

Podcast 59 – Myth Busters!!



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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[How homeopathy pellets are made](#)

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy Podcast, Episode Number 59 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: Today, we have a fun podcast for you. We're going to do something a little bit different. Right, Joette?

Joette: Myth Busters!!!!

Kate: Myth ... Myth ... Myth Busters!

So hopefully, you guys got it (that are listening). We're doing a podcast entitled, "Myth Busters." And we're going to bust those myths wide open.

Joette: All those myths around homeopathy, of course.

Kate: Yes!

Joette: So those urban legends, those ... that information that's outdated that needs to be updated, and how homeopathy is used in today's world. So yeah, let's go for it. This is going to be fun.

Dilution Misconception

Kate: Yeah! Okay, so right off the top of my head, one of

the biggest misconceptions, I think, is that people think the higher the dilution, the weaker that it must be. So, what do you have to say about that?

Joette: Well, it's the opposite in homeopathy. Often, the higher the dilution (if we go from a 6C to a 30C to a 200C), it *is* diluted more greatly. But it's going in the opposite direction, and it actually becomes a more *powerful* medicine.

But, when we compare the way I teach homeopathy – which is based on protocols (mostly the Banerji Protocols and other protocols, for that matter) – we don't have to worry too much about that, which is called posology: P-O-S-O-L-O-G-Y, which means the study of (or the science of) concentration of a medicine and frequency of a medicine.

So, we don't need to be as concerned about it as you would if you were using classical homeopathy when you don't have a specific potency to use, and you have to determine, "Should I use a 6; should I use a 30; should I use a 200?" With the protocols that I teach – especially those that are all free on the website, on the blog – it's very clear. If it says *Bryonia* 30, it means *Bryonia* 30! Don't bother using it in another potency – unless you have no choice; you have nothing else at the moment. But, you don't need to think about it to such a degree.

So, even though that is the truth – that the more it is diluted at a certain point, it becomes more intense in its medical ability as a medicine – it's kind of irrelevant when we use protocols.

Kate: Yeah, I think of it like it comes into greater focus. Someone described it to me once – or I must have read it somewhere – that think of it like a projector. That when you have a projector up close and then you back it up, and you're getting further and further away, you're actually getting a clearer, focused picture than when you're up close

with that projector to the screen. So, you back it up. You're farther away but now it's coming into focus, and you can see the picture clearly. I don't know if that's helpful for anyone. But ...

Joette: Well, we could get into the science of it all. But to be honest, I find that it's not as interesting as the fact is that you will notice that if you use a higher potency, you'll get a different reaction than if you use a lower potency – in many situations.

Storage, X-rays, and heat

Kate: Okay, so one of the myths that I think about is when we're traveling. A lot of people are concerned about storing their remedies in their purse with their cell phone or going through the X-ray as they go through the airports. What do you think about all that?

Joette: Well, there was a time, before there was such a thing as X-rays at airports, when there was a concern that homeopathy – homeopathic medicines – could be ruined having gone through an X-ray machine. So, people were getting their homeopathic medicines and putting them in little carry-on bags that were made of lead ... as though we don't have enough to carry.

Kate: That makes your purse really heavy.

Joette: Yeah, let's just put lead in our purses with the remedies inside. And I was very cautious for a long time myself. When I've traveled, I've asked that my homeopathic medicines not go through the X-rays. I explained that this is homeopathy, and it can't go through. I suppose sometimes I'm still a little bit cautious about it.

But to be honest, I've had so many of my medicines inadvertently go through because, "Oh, I forgot I put in that *Rhus tox*. It was in my makeup bag. I put it in there

months ago, and it went through the X-ray.” And then inadvertently, I go to use it, and it works perfectly!

So, I found in my experience – and I’ve done a lot of travel through a lot of X-rays – that they still act, and they act just as well. Now, I haven’t done a double-blind study on this. If someone has any information on that, I certainly would be interested in reading it. But, this is my personal experience. Additionally, when you live in Kolkata as we have, every time you go into a shopping mall, you must put your purse through an X-ray.

Kate: Wow!

Joette: That’s just the way it is in large cities in India. So, you don’t go into stores without putting your purse through. There are guards there that are dressed like police, and they have weapons and all. They’ve had to live with terrorism for a long time. So again, inadvertently, my homeopathics go right through, and there’s no trouble. I’ve gone through with some of the doctors who also have remedies in their purses, and the same thing – there’s no concern. So, that’s been my experience in the last, say, eight years or ten years or so.

Kate: So Joette, though, if you are traveling, and say you have a remedy kit or several because you’re going to be gone for a long time, you would probably play it safe? Yes or no?

Joette: I have played it safe, but I’m becoming more and more nonchalant to be honest because I’m noticing that it doesn’t seem to make any difference.

Kate: Yeah.

Joette: And then there’s also the heat. People talk about, well, extreme heat. I’ve said that, too. “Be careful. Don’t keep your remedies in a hot car that’s going to be closed up – you know, in Atlanta – in the hot sun for a few hours. If

the heat is too extreme – such as too extreme for a human to be in the car – then your remedies might be tainted.”

Well, I’ve had enough experience with that. I suppose all of this happens, that all of these ideas come to me after having had lots of different experiences through the years.

My sons used to ski almost every day in the winter. We lived on a ski hill in New York. So, I always had them carry *Arnica montana* 200 or 1M in their parkas. So that, if one of the others of their brothers was injured, they knew exactly what to do. They’d just get it out of their pocket and just deposit it into their brother’s mouth.

So, inadvertently every spring when it was time to wash the parkas, I’d say, “Okay, empty your pockets and put your parkas into the washer.”

And you think they’d listen to me?

Kate: Of course! Of course, they did!

Joette: No! Right, exactly. They didn’t. So, in would go the Kleenex with the parka and the *Arnica* 1M and *Arnica* 200 and of course, inadvertently, chocolate bars and all kinds of things – raisins full of dust and stuff in their pockets. They would go through the wash, and then I would not notice that the remedy had gone through the wash until it was in the dryer because I’d hear, “Ka-chink, ka-dlink, ka-chink.”

I’d say, “Uh-oh. What is that in the dryer that’s clicking around in there?” More often than not, it wasn’t for a good 40 minutes later that I notice the sound ... thinking perhaps that it might have been just the zipper clicking. But after a while, you start realizing. And I’d opened up the dryer, the parka would be fully dried and so would the *remedy*.

So, what I would do is get that remedy and label it, “In the dryer.” (Because Peter didn’t take his remedy out of his

pocket!!!) “In the dryer.” And then I’d put it back in the kit. When *Arnica* was needed next time in my family, I always used that first – unless of course, it was a super-serious situation. But, I would use that remedy first, and it still acted! After having been in the wash – now it was cool water. But the dryer wasn’t cool! It was pretty hot!

Then it also dawned on me, after spending a good amount of time in Kolkata, that that is a very hot country. Most homes don’t have air conditioning. And yet, these homeopathic medicines still survive in little cabinets and little corners and hot places, and they still act. So, in my experience – and my deduction – I would say that I don’t believe the heat makes a difference. I think these homeopathic medicines are more capable and robust than we give them credit for.

Kate: Joette, I had the same experience. I had some homeopathic remedies, and they were sitting in a case in my car in the summertime. And it gets very hot in the summertime in vehicles if you have your windows rolled up. So, I came out of a meeting, and the sun was blaring down on my homeopathic remedies and its plastic case. And the remedies were actually hot to the touch!

Joette: Yes, right.

Kate: So, I labeled them on the top, “Sun.” And, I used them. Actually, when my daughter had asthma, and I gave her the one, the *Kali iodatum* that was labeled, “Sun,” and it still acted. So, I had the same experience. They’re hardier than we think.

Joette: Yes. I think that when homeopathy came back into the mainstream of thinking – and it’s still not what I’d call “mainstream” – but once it started to have greater recognition, there were a lot of rules around it. And, there was not enough experience to set those rules aside and say,

“Well, perhaps it’s a possibility, but it doesn’t look as though that is the *norm* that these remedies will be ruined after having been exposed to high heat or even X-rays for that matter.”

Which then brings us to cell phones, same idea. Be careful. It’s electromagnetic fields and those kinds of things. We have to be so careful. We can’t keep our remedies in our purse, because that’s where the cell phone is. I have not found that to be – not only for myself, but it’s been reported by many of my clients who keep their cell phones *on* in their purses, and the remedy is half-an-inch away. And they still act!

So, these are hardy little medicines. In fact, they’re so hardy – I wish we could see the visual here – but up here above my bookshelf, I have a shadow box with remedies from 1918. They were given to me by a client of mine who was in his late 80s when he used to meet with me. And that was about 25 years ago ... so, he would be well into a hundred or so. And it was his *mother’s* homeopathic medicines; she was a homeopathic physician in the 1920s. So, he brought them to me as a gift and said, “I thought you might be interested in seeing these.”

So, in this shadow box, I have – I’m going to take a quick guess – about 15 medicines. They’re all in glass bottles with *cork* tops. (That’s how they actually sell them in India as well.) But, they’ve got old-time typeset on them, and you can see the date and, of course, the name of the medicines. And I’ve *used* them to test them out – from 1918, and they work.

Kate: Right, and who knows where they’ve been.

Joette: Exactly, exactly. So, they have longevity. They have robustness. They have efficacy. They’re kind of the perfect medicine, as far as I’m concerned.

More pellets, higher dose

Kate: All right, so let's move on to another myth, Joette, the myth that more pellets equals a higher dose. I hear that one a lot. "Well, how many pellets should I take?"

Joette: I get that question on my blog regularly, and I tell them just to read the instructions that are printed on the side of the bottle. Because some of the pharmacies – the homeopathic pharmacies that are indeed regulated by the FDA, by the way, and other regulatory bodies – make the pills in a larger size and some in a smaller size. So, they will tell you how many pills comprise a dose. If it says five pills equal one dose, and you're supposed to take it twice daily, that means you take *five pills twice* daily – because it says five pills is a dose. If it says take two pills, then it means *two pills* comprise a dose, and you take *two pills* twice daily.

Now can you get away with less? Often you can. But, it depends on how determined you are to get rid of this condition – how trying the condition is. And if someone is *hemorrhaging*, and you need to get that hemorrhage aborted ASAP, I wouldn't play with the number of pills! If it says five, I would use five!

If, however, you're trying to abort hair loss, then you might want to use maybe only three pills and see how it goes. So, it depends on how severe it is, how important it is that you get it *exactly* right.

But you could take 500 pills, and it's still a dose.

So, we get these calls from moms or emails. I used to get calls in my office. We don't have an office like that; everything is virtual for us now. But, we get these emails from moms saying, "Oh my gosh! My child got into my kit and ate five bottles of five different remedies. Should I take him to poison control?" No, it just means that your child

got five remedies, and it was one dose of each – because the child opened his mouth and poured it in, and that's a dose!

So, it's not like taking Tylenol or aspirin or getting into a psychotropic drug. That's not the way homeopathy works. It's like lighting a match. It takes one match, or it could take 500 matches: you still get one flame. And so, what you're looking for is a gentle stimulus of the mechanism that will encourage the body to correct itself. Do you need 500 pills? No, you may need only five, but it it's still just one dose. So, there are no worries.

Kate: And the only reason we're making sure that we take enough of those pills is because [the medicines are sprayed on top of a carrier pellet](#) or ball made of something like lactose...

Joette: Lactose or sucrose or a combination of both.

Kate: So, we're just making sure that we actually get the medicine. That's why you want to take several.

Joette: That's right. That's right. It's a matter of understanding what you're dealing with. Once you understand it, everything becomes much clearer, and it opens the way.

I was just thinking about the story – I was telling someone the story today – about my husband who is from New England. He moved from New England to Buffalo, New York, where we met some 35, 36 years ago. And he was a sailor, and he has been a sailor all of his life. His father owned boats. His grandfather ... his great-grandfather owned ships. He sailed his entire life, and he's actually a world-class sailor. He sailed in the Bermuda Race, et cetera.

So, his whole world has been surrounded by being on the ocean, being in ports, being on the water, sailing through dangerous waters, and navigating and understanding weather. So, when we got married, every Sunday night pretty much, he

would call his parents and ask them how they were.

And instead of saying something like an Italian family would say – I mean in my family, we say, “Okay, so how did that cannoli recipe turn out? And you didn’t call me after you made the lasagna, because I wanted to know if my recipe was better than my sister-in-law’s recipe. I just got to know ... how did it turn out, and did the family like it?” We all talk about food!

His family talked only about the weather. “So, how’s the weather?” You know, his parents were in Cape Cod. “How is the weather?” And I’d say, “What? You’re asking your parents how the weather is like. Aren’t you going to ask your father about how his sleep is because he was having difficulty sleeping, or how your mother’s arthritis was ... or whatever.” And I kept thinking, “That is so boring!”

I just didn’t get it.

Then about ten years into our marriage – actually, I used to love to go to garage sales and estate sales – I came across this book at an estate sale. (In fact, I’ve looked for it online, and I have not been able to find it again, and I’ve somehow lost it! I’m so sorry I lost it!) It was a book titled something like, “How New Englanders Think” or “Why New Englanders Think the Way They Do.” And I said, “Wow! This might give me some insight about my husband and my in-laws because I don’t get how they think.” (You know, they’re all engineers, and they’re all very left-brained, and that’s not really my background.) And on the back cover, it gave a little vignette of what was to be found in the rest of the book. And it talked about how New Englanders talk about the weather. They talk about the weather *only*. That’s all they talk about.

Kate: All they talk about ...

Joette: It gave me such insight, and I read that book with

such gusto. I devoured it because it gave me a real window into my husband's personality and my husband's family's personalities. And from that time forward, instead of thinking that was a boring discussion, it became kind of pleasurable to overhear his discussion with his parents. And then I saw the benefits of knowing the truth and understanding the nuances of him, his life, his surroundings, what he grew up in, what his parents were about, his great-grandparents, et cetera, et cetera.

So, to this day, we live in Florida on the water. We have a cottage in Canada on the Great Lakes. Everything about our lives is about being on the water. My husband is *the ultimate weatherman*. He gets it. Everyone else says it's going to rain. He says, "No, it's not." Everyone else says the wind is going to be blowing out of South, he says, "No, it isn't." He says, "You see those clouds there, you see that pattern? That means ..." And then he goes on to explain why and how that works.

So, having that knowledge – finally, I got the knowledge – that he had *knowledge* instead of just a stupid little idiosyncrasy! And it opened up my world into his world.

So that's what we're hoping to do today with these little myth busters. I want to open up your world into understanding that homeopathy is easier than you thought it was. It's not as hemmed in as you thought. There are not as many rules as you might think.

One medicine only

Another rule that we have to talk about – and that is if you listeners are coming from a background of having studied or learned a little bit about classical homeopathy – the idea is that you use one medicine, and one medicine only, at a time.

Kate: Right. That's a common philosophy. Classical homeopathy teaches that.

Joette: One medicine and one medicine only. The way I teach this is: No, we use three, four, five, sometimes even as many as seven. I try not to use as many as seven. I try to keep it around four or five homeopathic medicines that are taken simultaneously – not at the same moment (we separate them by about five to ten minutes or so, as we put them into the mouth). But, they are taken in the same schedule for the same amount of time, often.

So classically-trained people will often say something like ... and this is what I used to say too. So, I beg your pardon for those who have followed me for so long that they actually knew what I used to say classically speaking. I've erred, and I've changed my ways in the last many years, probably about eight or nine years now. And what I have come to realize is that one medicine often doesn't do it. It *can* do it, but often it doesn't.

Kate: So Joette, give me an example. What do you mean one remedy versus several?

Joette: What I mean is that if someone has eczema, for example, and they also have food intolerances, you might find one medicine that will act for both conditions. *Sulphur*, for example, might be an example of that, or *Hepar sulph*, or something like that.

But if that person also has gallbladder pain, and they have just had a grief (they've lost their dog), and in addition to that, on the way to the appointment meeting with you, they were in a car accident, and now they have a wry neck, and then they had a panic attack – I'm sorry; one medicine is not likely going to cover all of these conditions.

Kate: Right.

Joette: While this person is waiting in the waiting room, there is a big, bad bee that stings them. And now, they've got a swollen lip, and their tongue is swelling up. One medicine is not going to take care of all of those.

Kate: Right. So, you can't do anything about that bee sting because you're taking something for a chronic condition? I mean is that what would normally happen?

Joette: Classically, we would look at the bee sting first because we're always looking at the hierarchy: what is the most trying concern. So, we start with that issue that is the most bothersome, the most dangerous. Of course, we would probably start with the remedy for the bee sting because that could cause anaphylaxis if that person's tongue is, of course, swelling or their lips are swelling. So, we would start with that.

But, what happened to me years ago was that I would take a case, and it would be many conditions, not unlike what I just described. And I would use one medicine for the constitutional and another medicine for the acute as an SOS. Then I would say, "Well, we got to get after that deep issue that the constitutional is not going to go after, so I'll use a nosode. And then maybe I'll throw in a cell salt because I can see that the hair is thin, and the nails are poor, et cetera." So, I would have about four homeopathic medicines that I put together, and I would feel *so guilty* because it wasn't the classical method. I had been trained to not do it this way. But, I kept doing it because the more I did it, the better my results.

Kate: Okay. Then you went to study with the Banerjis, and you found them to be doing the same thing, right?

Joette: It was a little more circuitous than that because before I found the Banerjis, I was in classes studying with Dr. Ramakrishnan in Toronto, and I would ask my fellow

students who were all seasoned homeopaths (we all had to be in order to get into these classes). I would ask them. (They're from all over the world. There's a doctor from Pakistan and another one from Ireland, another one from Holland, et cetera.) I would ask, "Do you ever use more than one remedy?" And every single one of them said the same thing, "Yes, I do." "You mean in the same schedule?" "Yes, I do." Meanwhile, I was being told time and again – not by Dr. Ramakrishnan, but by other courses I was taking – "Use one remedy at a time." That's exactly what all the books were telling us. It was pokey to say the least. And I like speed! I want to see someone get better quickly.

Kate: And we're all used to that, right? We want it to happen now. That's the kind of world we live in today.

Joette: Yes. But even if we didn't, even if we came from two centuries ago, if someone is suffering, we need to help them and help them on many levels.

Not to mention that we have to compete! Our biggest competition is conventional medicine where if you've got a headache, BAM! Tylenol! If you've got eczema, BAM! Steroids, ointments! If you've got this ... they will suppress those symptoms at almost any cost. Of course, you're kicking the can down the road, and there'll be more problems later. But, who cares? Right now, you want *results*. And, there is something to be said for that. But what we're looking for is speed *and* clarity as to what's coming down the road – and making sure that the road is paved for uprooting the condition, not worsening it.

Kate: So, it's very interesting to me, Joette, because I feel like it's a secret. Right? That's not very talked about. You spoke with these other homeopaths, and they were doing the same things But yet, it's on the down low. It's hush, hush. No one talks about it.

Joette: Yeah. It was like a dirty little secret.

Kate: Right, exactly.

Joette: Because that's not what the books said. That's not what the classical teachers were teaching. And many people come to me and say, "I want to become a homeopath, And so, how do I do it the way that you're doing it?" I tell them, "If you're going to become a homeopath, you really must study classical homeopathy first." You must go to a reputable, high quality, rigorous homeopathy school that's classically founded. But just know that when you get out, you throw some of that out, and you use protocols.

Take my classes. Learn how to use these protocols. Study what has been used for the last century-and-a-half by the Banerjis – and other homeopathic teachers – who have been using protocols and using more than one remedy at a time. So, I say "protocols" because generally when we use a protocol, it is more frequently used. The remedy is repeated more frequently. And, it can be used in conjunction with other protocols for other conditions that may or may not be related.

Dosage

Kate: Okay, so let's move on to another myth. That would be the myth that you would use a different dosage for animals versus small children versus adults versus the elderly. That is a question that gets asked often, I see – whether it's in classes or on your Facebook groups.

Joette: If you're treating a cow (and I have), or a llama (I've done that, too), versus a chick (a little, tiny chicken) ...

Kate: Versus a horse.

Joette: Versus a horse ... When you're treating large mammals

– let's put it that way – versus a tiny fowl, you would use probably a few more pellets. That's at least the way I've done it, because those large mammals are often chewing their cud. We want to make sure that the medicine gets into the mucosa of the mouth. It's *not* about swallowing it and getting it into the stomach and allowing it to get into the bloodstream. Instead, homeopathy acts on the mucosal lining, so between the gums and the teeth, or on the tongue, or under the tongue. That's where it's absorbed and utilized. So, we want to be sure that we're getting enough in there – not just because it's a large animal, but really more to do with the fact that they're often eating.

Now, a chick eats all day long, too. But because it's such a tiny, little thing, and the beak is so small, and the mucosa lining is so tiny, I don't think it needs as many pellets. So, I have treated both, and I've used approximately the same dose – the same number of pills. So, if it said five pills on the outside of the bottle, I would give a cow maybe five or six or seven pills. I would give a chick maybe two or three. That's just an average. And I don't have any studies on it. That's just my personal clinical experience that it works in the same way.

Kate: So, just to clarify, that doesn't mean that the horse requires a bigger dose. You're just trying to get the medicine into the horse's mouth ...

Joette: To ensure that the horse got it.

Kate: Right.

Joette: That's right, that's right. If it's a child, a lot of times it will say on the outside of the bottle, "Two pills for a child and five pills for an adult." In my estimation, that child could get five pills, and it would still be the same. The reason I think they say that is because why waste it? Just put the pills in the mouth of the

child. It's a smaller mouth. They are a slightly smaller body, so not as much volume needs to be covered in the mouth of the homeopathic medicine being absorbed through the mucosal lining. I've used both. I've gone both ways. I've used five, "Oops, poured too many in my hand? In it goes."

Kate: Honestly, I feel – this is my own opinion – but I feel like it's just because that's what we as consumers are used to, and that's why.

Joette: I believe that's very likely as well. I think that's very possible, yes.

Kate: What about the elderly?

Joette: Same thing with the elderly. A dose is a dose is a dose pretty much across the board.

I just said something that I'm sure is going to prick up some ears – that if I put five pills into my *hand* – that is going to cause trouble. Now, I teach in my [Gateway to Homeopathy course](#) that you pour the pills into the cap. Count them out. Pour back and forth until you get approximately the right number. And then toss the pills directly into the mouth of the person who is supposed to be receiving them.

But, sometimes it's not that easy. My mother is very difficult to give pills to. So, I pour them into my hand. And I actually am getting a little bit of that medicine, and I'm not worried about it. I don't think it's going to cause me any trouble. But, I do put them in my hand and then pour them into her mouth. Because otherwise, if I don't place them in with my fingers, she will sometimes not get them all. But, the reason that we've been warned not to put them in our hands is because if you've just gassed up your car, or you've just used an antibacterial soap ...

Kate: Or just chopped an onion.

Joette: Just chopped an onion, or you just used Clorox to scrub a basement or something, and you've got something on your hand, it has the potential of rendering the medicine not as valuable. So, it's cleaner, easier to pour it into the cap and just toss that into someone's mouth.

Kate: So, just to get back to the animal example for a second, I have used generally two pellets. And I put it directly into my horse's mouth or my dog's mouth or our kitten's mouth. So, I've not used five or six in my horses, and I found them to be effective.

Joette: And it still works! Yes, yes, yes. I'm glad you pointed that out because that's just what I've done in the past, but it doesn't mean it can't be done with just a couple of pellets. I know some people who put the pellets in water and allow the whole herd to drink from that water. And when my chickens were struck by fowl cholera, that's exactly what I did. I put *Cuprum metallicum* in the water that all the chickens were drinking from so that they all got it – and they were all protected because fowl cholera is extremely contagious. They would have all died had they not had that. So, we already know that 50% of the flock would have likely died.

Kate: Wow! That's very interesting, cholera for fowls. I hadn't thought of that, but I suppose that is a thing.

Joette: Yeah, it is. It is. It usually comes from wild birds that have it and come into the coop and die. And then the chickens and the ducks around that dead bird now start contracting fowl cholera.

Antidoting

Kate: Let's wrap this up with one more myth. What about the myth of we can't use, say, mint (like chewing gum or toothpaste). I guess I don't want to call that myth yet

because I'm asking you, Joette. What do you think about that?

Joette: Well, mint can antidote. It doesn't mean it *will* antidote. So, some people insist on using mint toothpaste. I don't find mint toothpaste to be important in my life, so I don't use it. I make my own toothpaste. I use baking soda, that kind of thing. But, if you have a condition that is quite trying, and you take the medicine twice daily, then it might be worth your while not to use very, very strong mint toothpaste. If the condition you've got is not so trying, then you can take a chance and say, "Well, I might be antidoted. This medicine might be antidoted, or it might not be antidoted." It depends on the person – how sensitive they are. It depends on how much mint is in the toothpaste. It depends on when and how close you take the mint to the remedy.

I think there are so many unknowns that I just urge people, don't bother using it. Use something else. Not to mention that parenthetically, that the reason I don't use mint toothpaste, for the most part, is because I don't know what ingredients are in these toothpastes. They're not required in the U.S. – or anywhere else that I know of – to list the ingredients because toothpaste is not a food. So, they can put anything in there, and you don't know about it. So, I would rather use something that I know exactly what the ingredients are and does just as well a job. Having said that, when I'm taking homeopathic medicines, I drink mint tea. I put fresh mint leaves in water, and muddle it and grind it down, and make it into a refreshing, cold iced tea drink, and I have no trouble with it.

Kate: Okay.

Joette: I've always considered myself a sensitive person. But I've been able to get past that, and I think most people can.

Now, if you want to antidote a homeopathic medicine – the action of a medicine – I believe that it takes more than just a mint to do that. I think it means opening up a bottle of essential oil of mint, holding the bottle up to one nostril, closing the other nostril and taking a good, deep inhalation of that mint. And then closing that nostril and inhaling in the other nostril and getting a good, deep inhalation of mint. For most people, that will stop the action of the medicine. That's about as strong as it needs to be for most folks for it to antidote.

Kate: Okay, so what about garlic because a lot of people ask about that as well? Say, they want to have some garlic, and they're taking remedies twice a day, and they eat some raw garlic during the day. Do you feel like that antidotes remedies?

Joette: Well, are they eating a whole bulb of garlic?

Kate: Well, if it was me, yes.

Joette: Yeah! Or a little clove? Or is it cooked? Is it raw? I mean, if it's raw – you said raw.

Kate: Raw.

Joette: I've never found that to be a problem. I've eaten lots of raw garlic in my life. I make tabbouleh and hummus. I just love raw garlic. I put it on a cracker with butter sometimes. I've not found that to be a problem. So, it's a good thing to kind of work around that and see whether or not it affects you or it doesn't. Most likely, it will not affect you.

Kate: Okay, well that's good to know. A lot of people ask about that. So, thank you. Getting back to the mint for just a second, I was remembering having a conversation with some people saying, "Well, if you want to brush with mint toothpaste – if you insist upon doing that – maybe brush

your teeth first then wait half an hour and make sure you're drinking some water.

Joette: I would say yes, and I've urged people to do that for those who insist on using the mint toothpaste. Yes. I mean, some people really don't feel as though their teeth are clean unless they taste that "minty freshness."

Kate: Right. Well, I think we've cleared up some myths and learned some things, so I want to continue this. Let's do another podcast and talk about some more myths again. So, those of you who are listening, be on the lookout for another Myth Buster podcast!

Joette: Yeah, I'm looking forward to it. Let's do it, Kate.

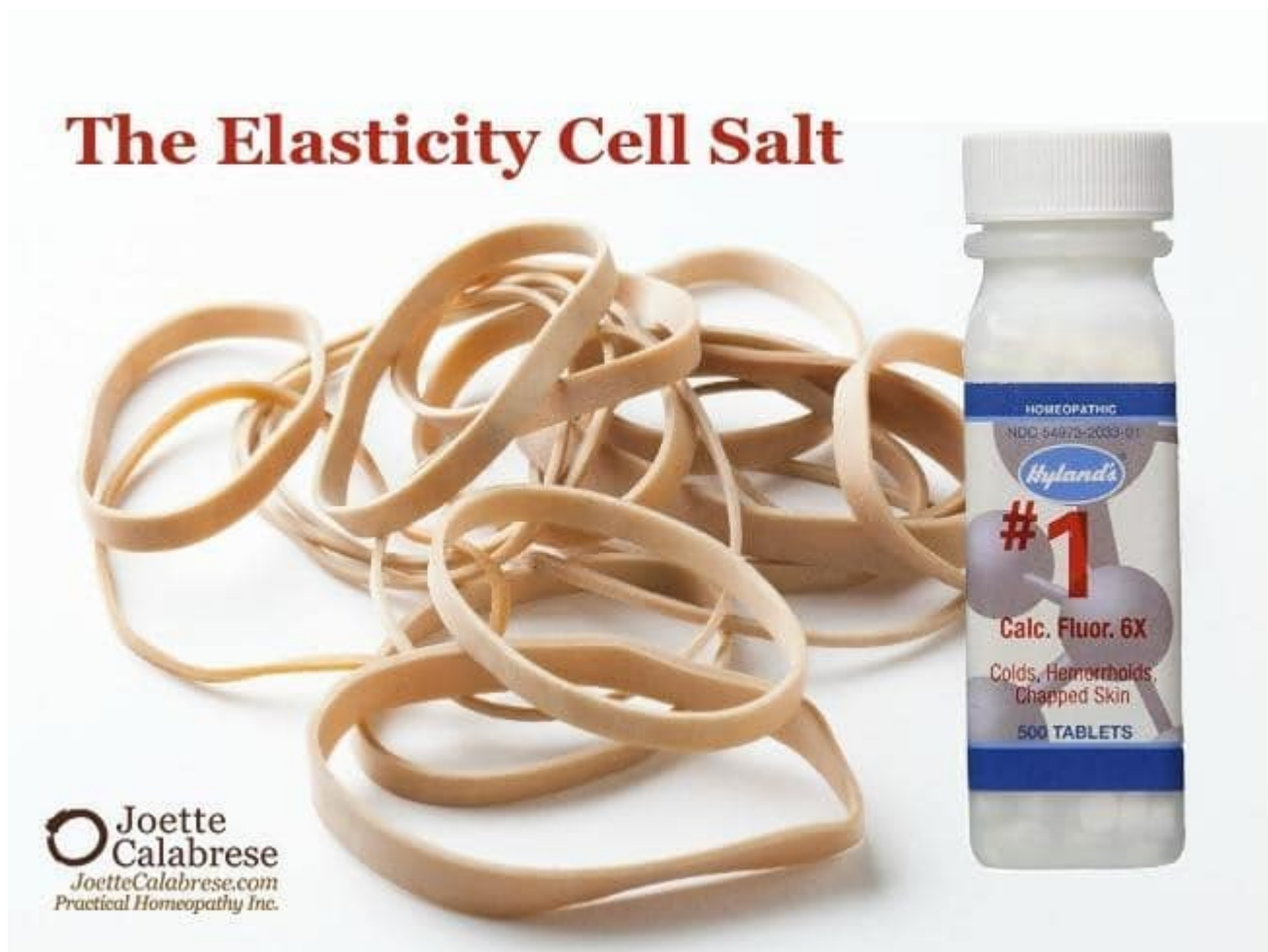
Kate: Okay. Thanks, Joette.

Joette: Bye now.

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.

Cell Salt Series: *Calc fluor*, The Elasticity Cell Salt



Isn't it annoying to attempt to use a rubber band that has lost its proper elasticity?

If it stretches too much, it won't offer enough support. Conversely, a rubber band becomes utterly worthless if it can no longer stretch enough and snaps.

The same issues with elasticity can occur within our bodies!

Just like a rubber band, we humans need to have the perfect balance of stretchiness. If we stretch too far, we have one set of problems; if we don't stretch enough, we have another set of issues entirely.

Malfunctioning rubber bands can just be thrown away.

But, luckily for us humans, (and animals as well), one cell salt can address issues at both ends of the elasticity spectrum: *Calc fluor*.

Too much elasticity causing saggy skin? *Calc fluor*. Too little elasticity causing cracking skin, chipping teeth or chipping nails? *Calc fluor*.

It's an excellent medicine for women who are pregnant or have given birth. It immediately (and rather obviously) comes to mind as a remedy for stretch marks.

Think about it.

You get pregnant, and your breasts enlarge. After breastfeeding, they reduce.

You get pregnant again ... they expand again ... they diminish again ... in ... out ... in ... out. Their elasticity can eventually be lost entirely. After having a family, you may look in the mirror and feel as though your breasts belong on the pages of National Geographic!

Calc fluor is customarily taken twice a day until the condition is very much better. Generally, we use [*Calc fluor* in a 12X](#), but the easily obtainable [*Calc fluor* 6X from Hyland's](#) works as well.

And again, the beauty of this medicine is someone can – at the same time – be experiencing a condition from both ends of the elasticity pole (too much or too little elasticity), and *Calc fluor* will address both conditions!

How tidy is that?

One other indication of a person's need for *Calc fluor* is joints that easily pop out of their sockets.

I have personal experience in this department...although it's a rather embarrassing story. (So, you won't tell anyone, right?)

I was dressing one of my sons when he was about 14-months-old – as I did every morning. I pulled a sweater over his head and reached my hand up through the sweater's little sleeve to pull his arm through.

I didn't yank.

I just lightly pulled his arm, as usual. Well, he started screaming! And I do mean *screaming*! He was in obvious pain.

My husband rushed in, figured out that my son's shoulder had popped out of the socket, and, luckily, was able to put it back in place.

For the moment, the world went back to normal.

Then about eight months later, in another highly awkward moment, I fell on my son – right on that same shoulder.

Well, his little shoulder popped out of the socket yet again. Of course, this time I was more prepared to deal with it and immediately put it back in its proper position.

But, I realized after this second event something was off with my son's elasticity. So, what did I turn to?

Yes, right. *Calc fluor*.

And it worked! My son is now 30 years old, and his shoulder no longer pops out of joint, in spite of his daily workouts. (Although, maybe it's no coincidence that I'm not dressing him every morning and pulling his arms through his sweaters nor falling all over him!)

So, whatever the issue with elasticity – whether too much or too little – think *Calc fluor*. It is a marvelously flexible

remedy (pardon the pun).

And don't forget to pass on the good news of homeopathy by sending these links to those you care about!

Warmly,

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

P.S. If it's more and more of my tips and tricks that you seek, I have produced a CD/digital download entitled, [Cell Salts; The Easy Homeopathy™](#) to help you get a firm grasp on these surprisingly effective remedies.

Because there are only twelve of them, they are much easier to get started with than an entire [materia medica](#). Plus, I utilize the same system to teach you that I used myself when memorizing over 300 remedies for my certification exams. It works!

P.P.S. If you're looking for all of the posts in my series on the cell salts, here are the links for your convenience:

[Calc phos](#)

[Ferrum phos](#)

[Mag phos](#)

[Nat phos](#)

[Kali phos](#)

[Calc fluor](#)

[Nat mur](#)

[Nat sulph](#)

[Silicea](#)

[Calc sulph](#)

[Kali sulph](#)

[Kali mur](#)



Remedy Cards

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

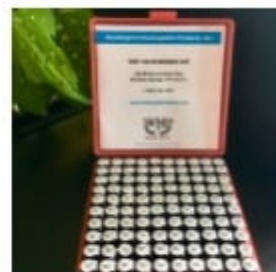
Build your homeopathic library as searchable files on your computer.

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

[Click Here To Get Your Card](#)

Why We All Do What We Do

Why We All Do What We Do



Joette Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

Why do we, the passionate believers in homeopathy, do what we do?

Because we know it works! Because it has saved us from chronic and acute illnesses without harmful side effects –

many times when nothing else has worked.

We become students, join a study group, dive deeper into courses and some of us become practicing homeopaths.

While we fully recognize the sacrifices we have made to stay true to our use of homeopathy, let's not forget others who have taken the ultimate risk by choosing to *manufacture* homeopathic products for us.

Homeopathy manufacturing pharmacies have always faced difficulty and expense meeting the standards set for them by the FDA.

But, [as our podcast last Wednesday detailed](#), they are now under more pressure than ever – pressure, if successful, that could lead to financial extinction for some.

Homeopathic pharmacies do not make the kind of profits allopathic drug manufacturers make.

That would seem obvious!

Allopathic drugs can cost hundreds sometimes thousands of dollars. A container of homeopathic medicine (depending on the size) can be less than ten dollars!

Why are they willing to invest at such a level of technology and regulatory compliance to provide us with homeopathic medicine?

Because they care.

That's it in a nutshell. Homeopathic pharmacies and manufacturers care about homeopathy and its role in American healthcare as much as you and I do.

I've heard homeopathy characterized more than once as coming from sort-of "mom and pop" compounding pharmacies.

Nothing could be further from the truth.

That sentiment does a great disservice to our crusade to save homeopathy, as it falsely minimizes the professionalism of the homeopathic manufacturers here in the United States.

[OHM](#) (a pharmacy only available to professionals, and my students and clients) is particularly committed to quality. They work tirelessly and *proactively* to meet all regulatory and formulary requirements as directed by the Food and Drug Administration (FDA) and the Homœopathic Pharmacopœia of the United States (HPUS). In fact, they are licensed and could (under current FDA regulations) manufacture standard pharmaceuticals – but they choose homeopathy.

Dr. Robert Melo, President of [OHM Pharma](#), recently remarked to me, “This reminds me of what once an FDA inspector told us after they finished the inspection. ‘Why do you do this? You have the same set up as a manufacturer of conventional drugs, so why would you voluntarily choose to do something that is so much less profitable?’”

Dr. Melo’s answer? “I couldn’t see myself manufacturing conventional drugs since homeopathy is what brings me happiness.”

Later shared with my husband, “It is our commitment and love for homeopathy that drives us to comply with the extensive burden of regulations, also seeing your work and the great impact it has on homeopathy and the many in need, it certainly energizes and motivates us to continue the journey.”

The additional regulations required by the FDA would call for dramatically more monetary investment, but they are committed. As Dr. Melo told me, “They [the FDA] know not many companies will sustain the pressure and continuous investment, but they are not aware of what really drives us, which is an unbreakable passion for homeopathy.”

Dr. Melo went on to say ultimately there is no way *out* of

maintaining a state-of-the-art, in-compliance, pharmaceutical-grade manufacturing facility in order to provide legal homeopathic remedies.

I would disagree. There is a way out – he could give in to the pressure and simply *stop*. Close up shop and discontinue manufacturing homeopathic remedies. We must all hope and pray he never chooses that pathway!

We MUST rally to their support. We MUST band together. I know you are a staunch supporter of homeopathy, but I implore you to do more.

We MUST purchase homeopathic remedies from American manufacturers such as [OHM](#) (manufacturing remedies specifically formulated to the Banerji Protocols), [Boiron](#) (available in many local stores and offer great combination remedies), [Washington Homeopathic Products](#) (I love their kits, which we sell through my office), [Hyland's](#) (providing the cell salts we know and love and also great combination remedies), [Hahnemann Labs](#) (a West Coast manufacturer who brought *Arnica* into the mainstream with their product SINECCH™ used by plastic surgeons all over the country).

We MUST vote with our pocketbooks! These manufacturers need us in order to survive as they are forced to meet the new regulatory demands. And buying from American manufacturers is a win-win! They receive your financial support, and you get top quality, reliable, regulated, in-compliance, safe homeopathic medicines.

Also, if you haven't already, please support Paola Brown and the [Americans for Homeopathy Choice](#) in their effort to collect signatures on their Citizen Petition.

As she has said, we moms must go the extra mile to protect this industry. It's difficult for pharmacies or manufacturers to push back against the FDA.

However, the FDA has no punitive power to discipline the consumer – so we are unfettered to yell our support from the rooftops! “SAVE OUR HOMEOPATHY!”

Keep our industry in your prayers.

Whether a manufacturer, homeopath, student, teacher or mom, our goals are all the same: preserve and promote effective, safe, natural homeopathic remedies.

Yes, we all have our personal reasons, but the common thread is to heal. That’s why we all do what we do, and it should be enough to unite us ... and we need to be united because the forces working against us are formidable and very well-orchestrated.

It’s more important than ever to pass on the good news of homeopathy!

Remember, keep our medicine in your prayers.

Warmly,

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

P.S. For a company to legally manufacture homeopathic remedies in the USA, it must comply with FDA CFR title 21 part 210 and 211, ICH Q1 and Q7 and HPUS. If you’re interested in seeing some of the existing regulations and requirements already imposed on homeopathy manufacturers, here are a few links. It’s dizzying to read, but certainly convincing that our industry is already subject to excellent oversight.

<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=210&showFR=1>

<https://www.accessdata.fda.gov/scripts/cdrh/cfdocs/cfcfr/CFRSearch.cfm?CFRPart=211&showFR=1>

<http://www.ich.org/products/guidelines/quality/quality-single/article/good-manufacturing-practice-guide-for-active-pharmaceutical-ingredients.html>

<https://ichguideline.weebly.com/q1-stability.html>

<http://www.hpus.com/>

Podcast 58 – Calling All Moms with Moxie!



Don't take this lightly. Homeopathy is being targeted by the FDA, and it is up to each and every one of us to ensure we retain the freedom to practice our chosen form of medicine continues in this country.

This is about choice.

This is about freedom.

Paola Brown certainly has had my full support as her organization, Americans for Homeopathy Choice, has fought on Capitol Hill to prevent the FDA from acting against the current availability of homeopathic medicines.

In fact, Paola recently did a seven-day Facebook summit in which she interviewed seven different influencers related to the field. Naturally, I agreed to contribute my time to be one of those interviewed.

In addition, as an enticement for listeners to financially support her organization, I contributed –free of charge – a digital copy of my two-CD set, Cells Salts: The Easy Homeopathy, to everyone who donated that day.

I was humbled to learn my interviewed garnered an incredible amount of monetary donation for Americans for Homeopathy Choice, and I emailed 297 contributors a personal link to download the CD set. (I appreciate so much the “thank you” emails I have received from those of you who downloaded the CDs.)

I will continue to do all I can to make sure Paola has the support she needs, but right now she needs more than just me. **She needs YOU!** She needs each and every one of my readers to sign her Citizen Petition to stop the FDA from acting against homeopathy without accountability.

If anyone can do this, it's Paola – together with you. You

are *all* Moms with Moxie and Dads with Audacity. There is nothing we can't accomplish together.

So, please listen to this very special podcast and follow the critical steps Paola details. As she says, it will probably only take 25 minutes of your time yet could mean all the difference in this fight. Join me in protecting our right to freedom of choice and access to homeopathy.

IN THIS PODCAST, WE COVER:

02:47 Paola Brown
04:19 Citizen Petition
16:25 How can we show support
20:48 Send those letters in

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Podcast 44:](#) Americans for Homeopathy Choice (Paola interviewed by Joette)

[HomeopathyChoice.org:](#) Citizen's Petition to the FDA – please participate

Americans for Homeopathy Choice [Facebook page](#)

Donate: <http://homeopathychoice.org/recurring-donations/>

Volunteer: <https://homeopathychoice.org/volunteer/>

Kate: You are listening to Podcast Number 58 with Joette Calabrese at PracticalHomeopathy.com. We have a special podcast episode for you today. Paola with Americans for

Homeopathy Choice joins us again and will share how key it is to *act now* in support of their Citizen's Petition and write your representatives.

Thanks for joining us today for a special podcast. I'm Kate, and I'd like to welcome Paola Brown with [Americans for Homeopathy Choice](#) to give us an update on the work that she and so many other volunteers have been doing to retain our rights to homeopathy. So, Paola, welcome!

Paola: Thank you! I'm so happy to be here. This is like coming home in many ways. So, I love being on Joette's show, and I love being here with you. So, thanks for having us.

Kate: Oh! Of course! Paola, you are the President for Americans for Homeopathy Choice.

Paola: Yup, that's right. That's why I said, "us," because I feel like it's never me. It's this giant, incredible movement of mothers and others through Americans for Homeopathy Choice ... so, yeah.

Kate: Yeah, you have gathered a lot of great people to rally together and support homeopathy. Paola, you and I go back a ways, and I consider you a friend. I'm just ... I'm so thrilled for what you're doing. It's such an important thing – that we as mothers *need* to be able to take care of our children, right? And that's why you're fighting for this.

Paola: Absolutely. That's exactly right. I keep using this word, "birthright." And, I really believe that in many ways when you become a mother, you're inheriting this birthright to protect your children, to care for their health – their spiritual, their temporal (with your husband or whatever your situation is) and their physical health. In many ways, we see today our health freedom is being taken away from us. In many ways, I see that as our *birthright* being taken away from us.

We have a birthright to health. We, as mothers, have a birthright to care for our children. You know, I just feel like too many things lined up for me not to walk this path. I really see what Joette has done as a huge part of this movement because she, in many ways I think, primed the pump full of these mothers who are now passionate about homeopathy, passionate about regaining their health – regaining that ground. So, I just said, “You know, I will walk the path that has been laid before me.” And so many mothers are doing the same and joining and supporting us.

Paola Brown

Kate: Yeah, I see a lot of things in your life lined up to bring you to this point. So, you are the perfect person to lead this charge, I think, Paola. You have a lot of spunk and guts. And you have no problems taking charge and just really putting yourself out there, and I admire you for that. So, way to go Paola – and so many of you listening that are taking part in this, joining together and helping to fight for this freedom!

Let’s step back for just a second, and I’m just wondering *how* you do this. Okay, you teach your children. You try to feed them as well as you can making things from scratch, and you recently moved. That in itself is a huge thing. And you kept up on all those Facebook Lives that you did every night during this move. I mean how is that even possible?

Paola: I know ... right from the hotel room. You know, I have to say it. I’m a person of faith, and I really think that when you are asked to do something by our Father in Heaven, He provides the strength that you need to do it. And so, I’ve really learned about myself and about how to take baby steps – not get overwhelmed. You can’t eat an elephant whole, but you can eat a whole elephant in small bites! And so, I’ve really had to focus on, “Okay, all I need to do

today is take this bite, and that's it." I'll be honest with you. We have had a really big move here. I just kind of let some things go and probably packed some things that I need to get rid of when they come out on this end. But, I will deal with it.

Citizen Petition

Kate: Okay, so let's dig into the meat of this podcast, and let's talk about where the work for Americans for Homeopathy Choice is right now. What's going on? Walk us through some of the action steps that you guys are taking together as an organization. For those of you listening, if you have not already listened to [Podcast 44](#) – which is the first podcast where Joette interviewed Paola, and they talked about how this all got started – go right now and listen to that podcast. And then jump into this one, and you'll have a better grasp of what's going on. So, Paola, where do things stand right now? What is going on?

Paola: So, *we need your help*. I need you to stop what you're doing. You know, I'm a podcast girl. I like to listen to my podcasts while I'm folding laundry or doing the dishes and multitasking. I need you to stop what you're doing. Dry your hands. Put down the underwear that you're folding. Go to your computer and go to HomeopathyChoice.org. Right there on our homepage, there is a banner, and it says, "Support our Citizen's Petition." If all of Joette's listeners who would listen to just this podcast alone, took this action, we would reach the thousands of comments in the petition docket.

Now, don't get confused. Earlier this year, we had everyone submit their comments to the FDA docket on the draft guidance, and this is totally different. We have submitted a *brand-new* document that defends homeopathy. It's called a "Citizen Petition." It is our right to do this under law.

And what I mean by that is when we do something under law, that *forces* the FDA to respond. It's not some informal letter that they can just ignore or take administrative maneuvers to kind of avoid. There is a law behind this document that they have to deal with. And so, getting many, many, *many* comments in support of that is very important.

So, you go to HomeopathyChoice.org right now. Type it in. Click on that banner, you know, "Support our Petition." You'll be taken to our petition page. You can read the petition if you want to. You don't have to, but you can if you want to. And then we need you to send three quick letters.

Okay, the first one goes straight to the FDA. We have provided an outline for you to kind of quickly write your own, a quick paragraph. The FDA, if they get a ton of copy-and-pasted letters, they count all of those as one comment. So, it's better to kind of write your own unique comment because then they value your very own comment.

Then you're going to take that letter that you sent the FDA that we gave you the quick little outline for, and you're going to copy it, and you're going to send it to all your representatives. So, that's your congressman and two senators. Okay? And we have that on our website there, too. You're going to say, "Look, this homeopathy thing is not going away. It's an ongoing issue. I want you to stay aware of this. I emailed you about this earlier this year. I'm emailing you about it now. Here is the copy of the letter I just sent the FDA." Okay, so that's the second letter, right?

Then the third letter you're going to send is ... you're going to go on our website; you're going to copy and paste another letter to send to your representatives. So, we're technically double-dipping with the representative. We're sending them one letter about, "This is what I submitted to

the FDA,” and then you’re sending them a second letter that says, “Here is the issue at hand.” And that’s what you’re going to copy and paste off our website.

So, what’s that going to take you, 25 minutes? I’ve timed myself doing all of that: *25 minutes!* Because what I’m doing right now is I’m trying to reach to your representatives, and I’m trying to make appointments with them. If you don’t make a lot of noise and send those letters in, I’m not going to be able to get that appointment, and I *need* that appointment. We don’t have enough money to hire a lobbyist. And so, it’s really what *you* can do to pave the way for Americans for Homeopathy Choice to get those appointments. I’m getting appointments, but we need more of those. So, that’s why we’re kind of trying to build that relationship with Congress.

Kate: I think a lot of times, people think, “Oh! What’s one more letter going to do?” Right? But it is valuable, because if everybody thought that, there would be no letters sent!

Paola: Yes, that’s exactly right.

Kate: So, go right now. I just did it as we were talking. I clicked the banner which says, [“ACTION ALERT! Act Now! SUPPORT OUR FDA PETITION.”](#) You just click on that banner. And then the second thing – like Paola said, just to reiterate – is to click on that red button that says, “Contact Congress.” And that’s where you will find all the information to write the letters to your representatives and send those in.

Paola: Yeah, exactly. So, just so you know, the only thing you’re going to have to write is the quick paragraph to the FDA. Everything else is just copy and pasting and sending your representative the copy of your FDA letter, and then sending them a second message with a copy of our letter that we’ve prewritten for you. So, it’s really not much writing.

It's just a few sentences that you're going to send to the FDA. And then you're going to kind of duplicate that to your congressperson, and then you're going to send them in. So again, this is different. Earlier this year when we were submitting comments, we were *totally* on the defensive. We were trying to defend ourselves from the draft guidance on homeopathy. This is different. This is *offensive*. We initiated something that now the FDA has to deal with, and they have to respond to.

Kate: Isn't it better to be on the offense than the defense?

Paola: Yes, totally, absolutely.

Kate: Good, okay. So, you've come up with the Citizen's Petition, and now that has already been submitted. When did you guys submit that?

Paola: So, we submitted it – boy, it's like a blur – we submitted it right before we moved. That would have been August. Now, it's September, and we really, really need as many comments as possible to go into that docket for that Citizen Petition.

Kate: Paola, help me understand, why is this Citizen's Petition so important?

Paola: Okay, so ... okay, this is crazy. Listen to this. I had a phone call this week with Congressman Costello's office over on Capitol Hill. Congressman Costello wrote a letter to the FDA. He sponsored a letter, and so he got a lot of other congressmen to sign that letter. That's where we spent all our time earlier this year dealing with. We visited all these congressional offices back in February. We asked them, "Please sign onto Congressman Costello's letter." And he did; he got some support. They sent this letter to the FDA, and they said, "Look. We don't like this draft guidance. You cannot do this. You cannot make

homeopathic remedies technically illegal unless they go through a new drug application, without talking to us first." So, they sent this letter out there.

So, I talked to him this week. I said, "Did the FDA respond to your letter?" And he said, "Yes, they did." His staffer said, "Yes, they did." I said, "Can I get a copy of that letter?" Kate, that letter says in black and white – now, I can't post the whole thing on our website, but we're going to post an updated summary – that letter says that the FDA fully intends to finalize the draft guidance.

So basically, all those comments that we submitted earlier this year, the FDA is maneuvering around them. I'm not saying they're disregarding them because the FDA legally can't. But they're maneuvering around them, and they fully intend to apply the risk-based approach. That means that homeopathy ... whatever remedy they pull off the market, it can only reenter the market IF it goes through a new drug application which would cost millions of dollars. We all know they're targeting first the nosodes, the remedies they think are concerning. *Belladonna*, *Nux vomica* were specifically mentioned in their press release, so some of our key polychrests. So, they said, "We will do this," basically.

Kate: All the work that you guys have done, and now they're basically saying, "Well, we're moving ahead anyway." So, if you don't think that there is a real threat, there is! They fully intended to move ahead *regardless* of the things that you've done. And so, what you're doing now is super-important. They have to stop. They have to address this petition.

Paola: Okay, let me give you that quote. It says, "As a result of the agency's evaluation including consideration of the public input the agency has received on this issue, FDA [this is it], FDA has determined that it is in the best

interest of public health to issue a draft guidance that proposes a risk-based enforcement approach.” So, this is here in black and white, that they are going to move forward with that. What this Citizen Petition does is it basically is like a stay of execution. They cannot – they should not – finalize the draft guidance when this petition is in place because in our petition, we said, “Do not finalize the draft guidance.”

You know, a draft guidance is basically like a guidance that helps the FDA police enforce homeopathy, but they don’t understand the law very well. So, they make this draft guidance to help them know exactly what you’re supposed to do. (When a homeopathic remedy says 30C, this is what that means, and this is how it should work, right?) So, they have that guidance. And so, they can remove that guidance and replace it with any other guidance anytime they want.

So, if we keep the Compliance Policy Guide 400.400 right now, ten years from now we can be in the same exact situation we’re in right now where they’re trying to remove it. Then we have to start all over from scratch. So, what we’re asking is first, you need to delete the draft guidance. We don’t like it. Two, we want you to reaffirm the Compliance Policy Guide 400.400. Three, we want you to turn it into a regulation, so it’s fixed, and it stays, and you can’t remove it very easily.

The last point we mentioned in the Citizen Petition is that we want there to be an advisory committee on homeopathy. This advisory committee would be made up of homeopathic professionals, consumer representatives (like a mom could be on that committee). It can’t just be anyone. There’s a law and regulation that guides exactly who can be on these advisory committees, right? So, the FDA can’t just pick one group – one homeopathic organization. It has to be varied. They have advisory committees on hundreds of other subjects. I think it’s very appropriate for homeopathy to have an

advisory committee.

Kate: Let's just talk for a minute. For those of you who haven't heard, the Compliance Guide 400.400 is the regulation that has been in place.

Paola: It's not a regulation. It's technically a "guidance." It guides, kind of, the rules – which is different. It's like a step down from a regulation. That's the key. That's *why* they can remove it and replace it with something so bad.

Kate: So, you're asking them to *make* it a regulation?

Paola: Yes, we're trying to kind of upgrade it now. It's been in place for 30 years. It's worked. It's been great. Now, let's upgrade it to something that you guys can't mess with next time you guys get tired of homeopathy or whatever.

Kate: So, for those of you wanting to know more information about the Citizen Petition and what it includes, go to the website, HomeopathyChoice.org, and you can read the Citizen's Petition right there. I spent some time going through that, and it's very interesting. There are some key points that they are presenting through this petition that the FDA has to address, and it's *very important*.

Paola: So, what this petition is doing is, it's a legal document that the FDA has to *respond* to before they just proceed. And they *know* that. If they *do* finalize the draft guidance, we've said in our petition – this was our last request – we said, "If you don't comply with our request in this petition, we would like to have a hearing."

Now, a hearing is not just any meeting. It is a *formal* meeting, and it's not one that they can easily maneuver. And our attorneys are telling us that the FDA does not like to have hearings – especially when the law is so clear in protecting homeopathy. They will not want to do that. So, it

puts them in a tough spot: “If we respond to this petition, and we say, ‘Okay, we listened to you but we’re not going to do this,’” then they have to do a hearing. I mean the Administrative Procedures Act says a Citizen Petition is something that the FDA has to follow procedure in responding to. If they disregard it or maneuver in the wrong way, they’re breaking the law. I mean this is a hefty move that we’ve made.

Kate: Right. This is not cheap to do this, right? These are difficult things to write and you have to have help and support from a legal team, and you have to have financial backings.

How can we show support?

Paola: That’s absolutely right. I mean, most of what we’ve done so far with our attorney up until this month really, he has been helping us pro bono – which is just amazing because he loves homeopathy. I mean, he, himself, likes to say that he’s been under the care of a homeopath, a classical homeopath, since the 70s. I think that we are just so blessed to have him. But we did a major fundraising effort on our [Facebook page](#), Americans for Homeopathy Choice. If you type it in the search bar on Facebook, that’s us. And we did this awesome summit, interviewed amazing people. I mean it was just in the peak of my move, and I just knew that we had to do this! Our goal was to get 400 mama bears to join the Bear Pack. (And you know, it really is *any* person. It doesn’t have to be a woman or a mother. It can be a dad or a male.)

Kate: A papa bear.

Paola: Yes, exactly, a papa bear, a brother bear, any bear, right? So, it’s the Bear Pack! And so, that’s [anyone who’s donating \\$25 a month becomes a member of our Bear Pack](#). Right now, we have just over 150 people who are donating. I

mean, I have to say, I *honor* those people who are donating, and I'm so thankful for them because they are literally carrying this movement on their back! We would not be able to take another step forward without them. Their donations came at a critical time. Those of you who've done a one-time donation, we are so incredibly thankful for you, too.

But you're right, it does cost money. I have to say, you know, people say all the time like, "Oh, but you know, we would never be able to fund raise the amount of money that big pharma has, right?" And Jim said a very interesting thing on our Save Homeopathy Summit that we had earlier.

Kate: And Jim is your attorney?

Paola: Jim is our attorney, yes, right. Sorry, he's our attorney. He says the reason that big pharma has to have that kind of money is because they don't have *people*. He says for you to have a political movement, you either need people, and then if you don't have people, then you need a ton of money to kind of replace the energy that people put in.

I feel so strongly that the homeopathy movement has some *big* energy because we have some amazing, committed, dedicated people to homeopathy. So, when you have people in a homeopathy movement donating money, that money goes larger, farther, and is stronger than a dollar coming from a pharmaceutical industry that is just a naked buck – without that powerful energy coming from mothers and others who are caring about their health.

Kate: And there's other ways to support this effort rather than a financial donation, too. If you can't donate money, there's time, right? You guys *need* people.

Paola: Yeah, absolutely. We have a [volunteer form on our website](#). We have a [Facebook page](#) where people can request and join. We're always kind of trying to think of ways for

people to help. Yeah, if you don't have the time then, of course, do the donation. Here's the thing, to join the Bear Pack, that's less than a dollar a day – \$25 a month. That's less than a dollar a day! We're trying to kind of create some "thank you" benefits where we have a member's area right now. If you're a Bear Pack member, you can log in to your member's area, and you can see the entire Save Homeopathy Webinar series, which is no longer on Facebook (we just have a few snippets there). So, we're trying to kind of create like a "thank you" VIP area for those of you who are members of the Bear Pack – you know, donating \$25 a month. We plan to have quarterly visits from really cool homeopaths to talk about some education on homeopathy. And you know who I already have at the top of my list to be one of those!

Kate: Are her initials J.C.?

Paola: Yes, that's right, and we're not talking about Jesus this time. So, that's just kind of our thank you. That's our goal is to kind of keep those members of the Bear Pack. And they also get like a special newsletter that has some insider information that we don't necessarily share publicly quite yet, until it's fully right.

Kate: If you think about it, homeopathy is not expensive. So, let's spend some of this money to help this organization to help this cause, so that we can defend our rights to use homeopathy, because we do save a lot of money when we use homeopathy versus conventional medications. You're spending money on homeopathy, yes. But look at all the money that I'm saving! So, let's put some of that money that we're saving into this organization to help support them.

Paola: I couldn't have put it better myself. That's right.

Send those letters in

Kate: So, let's take some time and look ahead now. What do you have planned for the future?

Paola: So, this Citizen Petition, it is most definitely like a "block." Like I said, it puts us on the offensive, but it's not the end-all, be-all. Listen, I hope that the FDA will comply with our petition. So, hope for the best, but you got to prepare for the worst. And quite frankly, I wouldn't be surprised if our prepare-for-the-worst plan ends up being *the* plan. So, that's really the larger, broader, legislative strategy that we're starting to develop now as we're realizing this isn't going to go away. It means that we need support from people on Capitol Hill – which is why we need you guys to send those letters in. We can't show up to Congress and ask them for their support on homeopathy out of the blue. We need to develop relationships *now*. That's why we're not just asking you to submit your comments to the FDA about the petition. We're saying send it to the FDA and then send two letters to your representatives – your senators (both of them) and your congressman – so that we can develop a relationship so that when that broader legislative strategy is ripe and ready to go, we have relationships. And *that's* the goal.

Kate: Nice. So, it is very important that we take the time to write those letters. And you're having meetings scheduled soon with representatives?

Paola: I have like, you know, meetings next week. I had one today. And it's not with representatives directly; they're usually very busy. You're talking to their staffer from their office, and then they're communicating out with the congressman or senator.

Kate: So, time is of the essence. Get those letters in! What else can we do, Paola?

Paola: I really believe in the power of prayer. If you can [support us financially](#) joining the Bear Pack or doing a one-time donation, we're so incredibly thankful. Next, if you've submitted your letters, you kind of put word to action, right? You've submitted your [letters to the FDA and your representatives](#). And if you can volunteer, messaging us, we have a [volunteer button](#) on our website, homeopathychoice.org. There's all these little things that we've prepared for you guys to kind of help us out. And then pray; pray for our country; pray for homeopathy. I *know* we can do this. I believe in this movement. I wouldn't be doing this if I didn't think we could. We *can*.

Kate: When we were talking earlier, you were so passionate. It was just fun to listen to your passion about how we're going to save homeopathy. You said, "We are going to do it, Kate!"

Paola: Yeah, we are; we are. I said before and I'll say it again. I really believe that generations are going to look back at this time – this critical time – and look back on those moms that stepped up. This is your chance to put your stake in the ground and say, "I was part of that movement. I stepped up, and I did what I could." That's why I'm saying, leave the dishes! Let your kids play in the mud – whatever they're up to, let them do it – and spend a little bit of time to send that comment. And get your husband to send it and get your neighbor to send it. Email your five friends; beg them to do that. We really got to do it.

Kate: The groups that you're a part of, get this information out there. Put it on your Facebook page. You can connect with your organization, Americans for Homeopathy Choice. Just look them up [on Facebook](#). Paola is doing Facebook Lives and so you can keep abreast of what's going on through that Facebook page as well.

Paola: That's right. We do a weekly update, Friday or

Saturday night. Sometimes it runs on Monday night, but we'll do one every week.

Kate: Okay, so we'll keep an eye on that. Well, Paola, thank you so much for giving us some update. I'm very hopeful for the future of homeopathy. We're just thankful that you are leading the charge, and that so many of you are donating and giving of your times. I know that Joette supports this organization and the work that you're doing. So, thank you so much.

Paola: Yes, thank you and a special thanks to Joette. Anytime I call her, and I ask her for something, she finds a way to do it, and they make it happen. That's just because they know how important this is. At the end of the day, she has been a huge backbone for this – kind of the groundwork activating a group of moms who love homeopathy. And so, I'm just so, so grateful for everything that Joette has done. So, thank you so much for having me on the show.

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.

Cell Salt Series: Back to School Means *Kali phos*



Sending your child off to college requires a lot of preparation and packing.

Have all the textbooks? Check. ✓☐

Bed linens and towels? Check. ✓☐

Notebooks and other supplies? Check. ✓☐

Computer? Check. ✓☐

Kali phos?

Wait ... what?

Don't let your college student leave without the "Back to School" cell salt, [*Kali phos*](#). If your child has already left for school, send it as a surprise care package!

When I sent my sons off to school, I made sure they each had a bottle of this priceless cell salt with them. It's invaluable for the mental stress college students invariably experience.

Why? Because *Kali phos* is a nerve nutrient – primarily focused on central nervous conditions. On my CD, [*Cell Salts; the Easy Homeopathy*](#), I discuss the importance of this medicine for general wellbeing and a contented disposition, as well as the sharpening of mental abilities.

I've called it the "happy cell salt". But it could also be called the "smart cell salt" as well. (If professors knew this, they might choose to keep a big bowl of *Kali phos* on their desks for their students!)

Symptoms calling for *Kali phos* include feeling ill-humored, lazy, irritable, or over-fatigued yet experiencing insomnia – as a result of mental over-exertion.

Kali phos is tailor-made for intense studying. If your child is worrying about upcoming exams? *Kali phos*. If your child complains she can't remember what she just finished studying? *Kali phos*. If your child calls to say, "If I could JUST SLEEP!!!" That's *Kali phos*.

And before I forget, if your child is a student athlete, *Kali phos* is also helpful for *physical* over-exertion that leads to these same symptoms.

So, how would they utilize it? Well, *Kali phos* 3X or 6X is generally taken twice a day for as long as the symptoms

persist. If necessary, it can be used for long periods of time – as long as the stress remains. If the symptoms abate, the remedy is then discontinued until such time that the symptoms might return.

(Note: when *Kali phos* – also known as *Kali phosphoricum* or Dipotassium phosphate – is used in the 30th or 200th potency, it is still considered a cell salt. But, here we are specifically referring to its utilization in the 3rd or 6th potency. I like to use 3X, but it's often difficult to find. In the United States, we usually find 6X readily available and of good service.)

How much more effective and efficient will your college student be when their nervous systems are bolstered, and they are less fatigued? With the high cost of college tuition these days, buying a little study “insurance” for around \$12 is a no-brainer! That's why I always say every mother should make sure their college-bound child has a bottle of *Kali phos* on their desk, just as my sons do! It may be the best going-away gift you could give them.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in dark ink on a white background.

P.S. While we're on the subject, if your child is away at school, be sure to send a homeopathy kit along with them. Illnesses and issues will arise while they're away – it's only natural. When you advise them what remedy to take, it won't do them any good if they don't have it on hand!

P.P.S. If you're looking for all of the posts in my series on the cell salts, here are the links for your convenience:

[Calc phos](#)

[Ferrum phos](#)

[Mag phos](#)

[Nat phos](#)

[Kali phos](#)

[Calc fluor](#)

[Nat mur](#)

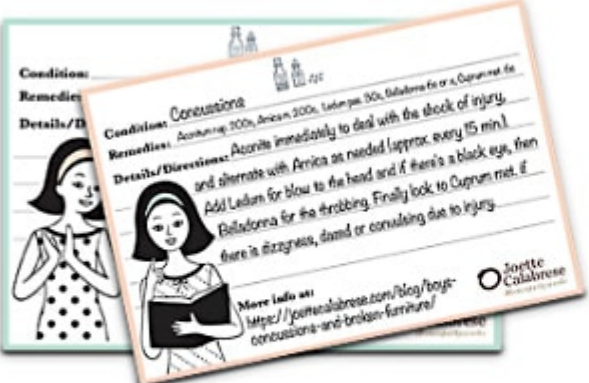
[Nat sulph](#)

[Silicea](#)

[Calc sulph](#)

[Kali sulph](#)

[Kali mur](#)



Remedy Cards

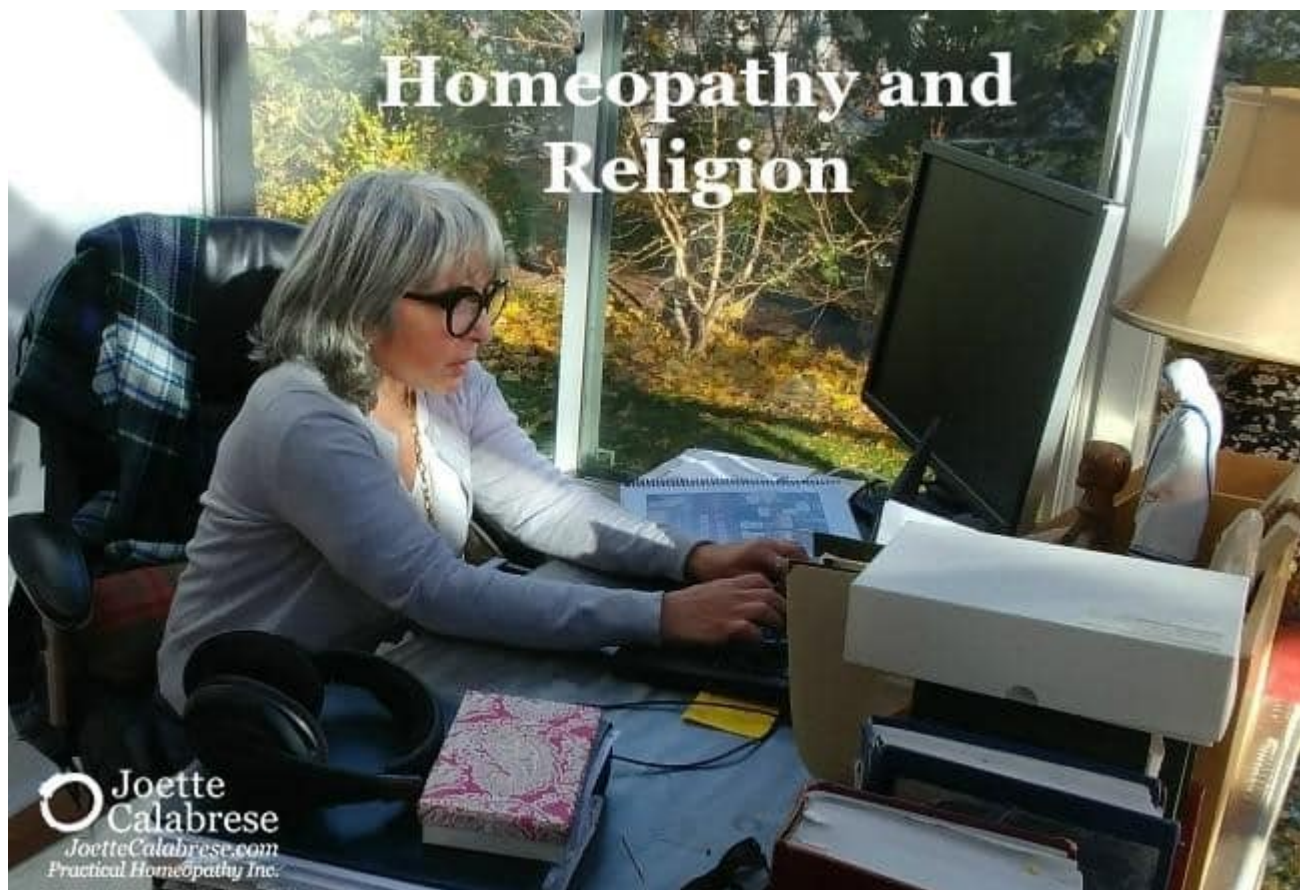
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Homeopathy, Religion and Your Freedom to Practice Them



There's a battle out there to keep mothers from believing they are the experts in their families' health care.

Why?

Because if mothers take back their power, it weakens a medical industry that has had a stranglehold on the family for centuries.

Homeopathy debilitates the current medical paradigm in place – one that insists you relinquish your rights by utilizing the newest, hottest technique or drug prescribed by medical doctors to care for your family, by giving those rights back to you instead.

There's a lot of psychology that has gone into the marketing of these professionals.

We're told their treatments are unique – though allowed *only* through prescriptions. It's not unlike the battle between any two competing persons in the market square.

ok, I get competition but some of the tactics are downright deceiving.

For example, a constructed effort is ongoing to convince mothers that homeopathy is anti-religious – “black magic,” if you will.

Nothing could be further from the truth. The names of the medicines are Latin medical and botanical terms – not magic spells. Homeopathy requires no belief in a religion or cultish order.

It is a science.

Mother Teresa and the sisters of the Missionaries of Charity consistently utilized homeopathy. I wonder if the powers that be would accuse her of being a practitioner of magic?

Of course not! So why, then, are they trying to brand the mothers who use homeopathy with that terrible, frightening label?

Because homeopathy could pose a threat! Indeed for over 100 years.

Homeopathy is a medicine that is inexpensive, efficacious and puts the power of healing into the hands of the family by eliminating the need (in many circumstances) for a mother to be reliant on a medical doctor for every little sniffle.

Don't forget: Homeopathic medicines can't be patented. And we all know the answer to most questions regarding “why” is to follow the money!

So, the reason the naysayers are threatened by homeopathy is the reason why I love it!

There is no other medicine – I repeat, **no other medicine** – that gracefully bows to the family like this one does.

It *supports* the family because it gives back to the mother her God-given right to heal her family. Why *certainly* you can tell that your child has a sore throat ... from across the room! You don't need someone to tell you that!

The next step is to administer the homeopathic medicine you've learned that will address such. In a day or so, all is well.

Don't you think that measure of autonomy, if this trend were to catch on, as it did a century ago, would put a dent in the antibiotic market?

Or pediatric practices?

The well-baby checkups?

The yearly mammograms or the demoralizing human roto-rooter, otherwise known as a colonoscopy?

Yes! A *huge* dent.

So, the industry is threatened and reverts to the tactic of fear-mongering, causing legitimate religious organizations to become their unwitting co-conspirators.

But don't fall for it! Homeopathy, my fellow Christians and other religious believers, is not magic.

If you don't understand how a homeopathic medicine works, don't become suspicious of it. Instead, learn how it works – or don't bother and simply use it *because* it works!

I don't fully understand how an airplane flies or how a cell phone can transmit information from one part of the world to another in nanoseconds yet still be used as a simple telephone, or how computers are programmed to perform the exact tasks we ask of them.

Does that mean we assign "magic" to the explanation of it?

No. We accept the science of it.

Right now, I am holding in my hand a smartphone containing more computing power than the computers first used to put a man on the moon. The original explanation of how a computer works – how it calculated – was “power on to power off.”

How does that morph into my smartphone’s ability to translate the Greek language, allow me to shop online or call someone in Australia from my home with no connecting wires?

I don’t know. Do you? What I do know is it’s true, even if I don’t completely understand it, because I’ve seen the proof.

The reason magic is not applied to computers and smartphones is that there is no competing industry feverishly working to taint the market with propaganda.

There’s no “abacus” business being threatened by these mathematical wonders of the 21st century. Most *everyone* is behind these products.

But clever pharmaceutical marketers and lobbyists want to be certain that their market survives intact through the questioning of modern medicine, which has occurred in the last few decades.

An *incredible* amount of money depends on their ability to hold onto their share of the market and keep their position at the top. So, how smart is it for them to target the fears of religious believers by labeling homeopathy – their threatening (albeit small) competitor – as *devious*?

In fact, modern-day immunology and allergy treatments derive from the primary principle of homeopathy, “the Law of Similars,” – the ancient principle that “like cures like.”

Both of these conventional medical treatments, vaccinations and allergy shots, work by augmenting the immune response by

subjecting the patient to a specifically prepared amount of similar material. Sound familiar?

Sure, homeopathy was developed over 200 years ago when there were no electron microscopes. Even today, much of modern medical science is unknown as to exactly how this or that works.

But we know clinically that a drug works because when it is used, it acts.

The clinical evidence in favor of homeopathy is undeniable. The Banerjis alone have provided years of clinical-based evidence that has been reproduced in high-profile cancer centers around the world.

As Dana Ullman cites in his article, [The Case FOR Homeopathic Medicine: The Historical and Scientific Evidence](#), "... American health care which has been so resistant to homeopathic and natural therapies in its mainstream institutions is presently ranked 37th in the world in the performance of its health care system.

"In comparison, the number one ranked country in the world is France, a country in which around 40 percent of the population uses homeopathic medicines and around 30 percent of its family physicians prescribe them."

But, homeopathy is the only medical paradigm I'm aware of that doesn't hype itself. Even supplements rely heavily on hype. Look online and you can't miss "the latest, greatest" supplement du jour.

Instead, homeopathy is low-key. We don't need hype; we have results.

[Join my free website community](#) by creating a username and password (a necessity to keep the spammers away). Here, you'll be able to access several research papers written on

the topic of homeopathy.

One particular file is over 200 single-spaced pages of research! And, when I teach homeopathy on my blog, it's free! If you buy the remedy that the blog article is linked to, I get no payment whatsoever. I provide this as a **free** service. (In fact, buy the remedy at BoironUSA.com enter my name "Joette" at checkout and get a 20% discount.)

Lastly, allow me to offer a personal consideration that may help you sort out the difference between the integrity of homeopathy and the kind of medicine that is prominent in North America – the one you've likely been using for decades without giving it a passing thought.

If how a system of medicine is practiced on the innocent is a measure of its honor, then we must consider this: You will never find a homeopathic physician performing an abortion in a women's clinic, nor will you catch one behind closed doors inducing an adolescent girl to take birth control pills (while the mother is intentionally left clueless by being assigned to the waiting room).

Indeed, if any questions of legitimacy ought to be asked, should they not be directed toward those who perform questionable – nay, immoral – practices?

Unlike substantial segments of its modern medical counterpart, homeopathy provides wholesome, non-violent, truthful and curative medicine based on scientific pharmacology.

So, have no fear, fellow Christians, Catholics, Hasidic Jews, Amish and all religious believers. You can feel comfortable following in the footsteps of over 450 million users of homeopathy on earth today: Catholic priests, nuns, popes, Christian missionaries, conservative Christians, an eminent Saint and traditional Jews – and yes, even seculars (atheists, agnostics, and new-agers).

Just as when you utilize a microwave or cell phone, you don't betray your religion to use homeopathy, nor should you be bedazzled by its ability. It is not magic; it is science. You can count on this gentle and effective medicine to heal your family no matter what your religion or discipline.

Religion and homeopathy are not mutually exclusive.

After all, it's simply good medicine.

Warmly

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

P.S. As our fellow countrymen revolt against the powers of the pharmaceutical and medical lobbies, like-minded candidates are rising up to lead.

I invite you to listen to [Scott Adams' fascinating interview](#) with an amazing man, Dr. Shiva Ayyadurai, who is running against incumbent Elizabeth Warren for the office of United States Senator from Massachusetts.

He is a successful self-made man, with four degrees from MIT, whose parents immigrated from India to allow their children to be part of the American Dream.

He firmly believes in putting the power of healthcare back in the hands of families. He speaks of his grandmother's natural healing techniques for the people in her Indian village. His personal experiences, along with strong economic and political factors, inform his plan to change legislation so that American individuals are allowed more freedom – and more responsibility – to govern their families' health care.

Podcast 57 – My Dirty Little Secret



IN THIS PODCAST, WE COVER:

- 01:50 Dirty little secret
- 08:08 Protecting our family
- 11:51 Fibromyalgia
- 15:45 Not to take no for an answer

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[How I Cured my Fibromyalgia with One Simple Medicine](#)

[Rhus Tox 30 or 200](#)

([Symphytum 200](#) mixed with the *Rhus Tox* is the Banerji Protocol that I teach now – see Remedy Card below)

[Sepia 200](#) – for motherhood fatigue

Joette: I have to tell everyone what my dirty secret is?! Okay, well, I think everyone has a little bit of this, but maybe mine is worse.

Kate: You are listening to Podcast Number 57 with Joette Calabrese at practicalhomeopathy.com. Thank you for joining us on today's podcast as Joette shares her experiences and insights into healing our families with homeopathy. As you just heard in the intro to this podcast, Joette is going to let us in on a little secret. Those of you who know Joette or follow her posts or podcasts might be a little surprised at what she has to share with us today.

If you enjoy these podcasts, we'd love to hear from you. Drop us a note on our Facebook page or post a screenshot of this podcast on your social media platform using the hashtag [#JoetteCalabresePodcast](#). Your encouragement and willingness to help spread the message of homeopathy is central to our mission. And, we may just feature your review on one of the upcoming podcasts.

Kate: So, Joette, you and I are here together today, and we've been hashing through some ideas for the podcasts, and what people might want to hear. As we've talked, I always have a lot of questions for you, Joette. I could go on and

on. But, the thing that intrigued me was – as we were talking – you told me that you have a dirty little secret.

Joette: Are you going to bring that up today? I have to tell everyone what my dirty secret is?

Kate: Yes, Joette, you have to tell the world.

Dirty little secret

Joette: Okay, well, I think everyone has a little bit of this, but maybe mine is worse. I have to admit – I have a temper. Maybe it's because I'm Sicilian. Sometimes it's good, but sometimes it's bad. But I will tell you, it really drives me.

Kate: I have to interrupt you for a second Joette because I have known you for five years now. (Can you believe that? We've known each other for five years.) I have never seen you get upset in the least. I mean I know you're spunky, but I've never seen that side of you. So, this is interesting to me. You know, you got to share more.

Joette: Well, it's really all related around my family. You've never hurt my family. When it comes to them, I become super protective. I have anger skeletons in my closet. In fact, I have so many of them that they talk to each other and party at night!

Kate: I'm imagining them dancing around.

Joette: Yeah, they're dancing, and the problem is they're all Sicilian. I think that's the problem is that this anger comes from this deep-seated desire to take care of the family. I mean, you know all about families in Sicily. But, it has been a problem from time to time. But that's what's *driven* me! It has driven me to such resentment and anger when someone makes a medical mistake or declares something medically regarding one of my family members, and it really

gets to my core.

Kate: That's understandable. Everyone has that component to their being.

Joette: Well, yeah, but I've actually attacked doctors.

Kate: Well, what do you mean "attacked," Joette?

Joette: Well, not physically. But, I could tell by the look on my father's face – when I've had to practically attack them when my father was around – that he was worried that I might just lunge at them.

Kate: He was giving you that look like, "Joette ..."

Joette: "Joette, calm down, Honey. Calm down." I remember one time when my father was in the hospital, and I always stayed with him when he went in. The doctor came, and he said, "We're going to give you the flu vaccine." And I said, "No, no, no. My father is not going to get the flu vaccine." He said, "No, no, it's our *policy* to do that."

I said, "No, no, no. You don't understand. *We* have a policy. We have a family policy. My father does not get flu vaccines. End of discussion. Now, if you have a problem with that, I'll get a cousin who's an attorney to make it clear to you." Because they've always got these policies and as soon as someone hears policy, they think, "Oh well, maybe I should back off." No, no, no. You come back – or I've always come back – with, "No, I've got my own policy. My policy is *bigger* than your policy."

Kate: Yeah, I was going to say ...

Joette: "I *hired* you pal."

Kate: ... my policy supersedes your policy.

Joette: That's right, that's right. There was another one.

Another doctor came in once and told us about this study that my father could become a part of. He was just trying to get himself published. I know what he was trying to do. He turned to my father. (I could tell that he was a little worried about me. Maybe I had said something before that I didn't remember, or he could tell by the look on my face and my arms that were folded, and the scowl on my face.) "But he said, "I would like you to be part of this study. Wouldn't that be a great thing for you to do essentially?"

Before my father could even open his mouth, take a breath, and say anything, I said, "My father is *not* a lab rat. He will not be part of your study." And, he backed off. He backed off. He went on to tell us about how important this ... "No. He will not be participating in your study."

So, we have to be like that sometimes. Now, had I thought that my father was going to have to go back to this doctor again and again, I maybe would have softened a little bit. But, I knew he wasn't going to be seeing this cardiologist again. Because we do have to be careful, they have an awful lot of power – especially if it's over your children. That's when you don't argue, and I've talked about this many times before.

So, I'm making it sound like my dirty little secret of having this anger is only mine, but I think that everyone can develop this. I think it's a good thing to develop. Because if we don't have a wound that's rubbed raw, then we won't come back fighting to protect the rest of the body (or the rest of the person). So, the deeper the wound is rubbed, the more equal on the other end is the anger and resentment and frustration – and even frustration is not a good enough word, as far as I'm concerned – anger and resentment that we have to exert in ourselves in order to come up with the correct solutions.

Kate: So, if we don't have that deep "why" within us, then

we're not ready to take those steps that we need to, to be bold, to be protective of our families.

Joette: Yeah. Had my life been filled with medical successes, had my eczema not been suppressed with steroids, had my asthma not been a result of taking decades of steroids – I mean we could go on and on – had all of those events not occurred in my life, and they were saying this, then I would say, “Wow! Dad, a study! You could be on the leading edge of a study.”

But, I've had a lot of experience seeing the medical foibles that were foisted upon my father and myself and my child and my mother, and it goes on and on and on. And I had connected the dots years prior, so that when another dot was being presented to us, I said, “Nuh-uh-uh-uh, no more, no more. We're done.”

Originally, it was driven by curiosity. “Gee, I wonder if there's another way to do this?” It goes hand in hand with irreverence. That's what I'm expressing now is irreverence. Because with irreverence, it fosters an open search for ideas, and then a reverence and respect for life.

So, in a way, you have to build your imagination. Everybody's got this. You just have to flex it. Imagination is part of the human spirit. It's the dynamism of the human spirit. So, if you're trying to build your imagination, you want to imagine that you can take care of many of your family's ills – maybe not all of them, but how about trying for 50%?

Kate: So, this is almost like a workout regimen. I mean is that what you're alluding to?

Protecting our family

Joette: Yes, you're flexing your muscles. You know, years

ago, I worked with this FBI agent. I found it so fascinating because he taught me about muscle memory. He said that when he went to bed at night, he put his pistol – honest to goodness (I think it was a pistol; I imagine that's what it was) – that he had on his leg that he wore all day, and he would put it by his bedside in exactly the same place and exactly the same position every single day for years. He was *trained* to do that so if something happened, all he had to do was reach over and grab it, and his finger went right into the placement, and his hand was holding it in exactly the posture it needed to be held. He said, "It was muscle memory. I just had to do it over and over and over again. After a while, I felt confident that if something came along in my family, if something was a threat because of what I was working on in the FBI, I was able to protect my family."

Well, you've got to have a pistol, first, of your own, so that you can protect your family. After a while when you build that muscle memory, "I can do this," and then you do it, and then you do it again. It's not unlike the first time I cured my son of sniffles, I felt *alive*! "Wow! Look what I just did!" Within two hours – after knowing that a pediatrician would have given an antibiotic that would have kicked the can down the road and cause more trouble later on – I did it in a couple of hours. Holy cow!

Then I cured his strep throat. Oh my gosh! I know what a pediatrician would have said about strep throat. "You got to use antibiotics and the big guns," so to speak. I don't mean this to be such a bellicose conversation today about all the anger, pistols.

Kate: Are you hungry or something today? You're kind of worked up.

Joette: Yeah, I think I am. No, I am hungry, as a matter of fact. That's why I'm talking like this probably. But at any rate, we almost have to *stir* our anger so that we can get

that alpha mother out and onto this theatre, this stage of our lives. Without controversy, as humans, we have no interest in moving forward and examining options.

So, people who live a charmed life and don't have illness – which is pretty much nonexistent – but if they have mild illnesses, and they trust that the doctor has got the answer, and they take the Tylenol, and the headache goes away. And they have a cyst, and they have it extracted, and then another cyst comes out, now four cysts come up. And then they have not put together all of the strands of understanding that you remove one cyst, and others will pop up later. Or that you treat an illness that's met with an antibiotic, and you find that there's another one that shows up shortly after that. If they don't make that *connection*, then they just fall for the methods that are handed to everyone.

But, once you realize and make that connection, you sort of can't help yourself. I urge people to read the book, "Medical Nemesis." I'm pretty sure it was written by Robert Mendelsohn. We almost have to have drama, we humans, to fan our hostilities and resentments. So, we can say, "Whoa, whoa, whoa! What just happened? I can't believe this happened." And *then* we dig and look for the answers. So then, once we start digging and looking for the answers, and we start coming up with a few – maybe just a handful – then that starts to determine our identity.

I mean how do we identify ourselves? Are we someone who's acquiescent? Who's passive, and who says, "Yes, Doc. Okay, Doc. Whatever you say," and believes all that the doctors have to offer? Listen. I'm not saying you throw your doctor off of the ten-story building. I'm saying that you need your doctor to identify conditions. But, don't for a second believe that that's the *only* solution. There are thousands of solutions.

Kate: Or that he has all the answers, because they can't possibly.

Joette: It would be impossible.

Fibromyalgia

Just the other day, there was someone who commented on my blog post. She had commented about the fact that I had cured myself of fibromyalgia. And I had! It was pretty severe. I mean, I was chronic fatigued, and joints were all aching. You're just touching my tendons, just touching my arm, you push, "Ow. Ow. Ow." Everything hurt! It was achy. I felt very out of sorts; slept too much. I used [*Rhus tox*](#). Now, I can't remember what potency it was. I wrote about it in [one of my blog posts](#). Maybe it was a 200. Maybe it was a 1M. It was long enough ago that I don't remember.

That is key, mind you. *It was long enough ago that I don't remember.* I cured myself of fibromyalgia. And I did it for my aunt. I've taught many, many people, and they've reported back to me that it has worked.

So, this person wrote and said, "You shouldn't talk like that. You shouldn't say on your blog post – and give people false hope – that you cured your fibromyalgia. It must have been some other reason. Maybe you helped some of your symptoms. , fibromyalgia is incurable."

I thought to myself, "Really? How do you know that? Because what? Somebody told you that or because you haven't been cured yet?" I would have believed fibromyalgia was incurable because I was told the same thing. But I said, "I'm not going to believe that. I'm going to look further." And so, I did.

So, I wonder why the person just doesn't take the *Rhus tox*. That just confounds me! Oh well, if you've had it for all

these years and you've been told it's incurable, well, I guess – okay. So that's what I said on the blog, "Oh, all right. So, I guess you just have to live with your fibromyalgia then. Don't look anywhere else. Just listen to what you've been told and accept it."

Kate: Well, the other thing is that some people may think they tried it. It's not working exactly to the extent that they thought it would, or that it did for you. But you have to remember, there are so many variables: how often are they taking it, what potency? There are so many things that you need to look at. So, you can't make a blatant statement like that, and say, "It doesn't work because I did this one thing."

Joette: Well, yes and no. Because when we use protocols as I teach them on the blog and in my courses (but I try to give as many away as I can for free on the blog), if you follow the protocols – the right potency, the right frequency – and you have the condition named properly – it is fibromyalgia, right? It's not a broken arm; it is fibromyalgia – then you will likely have success. It's when the *diagnosis* is incorrect – not from your doctor, but that perhaps maybe you have misdiagnosed it. And you didn't realize that, indeed, it was a broken arm, and it turned out that you were calling it "fibromyalgia" all this time.

Kate: Or it could be the doctor because that's one of those things.

Joette: Could be.

Kate: I don't know that they can ...

Joette: Yeah, it's subjective. No, they can't. It's very subjective. Listen. As I've said before, my mechanic can't figure out what's wrong with my car! He can't diagnose my car's problems. How was it that we expect another human being to always understand exactly everything that's going

on in the human body? So, you try, and if it doesn't act, you try something else. Give it a good shot and try something else if that doesn't act.

So, I find that very frustrating. But all I can say is as I said on the blog, "Oh, okay." I don't even know what to say to someone like that. Really, you don't get that you should be trying and looking further? Just not sitting back and saying, "Well, I've been told ..." So, as long as there's an opportunity to make alternations, and we throw up our hands and we say, "There's no way," then we're never going to get ahead. There's always a way. Always. Not just in health but in every single concern or problem on earth.

Kate: I was just listening to someone who was talking about why she was so successful. And she said, "It's because I learned not to take 'no' for an answer. Someone else hears the word 'no,' and that's where they stop. I say, 'I'm not going to accept that as an answer. Don't tell me you're not going to do this or whatever it is,'" and she pursued it. She dove in. She had moxie!

Not to take no for an answer

Joette: Right. Everyone needs to have had a job in sales. If you haven't ever had one then you ought to get one, because sales is all about hearing, "No, no, no." And you keep saying it, "No, no." And you keep explaining why your product is so great. "No, no, I don't want it. I'm not interested."

Then bam! Someone says, "Yes." Oh, you just made a sale. No one knows about all the "no's" you had to hear, but you become callous to it after a while. You don't even hear the word "no." In fact, if you hear the word "no," it should get your cockles up and get you thinking, "Oh yeah? I don't take 'no' for an answer!" You don't have to say that to him, but you think, "That person thinks I can't do this. I'm going to

do it. I'm going to show them *and myself* – they may never hear from me again – but I know that I can do this.” And it takes that.

Kate: So Joette, do you think this is something that's innate in us, or something that we need to learn?

Joette: Well, I do believe it's the *heartbeat* of being a mother. Every quiver of our heart is dedicated to our families. But, I don't know that everyone recognizes that by going to “the expert” that we can still fight that off – that information that we got. Because it's only an opinion that this pediatrician or this doctor is giving us. You go to ten more doctors, and I'll bet you get different answers. But when we are a mother or a grandmother, to be honest, we have no choice. Look to the animal kingdom – minus the animals that eat their young – but besides those ... (We've all had those days, right?)

But aside from that, if you don't feel as though you have enough to fight, if you don't feel as though you're an alpha mom enough, you probably need a couple of doses of [Sepia 200](#) because you've been exhausted by the hormones changing, and too many babies, or too many years of birth control – not too *many* babies – I mean, having many babies all one after another, or just having had a baby, or having had years of birth control pills. Take a couple of rounds of *Sepia 200* for a few weeks. That really gets things up and running again.

Kate: Right. So, most likely, you get caught in this web of busy-ness and life and kids and stress, and you can't see clearly.

Joette: Right. So yeah, you can't get caught up in the web. You have to parse it out. Think about all the things that we worry about all the time over the last year. Just think about that. Actually, do this: just jot down all the worries

that you've had and really write them down. I'll wager that no more than about 2% or 3% were really realized.

If we don't try, we won't succeed. It's important that we realize that a lot of the worrying we mothers engage in is superfluous and never really comes to fruition. So, it's important to put those aside and start focusing on learning how to take care of your family.

In case you haven't noticed folks, this is not just about being able to take care of your family's ills but your mothering style. Our mothering style almost becomes a political statement or more importantly, a human rights movement. It's about the fundamental dignity of the family.

So maybe my feistiness today has to do with that book by Saul Alinsky, "Rules for Radicals." Because we can learn even from scoundrels, and he was. His goal was to overturn the American government back in the 40s, 50s, 60s, 70s, and is still going on today in his political camp. He's no longer alive, but that is what his goal was. But by learning what radicals do and how they change the political scene, and more importantly, what he taught in his book was how to change your thinking so that you can become a radical.

And in a way, we *have* to be that way inside of us. We don't want to go out and picket and hate doctors and modern medicine. We *need* them to a certain degree from time to time. What we don't want is a ruling over us in terms of what we can and cannot take care of ourselves, and how we can take over many, many of the ills that come along in our families' lives on a day-to-day basis.

Kate: So, be strong, be brave.

Joette: Yeah, have guts, spunk, and moxie – and pluck. I love that word, "pluck." And then in the end, it's all about being radical, baby. Radical!

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.

Watch Out for the Chiggers!



Quite a few of you have asked me this year for a remedy for chigger bites.

I must confess, I had never heard of chiggers until about ten years ago. Perhaps they are more of a Southern thing, and I just wasn't exposed to them in New York.

But now that I'm in Florida and it would appear I am going to get to know them better.

Technically, they are called *Trombiculidae* – so yes, “chiggers” is much easier to pronounce. Some of you may also know them as red bugs, berry bugs or harvest mites.

Not actually insects, they are arachnids (members of the spider/mite family). They live in forests, woodlands, grassy areas – anywhere there is low, decaying, damp vegetation.

In their larval stage, they climb aboard unsuspecting humans, burrow a tiny hole into the skin and inject a digestive enzyme to break down a small amount of skin for the little nuisance to eat. Those little attacks leave

behind lesions, rashes and extreme itching as their calling card.

Even though they have a funny name, they are no joke.

A member of my staff recalled being warned about them when she was a little girl. Her grandfather would rake all the pine straw and leaves on his property into huge piles to use as mulch.

Those mountains of vegetation were tempting to a little girl who wanted to run and jump headlong into the pile! But her family urged her not to with a simple, "Watch out for the chiggers!"

How she was supposed to "watch out" for them is rather laughable, as they are practically microscopic (or at least require a powerful magnifying glass to see). I think instead, her parents were politely trying to say, "Don't you dare jump in that pile, young lady!"

Frankly, the only way to "watch out" for chiggers is to avoid the areas they frequent, but in the summertime when playing outdoors, that's pretty hard to do.

And you know from last week's blog post on the dangers of pesticides, I am not about to systemically poison my surroundings to kill a microscopic predator I can avoid instead.

As life would have it, though, there are times you just can't avoid certain things, no matter how hard you try!

Sometimes, merely a slow walk on a golf course can result in picking up a community of microscopic chiggers (especially if you're a golfer who ends up under the trees more than on the fairway).

So, what can we do *after* we've become a buffet for these teensy red bugs? Why, homeopathy, of course!

A good baseline for any bite (puncture wound) is [Ledum 200](#), twice a day.

If the itching is over-the-top maddening, then our next line of attack would be [Antimonium crud 200](#) mixed together in the mouth with [Arsenicum album 200](#), twice a day (maybe even three times a day, depending on the crazy-making level of the itching).

This is a Banerji Protocol combination that works beautifully for a lot of itching conditions. (It's important to expand our thinking as we learn to use homeopathic protocols. For instance, if this remedy works well for one itching condition, it is an excellent place to start when faced with another itching condition. So, remember this one!)

If the itching is so severe it awakens the person at night, then [Coffea 200](#) twice a day is an effective addition (with the second dose being timed for right before bedtime).

Let's face it unless you carry a microscope into the backyard, you're not going to be able to "Watch out for the chiggers!" If you are unsuccessful in avoiding them, it's best to be prepared to relieve their aftermath with homeopathy.

Warmly,

Joette

P.S. Speaking of expanding your thinking as you learn about different remedies, a perfect place to start is having a *materia medica* front-and-center in your homeopathy library.

Most of you already know a *materia medica* is a listing of remedies, along with their keynotes and what symptoms and illnesses they treat.

Well, I've written my own as a framework to guide you

through your remedy choices. It's written in my easy-to-understand language, and I've also included my personal insights and experiences – the signs I've learned over the years that help me know when to use a particular remedy.

I encourage you to own [A Materia Medica: Practical Homeopathy® for Busy Families](#) as a stellar foundation for your continuing homeopathy education.

Podcast 56 – Moms With Moxie: From Learning to Leading



IN THIS PODCAST, WE COVER:

02:33	Journey to homeopathy
06:55	Accepting homeopathy
12:24	Setting up for success
16:14	Treating diarrhea
21:54	Success stories
24:42	Kidney stones

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Wise Traditions journal](#)

[Good Gut, Bad Gut course](#)

[Joette's Quick Start Guide](#)

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

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: You are listening to Podcast Number 56 at PracticalHomeopathy.com.

Hi everyone. I'm excited to be here today with another fabulous Mom with Moxie. I'm Kate, and today, I'm here with Sheena. She has a great story to tell and some amazing tips for us. So, get ready to take some notes. And if you have a husband or another family member that's not onboard with homeopathy, you'll want to stay tuned because Sheena has some great insight for you. So, Sheena, welcome!

Sheena: Thank you.

Kate: As we begin, I like to ask our moms to share with us a little bit about their lives. So, I want to ask you to do that as well. Tell us about your family and yourself.

Sheena: So, we live in Jupiter, Florida. I have two daughters, 14 and 10. My older daughter is a gymnast and my younger daughter is a dancer. So, they're athletes. My husband is a doctor. I pretty much spend my time geeking out on food and homeopathy – which are my passions.

Kate: Those are great passions to have. But I tell you, when you said you live in Jupiter, Florida, I'm still trying to get over that. Because when someone asks you, "Where do you live," I imagine if you say, "Jupiter," they look at you like you're crazy, right?

Sheena: Yes, it was really fun when we moved. We sent out a cute note that says, "We're moving to Jupiter!"

Kate: I have never heard of Jupiter, Florida. So, I guess we're all learning something today.

Journey to homeopathy

So, tell us, Sheena, a little bit about your journey to learning about homeopathy.

Sheena: So, I have been into traditional foods based on the work of Weston A. Price (which is a foundation) for about 14

years since my first child was born – and I realized that I had to learn how to cook, and I had to feed this child. That was great for many years. But in the last – I would say – five years, I realized that as a chapter leader for the Weston A. Price foundation, that people were too sick for food to be their medicine. In addition, people really don't want to be restrictive with their food. They don't want to *not* go to dinner. That they want to go hang out at coffee shops, and they want to let their children indulge in the foods at school and such. So, it became very difficult to help people with food.

I would read the [Wise Traditions journal](#) which Joette authors a column in. To be honest, I was a skeptic. I kind of glanced at them like, "Huh, that's interesting." But I never really dug into it. Then my younger daughter crushed her fingers in the door, and I had nothing. I didn't know what to do. I did manage to keep her out of the ER, but I really was scared. I was like, "What do I do? This child who has never had antibiotics or drugs before, I'm going to have to take her in, and stuff is going to happen."

Kate: Because you can't give her bone broth for a crushed finger, right?

Sheena: Right. It's not going to do it. I really had no tools in my mommy-tool-chest for that. And then the same child – I think maybe a year later – got some sort of bug bite on her eye, and it swelled up huge. And for a week, I was trying everything. It was getting to a point where my husband was like, "It's time for her to go to the hospital." Fortunately, I actually did resolve that, but it was tense. So, I realized I did not have the tools I needed, especially for these acutes. So, I really was looking for something for acutes.

So, then I thought maybe this essential oil thing is the thing for me. So, I tried that. I learned about it, spent a

ton of money and realized that, “Hmm, there are some benefits, but it’s not what I need.” So, then I told my husband, I said, “You know, I’m going to dig into this homeopathy.” He was like, “Yeah, whatever.” He’s a scientist, and so he did not believe that it would do anything. But, he also didn’t feel that it would do any harm, so he was like, “Fine. Check it out.”

So, I remembered seeing Joette’s articles in the Wise Traditions magazine and went on her website and decided to take her [Good Gut, Bad Gut course](#). I don’t know – maybe two hours into the video, I’m like, “Hmmm, this looks very interesting.” Then I started trying it, and I couldn’t believe it. I couldn’t believe that this medicine existed, and that it took me so long to find it. Now, I think I’ve taken every one of Joette’s classes except for one. I mean, I can’t wait for the next webinar or whatever that she’s got to put out. I’m soaking it up. It’s amazing.

Kate: I went through a similar journey. It seems to be a common thread among moms. You have children and then you think to yourself, “Uh-oh, I got to figure out how to take care of this child.” So, I – like you – started with food, learned about herbs and essential oils. That was all great. But like you said, it doesn’t take care of everything. So, it’s nice to hear that other moms are on a similar journey, and how they came to homeopathy.

Accepting homeopathy

You talked about your husband, and you mentioned that your husband was a doctor. I know you mentioned that at first, he wasn’t a believer. How did that transition take place from him *not* believing to – I think – now he’s a supporter, right?

Sheena: Yes, he is! So, a lot of my women in my study groups have difficulty because they want their husband to be

onboard (or their spouse). I've only had one man in my study group, so it is mostly moms. What I tell them is it's *reasonable* for your husband to be skeptical. So, the thing to do is to demonstrate competency to your husband starting with the little things – with the acutes, with the sprains, and the bumps and the bruises. Most people are not going to object to *Arnica*. It's really effective. Your kids bump into something, and you would expect a bruise. Or your husband falls off a ladder or whatever, you give him some *Arnica*. It's amazing! So, I just demonstrated to my husband. I learned, and I treated people every opportunity I had.

We have a bearded dragon which is a lizard. She is about 8 inches long. She overindulged in kale. And she was throwing up all her crickets.

Kate: Oh no!

Sheena: So, this was really early on. So, we thought, "Okay, over-indulging, that's *Nux vomica*." So, we made a little solution of *Nux vomica* with water and got it in her mouth, and it was crazy. Within minutes, she stopped throwing up the crickets.

Kate: It's such a funny story. She was throwing up crickets, and the *Nux vomica* helped her to stop throwing up the crickets. It's a great story!

Sheena: Yeah, it was amazing! So, my husband witnessed that. He's witnessed me treat my kids' bumps and bruises and anxiety and stomach bugs. So, my younger daughter would get a stomach bug. One day – we have a pretty long hallway – she was literally *running* to the bathroom, and I chased her with *Arsenicum* and popped it into her mouth. And then she's – maybe this is too graphic – she's leaning over the toilet. She was like, "Okay, I'm good."

Kate: So, she didn't throw up?

Sheena: She didn't throw up.

Kate: Oh, my gosh, that's fast!

Sheena: Yeah.

Kate: And then what happened after that?

Sheena: She was done! That was done.

Kate: Really?

Sheena: Yeah, my family – me and my kids – we get stomach bugs, and it's *bad*. I've been like down-and-out. Once I start throwing up, it's game over. But, since I have discovered *Arsenicum*, if I catch it fast enough, it's done. The illness is over.

Kate: And you don't get to the throwing up stage, right?

Sheena: Correct. So then, you don't have to go through the dehydration stage and the recovery from that stage.

Kate: I have found the same thing with *Arsenicum album*. Actually, I've gone as far now as putting it in my kids' bedrooms so they each have an *Arsenicum album* there. So, if they were to wake up in the middle of the night, they just pop an *Arsenicum album* in, and they're good. In fact, they have not thrown up in over five or six years. So, I just think *Arsenicum album* is one of those remedies I cannot live without. I think we were talking about that earlier, right? You feel the same way.

Sheena: Yeah. I mean I have a hard time deciding between whether I couldn't live without *Arsenicum* or *Hypericum*. So maybe *HyperArs* is the remedy I can't live without!

Kate: Right. And if you could take two to some remote location, that would be the ideal, because then you could have *Arsenicum*, *Hypericum*, and then you could combine them

for infections.

Sheena: Yeah. I would be very sad if I couldn't have those remedies.

Kate: Yeah. So, your husband has witnessed this all along, and he's seen the changes in your family and your kids and you. Right?

Sheena: Yes. So that and I think seeing that I've been taking classes, that I listen to all of Joette's podcasts, that I'm reading, I'm researching, I'm thinking about it. I'm not just trying things willy-nilly and shown him that I'm making myself competent to use this medicine – and seeing that it's working. I've been studying homeopathy now for just over two years. About a month or two ago, my older daughter at the dining room table said, "Dad, do you think homeopathy works?" And he said, "Of course."

Kate: Oh! That's a long way to come from, "Yeah, just try that thing that doesn't have any effect."

Sheena: Yeah. So, you have to demonstrate that it works – I think – and not just *want* people to believe you.

Kate: You have some advice for people as they're starting out using homeopathy: how to go about it in a way to set them up for success. So, why don't you share that with us?

Setting up for success

Sheena: My biggest failure was a young woman who had – and probably still has – chronic diarrhea. I had done Good Gut, Bad Gut, so I knew all the protocols. But, I hadn't tried homeopathy *enough*. I hadn't used it enough for such a serious case. I also didn't present it to this woman as, "I have no idea what I'm doing, but I think this might work. You want to give it a try?"

Kate: So, you said you *didn't* present it that way. How did you present it to her?

Sheena: This is the other thing. Her mother wanted her to try homeopathy. So, I told the mom that, "Here's the protocol, this should work. This stuff is amazing! It's going to work," and so on. And so, when the first remedy didn't work, she was done. That was it. The young woman did not want to try the next remedy which I have been using successfully for someone else. So, I'm sad that that happened. But I think had I either waited and not taken her case yet, or presented it to her a little differently, that perhaps maybe she would have tried other remedies. Because you're not always right the first time, which is why Joette says you try a remedy for eight weeks. And if there is no improvement, you move on to the next remedy.

Kate: The other thing that seems like it was hard in that situation was it *wasn't* her that was wanting to try the remedies, it was her mother.

Sheena: Yes. I learned that I needed to communicate directly with the person. Especially for something chronic, I needed to make sure they understood what the process would be, and that the correct remedy might not be selected right away. In fact, now, I ask – if someone's not in a study group or something with me and they want to try homeopathy, and they have a chronic condition – I say, "Look at these and then let me know if you want to try it."

Kate: So, you refer them to Joette's website. If you go on to her main page, you'll see on the right-hand side, it says, "New to Homeopathy." And then if you click on that little brown go-button, it will take you to the next page which is a [Quick Start Guide](#). Then if you scroll down, you'll see under "Read," the links to "What to Expect When Using Homeopathy Part 1, 2 and 3." On the right-hand side, under "Listen," there is also some great information for

people who are newer to homeopathy. So, you're right, that is a great place to refer people.

Sheena: Yes, because it's too much to explain. And, for chronic cases, you want people to be a little bit invested.

Kate: That's a good point. They have to know because otherwise if they're just taking this, and they have no idea what it is or how it's used, then they are less likely to continue. Especially like you said, if it's something chronic, it's good that they be invested in it as well. So, very good point.

Sheena: Most people now that I have helped are in one of my study groups that I've led or somebody they're helping. That's only for chronics. If it's an acute, I will help. I just ordered my third set of 50 little containers that I use to put samples in, if you will, of homeopathy – which means I've given away 150 little jars of homeopathic remedies.

Kate: Oh wow! Well, what do you use?

Sheena: They're tiny, little amber-colored glass bottles that I purchased on Amazon. They come in packs of 50.

Kate: Okay, great!

Sheena: I learned, very early on, don't give your bottle away. Because the minute you do, you'll need it!

Kate: Right.

Sheena: So, I put the remedies in those, and I give them to people.

Treating diarrhea

Subsequently, I searched out for someone who was willing to let me practice on them. I found a woman who had horrible, chronic diarrhea and ten-plus bad bowel movements a day. She

would have to fast, and she could get it down to about four, literally eating nothing but broth. So, I explained to this woman that I hadn't worked with someone successfully with diarrhea. She had quite a few issues: asthma; she got pneumonia often; celiac disease; colitis. So, there was a lot going on. I knew this was going to be really challenging.

Right up front, she committed to giving it a try, and I committed to giving it my best shot to help her. So, I made a spreadsheet, a table, and we could talk about that later. But, I listed out all her issues, and we listed out all the possible remedies and found that the remedy for acute diarrhea also happens to be a celiac remedy. So, that made it pretty easy to choose that remedy. And, it worked in about two months. She was able to be diarrhea-free – not permanently. We've had some ups and downs. But, she was actually able to eat food and not have diarrhea at all – zero.

Kate: Wow! That's life-changing for her!

Sheena: Yes, life-changing. I mean it's significant. She had really tried everything – food and all the best advice as far as natural medicine.

Kate: Wow, that's great! So, when we were talking earlier, you told me something kind of interesting about her journey to that remedy, and a little mishap that happened. (I guess you could call it that, right, Sheena?)

Sheena: Right, yes. So, the diarrhea was gone. That was October of 2017. Then in March, it came back. So, I said, "Okay, go back on the remedy. We know what worked. Go back on it." She had been adding more foods. I knew from Joette's teaching that things come back, and then you just treat them again. The idea would be that it would last less time and come back less frequently and less severe.

So, it came back, and we struggled a little bit to get it under control. The remedies weren't working as well. It would kind of go away, and it would kind of come back. But it didn't go away like it did the first time. Well, about three weeks ago, she sent me an email and said, "Don't cry. But, I've been taking the wrong remedy for the last nine bottles." So, she had ten bottles. The first bottle was the correct remedy; the other nine empty bottles were not quite right.

Kate: Oh, my gosh! It was just a little bit off. It was a combination remedy – right Sheena?

Sheena: Yes. So, it was *Ipecac 30* mixed with *Merc sol 6*. It was what she was supposed to be taking, and what she took initially which cleared it up. And then she maybe was in a rush. Anyway, she bought the *Ipecac 30* mixed with *Merc salts*. And I don't even know what that remedy does, mixed.

Kate: Oh, wow!

Sheena: So, it was very close.

Kate: Nine bottles of the wrong remedy.

Sheena: Correct. She kept reordering somehow the wrong remedy. But, we had taken her whole case. So, she was still treating the colitis, and she was still treating the celiac. She just didn't have the right diarrhea remedy.

Kate: So, she was taking other remedies for those other things.

Sheena: Right. I think that's why she was still kind of making progress, but not like she did initially. We even went to the second line diarrhea remedy, and that didn't help at all. So, then we went back to the first line – which was still the *wrong medicine*.

Kate: Oh, my gosh!

Sheena: But once she got the correct medicine, I think about three weeks ago, she's been fine. No diarrhea for the last two weeks!

Kate: So, for all of you listening today who are worried about provings, aggravations, not getting it correct, so that ought to put your mind at ease – that this woman is alive! Right?

Sheena: That's right.

Kate: It just didn't work like it should have, and that was the only consequence. It's not like she developed any new symptoms, right?

Sheena: No, she didn't. She did, we think, prove *Calc carb* which she was taking for something else. We antidoted that within 24 hours. She had a hoarse voice with no pain, just kind of out of the blue. She sniffed some peppermint. It was gone. We removed the *Calc carb*, and that's gone.

Kate: So, we're not saying that a proving can't happen if you're taking the wrong remedy, *but* I think sometimes people get really nervous about something major happening. But if something changes, a new symptom appears, then like you said, what – she just sniffed some peppermint, and she was better, and it antidoted that *Calc carb*.

Sheena: Yup, it was no problem. I've proved remedies. I mean it was really so inconsequential to how beneficial it is to *try* the remedies. At least in my group, we just don't even worry about it.

Kate: Okay, good. Are there any other cases that you think might be useful to someone listening or had an amazing experience that you want to encourage someone else with?

Success stories

Sheena: Sure. Treating people's acutes is just a great way to get people to be like, "Wow! What is this?" and learn more. One of my daughters is a dancer. There have been several instances where one of the other dancers was not well. I've been able to give them a remedy and thankfully – or maybe just because the medicine is so amazing – it has pretty much almost always worked. *Nux vomica* for teenagers with unknown stomach pain – amazing! I've used that three times successfully – and zero times unsuccessfully.

Kate: So, when you use that, do you use it in a 200 or a 30?

Sheena: 200. The first time, I kind of did it by accident. This girl, her stomach was just really hurting her, and I was pretty new to it. I knew *Nux vomica*, but I thought 30 would be better, but I only had 200. So, I gave her 200, and it worked within minutes. Her mom went on to get some more remedies and use homeopathy. So, that's just a great one. I'm sitting in my daughter's bedroom because it has better audio, and she's got her *Nux vomica* on her bedside.

Kate: Good visual! Too bad we can't see this on the podcast.

Sheena: So, that's just a great one. A story that is one of my favorite stories to share is – I think it was my second study group – one of the moms came to me after the first or second class and said can I help her with her daughter. Her eight-year-old daughter was afraid of bowel movements. She wasn't constipated. She just was terrified of having one. So, you can imagine for an eight-year-old how difficult that would be. She would hold it until she had an accident.

Kate: Wow!

Sheena: And this had been going on since she was out of diapers. So, it was a problem, obviously, for the whole family. So, I worked with the mom. We thought about it. She

put her on *Ignatia*. It resolved it! The wonderful part of it is her daughter told her mom, "Mom, you're the *best* doctor!"

Kate: Ohh!

Sheena: Just the high of being able to heal your kids because sometimes you can't go get an allopathic solution to something. People just run out of options. It's like you have to live with this. So that's one of my favorite stories.

Kidney stones

Sheena: Another great homeopathy success story is kidney stones. I have found that the more painful it is, the faster homeopathy works sometimes.

Sheena: Wow! I went again to my daughter's dance, and the woman working there was in agony – clearly in agony. I asked her what was going on. She said she had a kidney stone. I said, "I'll be right back!" So, I zoomed home, got out my Banerji book, looked up kidney stones (which I didn't find), and I finally figured out it was *renal* stones.

Kate: Oh!

Sheena: And realized I didn't have any of the remedies. So then, I went on to Joette's Facebook group for the students who have taken her courses and looked it up and found that someone had posted a protocol there using cell salts and *Belladonna* – which I had. So, I grabbed those remedies, went back, gave this woman the *Belladonna* to take. And I had thrown the cells salts into a water bottle and said, "Here, sip this." Within 20 minutes, she was standing up and basically, nearly pain-free except for some low back pain.

Kate: Wow!

Sheena: She continued the remedies and passed the stones in

little pieces, and that was that!

Kate: So, she didn't have any more of that extreme pain?

Sheena: No. She managed it with the *Belladonna* and the cells salts.

Recently, another woman at dance was talking about her husband who was really sick because he had terrible kidney stones. My daughter was like, "Mom, don't you have something for that?" Sometimes, I don't always say something – I try and just, like, bite my tongue. I was like, "Well, okay, yes." I mentioned, and she was like, "Really?"

Well, I happen to have those cells salts and *Belladonna* with me because I carry such things everywhere. So, I gave them to her. Actually, I didn't have *Belladonna*. I have the cells salts. I told her, I said, "You really should get *Belladonna* for the pain, but these cells salts should help break it up." So, she started giving those to her husband, and he was like, "You got to learn about this stuff. What is this?" And, she got the *Belladonna*. I think like a week later, he went into the doctor's office to have them help him with the stones. He went in, and he peed out the stone, went back to the front desk and said, "Here is the stone. Can I have my co-pay back, please?"

Kate: Oh my gosh! "Can I have my co-pay back? I don't need you anymore."

Sheena: "I don't need you! Stone's out!"

Kate: Oh, funny! That's funny. So, you're talking about a lot of people that you've helped. I know that you've led a number of [Gateway groups](#), haven't you?

Sheena: Yes, I've led four Gateway groups.

Kate: Local or virtual?

Sheena: So, three were local, and one was virtual. I really – I can't recommend it enough to either get part of a group or lead a group, because now I have this great community of women. We communicate all the time. We meet in person. We meet over Zoom. If anybody has a problem, we have a Facebook group that's secret – just for us. So, we share all kinds of information, and not only are we helping each other with homeopathy, we have all these new friends.

Kate: I love the Gateway groups. We help one another out. We share remedies if one of us doesn't have one. Someone is going to have the remedy.

Sheena: Yes. So, having a local group is really nice, especially for that.

Kate: Yeah, I agree.

Sheena: Getting together and building a community is just so wonderful. So, I keep my groups small – 10 people, each one. So, I have about 40 women and one man in my group. We collaborate, and then they're helping people. Some of them have five people that they've been helping, so it gets exponential.

Kate: Yeah, okay. We have the Gateway II coming out soon, so that's exciting. If you haven't already taken the Gateway I, you might want to consider taking that. So then, you can just jump right into Gateway II together.

Sheena: Yes. Our whole group is waiting for Gateway II.

Kate: Yay! Me too, I'm excited. So, thank you, Sheena, for taking the time to be with us today. You've given us a lot of information, some new tools, and so I thank you for your willingness to share.

Sheena: You're welcome. Thank you.

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 for your health strategy, visit practicalhomeopathy.com.

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

Pesticides: The Steep Price of Perfection



I am passionate about this subject. And while I have a strong feeling that you are not an indiscriminate user of pesticides, you very well may be concerned that your neighbors and loved ones haven't yet seen the light.

So, I need to take a step away from my usual blog subjects to give you the fodder you need in order to inform those you love.

Granted, this post is unusually long and dense.

I wanted to provide you with as many resources as I possibly could so that you can tailor your conversations to the specific concerns of each friend or relative who still uses pesticides. There are many reasons not to use toxic chemicals, but only you will know which reason will most deeply resonate with your loved ones. Together, we can stop the poisoning of our planet – one lawn at a time.

Note: if you know someone who is currently experiencing an adverse reaction to pesticide exposure, please refer to my previous blog, [Three Homeopathic Remedies for Pesticide Exposure](#).

It's summer. Time for backyard barbecues or picnics in the park.

In our winter imaginations, many envisioned their summer yards and parks as manicured fields of green, inviting grass, lush foliage and brightly-colored flowers – that endless bed of green with only our desired plants and no pesky insects.

Perfection.

But at a price – a stark-raving-scary price.

Giving up our idealized versions of green spaces is hard. But pesticides (to kill bugs and rodents) and herbicides (to kill weeds) are filled with uncertain risks, making the entire world their guinea pig!

Concerns abound that pesticides and herbicides are hazardous to animals. [A Harvard study](#) strongly links pesticide use to the mass-damage or complete disappearance of bee colonies (Colony Collapse Disorder).

If this collapse remains unchecked, without bees to pollinate crops, our food supply could be gravely affected. Also, birds and amphibians are affected by the pesticides we spray – both directly, and by eating their prey that have been poisoned. Fish are affected by the pesticides contained in the runoff from our lawns into the waterways and oceans.

And, our beloved little dogs are subject to increased risk of nasal and bladder cancers when exposed to lawns that have been treated. Would you willingly do [something hazardous to your little pet](#)?

Of course, you wouldn't. (But, I have your attention now, don't I?)

You might ask, "Aren't they're registered with the EPA and FDA? So, they're safe for humans, right?"

Sure, they may be registered. But that does *NOT* mean these chemicals have undergone adequate safety testing. Here's a sobering statistic from [BeyondPesticides.org](#): "Fourteen of the 36 most commonly used residential pesticides are probable or possible carcinogens, 15 are connected to birth defects, 21 with reproductive problems, 22 with liver or kidney damage, 24 with neurotoxicity, and 34 are sensitizers and/or irritants." [A UCLA study](#) linked pesticides to Parkinson's disease. The Ontario College of Family Physicians [published a paper](#) linking pesticides to non-Hodgkin's lymphoma, leukemia and tumors (stomach, renal, pancreatic, lung, ovarian, breast, prostate and brain cancers).

Did *that* make you sit up straight?

If not, how about this? The elderly, pregnant woman and our children may be even *MORE* sensitive to the effects of pesticide and herbicide exposure. [The National Academy of Science](#) had this to say: "A fundamental maxim of pediatric medicine is that children are not 'little adults.' Profound differences exist between children and adults. Infants and children are growing and developing. Their metabolic rates are more rapid than those of adults. There are differences in their ability to activate, detoxify, and excrete xenobiotic compounds. All these differences can affect the toxicity of pesticides in infants and children, and for

these reasons, the toxicity of pesticides is frequently different in children and adults." [A study showed](#) autism and developmental disorders can be linked to the mother's proximity (exposure) to pesticides during pregnancy.

That *had* to get your attention.

But let me put it in plain language: We are adversely affecting our children so that we may have green, critter-free, golf course-quality lawns.

Seriously?

An [article in Men's Health](#) reported this regarding pesticides: "The Centers for Disease Control and Prevention tested more than 9,000 people about 9 years ago, and the scientists found pesticides— or the products created when the body breaks them down—in everyone they tested, according to a summary by the Pesticide Action Network, a group advocating alternatives to pesticides. Among people whose blood and urine was tested, 13 different pesticides were found in the average person's body. At least half the people tested had 18 pesticides in their bodies. Concentrations generally rose the younger the person was."

When I read that, I translate it to mean *we are becoming the pesticides that we spray!* Our bodies are [absorbing it at alarming rates](#); assimilating it.

Forgive me for shouting, but WHAT ARE WE DOING TO OURSELVES??

We think we're merely using atrazine to kill weeds? But at the same time, we're causing endocrine disruption and increased risk of breast and prostate cancer. (Adding insult to injury, atrazine also interferes with the drugs used to *treat* breast and prostate cancer!) We think we're killing fire ants by using bifenthrin? But, we're also overstimulating electrical signals in human nerve cells

increasing the risk of tremors and paralysis (not to mention that it is also a potential carcinogen).

And then we reach for the Roundup.

It's everywhere. No Home Depot or Lowe's garden department is without it. And what a seemingly friendly name it has – "Roundup." Sounds like a Saturday morning cartoon.

Well, there is nothing friendly about it. [Roundup is glyphosate](#). Glyphosate kills unwanted plants by interfering with an enzyme used in the synthesis of amino acids the plants need to live. Humans don't produce that enzyme, so Monsanto, the manufacturer, tells us that Glyphosate (Roundup) is safe.

I beg to differ!

(And so do a lot of authoritative individuals and organizations. See links below.)

The problem is, the beneficial bacteria in our guts DO REQUIRE that enzyme that Roundup kills. When the glyphosate (Roundup) is absorbed in our systems by our good bacteria – they die. Dead. You know humans *need* those good bacteria to live a healthy life. Minerals, vitamins and nutrients we ingest are no longer properly absorbed, leading to deficiencies. Glyphosate inhibits enzymes that help our bodies detoxify harmful chemicals in our systems. Our natural gut flora is disrupted, which may lead to disorders resulting from gut dysbiosis (such as gluten-intolerance, IBS, Crohn's Disease, chronic inflammation, auto-immune disease and allergies).

We risk all that – so we don't have to look at weeds.

What sense does that make?

The active ingredients of these lawn treatments are not even the entire danger. Nathan Diegelman said in his treatise,

[Poison in The Grass: The Hazards and Consequences of Lawn Pesticides](#), “Many components are classified as “inert,” which allows them to be kept hidden from the public and not listed on product labels. These are more than just fillers or solvents. “Inert” does not mean “inactive” – some, such as benzene and xylene, are more toxic than listed chemicals.” Scientific American’s article, [Weed-Whacking Herbicide Proves Deadly to Human Cells](#) reported on the conclusions of recent studies: the inert ingredients in the product can *increase* the adverse effects.

Roundup has been declared a possible human carcinogen by the United Nations, and [other influential nations have begun to ban the use of it](#). Yet it is still widely used in the United States – if not by you, then by your neighbors or your community.

How do we avoid exposure to glyphosate? Biofoundations.org published the following advice in their [excellent article](#) (previously mentioned):

- ***“Avoid using Roundup and other similar products.***
- ***Avoid consumption of GMO foods which are directly contaminated with glyphosate.***
- ***Avoid animal products such as milk or meat for which GMO foods were used to feed the animals.***
- ***Eat organic foods as much as possible.***
- ***Avoid living in areas where glyphosate is applied.”***

If you find that you experience a reaction to the pesticides or herbicides sprayed by others, Homeopathy is here to help – as always. Read my blog, [3 Homeopathic Remedies for Pesticide Exposure](#) and listen to my podcast, [The Worst Kind of Pollution](#).

You know me. I’m not one to use scare tactics, but this is *genuinely* scary. I’ve been involved in the fight against the indiscriminate spraying of pesticides and herbicides since

my children were small. In fact, I facilitated change in public policy in my town of Buffalo, NY – the first American city to stand against the use of these harmful chemicals. But, the fight seemingly never ends. I was reminded of this recently in Florida when my neighborhood association began spraying for bugs! The fight must go on. [Californians are fighting against Monsanto](#), and we each need to do what we can in our communities as well.

But, as with most causes sometimes the fight begins in our own backyards – this time literally. I know this can be a bone of contention between husbands and wives. Our husbands may seem as though they're in competition with the golf courses on television – trying to achieve that perfection. Perhaps you've wanted to have this conversation but were not adequately armed with information. Below are some additional links to helpful organizations to support you in your efforts:

[National Pesticide Information Center](#)

[Beyond Pesticides.org](#)

And here are a few educational articles to assist you in fact-finding:

[Pesticides Increasingly Threaten Human Health](#)

[Bad News About Pesticides](#)

[Reducing Residential Exposure to Pesticides](#)

Also, to help you start the conversation with others, this week instead of a free remedy card to download, I would like to share with you a free video – containing all this information and much more.

Sit down with your family and watch it; then decide if the perfect green lawn is worth the risk. Do what you can to protect your family in public spaces as well. We mothers

must band together and present this information to our local authorities.

We *can* fight City Hall. In fact, the city of Portland, Maine has recently [banned pesticides and toxic chemicals](#). Pardon the pun, but this is indeed a “grassroots” movement, and it up to each of us to do our parts.

Warmly.

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

P.S. Consider doing as my husband Perry does to keep our stone walkways free of weeds. Instead of pulling them, he sprays them with a concentrated solution of salt (the kind used for melting snow on wintery streets and sidewalks). He admits it requires repetition – about once weekly during the heaviest growing season. But, he reminds me that it only takes about five minutes as a part of his weekly lawn care.

Vinegar can also be a very effective weed control. Howard Garrett, also known as The Dirt Doctor, [shared his recipe for a vinegar-based herbicide](#). (This spray will injure any plant it touches, so use it only on those you want to remove):

Vinegar-based Herbicide Formula

- *“1 gallon of 10 percent (100 grain) vinegar*
- *Add 1 ounce orange oil or d-limonene*
- *Add 1 tablespoon molasses (optional – some say it doesn’t help)*
- *1 teaspoon liquid soap or other surfactant (such as*

Bio Wash)

- *Do not add water"*

P.P.S. Gut dysbiosis has become such a prevalent problem in our society; I created a course strictly devoted to this subject. I've given you a wealth of free information in my blog posts and podcasts, but if your family's issues require you deepen your education, please consider taking my course, [Good Gut, Bad Gut](#). First, throw away your lawn chemicals, and then learn more about the course [by clicking here](#).