14 Watching Violent Movies

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Stramonium by Paul Herscu

Stramonium 200C

Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions

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 94 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, and I'm here with Joette. I want to welcome you back to the Practical Homeopathy® podcast.

This is a bit of an impromptu podcast. Because Joette and I were just doing some work together, and she thought of a subject that she really was passionate about and wanted to share with you listeners.

And so Joette, why don’t you get us started?

Stramonium and Night Terrors

Joette: When you and I were just talking, I was recalling a story about one of my children. It was from many years ago, and how I studied a specific medicine and the medicine was *Stramonium*, *S-T-R-A-M-O-N-I-U-M*, *Stramonium*.

At the time when we needed this medicine for my son, I was a novice in homeopathy. But I knew enough that if I found the right medicine, that it would abort the condition.

Well, this was the condition. We used to borrow movies from the library when my children were growing up. We borrowed the movie, “Swiss Family Robinson.” I’m talking about the version from 1959 – this was an old version. Great story, nice movie, great movie for kids.

But, my son was very young – he was about six maybe, at the time. He was very taken by the scene where the bad pirates were going to harm the family – the Swiss Family Robinson family. He wanted to watch it over and over again. He was obsessed, almost, by watching this one scene.

I know what he was doing. It’s what children do – and all of

us, for that matter – is trying to process it. I don't think it ever occurred to him that someone would try to hurt a family. Of course, he was relating to the family, probably greatly. He wanted to watch it over and over again to make it clear in his mind. It was something that he had never experienced and was trying to understand what was going on. Why would somebody want to hurt this family?

And so, with that, then when he would stop watching the movie … we'd borrowed it from the library for a week. When he finished watching the movie, he would play with his Lego guys. And these Lego guys who were kind of peaceful creatures up until that point became aggressive – very aggressive – and killing the bad guys. I mean, not just killing, but you know, *killing* in really gory ways that I didn't even know he understood.

Kate: Oh, my goodness.

Joette: His good guys were *stabbing* the bad guys. These Lego creatures were having wars constantly.

And, then he would go to bed – that first night he went to bed – and he had a terrible nightmare. In fact, it wasn't a "mare." It was a *terror*!

We ran into his room because he was screaming and turned the light on, and he would not wake up. And that's what a night terror is: They are out of their mind with the images in their brains, and they can't let it go.

And so, it would take an awful lot for us to calm him down. We'd have to have bright lights on. He needed the bright lights.

In those days, I used homeopathy classically. I didn't know that there was a protocol for violent thoughts or severe angst from witnessing something that was violent. All I knew was to repertorize, and so I repertorized in my book, and I found *Stramonium*.

Now, I had many *materia medicas* at the time, and I certainly opened them up, but it wasn't until I totally delved into it. I purchased a book titled "*Stramonium.*" It was just simply on the subject of *Stramonium* by Paul Herscu, and I read it from cover to cover.

Meanwhile, it was night after night of this with my son suffering, not being able to sleep, *all* of us not being able to sleep because of these night terrors. When I finally convinced myself that *Stramonium* was the medicine, I gave him a dose of *Stramonium* 200C.

Now again, in those days very classically thinking, I was thinking only one dose, maybe two doses over two days, maybe a third dose, but that was it! You don't give any more.

And so that's what I did. I gave three doses over a 24-hour period, and it completely changed everything. He relaxed. He

did not have the angst any longer. His Lego guys started to act more civilly. There was no more Lego blood all over the living room floor.

Kate: Did you give the *Stramonium* to the Lego guys?

Joette: No, but I think that their master was in control and made sure that they didn't have these gory … these battles.

The night terrors melted away the very first night. The day I gave it to him – the first dose that night – he didn't have one.

This was consistent. He had been having these night terrors for … oh, I'm going to say, by the time I got the book and read and felt comfortable doing all this, it was probably two weeks.

So foolish of me not to just give it, but in those days, I was so worried about using a 200 potency – which is not even a high potency! It is really medium. But that's the way I had learned homeopathy, is that you should be very, very careful.

So, I always caution people to be careful but not *that* careful. Oh my gosh, he suffered for two whole weeks, because I didn't have the confidence to give him the medicine.

But when I did, it worked like magic. It melted the angst away. All of the violent thoughts in his head that he needed to try to settle down went away. I gave him three doses over a 24-hour period. And that was the end of it, or I thought.

Then about six months later, we went back, and he said, “Oh, I love this! Let’s get this, please, Mama. Can we get this?” So, I got it again.

Got the video again but he wanted it so badly. It was really not a very violent movie at all. It was from 1959 or something. I thought, well, he’s safe now he’s got the *Stramonium* in case it happens.

So, we got it again.

We watched it, and three days later – after watching it over and over and over a period of three days – the symptoms returned. He started having the night terrors again. His Lego guys got violent again with each other. So, I reintroduced *Stramonium*.

It only goes to show that sometimes we need to reuse these medicines. As the symptoms return, we use them again.

So, I, indeed, used *Stramonium* 200C. I gave it him three times in 24 hours, and it took it away – again.

We did not see it again, I'm going to say, for about a year. And then something came up, and it had nothing to do with the movie (because the movie in my mind was, "Okay, enough of this movie.")

Kate: You'd had it! No more "Swiss Family Robinson!"

Joette: "No more "Swiss Family Robinson" until you're older, and maybe you had processed it enough."

Something else came up. Oh! I remember what it was. It was Halloween.

We went to the library. At the library counter, which was a very tall counter where you checked your books out, there was a very, very scary face on the front of the desk that was exactly at the height of my son.

Kate: What were they thinking?!

Joette: They were not. They were not thinking. It was so stupid. Somebody there, I don't know, did they not have children? Did they not realize? It was scary to me! So, I mean, not that I was frightened by it, but it was a very intense image. It was exactly at his height.

And it happened again. That night, we got home; we went to

bed; woke up in the middle of the night; night terrors; gave the *Stramonium* again. From that time forward, we never saw it.

Now he's a full adult, and I've never seen him need *Stramonium* again.

So, his Lego guys survived. In fact, we still have all those Lego guys. We still have them! My sons don't want to get rid of them.

Kate: They didn't kill each other off or anything?

Joette: No, no, no, there were no more massacres. They made it – I guess because they're made of plastic. They're protected.

Stramonium for Pets

Kate: You also have used *Stramonium* for some of your pets.

Joette: Yes, we also use *Stramonium* for Buster. Now Buster was home birthed.

Kate: Home birthed?

Joette: Yes, his mother, Dolly, gave birth to her pups, as a matter of fact, in my office one early morning. He was born at home. We didn't get him from a home or from a veterinarian or any place where he had already gotten vaccines.

So, at one point, we decided that he really ought to get a vaccine for rabies because we lived in the country, and he did a lot of running around roaming.

We were concerned, even though I don't believe … especially at that time, there was no incident of rabies for many, many years in the entire region of where we lived. I did a lot of reading up on that and checking with vets, etc. Indeed, there had not been any cases of rabies.

Nonetheless, because he did so much running around, if he had gotten bit by a rabid animal, we would never know that that's what had happened – because it might not be severe enough for us to notice it.

So, we got him the rabies vaccine, and it was even a small amount. He's not a very big dog. He was only 18 pounds when he got that vaccine. And he reacted very badly.

He has always been my husband's dog, by his side at all times, won't go anywhere without my husband, etc.

But suddenly he became vicious, angry, wouldn't let me near

my husband.

Now, Buster sleeps on the foot of the bed, and he wouldn't let me on the bed. If he saw me walking towards my husband or even walking into the bedroom – he and my husband already were ready for the evening – he would not let me in. What I mean by that is he would snarl and become very vicious – something I've never seen in him.

That anger and that response – we know that's a response to this vaccine. We see it all the time: that this vaccine often causes a neurological response. And that's what *Stramonium* is all about. It's a neurological shock to the system just like that movie was a shock to my son's system. The angst that came from this vaccine is a shock to the dog's system. And this is how he reacted.

I gave him *Stramonium* in precisely the same way I had given it to my son: three times in 24 hours, and he calmed down.

That was not the end of it. I needed to repeat it.

A week later, it was not as severe. He was no longer snapping at me. These are not little gentle cautionary snaps. These were … I think Buster would have done harm had I gotten too close to my husband during that time. Even with my husband's grabbing him and shaking him and saying, "No," and, "Stop it," and keeping him off the bed and doing everything that you would normally do to a dog that would behave in that manner. It made no difference *until* we gave

him *Stramonium* 200 C, three times in 24 hours.

At that point, he calmed down. And then a week later, he did it again because it was still … it got amped-up again. Basically, I think as I recall, we used *Stramonium* three times in 24 hours about every 10 days. That's my recollection (it was a long time ago). About every 10 days for about a month. After that month, he became himself again. That was the end of it.

It's a very powerful medicine for when we see a shock to the central nervous system, an injury to the central nervous system, on some level – whether it's psychological, or vaccine-induced, or whatever it might be. It could also be for having witnessed atrocities. The reaction is protection of the cell for protection of the family through a violent sensation. So, the dog was going to protect my husband at any cost. My son was going to have his Lego guys protect the family at any cost.

Kate: Powerful medicine.

Joette: Very!

Kate: You know what this makes me think of is animals that end up in a shelter and end up being put down because of their aggression. Don't you just want to go and give them all *Stramonium* and see how it works?

Joette: I think about it all the time. I know many people who have had to put their dogs down because they were attacking neighbors or attacking their own children. It was a very nice dog, sweet dog, great dog, wonderful dog, but for this one little idiosyncrasy! It turns out the dog wants to masticate everybody at sight.

Kate: What about dogs wanting to go after certain other pets? You know how dogs have an instinct to go after the chickens? That would be … same?

Joette: Yes, Buster killed a chicken once – one of our chickens. Yes, carried it around all day. We decided to just leave it in his mouth because if we took it away, he might go after another one. So, we thought, "Oh, well, let's just leave it at that and let him get his fill."

No, I think that's within a dog's instinct. I think that's what that is. I don't think that that is an aggression towards a family member. He didn't consider the chickens family members. We might have, but he didn't. They were his prey.

Kate: What about if there's rage, or you see that acting out, but you don't know that it's preceded by watching something violent or, say, a rabies vaccine, what then Joette?

Watching Violent Movies

Joette: Good question. Many times, we don't realize that our children have been at someone's house, and they've watched a movie that was inappropriate violence-wise. Or it could have been a very violent birth that this child had.

Now let's not over-analyze. I don't like to run down those rabbit holes. We want something that's somewhat substantiated.

But, sometimes we don't even need to know the etiology. We don't have to know that, "Oh, my gosh, when he was at that friend's house six weeks ago, they watched movies. I wonder what they watched, and he's never been the same since." Or a Halloween costume that scared someone. Or witnessing an atrocity.

I mean, we live in a very mild world here in the Western world. We don't witness atrocities. Other parts of the world witness atrocities *regularly*.

This is where we can do the best work without necessarily even knowing whether or not there was an atrocity witnessed. If we see someone acting in a very violent behavior, my go-to, and I teach this in my course, Mindful Homeopathy (and many other medicines) to use *Stramonium*. We often use it in a 6 twice a day, or we use in a 200 in the fashion that I used it.

Now, the Banerjis use it in a 6, twice daily. I think that's often a better method to use, especially when it comes to children. But, a 200 can also be utilized as I had used in my two situations from the past.

You don't need a specific event that you know of. How do we know what someone has gone through? We may not know, even if we are the mother, we may not realize that something was very hard on this child, and now they're acting out in either violent words, or their games that they're playing with their animals or their toys seems too violent, etc. – seems like it's out of character.

"What is going on?" That's when we start thinking about *Stramonium*.

However, having said this, I would not administer something like *Stramonium* without reading up on it. So, if anyone ever wants to use this kind of medicine, I *urge* people … I mean, I read and read and read and read before I administered it to my son. I purchased that book, which I think is a very intelligent way to know your medicines and utilize them properly.

Kate: I think one of the keys, too, is to *stop* that medicine when they are very much better. Don't continue on. "This is medicine," like we often say. Right, Joette? You say that all the time.

Joette: These are not supplements where you say, “Oh, well, you know, this is vitamin D …” or vitamins, “Oh, I’ll just take them. My vitamin D levels are kind of low. I’ll just throw it up and see if it sticks.”

No, no, no. This is medicine, and it is *relatively* safe. *Nothing* is *perfectly* safe. Remembering that this is medicine will give you the respect that this medicine is owed.

Kate: So, I wonder if you used *Aconite* when that event occurred – like your son – maybe had he been given *Aconitum* 200C after that event, I wonder if it would have quashed that, and he would have never got into rage?

Joette: Yes, I think you’re right. I think you’re right.

When I observed him watching that movie intently and scrolling ahead to get to that particular part, I knew there was something that had captured him. I didn’t realize to what degree until that night when he had such a difficult time sleeping and had such horrible nightmares. Had I realized, *Aconitum* probably would have been a good choice.

So, think about people who have witnessed atrocities. Think about those who were around 911. Think about our servicemen and women – what they see; what they’ve experienced.

Just because my son used it within weeks of the time of the neurological onset … and for the dog within, I mean, I

realized immediately with him. It was only a short time after he got the vaccine that this behavior began to appear. It can be years later that we finally recognize, or it can be years later that it shows up.

Now, it’s more likely it’s going to show up at the onset of the event, but it doesn’t mean that years later you can’t treat it.

That’s another incredible benefit of homeopathy: that you can treat something that should have been treated five years ago with a medicine at the present.

This medicine is like a Mendelssohn symphony. It’s elegant; it’s polite; it’s intelligent. It belongs in the hands of families. It doesn’t slam us with a psychotropic drug. It doesn’t slam us with *Valium*, or something.

Had I taken my son to a doctor for something like this, they probably would have given him something like a psychotropic drug. And now, we think about what those synthetics can do to a young brain. Think of what it does to an adult brain, let alone a developing one.

Whereas homeopathy gently touches because that’s *Stramonium* was diluted 200 times to the hundred power. So, it’s very, very dilute, very gentle.

It’s polite.

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. 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, Spotify, TuneIn 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.



2020 Twenty Talking Points



Sharing is in our nature. You name it; we love to share it: whether recipes, preserves, photos, jokes or ideas.

Talking, sharing and laughing with others is a fundamental part of a full and healthy life.

But sometimes, when we share our opinions on controversial subjects, the laughter stops.

“Never discuss religion or politics in polite company.” Remember that old saw?

Unfortunately, if you’re passionate about both, those are *exactly* the subjects you want to discuss with others!

You want people to understand your beliefs – and perhaps introduce them to new ideas that will help sway them to your way of thinking.

Right now, the subject on everyone’s mind is health.

And just like religion and politics, homeopathy is another subject that can be controversial.

Some people are open to learning about it, while others are ready to bombard you with criticisms and objections.

It's imperative we focus on getting across a positive message and don't let our emotions get the best of us. It's the only way people will actually *hear* what we're saying, rather than putting up their defenses and shutting down.

So, in keeping with our "2020 Twenty" theme this year, here are 20 ways you can counter these specific attacks on homeopathy, drafted by Americans for Homeopathy Choice:

"Homeopathy is not legitimate medicine!"

1. Homeopathy is a federally recognized form of medicine – a category of drugs listed in the Food, Drug and Cosmetic Act and regulated by the U.S. Food and Drug Administration (FDA).
2. Homeopathy is backed by thousands of research studies, papers and clinical trials.
3. With over 200 years of clinical experience and publications for insight into their patients' needs, some 250,000 physicians confidently prescribe thousands of homeopathic medicines to more than 500 million people around the world.
4. Homeopathy is incorporated into the World Health Organization's "Traditional Medicine Strategy, 2014-2023" document, which outlines the WHO's aim to "promote universal health coverage by integrating T&CM [Traditional and Complementary Medicine] services into health service delivery."
5. Governments in the following countries recognize homeopathy as a system of medicine, medical specialty and/or a complementary or alternative treatment:
    a. **Europe:** Albania, Austria, Belgium, Bulgaria,

Croatia, Czech Republic, Denmark, Estonia, France, Germany, Greece, Hungary, Italy, Latvia, Liechtenstein, Lithuania, Poland, Portugal, Romania, Russia, Serbia, Slovenia, Spain, Switzerland, United Kingdom

b. **Americas:** Argentina, Brazil, Chile, Colombia, Costa Rica, Cuba, Ecuador, Mexico, United States

c. **Asia/Middle East:** India, Iran, Pakistan, Sri Lanka, United Arab Emirates

d. **Africa:** Nigeria, South Africa, Swaziland

e. **Western Pacific:** New Zealand

"Homeopathy is not safe!"

6. Homeopathic medicines are nontoxic because they are ultradilute, and this makes them appropriate for the treatment of children, the elderly and those with compromised immune systems.
7. Homeopathy is the safest category of drugs regulated by the U.S. Food and Drug Administration (FDA).
8. If, occasionally, products falsely labeled as homeopathic make it to the marketplace, the FDA uses its enforcement authority to remove these products – just as it does with conventional pharmaceuticals which do not meet safety and quality standards.
9. For more information on safety, read "The Evidence for Homeopathy's Safety and Effectiveness."

"***Homeopathy is merely a placebo!"***

10. The clearest examples of why homeopathy is effective medicine and not merely a placebo come from its success in veterinary care, agriculture (plants), the treatment of infants, and in people who are unconscious or in a comatose state in an intensive care unit. Because scientists universally understand that in these circumstances what are called mind/body placebo effects cannot occur, it is preposterous to

claim that the power of suggestion could be a factor in successful homeopathic treatment in such cases.

11. Large meta-analyses of double-blinded homeopathic studies have concluded that the homeopathic response is not a placebo effect.
12. Very often, patients seek homeopathic treatments after conventional medical interventions have failed to produce improvement, and may have even resulted in unpleasant or dangerous side-effects. Some patients subsequently seek alternative treatments other than homeopathy before trying homeopathic medicines. The fact that the placebo effect has not been induced as a result of previous interventions in these patients suggests that any subsequent improvement resulting from homeopathy should not be assigned to the placebo effect.

"Homeopathy is outside the mainstream – a fringe science."

13. Homeopathy is nontoxic and ultradilute, properties that make it suitable for use *in conjunction with* conventional pharmaceutical drugs. *Homeopathic drugs do not interact with pharmaceuticals, but rather work gently to activate a healing response from the entire human system.*
14. Homeopathic physicians who are trained in both allopathic and homeopathic medicine say that *allopathic and homeopathic medicine complement each other*.
15. Supporters of homeopathy believe that patients should have the full array of treatment options available to them. This has special significance in an age with challenges such as opioid addiction and antibiotic overuse, both which are being addressed through homeopathy.

"Homeopathy can't possibly work because no one understands the mechanism of its action."

16. While the effectiveness of homeopathy has been established by a large volume of studies, including double-blind randomized trials – which are considered the gold standard of medical evidence – the mechanism by which homeopathy works is still being investigated. One promising area of research is nanoparticles; in particular, their adaptive network in organisms and stochastic resonance.
17. Most people believe that successful medical treatments come from a detailed understanding of *how* treatments work. *The Washington Post* reports in "One big myth about medicine: We know how drugs work" that "[k]nowing why a drug works has historically trailed the treatment, sometimes by decades. Some of the most recognizable drugs—acetaminophen for pain relief, penicillin for infections, and lithium for bipolar disorder, continue to be scientific mysteries today."

"Homeopathy is outdated and old-fashioned."

18. While homeopathy has a long history and is often grouped with so-called "traditional" approaches to medicine, homeopathic medicines are now being recognized as far ahead of their time because they incorporate features that are fast becoming the future of medicine. For instance, the medicines given to homeopathy patients have always been matched to the full circumstances and set of conditions of each patient. This approach of individualized medicine– now frequently called patient-centered care – has always been practiced by homeopathy professionals.
19. Homeopathic medicines are nontoxic, which is increasingly seen as the path for the future of medicine. Nontoxic medicines are appropriate for people of all ages and with all conditions.
20. In an age of sharply rising drug costs, homeopathic

medicines remain affordable and accessible.

Again, we must remain calm, productive and positive when we talk to others about homeopathy. (In other words, if you're hit with one of the objections mentioned above, keep your frustrated sighs and eye-rolls down to a minimum!)

People, in general, react well to facts! Give them the appropriate specifics – in a non-reactive conversation – and allow them to digest the information.

It's the best way to pass on the good news of homeopathy!

Warmly,



I'm Sick; So, I'm Not Posting an Article This Week



As you may know, I publish a blog every Sunday night and have done so for years.

Today I'm not feeling so well. Nor is my husband. We have a cold. Or something.

Moreover, I have some clients who need my immediate attention, so for the first time in 10 years, I'm suspending my blog article tonight.

Catch me tomorrow, March 16th at 8 PM Eastern, for my weekly Facebook Live event where I'll give you an update on what I'm taking and how we're faring.

If you are not on Facebook or prefer to stay away from it right now, go to my YouTube channel and catch me there.

See you tomorrow.

Warmly,



By the way, in case you haven't noticed, in the image of me above, it looks like I'm fading away. It's kind of how I feel right now. But DON'T think for a minute that this means I'm *actually* going away.

I'll be back up and running, *and clear* in no time! Homeopathyworks!

Podcast 93 – Moms with Moxie: Sharing with Gateway Friends



IN THIS PODCAST, WE COVER:

02:16 Journey to better health

10:04 Ways to use Homeopathy

15:10 Homeopathy for cancer and surgery

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Gateway to Homeopathy: A Guided Study Group Curriculum

Joint American Homeopathic Conference in Orlando, Florida

National Center for Homeopathy

Homeopathy for Plantar Fasciitis blog

No More Pneumonia: Homeopathy and Pneumonia

Anticipating Surgery? Homeopathy Can Help

Surgery: Answering Your Questions

A Materia Medica: Practical Homeopathy® for Busy Families

Watch Out for Dem' Bones

Rethinking Detox with Practical Homeopathy

My blog, podcasts, Facebook Live events and courses

Kate: This is the Practical Homeopathy® Podcast Episode Number 93 with Joette Calabrese.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories.

With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

Kate: Welcome to the practical homeopathy podcast. I'm Kate. I'm here with a dear friend of mine today, a Mom with Moxie. Interesting story – we actually met in one of Joette's Gateway to Homeopathy study groups many years ago. We've become dear friends since that time.

So, those of you who are wondering whether or not you should join a Gateway to Homeopathy group, I *highly* recommend it because you will meet some really amazing women. Today, I want to welcome my dear friend, Michele, to the podcast.

Welcome, Michele!

Michele: Hi, Kate. It's good to be here.

Kate: Yes, I'm *so* excited that we get to do this podcast together. You have some pretty incredible things that you and your family have been through over the years. We actually learned about Joette about the same time many years ago. So, I feel like you are my homeopathy journey buddy.

Journey to better health

Michele: Definitely been a journey to better health.

Kate: Before we get into your stories about using homeopathy, tell us a little bit about yourself.

Michele: I am married to a wonderful husband who totally supports my love for homeopathy, and he loves it, too. We have a small convenience store in Chico, California. I have five boys ages 14 to 23. Four are still at home, and I've homeschooled them all the way through. Three have graduated. One more will this year, and I have a 9th grader left.

Kate: Let's talk about how you came to know about homeopathy?

Michele: Well, I was actually using homeopathy and didn't even know that I was – through a naturopath that I was working with a little bit. My kids had got the swine flu, and I did. We were hit really hard. We even had the diagnosis of it. I started using *Oscillococcinum* and *Cocculus indicus* and *Nux vomica*.

I didn't even know they were homeopathic, but they worked. The flu only hit us for three days instead of weeks. We were so blessed!

Then I met Joette in 2012. She came to Chico for a two-day

homeopathic intensive course through our Weston A. Price group. I was like, "Oh, wow, I was already using these remedies!"

That was the moment I really fell in love with homeopathy.

Kate: Tell the listeners … What was Joette like in person? (Shhh. We won't tell her we're talking about her.)

Michele: She's just same as she is on the Facebook Lives – just so much fun. It was a two-day – like all day – two-day intensive. It just was such a pleasure to listen to her, and I left there feeling encouraged and uplifted. She even … I think she brought Perry with her and two of her sons. So, it was so neat to see their family traveling together.

Kate: I'm pretty excited because she is going to be speaking at the Joint American Homeopathic Conference in Orlando, Florida. For those of you who are interested in possibly attending that conference, it is sponsored by the National Center for Homeopathy. It's May 15th through the 17th at SeaWorld. So, that will be a fun time.

If you're interested in coming there, you can go on to homeopathycenter.org and find that information about the conference there.

So, Michele, let's get back to you. After you met Joette, you realized that you had already been using some homeopathic medicines. Then I assume you started studying more about homeopathy, and what steps did you take next?

Michele: Well, we got a really neat workbook along with our course. I studied from that for a while and studied the remedies that were in that. I kind of did not really know where to go. So, I just listened to her podcasts, read her blogs and signed up to receive her email so I would get updates.

That was actually when my husband stumbled along – he wasn't

totally sold on it yet – he stumbled along the Homeopathy for Plantar Fasciitis blog that she wrote. He had been suffering for *years* – at least two or maybe three years – of terrible pain in his feet from it. Saw a podiatrist who said basically the only way to treat it is surgery. He did inserts, went to the chiropractor, did laser therapy, like everything we could think of naturally to do. He's on his feet all day in our convenience store.

He decided, well, I might as well try these. They're not expensive. I went to the health food store, and I picked them up. Within a couple of weeks, he was totally healed and has not had anything since, and that was a couple years ago. That was really amazing for both of us to watch how quickly that healed with all the suffering he went through!

Kate: That's so great. I assume now he's very supportive of you studying and using homeopathy.

Michele: He is *completely* in support of it and encourages it. So, yeah, that's pretty neat.

Kate: What about your children?

Michele: Well, they're teenage boys, so …

Kate: That says it all!

Michele: They all come to me and say, "Mom, this is what I have wrong, and what do I do?" They won't exactly say they're sold on it, but they always ask me for it.

In fact, recently one of my sons had roaming hives. The only reason I knew what that was, is because my oldest son had it when he was small. We figured he touched a plant or something that made him have an allergic reaction. So, it was like the hive started in one area, and then all of a sudden they're in another area, and they're gone from that original area.

We couldn't figure out. We tried *Apis* 200 and ended up doing a little research and used *Rhus tox* 200 and completely took it away from him! Yes, they come to me for wisdom.

Sometimes I have to say, "Oh, let me look into that a little bit," and trying to teach them how to do that, too.

Kate: Yes, I know. I feel like the boys are harder to get them to take the initiative with the homeopathy.

Michele: Yes, my husband will go online and do research now when he has a symptom. Then he'll come to me and say, "How about this?" or "I'm going to take this." He is really sold!

Kate: That's great. Michele, tell us about the study groups, and what you've done with that over the years.

Michele: I've done some one-on-one study groups, because local people – just can't tie them into it. I'll do one-on-one with people, and that's worked. Then I love joining yours, Kate.

From day one, I think I've only missed one study group. We just keep going through them together again and again. Meeting the new people, and it seems like every time I see something different, so that's exciting.

I've done a couple of Joette's larger courses, and then I meet with Joette. Really, all of our money goes to me meeting with Joette every other month for my health needs.

Kate: I love what you've said in the past about the study groups that you continually learn new things. Even though we're using the same base study guide, new things come up in each group, and we remember things, or we see something that we didn't before! At least that's how it is for me. I think that's the same for you, right, Michele?

Michele: Yes, I find that interesting. Joette says to go through the courses over and over again. That is so true!

Even with these little study groups, that every time there's something new – or just through the discussion of the women that are on these groups – we'll find out new things. It's really exciting. It's really exciting to see people blossom throughout the course of these groups and hear their positive stories.

Kate: Yes, yes, it *is* so encouraging! I love getting to meet the women and like you said, hear their stories, find out their backgrounds, and what they're going through. It's almost a support group in a way, don't you think?

Michele: Oh, very much so. In fact, there's a few of them that I've kept in contact with throughout the years, and we'll email once in a while, and it's neat. It's like you have friends all over the world!

Kate: Yes, yes! I agree.

Ways to use Homeopathy

Kate: So, why don't you tell us about the ways that you've used homeopathy over the years and some of those success stories, Michele?

Michele: Well, my son suffered with mold sickness. We didn't even realize what it was for a really long time – like, I want to say two years. We went to specialists trying to get a diagnosis. Why is he having all these terrible symptoms?

For those of you who don't know, mold sickness mirrors Lyme disease, so it's really serious. He even, I was telling Kate earlier, he totally lost his voice. Like, he couldn't speak, and he had to speak through typing on a computer.

We did many other things, pharmaceuticals and things. It

did, I believe, a lot of damage. So, with homeopathy, we've really been able to help him to heal in so many ways.

That's when I started working with Joette. We couldn't figure it out. My husband said, "You need to call Joette!" And so, that's what we did.

It's been a long journey because, let's see, he got it when he was 15. And he's now 20, but so much better! I look at the milestones he's reached. It's like having a toddler, and they're learning to walk again, just through the help of homeopathy.

I also have another son that had come up with, recently, a seizure disorder. We're working with him, and he's very open to homeopathy. He's my oldest. *Ignatia* is really helping David with the stress of the seizures. He feels the stress when they're coming on. So, he takes *Ignatia* 200, and that really helps him.

Ignatia has been a blessing to our family in so many ways. I had cancer. I was diagnosed October 31st in 2017. We had *Ignatia* 200 all over the house! Literally everywhere, so that people could just have access to that when they were feeling stressed.

One of my sons had a bout of OCD – severe – cleaning his hands like they were raw because he was afraid of spreading germs to me. That *Ignatia amara*, it was amazing! I was so concerned about his future with having that because he'd never had that before.

One time I was kind of losing it after a doctor's appointment, and I'd gotten some bad news, and my husband said, "Where is the *Ignatia amara,* Michele? You need to get *Ignatia amara* out!"

"Here let me get it for you!" He went in, got it, and gave it to me. And I'm serious – when he gave it to me, within five minutes, I was calmed down. I was having a serious

panic attack.

Kate: Yes, oh my gosh. *Ignatia*. Joette always says that *Ignatia* should be in the water. I agree.

Michele: It should! I actually thought about putting it in our Berkey water thing. I probably should have done that, but I thought maybe it would filter it out, and I didn't want that!

Kate: That's funny!

Michele: When my son was sick with the mold sickness, he got asthma. Him and I both. I've struggled with asthma my whole life. I went to Joette's blogs on asthma and learned about them, and I took her allergic course. But also, Joette had him on a protocol.

I have a lung disease. It's really terrible. I almost lost my life to that before I got cancer. It's called allergic bronchopulmonary aspergillosis. "ABPA" is what they call it for short. I'd never heard of it. I tried looking up stuff online to see if there was anything natural for it and nothing. So, I took all these pharmaceuticals.

My asthma was really, really bad. My lungs were really bad. I'd gotten fungal pneumonia. At the time, I was so sick. I couldn't work with Joette because I couldn't even speak. So, I had taken kind of a break from that.

I started on the protocol for asthma that my son was on – after I'd gotten well and gotten through the worst of it. So, I am completely off of all pharmaceuticals which I thought I would be on for the rest of my life for asthma and everything. In fact, I was telling my oncologist yesterday that I threw away my inhaler because I had not used it in so long! I had kept it. I kept getting a new one when it would go out of date just to have it, and I'm like, "I don't need this thing! I have other medicines for that that are

natural."

Kate: What did she say?

Michele: She said, "That's great!"

You know, it's funny because I found when I work with my pulmonologist and my oncologist, it's like, "Whatever works!"

I'm good with that. I don't go into detail, but I am so happy to be drug-free. I have had some flare ups with my lungs, but homeopathy has always covered it. I've used the pneumonia protocol from Joette's website, her blog, many times in our family, and it always works.

Kate: That blog actually is called No More Pneumonia: Homeopathy and Pneumonia.

Michele: Yes.

Homeopathy for cancer and surgery

Kate: Michele, let's get back to your story about the breast cancer for a bit, if you don't mind sharing with us. I know that you've used homeopathy with various surgeries with the cancer and the aftereffects of that. So, tell the listeners a little bit about that.

Michele: Well, when I got breast cancer, I really didn't know what to do. So, I decided on the conventional route. It was such a whirlwind! I have a pretty aggressive form of breast cancer, so that just made sense to me. I didn't know of any other alternatives at the time, actually.

What I did was … I took a list of all the potential side

effects that I could get from the radiation, the chemo, and I matched them with homeopathic remedies. I used those remedies like *Hypericum* for neuralgia, *Apis* for itching, *Arnica* for pain. I went and made that whole list – still have that list. I've been able to share that with people from our Gateway group that have had cancer or had friends struggling with cancer. I feel like that's kind of become a little bit of a ministry for me.

Then I also took the "Anticipating Surgery? Homeopathy Can Help" from that blog that Joette has. She has a blog, "Surgery: Answering Your Questions." So, I took all those protocols with me when I had my surgery. I kept them on my bed in a little bag so the doctors wouldn't see them. I was sneaking my *Staphysagria,* and my *Arnica*, and my *Hypericum* in the hospital. I was in there for several days.

And we've used those protocols because my family seems to be on the surgery track this last year.

Kate: Yeah, you've used that a number of times. I know.

Michele: Yes. I've seen the "Anticipating Surgery? Homeopathy Can Help" blog, first. Then I found the "Surgery: Answering Your Questions" one later, and so I kind of put them together, and they were great.

Kate: Michele, it sounds to me like Joette's blogs or her website is where you go when you are looking for a remedy for a certain situation. That is what I've heard over and over again from other moms that I've interviewed as well. Tell us what you do when you're needing to find a remedy for a situation?

Michele: I go to her blog first and see if there's anything on her blog that would help with whatever the situation is. Then if I can't find it, then I go to the repertory, the *materia medica,* which we teach about in the Gateway program – how to use those. So, that's what I do. Sometimes I sit in bed and read my repertory. That's my nighttime reading.

Kate: So, when you're talking about searching the blogs, what you really do is go to her website, and in that upper right corner, there is a box where you can enter a keyword and search for that. You could search for a condition or a remedy and look it up that way. Is that what you do?

Michele: Yes, that's what I do.

Kate: Let's switch gears to your husband who, not so long ago, had a pretty bad fall. Tell us what happened to him, and what you did homeopathically?

Michele: My husband loves to do things with my boys. My husband can be kind of a big kid. So, he was playing soccer with my boys and slipped and fell and tore his meniscus – which he was working on healing through homeopathy on his own.

Then in our grocery store, he went to help someone out of the store. They kind of moved their arm back, and he fell and landed right on his kneecap ending up crushing his femur bone under the kneecap and tore his meniscus further.

So, really, the only option was surgery for him at that time. He couldn't even walk. It was so swollen. Right away, we started using the *Arnica* and *Hypericum,* and it just wasn't cutting the pain.

So, we went to the orthopedist, and we got together the surgery protocol. And I actually upped some of the remedies because the surgery protocol in the blog, I believe, has them at 200. I got the 1M *Hypericum* and the 10M *Hypericum* and the 1M *Arnica* and the 10M *Arnica* to have just in case.

He ended up using the 10M *Arnica* postsurgical for the pain for a little while. We went to her blog, "Watch Out for Dem' Bones," ("D – E – M." It sounds so funny to say it like that.) We used the *Symphytum* mixed with *Calc phos* and the *Ruta* during the healing process. It was *Symphytum* 200 mixed

with *Calc phos* 3 and *Ruta* 6. He did not even take an *Ibuprofen* or a pain pill after that major knee surgery. Not once!

Kate: Wow!

Michele: It was just homeopathy that he used, and that was incredible.

Then my son also has knock-knee where your knees bend in together. He's had to have a few surgeries for that. After his last surgery, *Arnica* 1M was the choice for him … when he did the surgery protocol and then had to up the *Arnica* to 1M. But that was all he needed. *No pain pills*. I was amazed!

Kate: You guys have really been through a lot over the past years, Michele.

Michele: We have. My oldest son has suffered with addictions from … he had gotten in a horse accident when he was around 15. He had to have several surgeries – lots of pain pills – and ended up becoming addicted to pain pills. This was before homeopathy for us. It's been amazing to have this wonderful medicine.

Now, he has been sober for two years. He is *totally* sold on homeopathy. It's just been a real gift to our family for so many things.

Kate: Did you have some remedies that helped him to get over that addiction?

Michele: I did take Joette's course on toxins. She talked about remedies in that course for helping with that. So, yes, we did use those remedies from that course. That course was called "Rethinking Detox with Practical Homeopathy."

He had actually made a commitment to be sober before that. We were just using the remedies as a help for him. Now, he uses them for pain and stress and different things, and he

loves – he loves – that I'm doing this. (When he was younger, he did not so much buy into it.)

Kate: Then they get older and I think they go through a stage where they kind of go away, and then they realize.

Michele: "Oh, Mom was right!"

Kate: Oh, yes.

Michele: It's neat. We have a great relationship now. It's really good.

Kate: Well, Michele, I want to thank you for sharing all those stories with us. You have been an inspiration to me over the years. I just want to thank you for your friendship.

You've been there for me over the years as well. We text each other once in a while when we get into trouble, and we can't think because it's an emergency situation. It's so great to have a "homeopathy buddy" and a dear friend.

So, tell us any advice, as we close out this podcast, that you might have for the listeners.

Michele: My advice would be to listen to all of Joette's Moms with Moxies and read her blogs. Some people have financial issues, and you could just do that.

I love the Gateway to Homeopathy. I think it's a great way to start. If you're starting your journey with homeopathy, there's so much knowledge in those. Then you could take the larger courses.

When I started out, we didn't have those, we just had the larger courses. So, now you have a great way to start! It's just such a blessing and a gift that Joette is able to share all this information to us moms out there who want to treat our families in a healthy, natural way.

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.

In these podcasts, I focus on those students of mine who have already tunneled in and learned how to take care of themselves, family, friends, and pets, and even livestock using homeopathic medicine. Many of these students began their education by participating in one of my Gateway to Homeopathy study groups. And now, after taking one or more of my courses, they're well-trained to use my specific brand of homeopathy. 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 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.

These Moms with Moxie podcasts are designed to be inspirational, not specifically educational. No Remedy Card is provided.

Buster and the Bow-Wow-Wowel Urgency



“Gotta go!”

That’s what Buster the Bad Office Dog *would* have said if he could talk. And, *if* there had been time.

Instead, in the wee, dark hours of the middle of the night, Buster jumped off the bed.

He ran down the stairs, ran across the patio, ran through the yard, ran into the middle of the street …

And pooped.

With his sense of urgency (and speed), you would have

thought aliens were invading our neighborhood. But no, it was an emergency bathroom run.

Wearing a look of relief, little Buster then retraced his path.

He ran back through the yard, back across the patio, in the house, up the stairs, and sat at the base of the bed.

He just stared at me, waiting to be lifted back up onto the bed with Perry (my husband).

Every once in awhile, we all experience bowel urgency. (Although, thankfully, we humans don't feel compelled to run out into the street.)

There are several potentially appropriate homeopathic medicines (such as *Nux vomica*, for instance). But, today, I want to talk to you about the importance of looking at the *whole picture* when choosing a remedy for a particular condition.

You see, Buster has anxiety when he's separated from his beloved Perry.

Perry is his person. Even if Perry is only gone long enough to take out the garbage, Buster starts pacing back and forth.

If Perry is gone for long, Buster goes berserk!

He gets even more restless and repetitively runs a little anxiety circuit.

He scampers to his water bowl. Drinks. Looks back at me.

Runs to peer down the stairs for any sign of Perry. Looks back at me. (As far as people go, I'm a distant second … but at least I'm still something.)

Then he dashes back to the water bowl and begins all over

again.

When we realized Buster's midnight bow-wow-wowel urgency was a bigger deal than mere diarrhea, my choice of medicine narrowed.

When bowel movements at unusual times are accompanied by anxiety, restlessness and thirst for sips as part of the overall picture, our attention turns to *Arsenicum album* 30.

Those most in need of *Arsenicum* worry. They feel insecure. The mere thought of not having their "person" nearby as support drives them to restless behavior.

We gave Buster *Arsenicum* 30 twice a day for a week.

Then we assessed. (When dealing with conditions with an acute factor – such as bowel urgency – we assess sooner than when I'm caring for a chronic condition.)

We continued giving him *Arsenicum* for one more week, after which Buster's bowel movements occurred at the appropriate time of day and appeared normal.

Plus, his whole doggy-demeanor changed. He was less anxious, drank much less and experienced no more restlessness.

That's what I would call "Very Much Better" – *precisely* what we watch for when assessing a condition after having employed homeopathy.

Don't worry, though.

Arsenicum album only uprooted Buster's underlying anxiety.

Perry is still – as he always has been – Buster's person! Those two are thick as thieves.

Perry administers Buster's other homeopathic medicines every day.

Buster will happily take all of them – except for *Ipecac,* which happens to be lactose-type pills.

Buster draws the line there. He refuses them.

Once, completely unnoticed, I watched Perry lean over the recalcitrant Buster. He said, “Look, do you want to get better or not?”

It cracked me up!

Perry had no idea I had heard him in his private conversion with his poodle. (Until he reads this blog post.)

In his defense, I suppose he was just passing on the good news of homeopathy!

Warmly,



`

P.S. Addressing your family’s conditions requires confidence. And confidence comes from competence!

There is no better way to begin than by joining a Gateway to Homeopathy Study Group.

You’ll learn Practical Protocols® ***you can use right away***.

Plus, you’ll start to learn how to observe the entire picture of a condition and how to use that observation to choose the best medicine for your unique situation.

All while meeting and making new like-minded friends, for far less than a doctor’s visit co-pay!

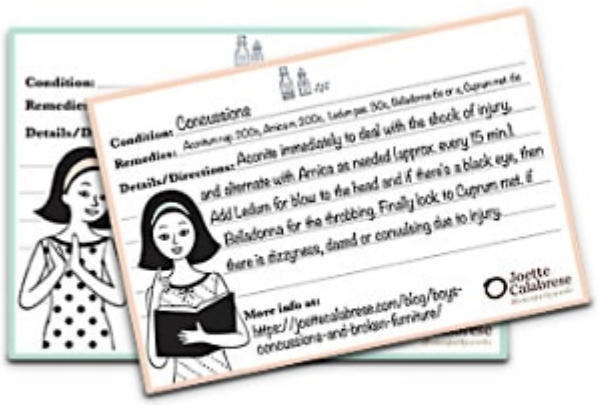
My curriculum makes it easy to start your own group, OR you can join a group that is forming. You can find the groups starting soon at [Joette's Study Group: Find your new Study Group Friends](#).

I urge you to join a group today. It's what catapulted my ability to prescribe for my family decades ago.

But, buy your copy of [Gateway to Homeopathy](#) first! Due to increasing demand, it can take a few weeks for you to receive your study guide.

So, don't wait! Don't let choosing your study group leader (or building your own group) become a hurdle. Get your guide and go from there.

The inexpensive cost of this curriculum will be repaid many times over with the money you'll save on unnecessary medical visits and expensive allopathic drugs.



Remedy Cards

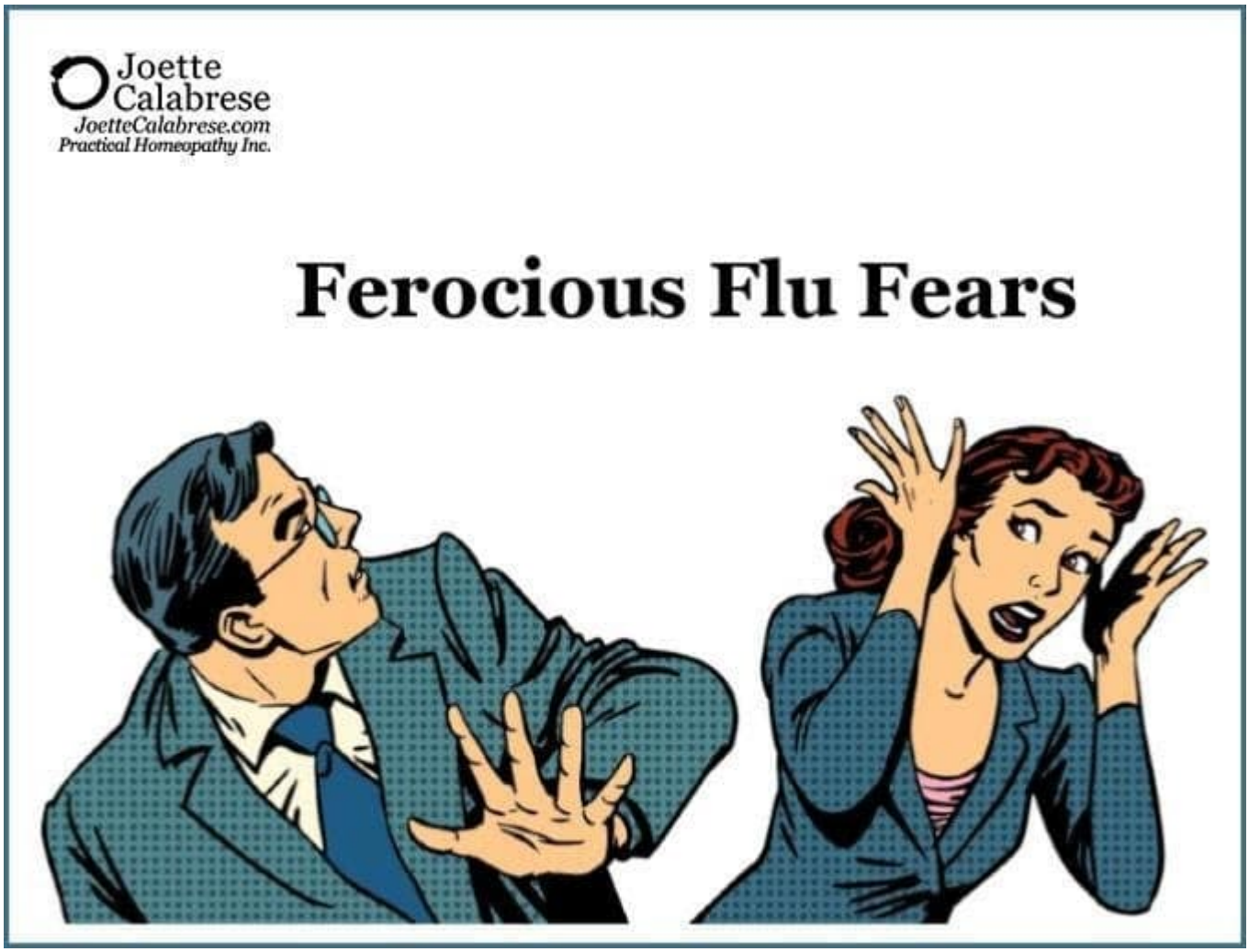
Want the important remedy picture for this blog as a pdf?

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

Ferocious Flu Fears



Every winter. It’s like clockwork. A new flu is discovered, and the press tries to work us into a fevered pitch with concerns of our vulnerability.

Are we vulnerable?

Perhaps. Perhaps not.

Should we be prepared?

Why not? Why wouldn’t we have the homeopathic medicines we could potentially need – on hand – in case a flu virus

strikes our family?

In my opinion, however, there's no current call for ferocious flu fears. I encourage you to keep it all in perspective. Keep lighthearted, yet aware and prepared.

If fear becomes too grand – one becomes anxious and fretful – I have had great success with *Ignatia* 200C, twice a day until my outlook has returned to sound thinking.

But nothing helps allay fears more than information.

While there is not much definitive information about the virus at this time (because we Western homeopaths have not treated any cases yet), there are some helpful suggestions.

And in my estimation, this one is really no different than any others that homeopaths have treated over the last 250 years.

To that end, I've devoted a Facebook Live event to the subject: Flu Remedy.

I also expanded on the conversation in last week's podcast, Flu Got You, Too? There is a lot of information packed into those audio resources. I urge you to listen, as this blog is only a recap!

So, first things first.

Because we all want to avoid getting sick in the first place, I inevitably receive many questions about using homeopathy as protection against catching cold and flu viruses.

As of this writing (February 2020), the press seems overwrought about this virus.

The Ministry of the Central Council for Homeopathy in India released a statement advising *Arsenicum album* 30 could be used prophylactically – one dose daily for three days, then

repeating the regimen monthly.

In fact, in my recent podcast, I mentioned this same medicine as a prophylactic, albeit with a slightly different frequency.

In my experience, when the flu is imminent, the frequency depends on severity.

Arsenicum album 30C or X may be taken either once a day for a week OR maybe twice a day for a week and then back off and take it only once or twice a week from that time forward.

We must realize these recommendations currently offered for the virus by the Indian Council are somewhat speculative, and not based upon experience with patients.

However, this virus has a long incubation period (10-14 days) and initially presents as a cold.

This slow manifestation does suggest *Arsenicum album* 30, which is an excellent medicine for extreme colds.

In each epidemic (and there have been plenty of them through the ages), homeopaths around the world try to nail down a "*genus epidemicus*" – one remedy that works across the global population to address a particular illness.

The predominant medicine currently suggested by some homeopaths for this virus is *Gelsemium* 30 because of the severe fatigue accompanying this virus.

Again, this is based on theory.

Until we have the opportunity to treat many cases and can observe the efficacy of the medicine time and time again, homeopaths appropriately must make their most educated guesses.

Gelsemium has been the *genus epidemicus* in other flu

epidemics (most famously during the Spanish Flu pandemic of 1918 where it worked effectively across the globe).

Gelsemium is particularly well-chosen for extreme fatigue, malaise and achy muscles (all of which present in the virus).

So, it's a seemingly good fit. And it has acted for garden variety flus in my practice so far this year.

Some homeopaths have also suggested it as a prophylactic:

- One dose of *Gelsemium* 30 weekly when an outbreak is geographically distant.
- One dose of *Gelsemium* 30 daily for seven days if you are close to an outbreak, and then twice a week after that until the threat passes.

Other homeopaths recommend using a nosode (a remedy homeopathically prepared from the virus itself).

However, in my experience, I haven't found nosodes always work the best.

I prefer to employ the simillimum – such as the various homeopathic medicines I'm discussing here.

I'm not saying they're wrong! Nosodes are simply no longer my first choice.

I also know many people experience wonderful results safeguarding against the flu using Oscillococcinum prophylactically.

With all that said, I feel the best protection against the flu is safeguarding your overall health with nutritious, sanitary food, clean water, clean hands, and plenty of rest.

We Westerners seem to take the first three for granted and ignore the last one. Humans need rest!

Unfortunately, we've become accustomed to burning the candle at both ends and in the middle. Then we wonder why we are susceptible to illness.

So, my advice is to take care of yourself now, and perhaps you'll avoid the flu later!

But even with the greatest of care, we all get sick from time to time.

I keep a Banerji Protocol in my purse, and I suggest you do as well. It's essential I keep it on hand – immediately ready – for whenever I feel an onset of weakness or that "I'm coming down with something" feeling.

If I feel something is "off," I employ *Aconitum napellus* 200C mixed with *Bryonia* 30C, twice a day.

If I know I'm getting slammed with a virus, I use it every few hours. (This Banerji Protocol is also helpful for coughs from flu, as I mentioned in my podcast.)

If I were definitively diagnosed with this virus, I might also consider employing the Banerji Protocol for SARS (a generally similarly presenting virus):

- *Lachesis mutus* 200C, one dose, every other day (used to combat symptoms in the lungs)
- *Chelidonium majus* 6X (best in liquid form) + *Hepar sulphuris calcareum* 6C, every 2 hours (used to address cough and symptoms in lungs and throat)
- *Kali muriaticum* 3X* mixed with *Ferrum phosphoricum* 3X twice a day (used to address issues in the blood and grand fatigue)

*In the United States, *Kali mur* and *Ferrum phos* are easier to find in a 6X potency – an acceptable substitution.

But don’t assume the worst!

Initially, look at your virus as a cold (consider ColdCalm), until you are proven otherwise. Consider your flu as a “regular” flu. Perhaps consider Oscillococcinum or Dr. Dale’s ALL FLU, which my sons have successfully employed. [Editor’s note: ALL FLU is now called Dr. Dale’s COLD GUARD PLUS.]

Don’t automatically assume you’ve contracted the virus simply because you’ve heard so much about it in the media!

I provide a free flu chart to help you determine whether you’re dealing with the flu or something else. It also walks you through various choices to consider for use after you determine if you’re battling the flu, colds or allergies.

For the flu, in addition to the *Arsenicum album* 30 and *Gelsemium* 30 mentioned above, I might use another Banerji Protocol that I discussed in a recent podcast: *Rhus tox* 30 mixed with *Bryonia* 30.
These are generally taken either alternating every 3 hours if initially getting sick OR mixed together in the mouth every 3 hours if symptoms are already established (e.g., achiness, chest heaviness).

I might also add *Nux vomica* 30 for chills and fever (especially in those who are overworked and achy). *Ferrum phos* 30 is a well-qualified medicine for low-grade fevers (which uniquely presents with the virus).

Many times, any form of flu presents bone aches. I’m not talking about mild achiness here; I’m talking about the feeling that every bone in your body is breaking – intense pain, especially in the back.

This type of bone pain carries with it a restlessness – a desire to move, but that movement provides *no relief*.

There is also generally a prominent chilliness and inability to warm up. The pain may also be temporarily ameliorated after vomiting.

When the flu manifests in these symptoms, I have had great success with *Eupatorium perfoliatum 200*, taken every 3-4 hours depending on the intensity of the pain.

If there are coughs with the flu, you can search my blog for specific medicines matching the various types of coughs.

As you can see, I suggest using each symptom – while it is the predominant complaint – to guide you to the appropriate homeopathic medicine to use.

As each aspect of the condition clears –as the medicines have done their job – discontinue the current remedy's use and turn your attention to the next primary problem until you are returned to good health.

One last note: Don't be surprised – or embarrassed – if a bit of depression sets in after you've recovered from a virus.

It's very common, yet we all seem to think post-illness depression is unique to us. I rely on *Aurum metallicum 200C*, one dose every 2-3 days until I am back to my usual self.

My final point: remember, viruses don't respond to antibiotics.

All too often, people *demand* their health care practitioners prescribe an unnecessary antibiotic.

And much more often than they should, practitioners acquiesce.

Antibiotics should only be prescribed for *bacterial* infections, such as pneumonia, ear infections or sinus infections.

But – and it's a big BUT – we who employ homeopathy know even then, antibiotics carry their own long-term dangers.

There's an alternative!

For instance, the *Aconite* 200/*Bryonia* 30 Banerji Protocol I mentioned earlier is also an effective protocol for pneumonia.

Kali carb 200 is also extremely useful in pneumonia cases.

But proper utilization of these medicines requires more education than I can give in these short, free formats.

Because of the timeliness of this topic, I am relaunching my course, "The Antibiotic Alternative: Balance Your Bugs Without the Drugs."

Click here to download a free infographic and learn more about this valuable course.

I urge you to stop relying on allopathic drugs that carry myriad side-effects and trigger additional health concerns.

Homeopathy is relatively safe, gentle, polite and efficacious – when you are *well-trained* in its use.

There is no better time than now for you to learn the antibiotic alternatives homeopathy has to offer.

I hope you'll share this post, my podcasts and my Facebook Live events with your friends and loved ones who may also be concerned about the flu. Pass on the good news of homeopathy!

Podcast 92 – Flu Got You, Too?



IN THIS PODCAST, WE COVER:

01:08 Remedies for flu

10:16 Homeopathic medicines as prophylaxis

17:07 Signs that show whether or not a medicine is acting

21:14 Things that help the body when ill

21:59 The Antibiotic Alternative course

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

My free flu chart

Oscillococcinum

Boiron

Dr. Dale's Wellness Center: Dr. Dale's ALL FLU [Editor's note: ALL FLU is now called Dr. Dale's COLD GUARD PLUS.]

Rhus tox 30 mixed with *Bryonia* 30 (Banerji protocol)

No Flu Here in India, but Boy, It's Big Back in the US (Banerji protocol of *Rhus tox* 30 alternating with *Bryonia* 30)

Arsenicum album 30X or 30C

Gelsemium 30

Aconitum 200/*Bryonia* 30 (Banerji protocol) When a Cold or Flu Hits Hard … Hit Back!

The Antibiotic Alternative Info-graphic

Allergic?!

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 92 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, everyone. Welcome back to the podcast. Today, Joette and I are going to be talking about the flu. It's been going around, it's that time of the year, and we're going to talk about: how do you know it's the flu, what remedies to use, and some other things.

So, Joette, why don't you get us started?

Remedies for flu

Joette: Well, one of the things that I want to mention is that when someone has a bad cold, they often think it's the flu. It may not be the flu, and sometimes it's difficult to decipher. Also, with allergies, sometimes folks get allergies, and they can't tell whether or not it's a cold, or it is allergies, et cetera.

One of the distinguishing factors is when someone has allergies, generally, they don't get a fever; generally,

they don't have achy joints and bones. That's more related to colds and flus. We can distinguish that. We can put that aside.

We can also say that if no one else around you is sick with the similar symptoms, that it is more likely your allergies rather than what's going around in your community, in your home, in your church, et cetera.

Now, to distinguish between the cold and flu – that can be rather difficult. The flu is, for lack of a better way of describing it, a *gobsmacking* cold. I mean, you're *really* sick with the flu, generally.

A cold is annoying, it's uncomfortable, but you can generally push yourself through it, and get to your daily tasks. But influenza, generally speaking, really brings you down and assigns you to your bed – or at least, the sofa – for several days. So that helps a little bit.

Kate: One of the things that can help you determine whether or not it's the flu or something else – or walk you through what to use for the flu versus allergies or coughs or colds – is the free flu chart. That will actually pop up on Joette's website when you go to joettecalabrese.com. It will pop up and ask you if you want to download that free flowchart. You can just click on that and you'll have access to that. [As of this recording in February 2020. Click on this link, if the flu chart does not pop up on the main page.] That will walk you through what remedies to use in each of those situations whether it's flu or a cold.

That’s one good resource. I know we have some other resources that we’re going to talk about in a little bit.

Okay, so let’s get started. Let’s flesh out what to do if you truly do have the flu then, Joette.

Joette: Okay, so there are a couple of different ways – actually, there are many different ways – to approach flu (or cold for that matter). The reason there are so many choices is because homeopathy is vast, and it’s been around for over 230 years. The homeopaths in France most likely do it a little differently … homeopathic medical doctors. In fact, in France, that’s usually who prescribes these medicines are the pharmacists and the medical doctors. And in Spain, they might be doing it a little differently. In India, it’s different than that. In the United States, it’s different.

Then we also must adjust accordingly – according to the genus epidemicus. It can make a big difference. The “genus epidemicus” is a term to describe the kind of medicine that we would use – homeopathic medicine that would be useful for a very, very large aspect of the population. Because once one person gets it, and the next person gets it, and it goes around, it becomes the same medicine over and over and over again.

Now, I find that’s true for a lot of conditions that are common. It’s not just the flu and the cold in which we all respond in the same way. Hence, we all receive the same

homeopathic medicine. It's the same thing for an injury; we most often use *Aconitum* or *Arnica*. It's the same thing for cramps (menstrual cramps); it's often *Cimicifuga* or *Mag phos*.

It is something that we can say is across the board. But in this situation, it's an epidemic; so, most everyone responds in a similar fashion. Hence, we can come up with one medicine that works across the globe often.

Having said that, there are also homeopathic medicines that we find are consistently valuable. I'm going to give you the medicines that I have found to be the most valuable more recently in my family, my community, my practice. It doesn't mean you can't go back and look at others that I've used in the past.

Kate: Like that flowchart?

Joette: Like in that flowchart, exactly. But it means that this is … I wouldn't call it necessarily updated … it's just *another* way to approach this, and it's a little fine tuning for the subject at hand at this time in 2020.

Kate: It actually makes it easier as well. You don't have to work your way through all the symptoms. There's just a couple of medicines that are considered effective *most of the time* for the flu – especially, we're going to talk about the ones this year. Correct?

Joette: That's right. Now, if you *try* these medicines that we're going to be discussing, and you find that they just are not acting (we're going to talk about how you know), then by all means, go to the flowchart! Because you may have to be more specific and realize perhaps that you were barking down the wrong … or barking *up* the wrong tree. (You don't bark down trees; you bark *up* trees.)

Kate: And when you said, "barking," I was thinking about cough! Was that a little play-on-words there?

Joette: Yes. So, I like the homeopathic combination medicines. I think they're quite valuable. They make life easier. They're sold at Walmart and Wegmans or health food stores, which I think they *belong* in those kinds of settings. Those are the retailers we want to carry homeopathy!

One of the first ones I always think of is *Oscillococcinum*, and we'll have that written up here so you can see how it's spelled. That is manufactured by Boiron. If you go to their site – you go to Boiron (B-O-I-R-O-N) – and you purchase it, you can get a discount by putting my name into the little box – just "Joette" (J-O-E-T-T-E).

I *don't* have an affiliate program with them. This is just for listeners to get a discount, and then you'll get it in the mail.

Or, some people like to go to Amazon. Others buy directly

from Whole Foods or, as I said, Walmart, Wegmans, et cetera. That's a good one, and you simply follow the directions on the bottle. That's one of them. Given that that is a very important medicine in France (where it's manufactured) – that is the *most purchased over-the-counter medicine in all of France*.

Kate: That's *all* medicines, right?

Joette: All medicines *including* allopathic medicines. It's number one. So, apparently, it works for the French, but it works for us, too. Personally, I've yet to find *Oscillococcinum* help me personally. I don't know why that is, but I know it works for many, many others.

It can be used prophylactically meaning, "Uh-oh! My child has got it, and I'm prone to this kind of flu or cold. So, I think I'll start taking it as well as giving it to my child."

That's the first one. So, another medicine that my sons have used – I have not also used – is ALL FLU by Dr. Dale's. You go online, and you use your browser to find Dr. Dale's Wellness Center, Dr. Dale's ALL FLU, and there it is. You have the ingredients written in front of you, haven't you, Kate? [Editor's note: ALL FLU is now called Dr. Dale's COLD GUARD PLUS.]

Kate: Yes, because I actually purchased it this year. I wanted to try using it if we came down with the flu. It has

Aconite, Arsenicum, Bryonia, Eupatorium, Gelsemium, Helix, Hydrogen, Influenzinum, Kreosotum, Phosphorus, Teucrium, Thuja, Veratrum and *Anas Barbariae*.

Joette: That's a lot of medicines, and generally, I don't like to use combinations that have that many. But when you're at a loss, that's not a bad choice.

Interestingly, the reason that I wanted you to read those, Kate, is because there are some mainstays to flus. That is *Aconitum*, which is in there; *Arsenicum album* is in there.

Kate: *Gelsemium.*

Joette: *Gelsemium* is in there. Those are all well-known flu medicines … and *Anas Barbariae*. So, I find that those are mainstays. So, when in a pinch, it's not a bad choice at all. We follow the directions, which is usually you use it every three to six hours depending on the severity. It can also be used prophylactically.

Generally speaking, when we use any of these medicines prophylactically, it's twice daily, every day for, say, seven or 10 days until the imminent threat nearby is gone. Not the kind of threat where it's in another part of the world or even another state. But rather, your child is in school, and there are children who are falling sick. That's when you know it's definitely time to start using it prophylactically.

Then after that point, after you've taken it, say, twice a day for a few days (because it's right there in your child's classroom or your child hasn't gotten sick yet), I would use it more frequently for the first week. Then after that, maybe once a week.

Homeopathic medicines as prophylaxis

Kate: So, I've heard – and I imagine a lot of your listeners have heard – various ways of using a homeopathic medicine prophylactically. What you said is a little bit different than what I've heard. Can you just explain it a little bit?

Joette: There are *many* methods because there are *many* homeopaths, there are many practices. Again, it's going right back to the way it's done in many parts of the world. When you're just one to protect from the flu in general, then you might use it once or twice a week, or three days in a row and then once or twice a week after that.

But if it's imminent – it's in your child's classroom; your child has not gotten it yet; or your child has gotten it and you haven't gotten it yet – you might want to be a little more aggressive. In that case, I would use it perhaps twice a day for a week to 10 days. Then after that, perhaps once or twice a week.

I know this is vague, but that's because I don't know exactly the circumstances. And it depends on how *prone* the family members [are] that you're treating to these kinds of conditions. The more prone they are to … if you've got a husband who catches every single cold and flu that comes your family's way, then it's time to be a little more aggressive. If it's someone in the family who rarely gets sick, but you know that this influenza that's coming around is pretty powerful and is really laying people out, then you might use it a little less frequently with them. But be on the lookout for how frequently to use it.

Kate: Okay, that makes sense to me that you're saying you would use it that often – more often, like every day – if it's *imminent* (like it's in your household; it's in your child's classroom, things like that).

Joette: There it is! Right next to you. Right next to you. Bam! There it is.

Kate: But if it's just out there in the community, and you're not necessarily exposed every day to the virus, then you can use it a little less frequently.

Joette: That's right. Now, a simpler way (or perhaps not simpler), but if you've got a kit, a homeopathy kit – and I certainly hope that you do because there's nothing worse than knowing what medicine to take and not *owning* it. (That's what the kit is all about is having that basic mother stock of the most important medicines.) And that is to use the Banerji protocol for viruses and flus, and that

is to use *Rhus tox* 30 with *Bryonia* 30 and take them together. You can mix them in the mouth.

Kate: In our Gateway book, we have it "together" on one place. Then I've also seen it in a blog: it's "alternating" you have.

Joette: So, the reason that we do that – or the reason that I've done that – is because I've *seen* it used both ways, and I've *used* it both ways.

I've used it where it's "alternating." Meaning, you're going to take *Rhus tox*, say, at 9:00 in the morning. And about 9:10, you're going to take *Bryonia* 30. And then go back to *Rhus tox* about three hours later. And then 10-15 minutes later, you're going to go back to *Bryonia* 30. And you're going to keep doing this throughout the day.

This is generally *when someone has gotten sick*, or they're first getting their first aspect of it. That's a great combination: alternating combination.

But I've also used them mixed together where now – "Uh-oh" – the person feels the achiness has already established itself. "My gosh! Every bone in my body is in pain." That's *Rhus tox*.

The *Bryonia* picture has already begun. The person is starting to feel it in their chest and coughing. That's when

I would use it mixed together and take it every few hours.

Kate: Is that the predominant protocol that the Banerjis used for the flu?

Joette: The flu method that I have in my notes after having worked in the Banerji Homeopathic Research Foundation clinic for over about a year and a half was to alternate them. BUT, I've also observed the doctors at the clinic mixing them as well.

So, I believe that the alternating is the *actual* protocol, but sometimes when we're working with someone, not unlike what I just described – "Uh-oh" – both those symptoms that are so prominent in those two specific medicines are already presenting in a very heavy way, then we can also mix them together and take them accordingly.

Kate: Are there other protocols that the Banerjis or you have come up with for the flu?

Joette: Yes. Another one that I like to use is plain old, *Arsenicum album* in a 30 (30X or 30C). I like this as a prophylactic, particularly if we have someone who fits the picture of *Arsenicum album*. So, I want you to go to your *materia medica* and read that. But even if you *don't* fit it, it can also be useful for a prophylactic as well – particularly if there's any gut issues (not necessarily *with* the flu, but perhaps the person has a queasy stomach or they can't eat this or that), or they have a sinus-y issue in

their lives. These are their chronic low-level conditions. This medicine is most likely going to act for that particular person.

So, *Arsenicum album* 30C or 30X as a prophylactic – maybe once a day for a week; maybe twice a day for a week and then back off and take it only once or twice a week from that time forward. That's, again, as a prophylactic, because we know that the flu is *imminent*.

If, however, the person has already been exposed or someone in the family's got it, we can do this the same way as what we were just talking about with the combination flu medicine, as well as the *Rhus tox/Bryonia* combination. We're going to use them all in the same fashion – prophylactically and as needed. So, *Arsenicum album* is also great then once the person gets the flu, and then we're going to use it every three to 12 hours, depending on the severity of the conditions.

Kate: Are there certain remedies that you have found effective for this strain of the flu virus that's going around this year? When I say, "flu," again, we're talking about *influenza*, not necessarily the stomach flu. Although you can have those symptoms with the influenza, but we're specifically right now addressing influenza.

Joette: Well, in the last month or so (and this is the end of January 2020, in which we're recording this), but in the last month or so, I find that *Gelsemium* has been very valuable because fatigue has been so grand. So, *Gelsemium*

30, every few hours, has been very helpful.

My son got something, and it helped him a great deal. He also got a cough, so we used *Aconitum* and *Bryonia*. You can refer back to *Aconitum* and *Bryonia* on my blog, an *Aconitum*/*Bryonia* combination (which is a Banerji protocol as well). We used *Aconitum* 200/*Bryonia* 30 every few hours.

So, we were using both of those, but I believe *Gelsemium* was the one that really made the biggest difference, particularly with his heavy fatigue. Then we used it long after he was much improved – but for the fatigue. Then we stayed with *Gelsemium*, and it cleared it up in a few days instead of several weeks.

Signs that show whether or not a medicine is acting

Kate: You've given us some options to use for the flu. How do we know then, when we come down with something and we're taking these medicines, how do we flesh out if this medicine is working or not?

Joette: Well, the first thing you're looking for is a shift. What does that mean? It sounds rather vague. But one of the ways that we know something is acting is if the person falls asleep, because that's where we heal. So, if the person falls asleep, then we have to make the

assumption, “Well, the medicine must be working because they’re not in pain. They’re not crying because their legs or their back is achy, or they’re not coughing so much that it’s disrupting the ability to fall asleep, or they’re not crying (if it’s a child, et cetera, et cetera). They’re not moaning (if it’s your husband). They’re asleep!

Now, when they wake up, they may feel somewhat improved. But oftentimes, it’s not that quick. You may need to do this every several hours for a couple of days. But at some point, you’ll see that when you give the medicine, there’s that sleepiness. It’s almost a delicious sleep.

Then you might also find that the person feels a sense of well-being. Not like they want to go for a run, but rather, instead of that tremendous angst that can sometimes accompany a cold or flu, they feel, “Oh, all right, okay, I still feel sick. The fatigue is still great. My chest feels compromised. I don’t know. I just feel … I don’t know.”

Most people don’t even know enough to report it. But if they start smiling, or they can laugh a little bit, or they can look at you with soft eyes instead of with anguish, then you know that’s likely a *movement towards improvement*.

Kate: I think that is so important, and we need to catch that. Because, remember, homeopathy is *gentle*, and we’re not looking for, necessarily, the fever to go away or the cough to 100% go away. Although we would *like* that, you might still have the fever; you might still have the cough. But like you said, the person might smile or converse with you

instead of laying in bed not wanting to talk and just rolling in pain. They will have that softness in their face and the willingness to talk now and to maybe even joke a little bit. *That* is an important thing to look for.

Joette: Well, it's because homeopathy touches us on a very deep level. It's more that … We're not *treating* symptoms, we're *using* symptoms. So, we're not suppressing the cold or the flu or the fever or the pain. That's what allopathic medicines do.

Instead, what we're doing is stimulating the body's natural ability to make the correction. In making the correction, there is often a sense of restful sleep or a sense of well-being. Or the person's posture relaxes, and they become more comfortable. Or their language improves, or something that you notice there's a little bit of a difference. Or they're not as worried about the illness. Or they're just as sick, but it's not as bothersome, and they can start talking about their plans in the next couple of days, et cetera. So, *that's* what we're looking for. That gives you important information.

What information is it? That the medicine was correct.

If you don't see a change after several doses – and I mean a couple of days' worth, every few hours, two days, you should start seeing certain conditions softening.

Now, a cold or flu can still last for days with homeopathy, but instead of *weeks*, however. Meanwhile, the person can get on with their lives. They may still have a little sniffle. They may still feel a little fatigued here and there. But what you're doing is stimulating the body's natural ability to make the correction each time you give a dose.

You don't want to give the doses too close together. The first few doses, it's okay. But after a while, you really want to keep them several hours apart or only as needed.

So, when you see the person is getting a little perky, and they're feeling a little bit better, and then, *bam*, they start not feeling so well again – there's your cue. That's when you administer it again. If you note that the last time you administered it was, say, six hours ago, now you know approximately every six hours, that person needs the medicine. You continue using this method until the person is very much better.

Things that help the body when ill

Kate: Joette, we talked about homeopathic medicines for the flu. What else can we do to support our bodies when we're sick?

Joette: Well, many times, mothers contact me and say, "He

hasn’t eaten.” Well, that’s exactly correct. One should not necessarily eat.

Now, if you have an appetite (that’s pretty unusual). If you have an appetite, then, of course, eat. But generally speaking, people who are sick with a cold or flu do not eat. That’s normal and natural, and it’s the way it should be, and we should not worry about it.

Instead, we want to keep the person hydrated. Good homemade bone stock is a good idea. Making homemade lemonade is a good idea. These are all opportunities to keep the person hydrated. That’s very important. Forget the food but add the fluids and keep them flowing!

The Antibiotic Alternative course

Kate: Okay, and let’s not forget that another great resource is “The Antibiotic Alternative” course that you have. Can you talk about that for just a minute? Because I think that’s another tool that we can have in our tool chest to help.

Joette: Well, with colds or flus, it’s only a secondary infection that would come about that would bring forth a *bacterial* infection, so antibiotics are going to be useless in a cold or flu. Over-the-counter drugs can prolong the suffering of the flu in the long run. It might reduce the symptoms at the moment, but it can prolong suffering. So,

there's not an awful lot that allopathy has to offer.

So, this online course that I put out a couple of years ago (that I presented a few years ago) is still very available on the website should you be interested. And it talks about the subsequent infections that can follow. Such as an ear infection – they can be bacterial. Strep throat – that is bacterial. Conjunctivitis can be bacterial.

So, I give you methods and specific techniques and recipes – formulaic methods – so that you can use these homeopathic medicines instead of having to go to antibiotics and other, even viral, medications as well.

Kate: I think "The Antibiotic Alternative," I've heard you say, is a great place to start. If you're looking for a course to take, and you're not sure where to start – which course –and you don't have any, say, allergies in your family that would point you toward the "Allergic?!" course, "The Antibiotic Alternative" is a great starting point. Is that correct?

Joette: I think it's a good starting point. But I would say even before that, start with the free blog. Hang out on the blog. It's free! I've been publishing that for 10 years now every single week. I've never missed a single week, and I give a lot of great information for free.

The next one is the idea of joining a study group – some of which you run, Kate, which is great. That's up all on my

front page, and that's called the "Gateway to Homeopathy."

There you'll meet other like-minded mothers and grandmothers so that you can learn right along with them. That's a *fabulous* way, and it's very inexpensive.

But if you're looking for a real course where I give case studies and carry you through step-by-step what to use for urinary tract infections, otitis media, conjunctivitis, et cetera, that might indeed be the one that's for you.

Kate: Don't forget, for those of you who don't know this yet, Joette does a Facebook Live every Monday night. In fact, this week, again, we're in the last week of January of 2020, you addressed the virus and influenza on your Facebook Live. So, make sure you tune in and listen to those Monday Night Lives, or you can actually listen to those anytime on your Facebook page, Joette Calabrese. or Joette's YouTube Channel

Joette: That's right.

Kate: Don't forget, there is a ton of information if you go on to Joette's website or just Google: Joette Calabrese flu. You'll find a lot of blogs that she's written and other podcasts that we've done, et cetera.

Joette: The freedom that this gives us, knowing what medicines to own and how to use them instead of fearing that

you don’t know what to do is a comfort that’s beyond explanation. As a mother, I know when I was raising my children, it was something that gave me such comfort. I know what to do if they have a head injury. I know what to do if they get a cold. I know what to do if my husband gets the flu. I know what to do if my father, my mother, anybody in my family … I felt as though I could take care of them because I *prepared* myself.

Something that a client of mine just said to me the other day, and I think this was so profound, she said, “Being a mom has become a lost art.” I think that’s true!

I think that we’ve lost track of what our focus should be in life. That we’ve gotten … excuse me for those – and I don’t mean to criticize anyone who has a booming career or even a partial career – but I think careerism has replaced being a mom at home: knowing how to cook, knowing how to keep a tidy house, keeping her family healthy, knowing what medicines to use, taking care of her husband, and keeping their lives, the family’s life, organized and well-structured.

It’s a beautiful art. It’s a womanly art. It’s something that mothers and grandmothers need to get back to. Many of my followers are already there. So, I’m commending you. Those of you who are on the fence wondering which way to go – one way or the other – I’m going to try to pull you this way. Because I think it’s very important for women to focus on the *family* as the primary goal and purpose in their lives.

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.

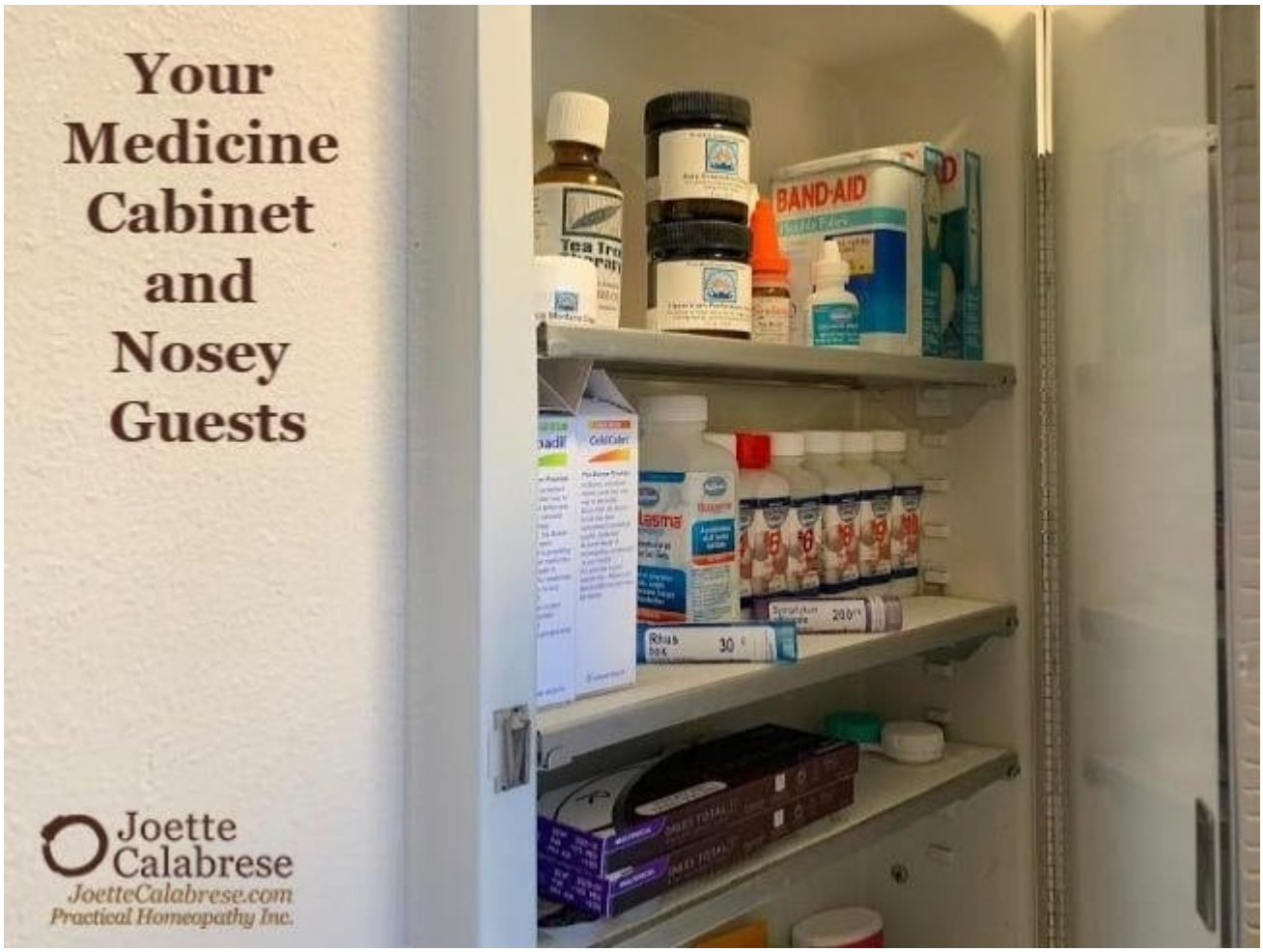
I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

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 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.



Can Your Medicine Cabinet Cause Your Nosey Guests to Instantly Envy Your Lifestyle?



You’re different.

I’m different.

And we’re proud of it. Right?

The medicine we count on and adore is like a Mendelssohn symphony or a Cole Porter lyric – compared to drugs that are more akin to acid rock (excuse my critical bias).

Our medicine doesn’t slap the sufferer across the face. Instead, it politely and intelligently nudges the whole body.

So, when a guest sneaks a peek into your medicine cabinet, they won’t discover drug addictions and synthetic compliancy. No. Your medicine cabinet will reveal a

discerning lifestyle. One that is educated … curated.

William Osler, M.D. (one of the founding members of Johns Hopkins) once said, “The person who takes medicine must recover twice; once from the disease and once from the medicine.”

Three generations have fallen for the complacency shrouding allopathic drug use, without giving a thought to the short or long-term effects.

But not us. We’re different.

Maybe we need to leave our medicine cabinets slightly ajar – encouraging our curious guests to take a peek inside.

What might they be looking for? More often than not, the perpetually curious want to know how *you* deal with the same aches and discomforts they deal with.

Indeed, the one thing we all share in common is pain!

Perhaps they’re sneaking a peek to see what keeps the pep in your step.

Or maybe they wonder if you use the same big-box-store-sized, extra-strength pain reliever they use.

Or they’re just curious whether you have bottle after bottle of prescription drugs you rely on.

However, it’s possible they’re not nosey at all; they simply have a headache and are looking to find relief inside that small mirrored door.

Imagine their surprise when all they see in your medicine cabinet is homeopathy!

“What’s this?” they’ll think to themselves as they examine the little blue and purple tubes more closely. “*Symphytum* 200 and *Rhus tox* 30? I wonder what this is for?”

Hopefully, they'll ask you. Because we homeopathy users love to share our knowledge and help friends when we can.

While they might be embarrassed to admit they were poking around your medicine cabinet, now they can excuse themselves with, "Hey, the door was already open!"

(Of course, that's why you left the door a wee bit ajar in the first place – encouraging them to look! But let's keep that our little secret.)

So, answer their questions!

Symphytum 200 and *Rhus tox* 30, mixed together in the mouth, comprise the Banerji Protocol for headaches emanating from the neck and shoulders.

This is a very common type of headache. Should your curious guest be suffering from one, what a great opportunity to share your homeopathic medicine with them!

Demonstrate how to extract one dose from each tube or bottle (the proper number of pillules constituting a dose is indicated on the manufacturer's label).

Show them how to place each medicine – together, in this case – into a clean mouth. That is, with no food remaining from the last meal consumed.

Then allow the medicines to act.

In an acute situation, such as a tension headache of this sort, they may need to repeat the medicine as often as every 15 minutes for up to four doses – depending on the severity of the pain – until very much better.

But often in my experience, one dose can reduce their headache from a scream to a whimper.

If they don't have a headache, if they were just being –

okay, I'll just call it what it is – *nosey*, then send them home with a few doses for next time!

Headaches involving the neck and shoulders are so universal, chances are they'll eventually have the occasion to employ this protocol.

Homeopathy is a medicine for those who have had it with traditional drugs *and* for the curious.

And who is more curious than someone who surreptitiously pokes around in your medicine cabinet?

Chances are they will take to it like a duck to water.

So, be proud of your medicine cabinet!

It represents you at your most educated and discerning best.

Use it as a springboard to turn friends and relatives on to this gobsmacking medicine.

What better way to pass on the good news of homeopathy?!

Warmly,



P.S. Now that you have your medicine-cabinet-investigator intrigued, why not ask them if they'd like to join you in a Study Group to learn all the other illnesses that homeopathy treats?

My Gateway to Homeopathy: A Guided Study Group Curriculum is the perfect environment for them to learn how to break their ties with allopathic drugs.

In fact, why not lead your own group? Leading a small group locally or virtually is the best way to grow your knowledge.

So consider gathering your friends and loved ones (and maybe even a few like-minded individuals from my Facebook page, Joette's Study Groups: Find Your New Study Group Friends) and allow the curriculum to do the rest!

You'll have access to easy-to-follow lessons, videos and discussion points – all for less than the cost of a dinner out.

And, if you ask me, *knowledge* is more delicious than any dinner! As I always say, "Homeopathy, it's deliciously intellectual!"

