

Living with a Pig



Hey. I'm Eleanor Pigby. Remember me? Buster, the Bad Office Dog, [wrote about me](#) recently.

Usually, I'm happy ... following my mom around the house, merrily grunting. But as I write to you today, I'm not grunting at all.

I guess you would say I'm "disgruntled."

Why? Well, a few weeks ago I overheard the neighbors complaining their cat suddenly had stopped behaving in a tidy manner. They had the nerve to say, "All of a sudden, we're living with a pig!"

What?!

Are you kidding me? A *pig*? Why in the world would they use *my species* as an example of another animal's dirty messiness? That is blatant species-ism.

Pigs are actually quite clean. I certainly am ... ask my mom! When I'm inside, I use my litter box like a good girl, or I go outside where I'm told.

But that cat? Not so much.

Apparently, she stopped using her litter box – just refused completely. She started going to the bathroom in various places around the house ... even in the bathtub! Can you imagine her poor Mom's surprise when she stepped in to take a bath?

Blech!

It's not that the cat didn't know better. She did! She was purr-fectly well-trained. (I couldn't resist.) It seemed as though she had just changed her mind and decided the litter box was no longer her cup of tea.

But those darn cats have such a big reputation for being clean. Who do they think they are? Nobody says they're "living with a cat" to express frustration with dirtiness. No. When a cat gets messy, all of a sudden, they're called a pig!

It makes me so mad!

Luckily, my friend Buster's Mom, Joette, knew from experience of the perfect homeopathic remedy. She suggested

Ms. Cat be given [Sulphur 30](#) twice a week. In short order, it worked! Ms. Cat was back to using her litter box appropriately!

And all the unfair pig references stopped.

Joette says sometimes little humans have this problem as well. (I love hiding in my blanket, so Joette didn't notice me in the corner when she told this story.) Years ago, Joette knew a young sixth grader who wouldn't ... um ... how should I say this ... "poop" in the toilet. Obviously, she'd been potty trained for years! She'd tinkle in the potty with no problem, but when it came time for a bowel movement, she'd go in a wastebasket!

It wasn't a lack of understanding; it was apparently a lack of concern regarding certain disgusting aspects of life. It didn't bother the little girl at all.

But it drove the girl's poor mommy out of her mind.

So, she gave her daughter *Sulphur 30* twice a week. Would you believe, after only three weeks of taking this homeopathic medicine, the problem was gone? The little girl returned to normal bathroom habits.

I'd call that amazing.

It also works for little boys who refuse to urinate in the right place.

What's more, [Sulphur 30](#) twice a week can be helpful for anyone who is messy. Joette is specific though: not just "normal" messy, but realllllllllly messy. Their hair's a mess, their clothes have stains on them, they don't like to bathe, and many times have a foul body odor.

To remember this remedy for messy, smelly individuals, Joette reminds us foods high in sulfur are also stinky (like hard-boiled eggs, broccoli, cabbage or onions). So, think

Sulphur 30 for anyone who is messy, dirty and stinky.

You know, like in the Peanuts cartoon ... the character of Pig-Pen.

WAIT! There's that word again!!!

Why did they have to go and nickname that messy little boy after a pig? I wouldn't dream of being caught with a cloud of dust and dirt hovering around me.

Ugh. I give up. I'm going back under my blanket to sulk.

But as Joette would say, please pass on the good news of homeopathy – especially the good news about *Sulphur* 30. And as a favor to me, please don't let anyone say they're "living with a pig," (unless of course, they actually are).



P.S. In addition to detailing these interesting points about *Sulphur*, Joette's book, "[*A Materia Medica: Practical Homeopathy® for Busy Families*](#)," contains all kinds of clever information for many of the most popular and useful remedies. If you enjoy books as much as I do – I especially like to stick my nose in the paper and sniff around – then you really should consider owning your own copy of Joette's easy-to-understand *materia medica*. You never know when you might need it, so why wait?



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BOOM! It's Fourth of July! (I'm Not Scared, But Others Are!)

Happy Fourth of July!

 Joette
Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

Hi! Buster, the Bad Office Dog, here. My family and I want to wish you a very Happy Fourth of July!

But unfortunately, this holiday (especially tonight) can be a very stressful time for some of my friends. At our last Secret Dog Club meeting, after we finished sniffing each other, our first order of business was discussing fireworks.

While they don't bother me, I discovered many of my friends are scared to death of them! And boy, you humans love your fireworks! (Personally, I don't see what the attraction is. Watching squirrels is much more stimulating.)



A couple of my friends said when the fireworks start, they hide under the bed.

Quite a few of them jump up on their parents' laps (and believe me, I don't mean to be rude, but they aren't all "lap-size"). And, this made me so sad, I heard several of them are usually left alone while their families go out to celebrate ... so they just shiver and whimper alone.

So, what can their humans do? Well, my mom, Joette, always has a homeopathic remedy or two up her sleeve that will help! (My mom is the best, don't you think?)

You may remember, I wrote a blog post a couple of years ago about my friend [Gunner, who had a lot of anxiety](#).

He responded well to *Argentum nitricum* 200. But I overheard

Mom say recently that [*Phosphorus 200*](#) is really great during loud, frightening events like fireworks.

It can be given to us as needed, and also can be used as early as the night *before* – in preparation.

Phosphorus 200 is also effective for us during thunderstorms. Of course, I'm not really afraid of anything (except running out of snacks), but many other dogs are just as fearful of thunder as they are of fireworks.

So, your small investment (under \$10) in this remedy will bring your pet a wealth of security during both natural and man-made events.

Now, before I go, I bet I know what you're thinking. You're wondering about [*Eleanor Pigby*](#), aren't you? Well, this is her first Fourth of July. She told me she's not sure what fireworks are, let alone if she's afraid of them.

I guess we'll find out soon. For right now, though, the only thing that makes her hide under the bed is any mention of "bacon."

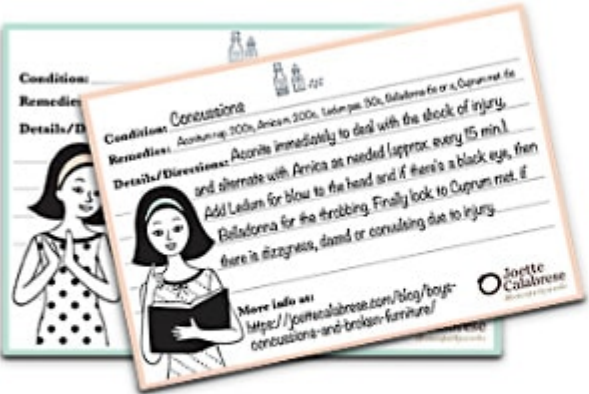
Why on earth would anyone be afraid of bacon?

Anyway, Happy Fourth of July! Enjoy your fireworks tonight! Enjoy your independence. And pass on the good news of homeopathy (especially *Phosphorus*).



Buster

PS. God bless America!



Remedy Cards

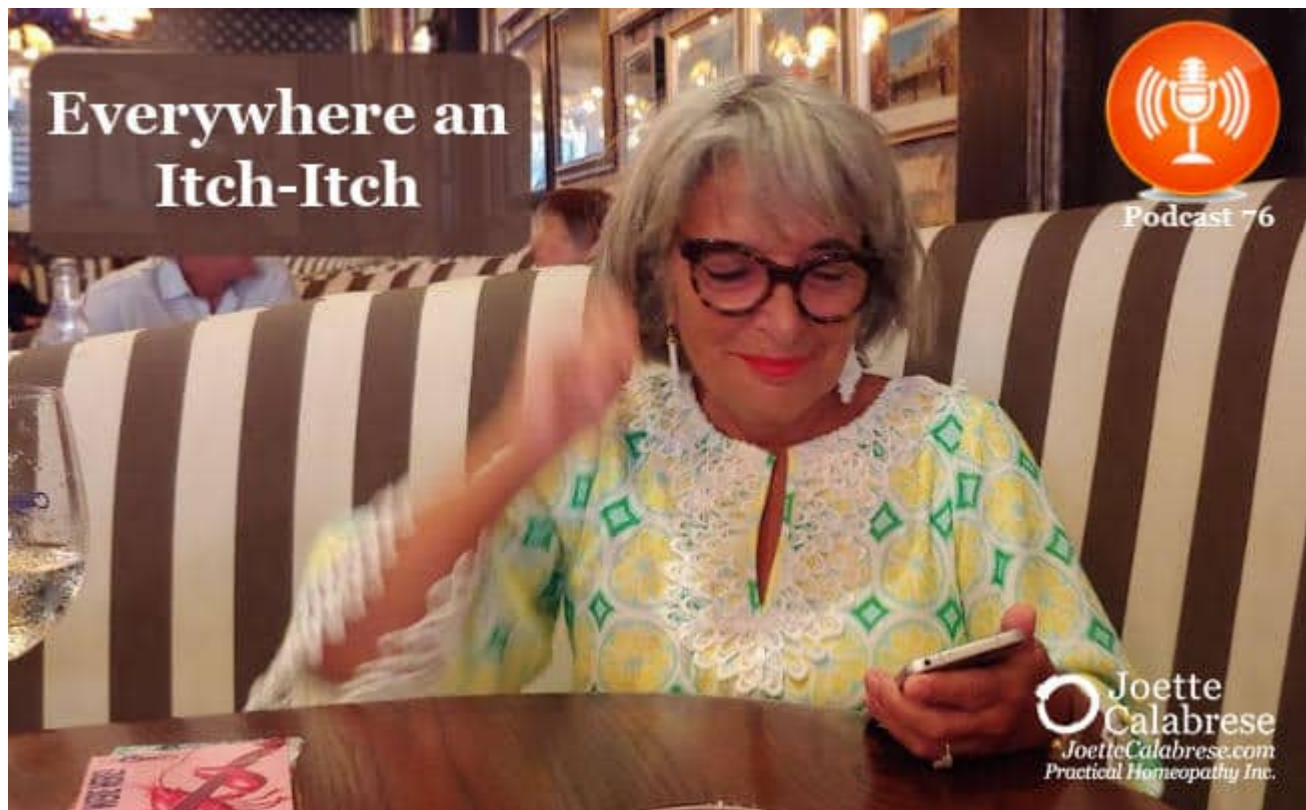
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Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch



I wanted you to have this podcast as quickly as possible the transcript is below.

Warmly,

petite



P.S. If you want to jump ahead, download *Skinderella*, my infographic and read more about *Skin the Ugly Truth Course: Safe, Effective Treatment of Skin*

Ailments, Chronic or Acute, with Homeopathy –[Click here](#) and simply follow the prompts

IN THIS PODCAST, WE COVER:

- 01:02** Swimming and blepharitis
- 06:44** Skin allergy remedies
- 14: 25** The need for *Sulphur*
- 16:42** Suppression
- 23:20** *Skin, The Ugly Truth*
- 24:05** Getting sick is inevitable

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Facebook Live](#) (referred to in this podcast regarding my eye)

[Sulphur 200](#)

[Antimonium crud 6](#) and [Arsenicum 200](#) (Banerji Protocol)

[Skin, The Ugly Truth](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 76 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: It is summertime right now, and we are enjoying the weather outside. I know I am. I'm here with Joette.

Joette, you have a new hobby that you've been doing this summer. Tell us a little bit about what you've got going on.

Swimming and blepharitis

Joette: Well, I'm now in Southeast Florida, and so it's summer *all* the time here. Since I've moved here, I have found swimming again in my life because there is this pool right at my patio. I mean, literally, I open my gate from my patio out into the little common area, and I could dive into the pool right from there. There are only six units in our complex, and I'm the only one who uses this pool.

Kate: It's like your private pool.

Joette: Oh, my gosh! It's fantastic. Then I see my neighbors once in a while, and it's really nice. I've been swimming in this pool 45 minutes a day, and it has really limbered me up, and I'm sleeping better, and everything is really great ... but then something started to happen.

I started to break out, and my left eye got swollen. I had blepharitis. First, I thought it might have been conjunctivitis, you know, infection. But no, no, it didn't feel like an infection. It was just, [as I said in my Facebook Live](#), my eye looked like a puffer fish that was pregnant with octuplets and had just finished a meal that was highly inflammatory.

Kate: Oh, my gosh!

Joette: I mean, my eye, around my eye was so edematous and so swollen that it turned inside out. The lid turned inside out! I was looking at the inside of my lid as I looked in the mirror. It was so gross.

Kate: I was trying to picture that, Joette, as I was listening to you on the Facebook Live. I mean, I don't even know how that's possible.

Joette: I mean, I'm laughing now because I'm better. But it got so "fluffy" below and above, and the bridge of my nose widened. I mean I looked, really ... I didn't even look human

anymore. Then it got so full and edematous that it just – “poop” – just popped open. Plus, it was cracking. Oh, my gosh, it was a mess! I was obviously in allergic reaction now.

I had an allergic reaction similar to this in seventh grade when my parents got a new car, and we drove down to Florida from Buffalo in this brand-new car. I remember feeling really sick and soporific (is the best way to describe it). I just couldn't stay awake. I slept the whole time. I felt out of it, drugged even.

We realized later that it must have been the brand-new car. But when we got to Florida two-and-a-half days or three days later, this is exactly what happened to both my eyes. They got very swollen and puffy. My parents were beside themselves. They didn't know what to do.

But it didn't bother me that much. I was in seventh grade and life was fun. We were in Florida. It was our first vacation ever, and it was really fun.

Then I didn't have it again until a few weeks ago.

So, I was in denial as I often go into – as we all do, but I do it a lot. I did not want to accept that it was the pool, that it's the chlorine in the pool or something in the pool. I don't know what it was, but I really was thinking pretty much it was the pool.

I stopped wearing all makeup. And, I don't wear a lot of makeup. I wear a little bit of eyeliner pencil and some lipstick when I go out. That's it.

So, I stopped that, so then I looked ugly on top of ugly. I looked unkempt on top of ugly!

Kate: I'm sure you didn't.

Joette: Oh, my gosh, it was horrible!

Kate: You just talk about it.

Joette: So then, I went out with sunglasses. I wore sunglasses wherever I went because there were times when it looked so bad, people would stare at my eyeball. So, I wore sunglasses, and then I would wear a lip gloss. Actually, it was coconut oil, to make me look a little kept ... or kempt I should say. (Not *kept*, I was not a kept woman! I was a *groomed* woman.)

You know, I've got this philosophy about grey hair. I've got a lot of grey hair. Now, my hair is mostly white. My philosophy is that it will make a woman look haggardly unless she wears earrings and puts a little makeup on. That's what changes the whole thing! That's it!

If you're dressed nicely, and you have your nails look nice, and you have earrings on, you have a little makeup on, and you've done a little something with your hair – you don't just let it hang there and look kind of like you did in the 60s, but if you do a little something – then that's what makes grey hair look beautiful, as far as I'm concerned.

Kate: I think that's true. I mean, I know we're going off on a little tangent here, but as you know, I'm in a nursing/rehab facility with my mom. These little, old ladies that are in their ... there's even a man here, 103. (I should sit down and interview him.)

Joette: Yes!

Kate: But the only change – the ones that look really sharp – are the ones that have a little bit of lipstick on and maybe a bandanna.

Joette: Yes, a little something. You've got to just look like you've put something into yourself.

Kate: Some effort.

Joette: Yes, a little effort goes a long way.

So um, so, where were we in the story? I forgot.

Summer! We're back to summer.

So, I've been swimming. And so, I was in denial, and I said, "I'll be darned. I'm going to swim."

Now, I don't put my head in the water necessarily, although it does inadvertently go. But I'm doing the backstroke, and the sidestroke, and the breaststroke. So, water gets on my face, but that wasn't the issue because it was affecting my skin all over my body. I had outbreaks of eczema that, again, I have not had since I was in seventh grade.

Now, let me just put this into perspective. Seventh grade was 1965 ... just so you get an idea.

Kate: That is a long time.

Joette: Seventh grade was not 15 years ago!

Kate: But you're not old though!!

Skin allergy remedies

Joette: No, not at all.

So, I did not want to stop, and I wanted to use homeopathics. But even in the beginning, I said, "Ohhhhhh! It will just go away. I'm not even going to bother using anything. It's just a little nothing."

And it got worse and worse and worse, and then it kept me up at night. I was scratching, and the itching was maddening. So, I used *Argentum nitricum*, and I used *Syphilinum*, and I used *Apis*. I used, oh my gosh, I've used them all. then I used *Sulphur* 30.

Then two nights ago, although I was slightly improving ... I was using *Bovista* and *Calc carb* for allergies ...

Kate: How about *Antimonium crud*?

Joette: I used *Antimonium crud*. *Arsenicum* was helping for a while. *Bovista* seemed to be helping for a while. Even those were not just getting to it fast enough. It was helping a little. I have to admit that it wasn't quite as severe. My eye didn't look like a pufferfish any longer. Now, it looked like a pachyderm.

Kate: You changed species.

Joette: Different species, a land species now, in Africa, in dry dessert of Africa – after the elephant or the rhinoceros was in the muddy water and had been away from the muddy water and now in the dessert for the last 10 years. You can imagine all the cracking around their ankles and all ... *that's* the way my eye looked.

Kate: Was it painful?

Joette: At times it was. It was burning and prickly. Burning, burning, burning, and burning. The reason I say that it's not that it was burning an awful lot, but I'm pointing that out because it is an aspect of the medicine that we're going to talk about here.

Because the itching had now gotten way past my eye and my face, it was on my scalp; it was on my back; it was on the flexors of my elbows. I mean you name it, and I'm not going to. Any place in my body – that I've ever noted – is now a place of itch. Then I said, "I'm going to take [Sulphur 200.](#)"

Now, I had taken the 30. It had done nothing.

But I took *Sulphur 200*, one dose and it went – hold your ears – BAM!

Within an hour, not even an hour and a half, I was *instantly* better! The swelling in my eye went down. The itching was completely gone all over my whole body. I felt this peace

come over me. I also felt energized and happy. I was kissing my husband and my son who's in town. I was kissing. I was so happy. I felt so good. I said, "Okay, let's make dinner, then let's go for a walk on the beach. Let's devour life."

Up until that time, I had been just kind of slogging along, just barely getting my jobs done. So, I knew I had hit it.

Now, I've taken it for a couple of days.

Last night and the night before – because this was actually two days ago – I had the most delicious dreams. They were so much fun; I didn't want to get out of bed. They were such happy times. My parents were young, and my brother, and my friends, and our old neighborhood. And then we went to another chapter. You know how dreams can seep from one part of your life to the next, but they were all lighthearted, joyous dreams.

So, I know I've hit it. So now what I'm doing is I'm taking it twice a day.

Now, I had also taken – because I want to talk about this other remedy because I'm not going to tell people that they need to use *Sulphur* any time they have an eruption like this. But it was kind of screaming *Sulphur* all along. I had just thought, "Well, I'm going to try everything else first, and I'll put *Sulphur* on the backburner."

Let me also say, let me go back and say, parenthetically, I've always known that *Sulphur* would be a very good medicine for me at some point. Because the eruptions that I had had as a child had been suppressed for so long, because my family is Sicilian, and Sicily is known for *Sulphur* mines. I'm kind of drawing from all of that.

But I've seen a lot of *Sulphur* characteristics on both sides of my family – my mother's and my father's side of the family – that I believe many members of my family would have been benefitted by the use of *Sulphur*.

I was kind of waiting for a skin eruption to re-present, and it took all these years for it to re-present. Why didn't I go to it sooner? Well, because I guess I was in denial because I wanted to swim. I guess that was part of it.

The other part of it was when I repertorized – and I did repertorize, and I also used protocols – *Sulphur* always shows up. When you repertorize, you go into any repertory, and you look up anything of the skin, you're going to find *Sulphur*. Some say it's over-represented in the repertory. So, you have to kind of put it aside and say, "Yes, we get it. *Sulphur* is in there somewhere possibly." So, you put it aside and then try everything else and then when nothing else works, then you go to *Sulphur*. That was basically my philosophy.

Kate: But Joette, you did use *Sulphur* in there during that time. Was it once or twice?

Joette: I only used one dose, and that's really not a good indicator. I did it half-baked – kind of half-baked effort. What I mean by that is I took *Sulphur*, and then I went ahead and took *Antimonium crud* and *Arsenicum* as well. So, I really would not have had much of an indicator of which ones were acting.

Kate: As we're talking about this, I want people to understand. You're not just taking one dose of *Arsenicum*, one dose of *Sulphur*, half an hour later, a dose of ...

Joette: Thank you for saying that. No, no, no, you have to commit to it. When I was in a real acute state, I was taking these remedies approximately every three to four hours. As it backed off and wasn't as severe and my eye was no longer flipped inside out (my eyelid), then I was able to open it up and take each one of them maybe twice a day.

Kate: So, give us a more in-depth picture, Joette. Because maybe you took *Arsenicum album*, every three or four hours, and *then* you would switch to another remedy? Or did you take *Arsenicum album* and then *Antimonium crud*?

Joette: I actually took [*Antimonium crud* 6](#) and [*Arsenicum* 200](#) simultaneously.

Kate: Because that's a protocol.

Joette: It's a protocol. I decided on *Antimonium crud* 6

because it has a unique aspect to it, and that is itching everywhere. Not because there's a rash everywhere but it's just here an itch, there an itch, everywhere an itch-itch.

Kate: Now, that's confusing to me because I thought the *Antimonium crud* was for the rash or the eczema (some skin condition), and then the *Arsenicum album* was to take care of the itching.

Joette: That is so, except that *Antimonium crud* is also useful for itching and *particularly* when the itching is here, there, and everywhere. Those two, *Antimonium crud* and *Arsenicum album* are very interchangeable in many ways.

So, that's what did it. I mean, now my eye looks a little funky, and the other one looks not so great. But I don't look like there's something wrong with me. I look aged by about eight years, before it was 15 or 20 years. Now, I'm in my 70s according to my eyes!

Kate: So, when you say that's what did it, it's the *Sulphur* that did it.

Joette: Oh, my gosh, the *Sulphur* did it. There's no doubt about it.

Now, how long will this hold up? I don't know. We'll find out. I'm going to be using it for the next many days until this has completed. So, I'll be taking *Sulphur* 200C, twice

daily probably for another week or so.

I've not been swimming in my beloved pool. I've not swum much in the ocean because the ocean where I live right now is just *loaded* with seaweed. I mean not just a little bit; I mean you're covered in it. You can't swim in it very easily without it just covering you. So, I'll wait until that passes, and then I'll get back into the ocean. Then I'm going to try the pool again. I've got to find out whether or not it's the pool.

The need for *Sulphur*

Kate: So, *Sulphur*, to just recap, is a great medicine for skin ...

Joette: ... eruptions, especially when you've tried many others, and nothing is acting. There's itching everywhere – and especially if you can rationalize it with a history of the need for *Sulphur* all along. In other words, the skin issue is likely presenting from a history of suppressed eruptions.

I'll go back and explain that I had eczema from the time I was 6 weeks old until I was about 13. I didn't have just a little patch here or there; I was literally blanketed in it for the most part. We used steroid ointments. You name it, we used all the drugs that were available at the time in the '50s and '60s. There were plenty of drugs to use.

So, when we see that kind of a picture, then we, again, put *Sulphur* in the backburner because it is so ubiquitous when we look up skin conditions in the repertory. We keep it kind of at bay, unless it's screaming. If I had been super-hot – these are characteristics of *Sulphur*, of the need for the remedy *Sulphur* – if I had been super-hot which I wasn't; if I had been sloppy.

My desk is kind of sloppy lately, but I mean *really* sloppy. I keep a very tidy house. *Sulphur* is usually messy. They have a sloppiness. They are very intellectual. (I don't think I'm that intellectual. I think I'm more involved with people than I am with the intellect.) But if you see a lot of that, then you move a little more towards that. Diarrhea can also be present, that kind of thing.

Kate: And maybe an odor?

Joette: Yes, if there were odors. Now, no one in my family reported anything like that, so I'm going to assume that I was okay in that department.

Or there can be odors that are detected by someone who needs *Sulphur*. In other words, they are someone who is sensitive to smell, sensitive to chemicals and perfumes, and bad odors – the odors of a dirty dog or garbage dump or something. And I *do* have that. There's no doubt about it. I am sensitive to odors. Nothing like I used to be, but I still have that. So, that did fit as well.

Suppression

Kate: Someone might say to you, “Joette, you’ve been taking all of these remedies. You’ve tried all these different remedies for the skin condition. Well, now, what is going to be suppressed because of the different medicines that you’ve used?” I think you’ve mentioned that to me recently that you’ve heard people talking about medicines can be suppressive.

Joette: I say to that, ‘Oh, pshaw.”

I’ve heard a couple of people talk about that recently, and I’ve heard it of course through the decades. In my estimation, it is a classical homeopathic way of looking at using homeopathic medicines. I fear that there is something behind that when classical homeopaths instill in their clients, and/or patients, or students that they should not be using these homeopathic medicines on their own, and that they are instilling a weariness that is uncalled for.

We need to be able to treat ourselves.

Now, let me say, I’m going to put that juxtapositioned to the other side of the story that is: you don’t want to just willy-nilly take remedies, one after another, after another, after another. It may have sounded like that to you when I’ve described this to you earlier. That’s not how I did it,

and I suppose I could go into a little more detail, but ...

Kate: And this has been over weeks that you've done this.

Joette: Yes, yes.

We don't want to be sloppy. We don't want to choose our medicines from fear and from angst saying, "I got to do something! I got to do something. I'll do this. I'll do this. Okay, no, then I'll do that. Oh wait, maybe this is it. Maybe that's it." I discourage that greatly. That's what I teach against – that behavior – in my courses and on my blog, too. (I hope I come across that way on my blog as well.)

But on the other side of it, we do need to learn how to use these medicines. What I mean by that is, how do you learn to use them if you don't *use* them? You've got to. So, by my using the wrong "homeopathic medicine" does not mean that I will strip myself of the ability to get well because it was wrong. It is not, I believe, *suppressive*. I believe that it will, in fact – as you take the incorrect medicine, and you find out that you have – now you've got something *more* to read.

Of course, we're always reading symptoms. So, what we're reading now is the next set of symptoms that may have come as a result of having taken the previous incorrect medicine. So now, what's presenting more than ever?

Well, now more than ever, after taking *Arsenicum* and *Antimonium crud* for example, and I also took *Petroleum* earlier on, I found that the itching was worse than ever. I'd had the itching around my eyes, but now the itching was en masse because my entire body was itching. So, *that's* what then led me to the idea that I should consider the remedy that was sitting on the backburner – and that was *Sulphur*.

Kate: Let's talk about that fear, too. We were talking earlier about "don't just jump from one remedy to the other out of concern for the situation or the person." We want to be thoughtful in our remedy choice. But also, you've talked many times about if you take an incorrect remedy, taking the correct remedy will *antidote* the incorrect remedy.

Joette: That's right. That's absolutely right.

Kate: I think we need to know that you did – I think I remember you saying in your Facebook Live – you did take *Camphora* 200 one time in this process?

Joette: Yes, I did. I don't remember what was happening, but I felt worse. But in the beginning when my eye was as swollen as I described it, *Apis* seemed to make a lot of sense. After taking *Apis*, some of the edema went down, but then under my eyes started to crack. I was forming fissures under my eye and above my eye. There was darkness all around it. It was starting to occur in the other eye as well. It was exuding liquid.

I said, "Oh, my gosh! This is the remedy *Petroleum*." We were going to talk about *Petroleum* today. The indication for the use of *Petroleum* is when we see cracks, especially if there happens to be some oozing of clear fluid. So, that came next, and so, I took *Petroleum*. *Petroleum* got rid of the fissures.

I still wasn't finished with what was going on with my eye. *Apis* took down the extreme edema. *Petroleum* took away the cracking fissures. *Antimonium crud* 6 and *Arsenicum* 200 helped a little bit with the itching but then caused greater itching all over.

I know I'm missing a couple of remedies in there, but that's the crux of it. It was around that time that I realized I really did need to take *Sulphur* 200. Which brings me, Kate, to a very important aspect of this, and that is knowing the potency. *Potency matters*.

Sulphur 30 would not have done it. I took one dose; I saw no change. I took one dose of the 200, and it was life-changing. I was brought back to myself after, I don't know, three weeks of this business.

I believe that this would have carried on, Kate. Because although it was acting like an acute situation, it was actually an old symptom that I'd had as a child. So that it was a chronic, underlying, bubbling-under situation that all I needed was a little impetus, a little stimulus caused by perhaps – I still don't know for sure – but perhaps the

chemicals in the pool that I was swimming in daily that brought it out.

So, I think this would have gone on for a long, long time. If I had gone back in the pool, it would have started all over again. Well, that's yet to be found.

Kate: So, you've been staying out of the pool now?

Joette: I have. I look at it lustfully.

Kate: That's sad.

Joette: Wistfully ... just look at it from my patio.

Kate: So, now you have to find a new form of exercise again.

Joette: Oh, yes. I got a bicycle, but it's hot. You know, when it's 95 degrees, I don't care how early in the morning it is ... you don't want to be riding a bicycle. I don't know.

The thing is what I love about swimming is that I'm gaining skills. It's more than just exercise and pleasure. I'm gaining skills. I'm tightening up my strokes. I'm becoming more efficient. So, it just feels like fun to gain some

greater ability, but I'll find another way.

Skin, The Ugly Truth

Kate: So, all this talk about the skin ... people are dealing with skin issues in the summer oftentimes. So, if you want to know more about the skin issues, Joette, you have a course. It's called [Skin, The Ugly Truth](#). People can look below this podcast in the notes, and we'll give you information if you want to learn more about skin conditions and how to help them with homeopathy.

Joette: Really, there are very few people on earth who don't end up with some skin condition at some point in their lives. What better time to clear that up than in the summer when you're wearing sleeveless and bathing suits, and everybody sees everything?

Kate: Yes. Then you can tell if it's working or not because in the winter if you don't have those issues, you can't tell if the remedies are doing anything necessarily.

Joette: Right.

Getting sick is inevitable

Kate: So, we've covered a lot today Joette. We talked all about the skin. Is there anything else that you want to cover in the podcast today?

Joette: Well, the only thing I want to say is that I want to point out that we'll *all* get sick. We will all have injuries. Homeopaths get sick. Everyone gets sick.

People have said to me, "You get sick? I thought you were a homeopath." That has nothing to do with it. I'm still on this earth. I'm still susceptible. I made a lot of mistakes in my life, and it all comes back at you at some point to a certain degree. So, we're all going to get sick.

But the way to engineer yourself out of it is to learn homeopathy and to step aside from that mediocre – excuse me for being so derogatory – from the mediocre medicine of just slapping on an ointment made of steroids that just forces the body to react in a way ... it doesn't know really how to react properly. It throws that condition often to the future which is precisely why this has happened to me now, in my estimation. This is one of the understandings of homeopathy is that when you suppress symptoms of old, they will come back in the future, perhaps in a more sobering way. Thankfully, it's not more sobering for me. It's simply eczema again, and blepharitis, and et cetera, but it did not turn into red skin syndrome, for example, which is a *very* scary condition.

So, in spite of the fact that we all will suffer, I mean that is part of the human condition, that's what it's all

about being on this earth. In spite of that, we have the tools to be able to get ourselves out of – not every situation, not perfectly – but we do have the tools to engineer ourselves right out of a lot of what we've already done, or what we've got ourselves into, or what life has handed to us.

It is an *upper*, actually, to think of it that way. So, instead of using something that suppresses symptoms, we can use something that corrects them on a much deeper level, so that when I go back into that pool – and we don't know what's going to happen – but when I go back in that pool, I will, hopefully, have a medicine that I can use so that I can, and I will not suffer from it.

Kate: All right, there we have it. Thank you, Joette, for sharing your story with us and giving us more tools that we can use to deal with our skin issues.

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 iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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



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Happy Father's Day: 3 Ways to Convert Your Husband to Homeopathy



Happy Father's Day!

Men, look away for a quick moment. I want to talk to your wives.

Just between you ladies and me, what's the best gift to give on Father's Day?

Please don't say socks or underwear. Let's get more creative!

So, nope, not another tie, either.

Hmmm ... maybe a sailboat? Or a Maserati? Better yet, why not the winning lottery ticket it would take to buy those things?

No, I'm thinking of something more down to earth.

I bet your husband would say you and the family you've built together is present enough. But what if you were to give him a gift that nurtures his loved ones and keeps him healthy,

happy, productive, robust and able to enjoy his life more thoroughly.

You know where I'm going with this.

What if you could convert your husband to homeopathy? What a lifelong gift that would be!

Now, I know many, many of you already have husbands who've joined you, keeping your family independent and powerful through homeopathy. There are families all over the country – all over the world – who are of one mind with their healthcare.

However, there are a few of you who are still struggling to ignite your husband's passion for these medicines. This is for you.

I suggest you persuade him of homeopathy's efficacy through these three avenues: Logic, Practicality, and Experience.

1. Logic

Men are rational beings. (Generally speaking, of course.) If your husband sees homeopathy as somewhat of a “fringe” element of alternative healthcare, let's approach him logically – with information.

Perhaps you haven't noticed it, but on my website, I offer a [Free Community area](#) containing scores of resources, research studies, medical journal findings and worldwide news articles. This area is intellectually delicious. He will be stunned to discover the amount of research and results published.

2. Practicality

What man doesn't want to save money? None of us want to spend more than we have to. Allopathic medical care is expensive – out of reach sometimes, especially if you don't

have insurance.

If your husband has delayed seeing a doctor because he doesn't want to spend the money, or if he avoids taking medication because it's too expensive, then homeopathy is for him! Most tubes of a homeopathic remedy cost between eight and twelve dollars. Can the same be said of Big Pharma's drugs?

3. Experience

Endorsements from athletes are well-known to sell everything from cereal to sneakers. So, apparently, the experts believe men can be influenced by their athletic heroes.

Perhaps your husband might be interested to know the current "Fastest Man in the World," Jamaican sprinter Usain Bolt, has utilized homeopathy for years. Soccer star David Beckham sang the praises of homeopathy after it hastened his recovery from an untimely broken foot. (Granted, there's never a *good* time for a broken foot, but just weeks before the World Cup is truly the worst of timing.)

Professional athletes have been my clients, as well. For instance, you may remember my recalling a story about a hockey player with an ulnar nerve injury in my blog post, [The Funny Bone is NOT Funny](#). Perhaps, [the story of another professional hockey player](#) who suffered from extreme fatigue at the beginning of training camp stuck in your mind. There are many more, but I don't want to spend too much time on this subject.

Share those blog posts with your husband. Let him discover some very hard-core athletes who have used homeopathy successfully to make them more fit for the ice or the track or the stadium.

The fatigued Sabres Hockey player was flabbergasted by the speedy, restorative action of *Arnica montana*. I tell his

story in much more detail in [my *materia medica*](#) (while maintaining his privacy, of course). If you own my *materia medica*, show the entry on *Arnica montana* to your husband.

Or better yet, let him experience the wonders of *Arnica* first-hand, just as that hockey player did.

The next time your husband overdoes it at the gym lifts too much or is just plain physically exhausted from work, offer him [Arnica montana 200](#) twice a day (If severe a few more doses will often do the trick) until he feels very much better. If he experiences a trauma that could lead to bruising, or if he suffers a sprain, grab your *Arnica*. It can also be especially effective as an initial remedy for aching knees. (Stay tuned for a future blog post on additional remedies specifically for slightly more complex problems with knees.)

Topical *Arnica* is becoming ubiquitous in health food stores and mainstream drug stores. Personally, I don't usually use *Arnica* topically as I find it works so well in the oral form. However, some people get great results from the cream or gel, so you can certainly use it. In fact, you can use both the topical preparation as well as the homeopathic pillules if you want. Either way, I encourage you to offer your husband the benefit of first-hand experience. Feeling better will certainly help him become a convert.

What better gift can you give him than the means to be intellectually stimulated, save money and feel better?

Okay, okay, go ahead and give him that wallet or the pair of slippers, and maybe preparing his favorite dinner tonight wouldn't hurt. But this year, make homeopathy his real gift!

As always, pass on the good news of homeopathy! (And I bet soon your husband will be passing it on, too!)

Warmly,



P.S. Joining a study group is an important part of not only your education but also of your ability to educate others. When you begin to dive into homeopathy and experience successes, you'll naturally want others to follow you. So, why not join with like-minded people to learn as much as you possibly can to have clear, informative answers at-the-ready when you are questioned about particular aspects of homeopathy. (You may recall I wrote about this very thing in [Operation: Mother-in-Law](#). Why not use the same strategy with your husband?)

P.P.S And don't forget, on most Monday nights at 8 PM ET, I host a [Facebook Live event](#). Each week we discuss a different topic based on issues of most concern to my clients and students. Ask your husband to sit in with you at the next event. Perhaps if he hears wondrous successes of homeopathy directly from me – as well as from the other attendees – he'll sit up and take notice a tiny bit more when you talk to him about it.



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Podcast 75 – Moms with Moxie: Joette's "Truth Bombs"



IN THIS PODCAST, WE COVER:

02:24	An undiagnosed illness
05:53	Joette's truth bombs
10:57	How homeopathy worked
15:48	Supplements
20:45	A tooth story
26:16	Some dog stories

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Joette's blog, podcasts, and on Facebook](#)

[Fizzy Lizzy CD](#)

[Gateway to Homeopathy: A Guided Study Group Curriculum](#)

[Good Gut, Bad Gut course](#)

[Purchasing a homeopathy kit](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 75.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really

caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi, this is Kate. Today, I'm here with a very special Mom with Moxie. She has some amazing stories that she's going to share with us. It will have you in tears by the end of this podcast. I'm sure of it. But not sad tears, they'll be happy tears! So, I'm excited for you all to get to meet Jennifer.

Hi, Jennifer!

Jennifer: Hi, Kate. Thanks for having me.

Kate: Oh, of course! We are looking forward to hearing how you're using homeopathy. Because, really, in your family, you've seen some pretty drastic, life-altering changes with homeopathy. So, I'm really excited to have you with us and to share your story.

Jennifer: Thank you.

Kate: So, before we get too far, tell us a little bit about yourself.

Jennifer: So, we used to live in New York, and we moved a few years ago to Tennessee. We have animals – chickens, dogs, cats. I raise my three boys. We homeschool, we've been homeschooling for 13 or 14 years now. And, that's about it.

Kate: One of the things that we're going to talk about today, Jennifer, has to do with something that happened before you moved from New York. Why don't you tell us a little about what happened while you were in New York and one of the reasons that you got into homeopathy?

An undiagnosed illness

Jennifer: Well, a few years ago, my son started exhibiting just signs of fatigue and just tiredness, headaches, things like that. So, we took him to the doctor a few times, different doctors. We weren't getting any answers or results. And, there's another doctor (and some friends) who suggested possibly considering Lyme disease and asked if he'd ever been bitten by a tick.

And we said, "Well, yes, actually he has. And that little tick had been on there a couple of days before he was ever even noticed by my son."

So, he started to continue to develop more signs of illness, but we couldn't get any positive Lyme disease test results. So, we just kept looking for answers and moving along in that direction – the path of Lyme disease – just trying to find some connections because he was exhibiting all the typical signs that you would see in someone with Lyme disease.

So, we ended up moving here a couple of years after that. He continued to get sicker and sicker. He was exhibiting signs of insomnia, dizziness. He was having heart trouble, headaches, chronic headaches daily, chronic fatigue. He was unable to run anymore – went from not being able to run to not being able to walk. He just didn't have the strength. He had the headaches. He was just so exhausted. Walking was a chore. Walking made him dizzy.

Any movement made him dizzy, chemical sensitivities and food sensitivities, motion sensitivities, had difficulty walking up the stairs – that was a big one. Walking up the stairs was hard for him to do, and I'm talking about 12 or 13 stairs. By the time he would get to the top, he would just have to either sit on the ground and catch his breath or wait for the dizziness to pass. So, that was difficult for him. He had so many symptoms. I can't quite think of them all. Oh, the sore joints and bones – that was a big one. He had very sore joints and bones.

Kate: So, this was life-altering. This wasn't, oh, some mild illness. He had trouble getting out of bed every day, had trouble just functioning, right?

Jennifer: Yes, every day was a challenge just for him to get out of bed, just so he could get to the couch. Just so he could make it to be around everybody else in the family and try to just engage in some type of daily activity with us. But he didn't have any energy to do anything. And this just progressively got worse over the last few years. We just kept searching for answers through all that time just visiting different doctors, different types of doctors.

The thing is they really didn't give him a diagnosis. Most of the doctors were like, "Well, we don't know what it is. And how about trying gluten-free?"

"Well, we're already doing that. So, what's next?"

We just kept looking because we didn't want to go down any path of unnecessary treatment and to put him through any more stressful situations just because it was hard for him to get in the car and drive with all the motion, and being a lab rat – a pin cushion really – for all of his blood work that he was getting done.

Kate: I can't imagine watching your son suffer like that and not having any answers. That must have been horrible.

Jennifer: It was tough. It was tough. We did a lot of worrying, a lot of praying. I did a lot of crying. There were a lot of sleepless nights for me and for him. It was hard for me to sleep when I knew he was having trouble sleeping. So, that was tough.

Kate: So, tell us what happened next.

Joette's "truth bombs"

Jennifer: Well, I'm very thankful for the way the Lord just brought Joette into our life, and it was unexpected. I was not searching for homeopathy. I had only heard the word "homeopathy" once in my whole life and never connected any dots. But I had a girlfriend of mine forward a Lyme disease summit that was taking place in June of 2017. I decided that I was going to listen to the whole week's worth of doctors and professionals in the Lyme disease area.

So, I sat down. I had my little notebook that I was taking notes on everything that everybody had to say because I was really just hoping for an answer through one of these people. Everyone was wonderful.

Then we got to Joette! Joette was extremely bold and very forward! I just remember the thing that grabbed my attention the most was when she said, "It doesn't matter if you have Lyme disease."

I was like, "What? How can she say something like that? What is she talking about? How could you imagine saying, 'It doesn't matter if you have Lyme disease'?"

So, I was really intrigued by that because I've never heard of anything like that before. Everything that I was immersing myself in was, "Oh, this is going to be such a struggle. This is going to be so hard on your body ... the recuperation time and maybe there will be no recuperation," and you know, on and on it goes with that.

But she was just very bold, and I just loved that. So, I was very interested at what she had to say as to *why* it didn't matter, and what is this homeopathy she's talking about. So, that's when I really dug in and called her office right away.

Kate: You said you used a term for Joette.

Jennifer: Oh, yeah! She drops these big "truth bombs" on you!

Kate: That's right. "Truth bombs!" I love that.

Jennifer: That's what it was! When I first heard her say that, I literally could have fallen out of my chair if there hadn't been arms on it. I would have dropped right over.

But I was like, "What is this thing that she's talking about! How could it not matter?"

She gave the example of the iceman from 5000 years ago, I think she said. So, she backed up everything she said. I'll be honest. At first, I was a little offended because here we are with our daily grind of suffering, and "How do we get out of this place that we're in because my child is getting older and older. He's got to graduate. He's got a life to live. We can't get past the front door."

So, I was a little offended at first, but that's what I needed. We need to hear truth and sometimes truth is a little shocking. Maybe it hurts a little bit, but it gets you to move.

Kate: I'm interested to know, what was it like when you actually consulted with Joette? How did that go?

Jennifer: Well, it was great. I was able to get an appointment with her. It took us a little while because I had to talk to my husband and, you know, try to explain to him what homeopathy was even though I really didn't have any idea. But I was just trying to learn as much as I could from [Joette's blog](#), and listening to these Moms with Moxie [podcasts](#), and listening to her [on Facebook](#) when she does her live talks and things. Any recordings I could find, I was just trying to gather information so I could relay that to my husband. We listened to her [Fizzy Lizzy CD](#) together, and that was really helpful. So, he said go for it. I made an appointment with her in August.

We decided that we would stop supplements and vitamins and anything else (essential oils, herbs, teas. We were doing

everything). We were very naturally-minded to begin with. So, we were doing everything that we could nutritionally being gluten-free, dairy-free because those were all things that he was very sensitive to. So, we had eliminated those things. We lived on a farm in New York. We were raising our own meat, and our own vegetables, and things like that. So, we were not guzzling soda and potato chips and the sad American diet or whatever they call ... "standard" American ... It is sad, but it's *standard* American diet.

Kate: You actually let him eat whatever he wanted to at that point as well, right?

Jennifer: Yes, yes. We said, "You are free to eat whatever *you* can handle at this time." Because obviously, he was sensitive, and he was already fatigued. And then if he ate something he was sensitive to, he would get lethargic and blurred vision. He would just go down even worse ... and stomach upset, and the whole rigmarole of all that.

So, we just said, "It's up to you."

Joette said, "We're not going to know if these remedies are working if you're completely avoiding all these foods." He wasn't allergic to them. He was just intolerant to them. So, it's a different story there. So, he *could* have a glass of milk and see, "Gee, how do I feel? Is this getting better or worse or whatever?"

So, yeah, we decided to stop all the other extras because we

wanted to see exactly what homeopathy could do and if we were putting our money in the right answers for him.

Kate: So, fast-forward now.

How homeopathy worked

Jennifer: So, fast-forward of a few months, and it was probably October – from August to October. We went out to an indoor waterpark (which was huge that he was even able to go with us to that). He went up these stairs which were, you know ... waterslide, the stairs are huge. He just went up this humongous flight of stairs, and I wished I knew how many steps there was. But I just remember thinking, “Oh my word! I have got to take a picture of this and send this to Joette,” because I was floored! I was just absolutely shocked, and a picture is worth a thousand words.

And I am holding back tears. I had to snap a shot of that for myself – and my husband because I wanted to show him. But I was just thrilled that he could climb those stairs, and spend the day with his friends, and enjoy what he’d been missing out on so many years. So, I just love having that picture as proof that we were just moving in the right direction.

Kate: You know, it’s funny because we talked earlier, and we both were crying when you were telling that story. Well, this time I’m not going to cry. I just had to struggle to hold back the tears because what an amazing thing that is to

watch your child who couldn't climb stairs, climb all the way up!

And that visual! Joette showed us actually, in staff meeting, the picture that you sent to her, and we all were just so thrilled for you. We're just so happy that homeopathy been such an amazing thing for your family.

Jennifer: Yes, it was just shocking, because it felt like 12 or 13 steps to get up to upstairs in our house. And for him to not even be able to do *that*, and then to be able to go up (and then down) the slides, to be in the water with all the chemicals that they dump in ... I mean, you walk in there, it's an indoor pool! It's an indoor park. So, you get hit in the face with the chlorine as soon as you walk in. For him to be able to do that in such ... I think three months is a short amount of time for someone who has lived with chronic illness for a few years.

So, I just can hardly ever tell that story without crying – and all the other ones like it. But it is just miraculous to see.

Kate: That's so great. I'm so happy for you, guys. So now, you've said he's even working, and he runs.

Jennifer: Yes! He runs. He can run a mile in under seven minutes. He works 30 hours a week. He's involved in leadership training. I don't even know what the number is – hours of community service that he's done. He went and

assisted during hurricane Florence for a whole week and was there passing out food and water and tarps and just helping people in need.

I'm going to start crying again. I have to pause. Oh, my gosh!

Kate: Oh, my gosh! Probably everyone else who is listening is crying, too, at this point.

Jennifer: I'm getting bleary-eyed. Bleary-eyed. I can't see.

Kate: So, you were so sold on homeopathy that I think the next thing you did was you started a Gateway group, didn't you?

Jennifer: I did. That November. I mustered up, not knowing many people here because we had just moved here. I was able to muster up a couple of girls. I started the Gateway group because I wanted to make sure that I didn't have to rely on any over-the-counter meds, any antibiotics, or anything like that. I wanted to make sure that he could just keep moving in this direction of progression. One of the things that Joette had said in the first meeting that we had back in August was she wasn't going to tackle it from a Lyme disease point of view. She suggested that it was a gut issue that we were potentially dealing with. So, we went at it from a gut point of view, and that is working beautifully.

Kate: Well, the way that you guys went about it was obviously very effective and has helped him to regain his life which is nothing short of miraculous. (I mean, not when we *know* about homeopathy and how it works.) But just to see his life change like that is great. I imagine you shouting from the rooftops about homeopathy now and how excited you are.

Jennifer: Yes, yes.

I do want to say another one of those “truth bombs” that she dropped on me which will just lead into what I’m going to say next. When we were again in that first meeting, the reason why she had gone with the gut issue is because we didn’t have a definitive diagnosis that it was indeed truly Lyme disease. So, one of the things she did say to me, though, about the supplements ... We were talking about supplements, and she said, “So, why are you supporting your problem?”

I was, like, “Ahhh, uhmm, hmm. I don’t know.”

Kate: So, explain a little bit more about what she meant by that.

Supplements

Jennifer: The supplements weren't correcting the problem. We were on them to try to alleviate some of the discomfort, the tiredness, maybe some of the sore joints. It wasn't doing much of anything, honestly, but I didn't have any other answers to go on, so we just continued to use them. So, she was really just bringing that to light, as to "Why do you continue to go in this direction if nothing is being accomplished?"

Kate: I think that's really good because we have to think about whatever it is that we are doing. Is it really correcting the problem, and what direction are we moving in? Is our body being healed, or are we just sort of getting by every day, and nothing is significantly changing? I think that's what you're saying if I'm hearing this correctly. That supplements were fine, and maybe they'd help some. But if you went off the supplements, then there was no change really. You just went right back to the same situation.

Jennifer: Right. We were just basically treading water. We were just sitting there, treading water. We weren't moving in any direction.

Kate: That was another "truth bomb," right?

Jennifer: That was another "truth bomb."

I literally sat there, and I was like, "Uhhhhhhhhmmmmmmmm. I don't know the answer to that question. Do I *have* to have an answer?"

Because we really weren't seeing anything really come of taking all those vitamins and supplements and herbs and all these things we were doing. But I felt like I *had* to do something. I couldn't just sit by and do *nothing*. It just was making us feel a little bit better that something was being accomplished because we weren't getting answers anywhere else. So, it was nice to hear the truth.

Kate: Yeah. So, tell us what your cupboards look like now if someone came over and needed something.

Jennifer: Well now, my cupboards are strictly homeopathy. I do have some essential oils still in there.

After I took [Joette's Gateway course](#), I felt very confident with being able to tackle illnesses that arose whether they were acute or chronic. So, I decided to get out my garbage can and make my way through my cupboards to my pantry and my drawers. I dumped over-the-counter meds, and Tylenols, and Advils, and cold and flu, and things like that. Even though we didn't really use them that often, because I did try to go the herbal and essential oil route and things like that, I still had them as my crutch in case I couldn't tackle the illness on my own.

We were able to see the beauty of homeopathy by eliminating migraines from our lives and headaches and diarrhea and indigestion heart burn. What is there? Pinkeye, there were so many things that we were using homeopathy for that would just pop up into our daily lives unexpectedly. I had not

reached for any of those things. I hadn't even reached for my herbs, my tinctures, which is what I essentially always reached for 99 percent of the time before I had homeopathy because I didn't have anything else to go on except for those things.

But I still love herbs, and I still love essential oils, but I don't use them for tackling illness now. If someone looks like they're coming down with an ear infection; we just go to the appropriate remedy. Someone's getting a sore throat; we go to the appropriate remedy. Pinkeye? Not a problem. I laugh in the face of pinkeye! I don't worry about that anymore. But before I would be like, "Oh, I hope I can cure it early," or whatever. But I just, "Oh, you got a little pinkeye? Take the right remedy. You're good!"

You know?

Kate: I don't know if you feel like I do, but when I hear of people investing in huge essential oil kits, I want to tell them, "No!" Not that essential oils are bad but get a homeopathy kit because it can save you!

Jennifer: Yes, yes. That's exactly it. Like I said, I still have my oils because number one, I love them, and I spent a lot of money on them. But I use them for just enjoyment purposes.

Kate: So, after the *Gateway I* study group, did you take another course from Joette?

Jennifer: I did. I ended up taking the [Good Gut, Bad Gut](#) course because I felt like I was ready to take my training wheels off and venture out on my own. So, that's what we did. I took the *Good Gut, Bad Gut*, and I absolutely loved it. It really just gave me a ton more confidence. So, I just loved that course. I really enjoyed it.

Kate: Now, you've been using homeopathy for a couple of years, and I imagine that you have a lot of other things that homeopathy has helped your family with. I know there's one story in particular that you talked to me about. I know so many of the listeners would like to hear about it, and that is your tooth story. So, tell us about that.

A tooth story

Jennifer: Yes, the tooth story. Well, it started last March. Yeah, I think it was last March. I went into the dentist, and I had a cavity starting in between my molars. I had one starting in my front tooth which is horrifying to hear. She told me that my X-ray showed that I was losing bone in my jaw. I had some bone loss. I was ... in the same section, I had receding gums starting. Also, from a previous filling that I had had in that same section, I don't know if you'd call it tooth sensitivity? After I had had a filling done there, I had a very hard time chewing or eating anything on that side. It would just shoot like electric pains through my jaw. So, I was very cautious to avoid eating on that side of my mouth. So, these are all these problems going on.

I was already gluten-free. I was trying all these things naturally to try. It didn't dawn on me yet to try homeopathy. You know, you always put your kids first above yourself. You're like, "I'll get to myself later." But still, I was like, "It's time to do something here."

So, when I got that information at last year's dentist appointment, and I had the X-rays, and they were showing that I had those problems, first I scheduled for my filling. I went home and panicked because I hate drilling, filling, cleaning, anything. I hate it all. So, I called, and I cancelled.

I decided that I was going to do this. I was going to figure out how to reverse my tooth decay essentially. I went on Joette's blog. I read as much as I could whenever she talked about cavities. I went on the Weston A. Price website and read about the teeth on there. I had also had the privilege of listening to Joette talk a lot about the benefits of raw milk and what it can do for your bones and your health and all that. So, I was able to talk with her a little bit more when we had one of our meetings together.

So, fast-forward a year, and I've been doing *Calc phos*, *Calc fluor*, and *Silica* (or *Silicea*), and I've been taking those twice daily. I went to the dentist this early April, and I had X-rays done. I was super excited to get my X-rays – which in all of our charts says, "No X-rays unless absolutely necessary!"

But I was like, "Oh, is it X-ray day? I'm so excited to get my X-ray! I really, really want to see what ..."

Maybe I didn't really want to see. I was like, "At least if it's halted, I'm happy." But I would have loved to hear that it had been reversed.

So, I had my X-rays done, and the dentist came in, and he did his thing. He checked my mouth and everything. She pointed out the cavity between my molars – because that was of concern because I was supposed to have it filled and cancelled that appointment. He said, "Huh. There's nothing really there. No, you don't have to worry about that."

So, I was so excited. I'm just trying to act nonchalant. I really wanted to jump out of my chair and be like, "What? Are you kidding me?"

So, I just was like, "Oh, okay, that's great."

So then when he left the room, I was like, "Can you show me the before and after pictures? Can you pull out last year's X-rays? I *have got* to see this for myself. I want to see last year's X-rays compared to this year's."

So, she was really gracious. She did that for me, and she showed me where the cavity was last year. Then there was just teeny, teeny, little speck of a little spot that she's like, "No. There's essentially nothing there."

I was like, "Okay!" I knew that I had to keep going with my remedies because I'm not fully, *fully* there. But I was so excited that I left the office forgetting to ask her about all the other issues that had been mentioned in last year's appointment.

So, I had to give her a call back. I asked her about the bone loss and the receding gums. I already know that my tooth sensitivity is virtually gone, unless of course I would chew on a popcorn kernel or something like that. She said my bone loss had stopped. My receding gums have stopped. Not improved, not reversed, but had halted which I was still very, very thrilled with.

And I said, "What about that front tooth cavity? Did you see anything there?"

She was like, "No, you're good."

I was like, "Good, as in it 'stopped' or good, as in 'you don't see anything'?" Because that means something to me. I want to know exactly what we're looking at.

She said, "Oh no, there's nothing to see."

I was like, "Hallelujah!" Because I don't even know what that would be like to have your front tooth drilled. I can't

even imagine.

So, I don't have to worry about my front tooth cavity. My molar cavity is essentially almost non-existent. So, I'm just going to keep guzzling my raw milk because I have that every day. I've been doing that for a year. I'm just going to continue with taking those three cell salts twice a day until probably next ...

Well, I don't know how long I'll go but I'll definitely want confirmation in my next year's appointment in my X-rays to make sure it is completely invisible.

Kate: Well, I think that is fantastic, Jennifer. This is why I wanted everyone to hear this because I wanted to know that this was possible. You hear of people reversing their cavities, but to talk to you face-to-face and know someone that personally had their cavities reversed is, I think, super-encouraging. So, that's great. Thank you so much, Jennifer, for sharing that with us.

You also have some stories about your dog. So, share with us just briefly about what happened with your dog.

Some dog stories

Jennifer: So, I love the animal stories because it always irks me when people are like, "Oh, it's placebo. It's just a little sugar pill." I just love the animal stories because

they're just flies in the face of that.

But my dog, she had a severe bite not that long ago, a few weeks ago. She had had a little tussle in the woods with some type of animal. So, it bit her back leg, left two gaping holes on her back leg. We treated those strictly with homeopathy. We used the *Ledum*, *Hypericum*, *Arnica*, and even *Staphysagria* because we just wanted to make sure we were hitting it with all the infection-fighting ones because we couldn't treat her with anything else like washing it with soap and water. That just was not going to be a possibility. She was not going to allow us to do that. So, that's one of the other things that I love about homeopathy.

She was healed and good to go in a week. She was all closed up. She healed beautifully. It was effortless on our part. We just had to administer the little pills, and she never got an infection. There was never even a sign, and it was a really deep gash.

One more story about our dog. Last year, she had a bladder infection. I noticed she had puddles every time she got up and moved, and she was very uncomfortable. So, I realized that she had a bladder infection. So, to deal with that, I chose a couple of different remedies, *Aconite* being the main one that I used due to the fact that she had been out swimming in the hot and then coming in to the cold air conditioning – doing that over and over. So initially, she's probably experiencing a shock to the body.

That was really amazing to see how after the first dose, the

puddling had stopped. She just continued to improve after that, and there was no more sign of that. But I did continue for a couple of days, just to make sure that we didn't have to worry about the puddling anymore for her, and that she was happy and content.

Kate: So, as we wrap this all up, just share with us some of your wisdom today about using homeopathy.

Jennifer: I would think that one of the main things for me that really helped me to take off and feel confident was not only taking the Gateway course, but definitely [purchasing a kit](#) – as you learn in the Gateway course how important a kit is. I would say that that's absolutely correct. Because without the kit, you can't accomplish these things as quickly as you should be able to because you wouldn't have the proper medicine on hand. So, it's nice to just be able to reach for my kit. I do have a lot of remedies, but I don't have *all* of the remedies. So, I know that I have my kit there to buy me some time, so to speak.

As our dog got the bladder infection, I did not have every single remedy that I needed for that. So, I was able to use my kit to buy me some time, to go online, to purchase the remedy. By the time it came three days later, I didn't need to give her anything anymore. But I had enough there for me to go on to do what I needed to do for her. So, without the kit, I would have ended up in the vet's office. Who knows what else I would have had to spend? So, the kit pays for itself time and time again. That is huge for me – was the kit, just making sure that I have everything I need at my fingertips to take care of business.

Kate: I totally agree. I talk to people all the time and they ask me about using remedies. Then when we figure out a remedy, so often if they're new to homeopathy, they don't have a kit, and then they're stuck. They can't try those remedies. So, yeah, I think that's really important.

Jennifer, thank you so much for sharing your passion for homeopathy with us and all of your amazing ways that you've used homeopathy. I'm super-encouraged, and I know those listening today are also encouraged. So, thank you for taking the time with us today, Jennifer.

Jennifer: Thanks so much, Kate. I had a lot of fun.

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 iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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

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

My Bad!



When a homeopath has been in practice for a while, they continually make discoveries. At least I have.

Don't get me wrong.

I learned great underpinning stuff studying classical homeopathy! But real-life situations aren't always included in textbooks – in homeopathy or *any* profession, for that matter. It wasn't until I had been in practice for a long time that I was able to understand homeopathy and health more fully.

The sheer number of people I've worked with has allowed me to come up with answers I would otherwise have not been able to uncover.

There are foundational aphorisms in classical homeopathy. But nothing in life is consistent across the board. With so many different kinds of people in the world and thousands of various health conditions and illnesses those people can suffer, how could there be one rule that holds true for every person and every condition? It just can't be!

And with experience in practice, we learn “exceptions” to these rules ... modifications to previously held thoughts. This is what I look to impart to you.

Let me give you an example. I had a client who suffered from severe arthritis. Her pain was so severe, she could barely walk from her bedroom to her living room; she couldn't unload her dishwasher; she could barely move. She was in so much pain, she spent much of the day asleep because her body was under siege.

I taught her about *Rhus tox* 1M, once a day.

Well, a friend who was studying classical homeopathy warned her, “My God! NO! You can't take *Rhus tox* 1M once a day every day! You'll prove it!!”

And that's exactly what I would have thought when I was a young homeopath, too.

But after I had been in practice for a while, I learned

differently. I realized when you use a medicine that works really well but suggest that the client use it for only a week, the condition generally returns when they stop using it.

Then they have to use the medicine again for another two weeks. Then stop it again. Then restart it. Stop. Start. Stop. Start.

After witnessing this pattern in dozens and dozens of clients, I realized, "What the heck are you doing, Joette? You're making these poor people suffer between the times they were abstaining because you don't have confidence in being able to use your medicines every single day for months?"

This was my problem, not the remedies' problem. It was basically MY BAD!!

So, I changed my own adherence to a classical rule – a rule that need not apply.

In the ensuing years, I have learned clients automatically run out of their remedy. Maybe they just aren't suffering as much, so they don't rush out to the pharmacy to replenish. Or perhaps they travel and forget to pack it. But eventually, for one reason or another, they stop taking it.

Now I am confident enough in homeopathy to accept there's no need for an arbitrary, across-the-board time limit on the remedy.

If their condition returns, then we know they're not done with the remedy. They should stay the course. If the condition doesn't return, then we know we've made a good headway.

I've changed my obedience to many other rules. I've come a long way from the rigidity of classical homeopathy because I

have been in practice for so long and observed so much.

Discoveries are made continuously throughout a homeopath's practice.

Take the Drs. Banerji, for instance. There are countless examples but let me give you just one: a discovery they made in their clinic in India while treating 1,200 patients a day over decades. I debated a bit about sharing this story, but it is so fascinating! It's something you certainly won't find in the textbooks!

The condition? Shoulder Bursitis.

Many joints contain a bursa sac filled with lubricating fluid to cushion the joint as it moves. Whether due to an injury or repetitive stress, this sac can become inflamed, resulting in a very painful and frustrating condition. Bursitis can also affect the knees, elbows and hips.

The first remedy we think of for bursitis (actually most shoulder pains) is [*Symphytum 200*](#), taken twice daily until very much better.

But purely by chance – in one of those quirks of discovery that can only happen in a remarkably robust practice – the Banerjis discovered when bursitis affects the LEFT shoulder joint, a different remedy can actually work better!

How did they make this discovery?

A patient came into the clinic suffering from both syphilis and bursitis in the left shoulder. Dr. Prasanta Banerji prescribed *Syphilinum* for syphilis.

You're getting ahead of me here, aren't you?

Yes. After taking the *Syphilinum*, the patient's left shoulder bursitis went away.

So, the next patient who presented with left-sided shoulder bursitis was also given *Syphilinum*. It worked again. And again. And again.

And a Banerji Protocol was born.

(And by the way, this difference between bursitis in the right or the left joint only applies to shoulders. Not knees. Not elbows. Just shoulders. That's part of what's so fascinating about this discovery!)

In this country, even for a left shoulder, we still generally try *Symphytum* 200 first, as it is an easier remedy to find. But if it doesn't act, you now have a very memorable story of the alternative the Banerjis discovered.

Learn.

Learn all that you can. Take in the books. Absorb the texts. But realize that it is the practice of our craft time and again that truly informs us. Without it, it can be our "bad!" Remember the discoveries that historical homeopaths have made, and also ones being made today – possibly even as we speak. So never stop learning!

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

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. How do I do this, you ask? An inexpensive, effective, and *fun* way to learn how to use homeopathy is through a study group guided by my [Gateway to Homeopathy I curriculum](#). It is the perfect place to begin or to brush up on your

basic understanding.

If you want to delve into a subject more deeply, I offer in-depth courses on many issues. [Here's a great Course Selector](#) to help you decide which course would be right for you. You will never regret learning more about homeopathy and taking greater control of your family's health.



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Emergency Remedy Series: Bites Makes Me Itchy. You Too?

**Bites Make Me Itchy.
You, too?**



 **Joette
Calabrese**
*JoetteCalabrese.com
Practical Homeopathy Inc.*

Buster the Bad Office Dog here.

You know me. I'm usually lying around Mom's office – listening. (You never know when someone might say, "Snack!")

Well, this week I overheard Mom saying bites would be the next subject in her Emergency Remedy Series.

Mom's been so busy, though, with her clients, her [Facebook Live events every Monday night](#), her [Study Group live question-and-answer sessions](#), plus conducting her current live class on [Rethinking Detox](#). So, I thought I would try to

help.

With her notes right here on her desk, I decided to sit at her computer and write out my thoughts. I mean, who knows more about bites than ME!?!?

Now, don't get me wrong; I don't bite people! No, no. That's not what I mean. Where humans are concerned, I'm a lover, not a fighter.

No, I used to be on the receiving end of bites all the time. In fact, I used to be a flea magnet. It's like I had a target on my little furry self. No matter where I went, or what I did, they found me!

But this blog post isn't about me.

Fleas bite people, too! Did you know that? In fact, people get bitten by [mosquitoes](#), ants, [no-see-ums](#) and all manner of annoying, little creatures. Sure makes me glad I'm not a human.

For any bites resulting in itching and hives, Mom now often chooses [Arsenicum album 200](#), especially when the itching is accompanied by a sense of frenzy. You know what I mean: feeling like you can't quite scratch it well enough to satisfy the itch – and you might just lose your mind! Mom has had great success with *Arsenicum* 200 taken every few hours, depending on severity, tapering off as symptoms improve.

For wasps, bees or painful bites, the best Emergency Remedy is [Ledum palustre 200](#). In fact, Mom says the first thought after *any* kind of bite – from a dog, a bat or even a rat – should be *Ledum* 200. It's also generally taken every few hours, depending on severity, and as with other remedies, *Ledum* is discontinued when the injury site is feeling very much better.

In the instance of an animal bite (say a raccoon or a squirrel bite) when possible infection is a big concern, Mom also uses a Banerji Protocol: [Hypericum perforatum 200](#) taken with *Arsenicum* 200. She calls it *HyperArs* for short.

(I love it when Mom uses short names. When she uses my full name, I *know* I'm in trouble!)

Lastly, here in Mom's notes, she mentions [Apis mellifica 200](#) as an Emergency Remedy for bites causing, um, "edematous swelling."

Good grief! Edematous swelling? I don't know what those big words mean, but it sounds terrible, doesn't it? Luckily, Mom goes into more detail about *Apis* and its uses in one of her [Facebook Live events found here](#). I bet she explains it so thoroughly even I would understand! (You really should watch her video to learn more.)

Mom is so smart. She always knows exactly what remedy to use. I'm lucky. Because of her (and homeopathy, of course), I never worry about emergencies!

In fact, when we used to live out in the country on beautiful farmland, I would roam with no fear. It was my world! When other animals came onto my property without checking with me first, I'll admit I would get a wee bit protective. Just a bit.

Okay, okay ... I'd go after them with a vengeance.

(Well, at least I barked a lot.)

I've gone after possums, raccoons, you name it. But one day, I cornered a squirrel in our chicken coop! I had him right where I wanted him. But apparently, that hit a raw nerve with my parents. Dad ran over and snatched me up into his arms, and boy, was Mom mad! She shook her finger at me.

I've seen my share of the old "finger-shake" before. But

this time, she shook it so hard, I thought her finger was going to fall off.

Then she started yelling. “Bad Buster! Bad! That squirrel could’ve bitten you!”

I wanted to say, “What’s the big deal, Mom? I know you have a remedy for everything ... even for animal bites. With a little homeopathy, I would have been fine!”

But the look on her face led me to believe it wasn’t the time for me to argue with her. (Besides, she doesn’t seem to understand what I say. It’s almost like she doesn’t speak dog.)

However, just between you and me – you can live without fear, too! Keep learning from Mom’s Emergency Remedy Series, and you’ll be ready for anything. Emergencies happen to everyone. So, as Mom says, pass on the good news of homeopathy to your friends and family so they’re well-prepared, too (especially if they like to chase squirrels).



P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don’t forget: if you order from [Boiron’s website](#), you can receive 20% off your order by using the coupon code: joette.

(And just so you know ... I do not partake in any affiliate programs. I am not being compensated for sending you this information. It’s for your convenience only.)

[Aconitum napellus](#) (Shocking events)

[Arnica montana](#) (Fatigue)

[Rhus toxicodendron](#) (Delayed onset neck pain and headache)

[Pyrogenium](#) (Sepsis)

[Ledum, Apis, Arsenicum album](#) (Bites and itching)

[Aconitum napellus](#) (Eye injuries)

[Hypericum perforatum](#) (Injury to nerve-rich areas)

[Arsenicum album](#) (Food poisoning)

[Cold Calm®](#) (Colds)

P.P.S. You may remember, I've written two blogs in the past about my experiences with fleas: [Fleas: A Homeopathic Solution](#) and [Buster and The Battle of the Fleas](#). In those posts, I shared some of the remedies Mom has used to relieve my suffering. I'm probably going to get in trouble for this, but I overheard Mom is working on her own solution for fleas. So, stay tuned for announcements in the future!



Condition: Concussions
Remedies: Aconitum 300s, Arnica 300s, Ledum pal 300s, Belladonna 60s or 120s, Cuprum met 60s
Details/Directions: Administer immediately to deal with the shock of injury. and alternate with Arnica as needed (approx. every 15 min.) Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.

More info at:
<https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>

Joette Calabrese
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Remember.

Memorial Day



When at a gathering, as friends were wishing each other a “Happy” Memorial Day, my staff member realized that this occasion was not at all happy for him. He had lost dear

friends and compadres and was lucky to have escaped with his own life. This was a solemn day.

She apologized.

"I'm so sorry we are caught up with enjoying a day off and planning to head out to the department store sales instead of spending more time thinking about what you went through and the friends you lost."

"Not to worry," the veteran replied. "The men I served with fought and died to ensure that their loved ones at home could live normal, happy, free lives. That was our entire motivation ... what kept us going. Your ability to buy that refrigerator on sale would have made them feel they did their job!"

Wow.

Of course, that is just one man's opinion, but it is quite profound.

Today, as we enjoy our Memorial Day celebrations, gatherings or mall trips, let's take a moment to remember the reason for the holiday. Remember the men and women who died to keep us free.

Remember.

And doubly appreciate the sale price you get on your new appliance today. Another person's sacrifice made it possible.

Warmly,



P.S. For those veterans and family members who are suffering – especially today, I wrote a blog post a couple of years ago on the use of [*Ignatia* for PTSD, grief and stress](#). I hope you can take a moment to read it. If someone you know is having a difficult time, share it with them ... as a “thank you” for their service and sacrifice.

The More Things Change, the More Homeopathy Stays the Same

Things Change ...

Joette
Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.



"BREAKING NEWS!"

How often do we hear that startling alert or read it as a banner scrolling across the chyron on our television screens? How often is the news not very important or, frankly, all that "breaking?"

But worse yet, how often does this essential, new information turn out to be a complete reversal of news that previously broke?

Years ago, breaking medical news said, "Take a daily low-dose aspirin to prevent heart disease."

Many people adhered to the advice as though it were gospel!

Well, a few weeks ago, they changed their minds.

Reversed their opinions.

Rewrote their previous recommendation. And yes, once again, it was big ol' breaking news. [The New York Times](#) covered it; [The Wall Street Journal](#) covered it; even the [AARP](#) sent out notices to their members about it.

But it wasn't news to me!

Over five years ago, I wrote an article for the Weston A. Price publication, "Wise Traditions," about my father's heart issues titled [My Father and the Dead Cardiologists](#). In it, I discussed the complete method I employed to move my father from potentially risky allopathic medicines to homeopathy for his heart issues.

Among the concerns, I raised in my article were the dreadful side effects from the aspirin-a-day regimen my father was placed on by one particular cardiologist. The aspirin caused stomach upset and burning and ecchymoses. My father seemingly had a new black and blue spot every single day! That tiny low-dose aspirin really did a number on him.

So, I encouraged my father to begin a homeopathic protocol I had learned from my teacher, Dr. A. U. Ramakrishnan: [Arnica montana 6](#) twice a day instead of the despicable aspirin. (Later, I learned the Banerjis also use *Arnica* for the same purpose, but in the third potency.) In short order – and I do mean days – my father's stomach problems improved and the bruises and ecchymoses disappeared.

Gentle, polite homeopathy. My father took *Arnica* twice daily for years and outlived one cardiologist after another!

But still, the allopathic medical community insisted patients use that aspirin-a-day prophylactically.

Why?!

Another family member of mine (because I have *lots* of family members, I have *lots* of stories) began taking a low-dose aspirin every day in the hopes of evading potential heart issues. He steadfastly believed he was doing the right thing. But instead of benefiting, he ended up suffering from another side effect of daily aspirin use: hearing loss.

What irony! He had been taking the aspirin in a misguided effort to remain as healthy as possible but now, he was forced to contend with an entirely new pathology. Thus began a cascade of specialist appointments and tests, which resulted in eventual (and expensive) hearing aids – all because of unnecessary aspirin therapy.

All that for nothing!

It's maddening.

But now – too late for my beloved family member – the American College of Cardiologists and the American Heart Association have changed their minds.

Who can keep up?

I certainly can't ... but then again, I don't actually care to keep up with their ever-changing positions about aspirin. To my way of thinking, the more things change, the more homeopathy stays the same. Homeopathy has been practiced for over 200 years. What worked then still works today.

So, I'll keep using my *Arnica 6*.

Don't forget to pass on the good news of homeopathy! Make this *your* "breaking news!"

Warmly,



P.S. I talked more about *Arnica montana* in one of my Facebook Live events. If you haven't already heard it, [click here to listen](#) to the half-hour discussion of this versatile remedy. And I encourage you to join me live as I discuss a new topic each week on Facebook. I enjoy interacting with you and answering questions if time allows. If you can't join live, the videos are stored in [my Facebook page's video library](#) for later listening.

P.P.S. I also encourage you, if you haven't already, to start learning as much as you can about homeopathy. There is no reason to allow yourself to be susceptible to the latest medical breaking news du jour. By the very fact that you are here reading this, you obviously have the power to think for yourself. So, let me help you gain the confidence to do so – successfully. Study groups, guided by my [Gateway to Homeopathy I curriculum](#), are an inexpensive, effective, and *fun* way to learn. If you would like to join a group, I maintain [a Facebook page for you to find like-minded others with whom to connect](#). Come meet your future friends! Groups are starting all the time, all year round, so no excuses! I promise this education will provide a significant paradigm shift in your family's health.



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Podcast 74 – Moms with Moxie: Introducing Teens with Tenacity



IN THIS PODCAST, WE COVER:

- 01:30** A study group for teenagers
- 09:02** ***Apis* for bug bites**
- 10:51** *Arnica* for gymnastics injuries
- 14:48** **The importance of a teen study group**
- 16:10** **Some uses of *Apis* and *Arsenicum album***
- 20:22** What will the teen study group look like?
- 22:50** Closing thoughts from me (Joette)

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Gateway to Homeopathy 1 study group](#)

[Top 100 Remedy Kit](#)

[Zoom \(online virtual meeting software\)](#)

[Podcast 56 – Moms with Moxie: From Learning to Leading](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 74.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Parents dream that they can pass on things to their children that are important to them. Homeopathy is something that we would all love to see our children embrace as they grow and have families of their own.

Today I'd like you to meet a mother/daughter duo that is doing just that ... learning homeopathy together and sharing it with their family, friends and now, sharing their passion for homeopathy through study groups. Sheena has passed her love of homeopathy on to her daughter, Lucy, and the rest of her family. Even Sheena's husband, a practicing physician trained in conventional medicine, is supportive of her family using homeopathy.

Lucy is going to share something very special she is doing in just a bit, but first, I'd like you to hear from Sheena, Lucy's mom. Sheena, tell us what Lucy is doing, and why you think it's important.

A study group for teenagers

Sheena: Lucy is going to lead her own [Gateway to Homeopathy study group](#), and it's going to be just for teens. No parents are going to be invited.

Kate: They're not allowed!

Sheena: We're not allowed. The reason is because teens are different, and their needs and their conversations will be different.

But I think it's really important for that age group to learn homeopathy ... for a couple of reasons. One is that we really are experimenting with our children's immune systems right now. We've never had so many generations where kids have not had childhood illnesses. We don't know what that's going to do because our immune systems haven't been trained the way they have in the past. So, I think these kids are really going to need a medicine to deal with what their bodies will have to be dealing with.

The other reason is teens like to do their own thing. They don't necessarily *want* to do what their parents want them to do. They like to find their own way. They should know how to use homeopathy and decide for themselves if it's the right choice to use it. I think they'll be more empowered if they do that.

The other thing I've really seen with the teenagers is the fear-mongering that adults get, I think, is exponential for the teens: the fear of illness ... just the fears of everything. And fear basically forces us or pushes us to make very bad decisions in a rush based on fear, instead of making a choice based on knowledge. If you make it based on fear, such as the fear of fevers, can lead to bad choices.

Kate: Yes, it can almost debilitate us from thinking clearly because we're scared to think that we can't handle them ourselves. So yes, homeopathy is very empowering in that way.

Sheena: I have a lot of Lucy's friends and my other daughter's friends who I've given homeopathy to – with their parents' permission – and the kids come back to me for more. Not the parents, but the *kids* come back for more because they feel it in their bodies, and they see that it's very curative, and they feel better. Especially, muscular skeletal injuries of the athletes ... I find it really interesting that it's the kids who want more and, in some cases, ask their parents to learn so that they can use homeopathy on them.

Kate: Yes, thank you, Sheena.

We're going to switch over now. We're going to meet Lucy, her daughter, who is stepping out, and she wants to share homeopathy with other teenagers. She's going to start a [Gateway to Homeopathy 1 study group](#). She is looking for other teenagers who might be interested in joining her.

So, I'm excited for you all to get to meet Lucy and to hear about what she's got going on.

Hi Lucy.

Lucy: Hi.

Kate: I'm super-glad to have you here with us today.

Lucy: Thank you for having me.

Kate: You are welcome. Lucy, tell us a little bit about yourself. I know that you're a teenager, and you live in sunny Florida. That's great.

Lucy: It's so much fun.

Kate: If you guys could see Lucy right now, she's super-cute. She has this really fuzzy chair that she's sitting in with her little headset. She's adorable. It looks super comfortable.

Lucy: It is. It's very comfortable.

Kate: Okay. So, Lucy, tell us a little bit about yourself.

Lucy: I live in Florida. I have a younger sister, and we have a small family. We live on the water. I do gymnastics. I do a lot of martial arts, and I really like to read.

Kate: And so, when you say live on the water, do you live on the ocean or is it a lake?

Lucy: It's an inlet.

Kate: Ah, okay. So, what is your favorite hobby?

Lucy: I would probably say gymnastics.

Kate: I think your mom was telling me that you compete at a pretty high level. Is that right?

Lucy: I used to do competition, but now I'm actually on a show team. So, we do shows at Disney and such.

Kate: Really? I've never heard of a gymnastics show team. I didn't know that was a thing.

Lucy: It's very fun. We do some stunts, too. It's a little bit like cheerleading except with much less dancing, much more tumbling, and no talking.

Kate: Okay. So, what's the hardest thing that you do in your show?

Lucy: Probably, a round-off back layout which is a round-off and then basically a backflip except your body is completely straight.

Kate: Yes. You have to get pretty good height for that, don't you?

Lucy: Yes.

Kate: That's sounds terrifying, Lucy. Oh, my gosh! Did you ever have any injuries from gymnastics?

Lucy: Oh, yes, many!

Kate: I bet you used homeopathy?

Lucy: Definitely, for sure.

Kate: Is that how you learned about homeopathy, from your mom using homeopathy when you got in accidents?

Lucy: No. Actually, I originally started learning about homeopathy a couple of years ago. My mom did a Gateway 1 study group, and I joined her rather than doing some of my science for school. It was kind of like my science curriculum for that year. It was very interesting. You know, I question things a lot. I like to know every detail, every fact. So, I was a bit wary going in, and I did a lot of research. But then I realized that it worked pretty well.

Kate: So, is that what convinced you ... is when you saw it working?

Lucy: Yeah. There have been a couple of times when we used it on animals or friends. Well, the animals obviously can't talk, but my friends would be like, "Wow! That actually works. That's impressive!"

Kate: Yeah! So, then you thought to yourself, "Yeah, it does work!" That's great.

So, you went into this Gateway to Homeopathy study group kind of not really knowing what you thought of homeopathy for sure, but you thought, "I'm going to study it. I'm going to dig in, and I'm going to see what there is to this medicine."

Lucy: Right. Yeah. Originally, it was just something that my mom was very interested in, and she kind of intrigued me a little bit. It was an excuse to get out of a couple of weeks of science lessons. So, I was like, "All right! Let's go for it."

Kate: But then, as you start to study it, then what?

Lucy: Then I got very interested in it because I learned lot of good ideas behind it and the legitimacy of the actual theory behind it.

Kate: Yeah. So, you thought that was a really good curriculum, and it helped you to understand more about how homeopathy works and how it's used?

Lucy: Yeah, and even how the human body heals itself.

Kate: That's such a foreign concept to people these days. I think they're used to taking a medicine and saying they're going to rely upon the medicine – as opposed to helping the body to heal itself.

***Apis* for bug bites**

Lucy: Yes, absolutely. For most of my life, my mom had us on very good diet, and we used *that* as a medicine. But in some cases, like obviously because we live in Florida, there are a lot of weird bugs. My sister would get bitten by a bug and have an allergic reaction, and you can't heal with that with bone broth. We needed something else.

Kate: Yeah. Okay, so, now you got my curiosity piqued. When you say, "Weird bugs," I guess I haven't seen weird bugs in Florida. So, tell me.

Lucy: Just like crazy, mean ants or strange beetles. We have unusually aggressive mosquitos – especially where we

live.

Kate: Wow! So, you're getting bit a lot?

Lucy: Well, they don't like me too much. But my sister and mom, they love.

Kate: Oh wow! Okay. This is maybe a good time to share your favorite remedy to use for those bug bites. Why don't you tell us what you guys use?

Lucy: We use usually *Apis* 200C, sometimes 30C. That seems to be the most effective for my sister especially.

Kate: I've used *Apis* 6, too, when there's been a bite, and it's not been severe.

Lucy: My mom uses that a lot.

Kate: She uses that a lot for her bug bites?

Lucy: Uh-mmm.

Kate: I used that once for my daughter who got stung by a bee, and it worked really well.

Lucy: Luckily, we haven't used it on bee stings, yet. Fingers crossed: I haven't been stung by a bee in a while. I stay away from them. I'm very scared of them. But it's nice to know that if I do get stung, I have that.

Kate: Yeah, exactly.

All right, so let's talk a little bit more about gymnastics, and how you've used homeopathy with the different things that have happened to your body doing gymnastics.

***Arnica* for gymnastics injuries**

Lucy: There have been *quite* a few incidents where I've needed to use homeopathy because of gymnastics. Not only are we tumbling, but our routines ... there's many people in them, so very often there'll be collisions or other sorts of things.

There was actually one incident where there was a difficulty with timing. I think someone hadn't been there the day before, and I went on cue, but they didn't. I couldn't see what was going on around me. So, I ended up kicking my friend in the eye. It was very, very bad. We had a show the next day, and we were so concerned because we were, like, "We're going to show up at the show, and she's going to be looking like she just got in a fight."

So, I went over to her mom, and I gave them *Arnica* 1M. I said, "You can give this to her. I think it will help with the bruising." She had no black eye the next day – like, there was no sign of it.

Kate: Wow! That's awesome! So, you were brave enough to go over and tell them that, and you don't worry about what people are going to say. You just say, "Hey, I have this medicine, and it could help."

Lucy: Right. I mean *Arnica* is definitely one of the ones I'm more comfortable with. Usually, I am cautious with offering people things. I don't want to seem strange offering them strange, unfamiliar medicine.

Kate: Yeah. I know it can be nerve-wracking. Because you have this medicine; you know it can help them, but you're hesitant because then they'll ask you, "What is this that you're offering, and how does it work?" And then you have to explain it all.

Lucy: Yes, exactly.

Kate: It can be uncomfortable. That's for sure.

Lucy: But I was pretty confident that the *Arnica* would work on this. It seemed like a pretty textbook case where a high

dose of *Arnica* would be good. It worked very, very well.

Kate: Tell us some more examples about injuries with gymnastics.

Lucy: Actually, one of my best friends was on the team a few years ago, and she ended up kneeling me in the face. Again, I think we had a show in a few days, and I had to fix it. So, I took *Arnica* ... and nothing.

Kate: I bet you have that on hand at all times in your gymnastics.

Lucy: Yeah, absolutely. I get hit quite a lot.

Kate: Have you ever had a concussion?

Lucy: No. Luckily, I have not. I've fallen out of the sky a few times and nearly broken my neck, but ...

Kate: I think if I was your mom watching you do all that, I would be a nervous wreck. I would have to take homeopathy for myself.

Lucy: Right!

Kate: Let's talk a little bit about your vision for a study group. Lucy, you said that you are planning to start a [Gateway to Homeopathy study group](#) for other teenagers. You want to teach them about this medicine. Why are you interested in doing this?

Lucy: Well, I think it would be a really unique thing to do. It would be a good experience because I think it's good for teenagers to have an alternative to popping a bunch of Advil or whatever whenever they're in any kind of pain. I think it's good for us to have a natural way to heal our bodies. Because the world we live in today is pumping us full of all these crazy drugs, that I think it's just good to have ways to minimize that as much as possible and try to heal ourselves more naturally.

Kate: So, you have learned about this medicine, and you just want to share it with others?

Lucy: Yeah.

Kate: So, how are you going about advertising for this study group?

Lucy: My mom is very involved in many homeopathy groups. So, she's contacting those people, posting on Facebook about it. I've asked a few people I know whether or not they will be interested. We're doing a couple of different things.

Kate: I think this will be a podcast that will be great to share with your homeschool groups or on your Facebook page so that other people might see this – or *hear* this, I should say. Then they could contact the office if they want to know how they can get involved in your study group.

The importance of a teen study group

Lucy, talk to those teenagers who are listening to this podcast today. Tell them why they should be interested in taking the study group.

Lucy: Not only is it good for your body, but I think it's also very good for your mental well-being. To know that if you get punched or if you have a bad allergic reaction or something like that, that you have a way to help yourself and avoid just having to pump yourself full of drugs that may not even work the way that you need them to. I think that's very powerful, for especially the crazy world we're in today, to have a good way to heal yourself and be confident in your ability to use these medicines.

Kate: So, it gives you independence. It helps a person, like you said, to feel confident that they have some tools that they can use to heal their bodies rather than having to rely upon a doctor in all circumstances. Because obviously, there are times when we may need a doctor. If we're in a severe accident, and we have a broken bone or something like that, we're going to need to go to the emergency room and be

seen. But homeopathy is so empowering. And, if you learn that early on like you are, just think of how it can really change the *world*.

Lucy: Yeah, absolutely.

Some uses of *Apis* and *Arsenicum album*

Kate: Give us some more examples about how you have used homeopathy yourself.

Lucy: I'm actually, lately, allergic to carrots and apples. Whenever I eat them, my throat gets itchy. My tongue gets itchy. The carrots, I don't care about so much. But I love apples, and I want to eat them. So, what I do is I'll just have an apple. My throat and mouth will start to itch like crazy. I'll just take *Apis* 200C, and it will go away within a minute. So, it allows me to eat one of my favorite foods and still feel fine.

Kate: So, you don't care. You just take the *Apis*. How long does it take for your throat and your mouth to feel better after you've eaten the apple and taken *Apis*?

Lucy: Probably about a minute. It's very, very quick. *Apis* is one of the remedies that I found to be extremely effective.

Kate: Lucy, when you've eaten an apple and taken the *Apis* time and time again, do you find that you react less to the apple?

Lucy: Yeah, absolutely. Actually, my allergy has been getting better and better, which is also very nice.

Kate: So, you, using this methodology – and I will not recommend to anyone out there if you have an anaphylactic reaction that you do this because, obviously ...

Lucy: Oh, yeah, no!

Kate: You need to take precautions. But homeopathy doesn't just stop the symptoms; it actually helps your body to heal. Because I found this in our family as well: that when we've had allergic reactions to things, and you take the homeopathic medicine, then the next time it's not as severe, and the next time it's even less severe ... And so, you're actually helping your body to heal from whatever it's allergic to – which is fantastic.

Lucy: Yeah, absolutely. I'm lucky it's not too severe because then I can eat the apples and do this healing process without putting myself in any danger.

Kate: Right. What is another way that you've used homeopathy?

Lucy: As I mentioned before, I have a younger sister. Once in a while my parents will leave us at home alone and have me babysit her. There was one time when they went out, and she started feeling very, very sick. She was incredibly nauseous. We couldn't figure out what it was from. So, I gave her *Arsenicum* 200, and I gave her I think two doses. She just laid down and went to sleep and was totally fine the next morning.

Kate: Wow! *Arsenicum album*. I think that is quite possibly the one remedy ... if I could only choose one remedy to take on an island, that may be the remedy that I would choose to take because it works so amazing for food poisoning, upset stomach.

Lucy: Yes.

Kate: And a lot of other things, nausea, so many things. You knew what to do? You didn't have to call your mom and ask her what to give your sister?

Lucy: No.

Kate: No, because you've seen this work over and over again, and you've taken the study group?

Lucy: Right.

Kate: How many remedies would you say that you are familiar with, if you had to take a guess?

Lucy: I'm familiar with quite a few. If you give me like a list of them, I will be able to know this one, this one, this one, this one.

Kate: So, if you looked at that [Top 100 Remedy Kit](#), you know the red kit from Washington Homeopathic?

Lucy: Yeah, probably half.

Kate: Yeah, good! So, what are your plans to continue learning about homeopathy in the future?

Lucy: Well, I think that going back and reviewing the basics again with this study group will be good because, you know, it's always good to get a deeper understanding. My mom has a few books she'd like me to read. Obviously, I'll continue using it. I think with more and more experience, more chances to experiment with how different remedies work on myself and others, I'll just continue to learn.

Kate: So, is this something that you're interested in maybe pursuing in the future, or is it just something that you want to have as knowledge just to heal yourself and someday maybe your family?

Lucy: I think more the latter. But I think I'd definitely like to do another class or two sometime in the future just to get better and better at it, because it really is an empowering thing. It really is helpful to know.

What will the teen study group look like?

Kate: Right. So, if you're a mom listening today, and you have a teenager who might be interested in this group – or maybe you're a teenager – and you want to know exactly what does the study group look like. Give us a little information, Lucy, about what does the study group session look like. What do you do? Is this going to be online, I assume?

Lucy: Yes, we're most likely going to do it over [Zoom](#). It is an eight-week course, but I would want to do an introductory week. So, it would be nine weeks, because the first week we'd all get together, introduce ourselves, talk about why we're doing this class, what our goals are for the class. The sessions would be about an hour and a half to two hours long.

Kate: Lucy, what does a typical study group session look like?

Lucy: We will all get together, talk about the material that we learned that week. There's a few question and

answers in the study guide that we would go through, kind of methodically talk about everything, any personal questions that we might have, and just kind of review the material.

Kate: And there are some videos that you would watch together as well, right?

Lucy: Yes, correct.

Kate: It's very exciting because you have all these people that are meeting together. They're getting to know one another. You become friends after the study group, I think.

Lucy: Yeah, absolutely. I think it will be fun, too, as well as educational.

Kate: Yeah, you'll get to meet some other kids your age around the country who are wanting to learn this as well.

Lucy: Yeah.

Kate: I think you're going to have lots of fun with this study group, Lucy.

If you are listening right now, and you know someone who might be interested in joining Lucy's group, or maybe you

want to start a study group of your own, contact Joette's office, and they will put you in touch with Lucy or give you the information that you need to get started with your own study group. Lucy, thank you so much for being here. You are a very well-spoken young lady, and I'm sure your study group will be a success.

Lucy: Thank you so much.

Closing message from me (Joette)

Joette: Okay, folks. It's Joette again, and I just had to add this to this wonderful interview that Kate did with Lucy. And that is that Lucy's mom was interviewed a while ago on [Podcast Number 56](#), and I urge you to listen to that because it's kind of fun. But she was talking about the family's pet bearded dragon, and how the little dragon had over-eaten crickets. She'd overindulged and had thrown them all up! (So, I mean, I don't know how something like that would look like. I don't even want to imagine it.)

As a result of that, she was not eating; she wasn't feeling very well. So, I believe it was Lucy who administered *Nux vomica* to her pet. And it calmed the bearded dragon right down, and she was able to get back to her normal intake of meals made up of kale and crickets.

So, I thought I'd mention that because I think it's valuable that if you have a teenager or a young adult or even a pre-teen (an adolescent) who has pets, and they are responsible

for them – which, of course, they should be – this should be part of their responsibility in taking care of them when they get ill. So, I urge you to bring in your family, your neighbors – those who might be interested in a class – with these children can learn how to take care of not just themselves (but, of course, that's the ultimate answer for all of this), but for their pets.

This is a great opportunity to learn that because, remember folks, it does not matter whether it's a bearded dragon that overate their crickets, or it's your husband who overate cheeseburgers: the remedy for overeating and getting nauseous and vomiting is usually *Nux vomica*. The potency remains the same; the remedy remains the same; the frequency remains the same.

So, it doesn't matter whether it's an amphibian or a fish or a mammal or what it might be, or the size of the animal or human (whether it's an 800-pound steer or an 8-pound baby). The remedies are the same based on the condition. The potency is the same, and the frequency is the same.

So, here's an opportunity to really move your family along and get them involved in a class. So, I urge you to bring in your family – your young ones – and get them started and join in with Lucy.

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