When a Cold or Flu Hits Hard … Hit Back!



It’s cold and flu season.

Wow. Talk about stating the obvious! Stories on how particularly hard-hitting this flu season is are all over the newspapers and television here in the U.S.

In fact, I just did a recent Facebook Live event, and it was one of my most popular videos to date. Apparently, many of you are either currently experiencing colds and flu or want to make sure you’re ready if it should hit your family.

With these frigid temperatures hitting all over the nation, it is an especially good idea to be prepared. And believe me, I can attest to the importance of keeping your remedies with you at all times.

I recently told you that I have been in the process of

moving. With the stress of packing, preparing all the details of making a long move, working long hours and other family stresses, I started feeling like I was getting sick. I'm not talking about a few sniffles. I thought I was going to go down hard.

But, my remedies were packed. In a moving box. Somewhere. Amongst *many* moving boxes.

I found some garlic in the refrigerator (which had been my go-to remedy back in the days before I discovered homeopathy). So, I started eating copious amounts of garlic. I found some Vitamin C in a drawer that hadn't been packed yet. I started taking that. They both helped – but only a little. Every morning I would get up feeling sick again and have to start all over, *dousing* myself, especially with garlic.

(So much so, Buster wouldn't even sit on my lap!)

This went on for several days. Until …

FINALLY!!! I found the moving box with my kit in it. I immediately took a dose of *Aconitum* 200 mixed with *Bryonia* 30, and that was the end of it.

One dose ended it.

The stress certainly hasn't let up. Not at all. Especially with the move, a day of airport jogging, and many other continued stressors – but, that one dose is still holding up!

Now, reports of this year's influenza A subtype H3N2 flu are that, for many, it comes with severe body aches and pains. If I had been experiencing the body aches, I would have taken *Rhus tox* 30 as an SOS. It's always worked very well in my experience.

However, one of my team members, Kate, has her own story to

share. Her 13-year-old son was experiencing a cold or flu illness with a fever, stuffy nose, headache and extreme body aches. The pain was so trying, he ended up on his hands and knees on the floor, moaning. (And he is usually one tough cookie when it comes to pain.) She started him on the *Aconite 200/Bryonia 30* but also gave him *Eupatorium perfoliatum* 30 for the pain.

She had been attracted to the remedy because of the keynote she read on it of having a bruised feeling as if bones were broken all over the body. That description matched his complaints quite well.

I have to tell you, I loved Kate's enthusiasm when she spoke about the result. She said that in 15 or 20 minutes after having given him that one dose, he went from lying on the floor crying to sitting up on the couch asking questions and talking! She had never used *Eupatorium* before but was amazed by the drastic change in her son (and of course, wrote it in his file for future reference).

Eupatorium 30 is one of my great go-tos for flu that's attended by pain. And if there's fever, it's particularly valuable.

What Mom doesn't want this kind of power at her fingertips?! When a family member is suffering, it's unbearable for a mom to watch and do nothing. So, how empowering is it to be able to know what homeopathic medicines will address their specific issues?

I'd love for you to listen to the Facebook Live event I mentioned above. I talked a bit about how to tell the difference between the flu and a really fierce cold, as well as discussing other remedies such as *Lycopodium*, ColdCalm®, and *Oscillococcinum*. I also hope you'll join me for our Facebook Live events in the future. I am trying to stick to a schedule of every Monday evening at 8 PM Eastern. But, you

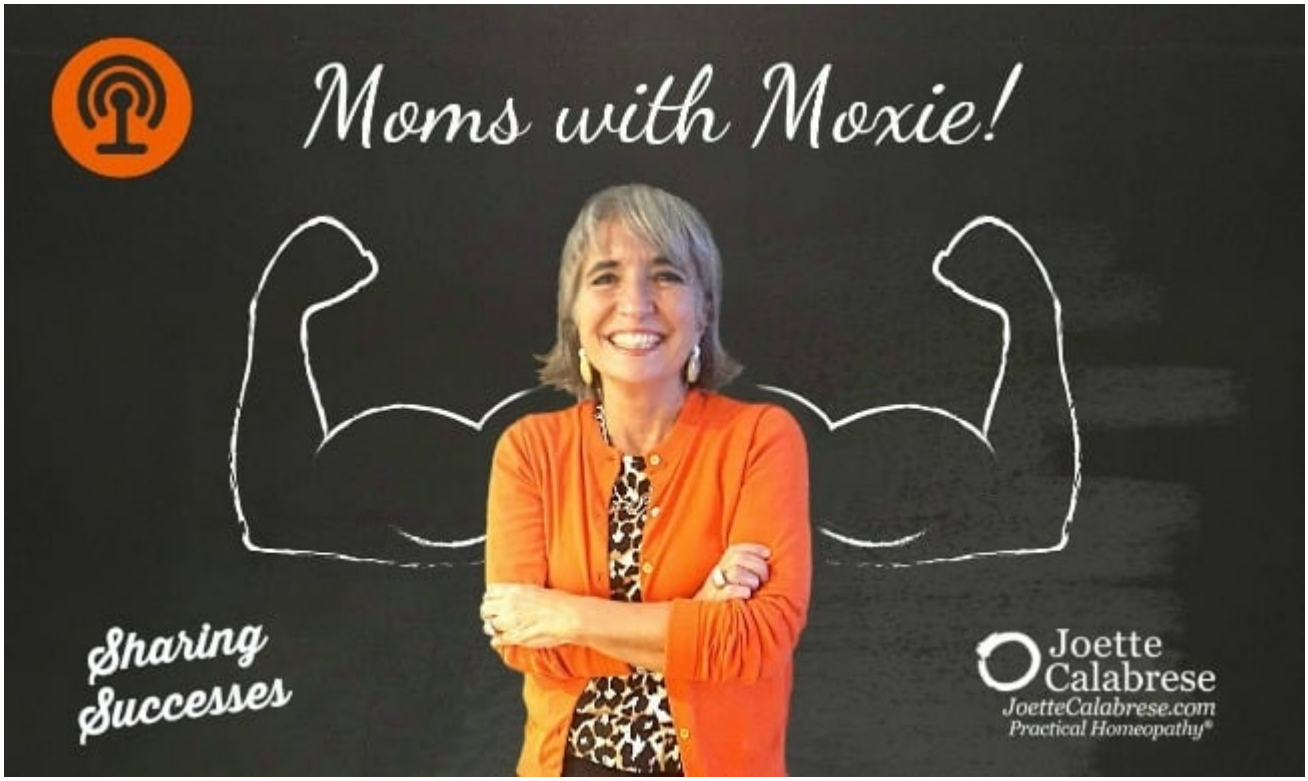
will be alerted to each upcoming event by following my Facebook page.

Stay warm and stay well!

Warmly,



Podcast 42 – Moms with Moxie: Sharing Successes



IN THIS PODCAST, WE COVER:

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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Feminopathy course

Survivalist course

Apis mellifica

Gateway to Homeopathy study group class

Pulsatilla

Teen Hormones and the Gut

Nat phos

Joette’s Free Resources page

Phytolacca

Students of Joette Facebook group (students only)

Joette’s Study Group, Find Your New Study Group Friends

Allergic?! class

Sanguinaria 30

Natrum muriaticum

You are listening to a podcast from Joettecalabrese.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Gina: One of my daughters had tonsils that were really puffy and swollen and they looked really bad. A couple of hours later, I got out my flashlight and looked at the back of her throat and like, the white patches are gone! The tonsils are about half the size they were before.

Kate: You are listening to Podcast Number 42 at joettecalabrese.com.

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. Your successes inspire me. They're glorious and powerful. 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: Today, I'm here with someone that many of you already know and may have actually communicated with on Joette's Facebook page. My friend, Gina Conrad, joins us today from her home in Iowa. Gina has such a sweet and giving heart. She is so generous with her time and her knowledge of homeopathy. Gina, I want to welcome you to the podcast. I'm excited to be here with you today and to have a conversation with you.

Gina: Thanks a lot, Kate. I'm happy to be here.

Kate: Gina, tell us a little bit about yourself and what your background is and maybe a little bit about your family. Help us to get to know you a little.

Gina: Sure. I was born and raised in Iowa. I have four children. I'm a homeschooling mom. I actually went into homeschooling kicking and screaming. I didn't think it was a good idea. And, here I am in my 13th year of homeschooling. So yes, and I'm still learning as we go through it. My reasons for starting homeschooling have changed. I think everybody homeschools for different reasons. I went into it thinking, "Oh, we'll just do this for one year then put the kids back in school." It didn't turn out that way. It's actually been a very good experience. I keep learning. Every year, I learn something new.

Kate: We are always learning, aren't we? Especially when it comes to homeopathy. So, you are a nurse. You consider yourself forever a student, right, a researcher, a student? You love to research and to help other people. When they write about a condition that they have, you love to look it up and to share what you learned with other people. Gina, that's what I appreciate about you. You are just always so willing to give of your time.

Gina: I actually went into nursing because I was curious about health and how to maintain health. Once I got into working as a nurse, I realized that the medicine wasn't always bringing people to health. I actually found that the fewer medicines people took, the healthier they were. I thought that was really odd because I always thought the way to get to health was to go to the doctor and take the medicines they always told you to take.

I guess my experience with medicine evolved over time because I would see people take the medicines. Oftentimes, they would get very sick from them. Sometimes they got very much better. I mean, there is absolutely a time and a place

for medicine. I'm thankful that we have the hospitals and the doctors that we do. I guess I see a blending between the two worlds, between the medicines and the hospital and the things we can do with homeopathy.

Kate: Tell me Gina about when you found Joette and sort of your journey into using homeopathy.

How Gina started with homeopathy

Gina: I originally heard about Joette through the Wise Traditions newsletter. In 2003, my son had his 15-month shots and he became very ill after that. He had chronic diarrhea. He had eczema from head to toe. He lost almost nine pounds between 15 months and two years.

Kate: Wow, that's a lot.

Gina: It was a lot. It was really hard to parent him because he would lay on the floor and spin and scream. I took him to five different doctors to try and figure out what the heck had happened. I'm like, "This is not the kid that I had a few months ago." He was suddenly allergic to so many foods. He couldn't eat corn, or dairy, or soy, or nuts, or wheat.

My sister-in-law introduced me to homeopathy back in 1991. I had been using the Hyland's teething tablets. I'd used *Chamomilla*. I knew how to use homeopathy in an acute situation. But, I didn't know you could solve some of the bigger, chronic issues. It wasn't until the Feminopathy course that Joette was advertising that I figured out, "Oh wait a minute! Some of these big problems, you can handle with homeopathy."

Joette actually showed me that you can solve some of these chronic issues on your own at home, and then when to give the remedies. That was something I didn't quite understand. Because with the traditional, constitutional remedy, they

would give it to you, and then you'd wait several months and take the remedy again, if it was necessary. But, I learned from Joette that you can take the remedy when you need it and when to read the signs to re-give the remedy.

Kate: So, actually, did you consult with Joette first or did you take a class first?

Gina: I consulted with Joette first. My son had a cyst, a ganglion cyst on his wrist. He had asthma and several food allergies. We had seen a physician locally. After several years of not getting anywhere with traditional medicine, we had done a program similar to NAET, which was an allergy elimination program. That seemed to help her a while, but after a couple of years, some of those allergies crept back. Joette was able to help me with homeopathy. We're to the point now … we were on GAPS for about eight years with many, many foods. There were 56 foods that we had to avoid for a long time.

Kate: 56!

Gina: I know. That's a lot. It was really horrible: corn, soy, dairy, all nuts, anything green, beans, legumes, all legumes and beans and I don't know, pulses. It was a long list. But, we're to the point now where we can eat anything. We can go into any restaurant and he can order anything off the menu and not have an asthma attack. Before, if he had an egg, we often end up in the ER with an asthma attack. I learned how to treat the asthma at home. I kept an inhaler for a long time, just in case the homeopathy didn't work. But, I haven't had to use it. Actually, it expired, and I have not renewed the inhaler. We just haven't needed it. He's had I think one episode of wheezing last summer when the fireworks were going off and the air quality was really poor. He got a little bit wheezy, and I gave him a homeopathic remedy and it worked really well.

Kate: That changes your life, didn't it Gina?

Gina: It did. My daughter has a friend who unfortunately passed away this past summer from an asthma attack. I guess I didn't realize that you could actually *die* from an asthma attack. As a mom, to be able to know that you can treat your kid and teach them how to treat themselves in the future – so that, hopefully, they can pass that message along and pay forward and say, "Hey, you don't have to take these medicines that can be really harmful for you." Which, for us, the inhaler would cause his heart to race. It was just really scary. So, the homeopathy has been such the game changer for us.

Kate: Oh, yes. We've been there, Gina, the same exact place. It's terribly frightening to watch your child struggle to breathe and have those allergic reactions. Yes, I have been right there. Joette has helped us so much with that same thing with my daughter. So, I know it gives you freedom, right? I think freedom is a word. You feel empowered. You're not afraid to go out, and you're not afraid anymore if he has a reaction because you know what to do. You have the remedies. You carry them with you, right? You carry them always with you?

Allergy: *Apis* and *Carbolicum acidum*

Gina: I do. I carry this smaller, half dram size in my purse – for myself. I also have had an allergic reaction. I went to the allergist, and they couldn't really pinpoint exactly what I was allergic to. So, I found that if I eat pine nuts, my throat will get really tight and it hurts to swallow. My tongue gets really heavy. I get really angry. I get irritable and I start yelling at my kids which is unusual. They're like, "Mom, are you having an allergic reaction?" I'm like, "I think so!" I just felt really irritable and angry. My heart starts racing.

There are two remedies that I carry with me just in case of an allergic reaction for myself. My kids, the asthma stuff, I carry that with us. We just haven't had to use it. But, for myself, I carry … I learned about in the Survivalist course that Joette put together. So, the two remedies I carry for myself are *Apis* 200 and a 1M (if the 200 isn't strong enough, then I will use the 1M). I also carry *Carbolicum acidum* in a 6C. That, I learned about in the Survivalist course. I think the keynote for the *Carbolicum acidum,* for me, is "almost impossible to swallow." So, when I have throat symptoms that matched that – that it's really, really painful to swallow and I can't hardly swallow at all – then I'll take the *Carbolicum acidum*. But, most of the time *Apis* takes care of an allergic reaction for me.

Kate: That's beautiful! Gorgeous to know that you can have the power to help yourself and you don't have to resort to rushing to the ER.

Gina: Well, I found when I had an allergic reaction, my doctor was not able to tell me *this* is what you're allergic to. He told me you're going to need to monitor what you're eating. If you have an allergic reaction, take Benadryl. He didn't think that my allergy was enough to prescribe an EpiPen. So, he told me to just take Benadryl and Zyrtec together. But I found that when the Benadryl wore off, my symptoms returned. My throat would still swell. My tongue would get very thick and heavy, and it was hard to talk. So, I would take another dose of Benadryl. For like a week –sometimes two weeks, it depended on how severe the reaction was – but it could be up to two weeks that I would have the throat pain and the heaviness of the tongue.

When I did go to the doctor and I went to the allergist, they said, "There's really nothing else we can do for you. You're just going to have to work through this. Always carry Benadryl with you at all times, in case you have an allergic

reaction.” But, once I started using the homeopathy, I found that if my throat got really sore and it hurt to swallow or my tongue got really heavy, and thick, and it was hard to talk, and I got really angry and my heart would race – if I took the *Apis*, within a couple of minutes that swelling and the soreness was gone. I would say down by 50%. If it started to come back, I would take another dose of the *Apis*, and maybe five minutes later when it returned again, I would take *another* dose of the *Apis*. Within 10 minutes or so, I felt so much better. I could swallow. I could talk. Those symptoms did not return.

I think I’ve pinpointed it to certain foods. Sometimes it’s like a mango that comes from South America. I suspect maybe they spray it with different pesticides than we do in the US. It might be like a pesticide exposure that seems to cause this reaction.

Last spring, I was walking through the grocery store and they have little samples of water in the health food market. They handed these samples out. I took a drink. Within a minute, I could feel my throat was swelling and my tongue was getting really heavy. It hurt to swallow. I went to talk and my voice was really deep. My heart was racing. I thought, “Oh my goodness. What in the world did I eat?”

I pinpointed it to this. It was erythritol, the sweetener that they used in this “healthy” alternative-water-drink that was in the grocery store. I pulled out my *Apis*. I took a dose. Three minutes later, I needed another dose. But, within 10 minutes, I felt back to normal again. My throat was no longer sore, and it didn’t hurt to swallow. Have you ever had an allergic reaction like that, Kate, where your tongue gets really thick and heavy? It’s really hard to talk.

Kate: No.

Gina: I wonder in little kids, if they would be able to express those feelings if they were having an allergic reaction. I think I'm to the point where I can realize that really quickly and do something about it.

Kate: Well, how would you know? If there's a young child and they can't … they don't know what's going on. They're probably just really irritable. When we see kids that are acting up emotionally, that maybe there are allergies or things that are wrong physically, but they don't know that that's what's causing the irritability.

Gina: Exactly.

Kate: We got to know each other a couple of years ago, right? We were in a Gateway class together. I'm so glad that you joined my first Gateway class! It was a couple of years ago. So, we've been friends since that time. I feel like we've been through a lot together health-wise, with homeopathy, through these last couple of years. There are so many stories I know that you have that you could share with us. So, Gina, you were telling me that you were cleaning out a closet and you came across a sling. You thought, "Whoa! I just remembered that I don't need my sling anymore!" So, tell me about that.

Dislocation and cell salts

Gina: Yes. I dislocated my shoulder, my right shoulder in high school. Since then, I've had chronic dislocations. I've had surgery twice to put my shoulder back together. The last time was in 2013. But, always for those many years, if I picked up a purse wrong or I put my coat on wrong, I would throw my shoulder out. I wasn't able to do regular stuff. After working with Joette, she recommended some cell salts for me to help strengthen the joint tissue. I thought, "Yeah, right. This is really going to work."

So, I've dealt with this for 30 some years. I really didn't

have much hope. But, I always kept a sling in my car, and I kept a sling in my drawer. I kept a sling in my closet because if I was having a really bad day, I would pull the sling out and just rest my shoulder. I was cleaning my closet and I found this sling, and I thought, "When was the last time I used this? Oh my gosh! This was before I used the cells salts." I think it was *Calc fluor* 12X and *Calc phos* 3X. I think that was the combination that helps strengthen the ligaments. I just saw that sling today. I'm like, "Oh my gosh! I am so excited. I don't need this anymore. I'm going to pack it away." So yes, that's homeopathy and cell salts.

Kate: Yay! That made you a believer in cells salts, didn't it?

Gout

Gina: Yes, absolutely. The gout, oh my goodness. So, I knew what gout was … my neighbor had gout years ago. I'm always curious about these things like, "Oh, you have gout. I'm going to go home and look it up in my medical dictionary and find out about it. Because if you have it, there's a chance that someone else in my life someday will have it." So, I kind of knew what gout was. I knew it affected usually the great toe or the joint next to the great toe.

I was out choring this last spring. I came into the house and one step was normal and the next step was so excruciatingly painful, I could not breathe. I pulled my boot off. I thought, "Well, maybe I stepped on a spider or I was bitten or something." The joints on my left foot was red and swollen and sore. I could hardly step. I thought this is crazy. So, I used homeopathy to resolve that.

Again, in the Survivalist course, Joette talks about *Nat phos*, and I decided to try that. I think I used that 30C potency once a day. Within a couple of weeks, it seemed to

resolve.

Kate: Gout is really painful, too, from what I've heard other people talk about.

Gina: Yes, very painful.

Kate: Yes, yay for homeopathy.

Gina: Absolutely.

Kate: One of the stories that I love that you talk about, you talk about your daughter and how you like to use a remedy with her. I love to listen to it. So, can you share with us about your 12-year-old daughter?

Gina: Oh, my gosh. She's so sweet. She'll come into the kitchen just crying a sea of tears, tears flowing down her cheeks. I'll ask, "What's wrong?" Oh, I don't know. Somebody looked at me wrong or my brother looked at me wrong. I can't find my sock or something. I'll say, "Okay, do you think maybe we should use some *Pulsatilla* today?" She's like, "Yes." I'd give her a dose of *Pulsatilla* 200 and within minutes, it's like magic. I don't know. Her disposition changes, the tears stop. She's joyful. She's singing, and twirling and dancing again. It *blows* my mind that *one* remedy can make such a huge difference in her disposition and behavior. It also helps with food allergies. I didn't know that. It helps with dairy and fat, and just the way her body uses that. I just find that absolutely amazing. I would not have known about that had I not followed Joette's blog and read her emails. I love her emails. They are so helpful. I look forward to them when they come out.

Tools/Resources to use

Kate: Yes. There is so much information in her emails and her blogs. The podcasts, listen to those. If you can't afford to take a course, you can learn so much just by

reading the blogs and the podcasts.

I just was talking to a friend today, and she did not know about that free resource page. If you go on Joette's web page, joettecalabrese.com, you can click on the free resources tab and scroll down to where it says Free Community. In Free Community, you enter your name and a password, and then you have access to a ton of research and information. So, if you haven't already done that, I just want to urge everyone to check that great resource out.

So, Gina, you probably don't this – or maybe you do – but I talked about you in one of the podcasts that I did with Joette. I said, "My friend, Gina, she gets up in the morning and she just likes to read through her materia medica or repertory and just learn new remedies." I feel like you are really good with homeopathy. Can you give us any tips about how you like to study and learn more about each remedy?

Gina: One of the resources I love is our Students of Joette group on Facebook. That's one of the places I check throughout the day because people ask really great questions. They also share their stories and remedies that work really well for them.

One gal, she had woken up and had some significant swelling around her eyes. I loved her story of how homeopathy healed her. She had been trying to figure it out on her own. She finally went to a homeopath. The homeopath had recommended *Phytolacca*. This was a remedy I wasn't familiar with. So, I got out my materia medica, and I'm reading through there. It talked a lot about glandular swellings, and the tonsils being swollen and sore, and also the lymph nodes in your throat or along your neckline. The lymph nodes, it helped drain that glandular tissue. I thought that's really interesting. I need to remember that remedy.

One morning a couple of months later, I woke up and my right

eye was super swollen and my face hurt and my sinuses were on fire. The remedy that I normally go to for that type of sinus pressure is *Sanguinaria*. But, that didn't do anything for me. I took four doses and I still had a lot of pain. I thought, "You know what? I've got this puffy right eye, I'm going to try *Phytolacca*." So, I took a dose of *Phytolacca* 200, and 10 minutes later, my eye … I could feel the pressure relieving from the area around my eye. My face started feeling better. My sinuses started to feel relief. I thought, "I'm going to take this *Phytolacca* and I'm going to hold it in my hand for the rest of the day because it's so wonderful. It just makes me feel so good. I don't want to lose this. I don't want to let go of it."

Kate: My new best friend, *Phytolacca*.

Gina: My new best friend. I think it's important to read those remedies and learn just some of the short keynotes about that remedy, but also learn how could you use it in your own life.

So, one of my daughters had tonsils that were really puffy and swollen. She had white patches on her tonsils. They looked really bad. I thought, "You know what, *Phytolacca*! I'm going to try that." So, I gave her a dose of *Phytolacca* 200 and that was all she needed. A couple of hours later, she'd forgotten that her throat hurt. She'd forgotten that her tonsils were swollen. I got out my flashlight and looked at the back of her throat and like the white patches are gone. The tonsils are about half the size they were before. I'm like, "Okay. I'm not even going to do anything. I'm just going to let her immune system take over." That's all it needed was one dose of *Phytolacca*.

I love our group because we share information. It doesn't matter if it's day or night, because there's somebody all over the world. There are students in the Philippines, and Australia, and Central America, and Canada, and United

States, and Europe, and Finland. We all join together. You know within a couple of minutes, somebody else is going to read that. If they don't have the answer, maybe they'll have a resource or a link for you. I love that support in our community.

Kate: I know. I do, too. I think it is so valuable to have a community that you can share and support one another. I can't say enough about it. I'm so thankful that Joette has that resource.

Gina: Also, you had an experience earlier this fall. I remember somebody in your student group posted, "Hey, what would you do if somebody fell and dropped a glass jar and cut themselves? It's a pretty deep cut." You'd cut your wrist and your hand. What did you cut? You cut your hand and your arm, right?

Kate: I tripped on a forklift, okay Gina? How do you trip on a forklift? I don't know. It's a forklift. Yes, I fell on broken glass.

Gina: I like that in the support group, one of your friends – local friends – had typed in and said, "Hey, Kate fell. I'm not sure what to do neither of us are thinking clearly. We need help." Immediately, we had support from our group. This is what you should do. I pulled out my Survivalist Guide. I'm like "Okay, this is what I would do, ding, ding, ding, ding." That's what we need in an acute situation. We need somebody who can think clearly and help us out, and that's why I love the Facebook groups. I find so much support there.

Kate: Like you said, someone's always available, willing to help out. So, yes, it's a great resource. That is available to anyone who has taken one of Joette's courses. So, if you aren't a member of the Students of Joette Facebook group, you can request to join that group.

Joette has another Facebook page and that is Joette's Study Group, Find Your New Study Group Friends. That one is for people who want to connect with other people who are doing the Gateway to Homeopathy curriculum. You can go on there and say you're looking for a Gateway group or you want to start a Gateway group – a study group – and connect with people that way.

Gina: That's how I found your study group is through that find your study group friends.

Migraines

I just want to share what I've learned about migraines, because I know not everyone suffers from migraines. But, my first migraine that I remember, I was four years old. I was lying under our coffee table in the living room with both of my hands over my head crying and crying because the pain in my head was so intense. I found a neurologist for my migraines. I had taken prescription medication for many years. I found that some foods were triggers and assuming there were some allergy issues there as well. But, I didn't know how to get over those migraines.

As I got older, my migraines were worse and worse. It got to the point where I was taking Tylenol and ibuprofen back-to-back to try and manage that, along with prescription migraine medications. In the Allergic?! class that Joette taught, there's a beautiful list of migraine remedies. When I took that class, I don't think I appreciated how awesome that list was. I figured out how to manage my migraines completely with homeopathy.

I didn't have just one type of migraine. I've had several types of migraines. So, the type of migraine that I suffered when I was little I believe was a *Sanguinaria* migraine or massive headache. It was about two years ago. I was lying on the couch. I had been on the couch for about 10 hours. I had

tried a long list of remedies. Nothing was working. Finally, I tried a dose of *Sanguinaria* 30. Within about 5 minutes, I could feel the pressure just release from my sinuses and from my head. I thought, "Wow, really?" So, I took another dose and then within 10 minutes, after being on the couch for all day – from 7:00 in the morning until about 4:30 in the afternoon – I took two doses of the *Sanguinaria*. Then I was out in the kitchen, and I was able to make dinner. I could breathe again. I could think again. It was so awesome to be able to overcome a migraine like that. *Sanguinaria* is one of those remedies that I carry with me at all times because I know if I get that type of a headache, it is fast and furious and horrible. *Sanguinaria* will take it away from me.

Kate: I think headaches can be hard. There are so many different types of headaches like you said and so many different remedy possibilities. But yes, when you get that right one, it is amazing.

Gina: Another one that I really, really love that I also carry with me is *Natrum muriaticum*. I have a little sheet of paper that I carry with me in case my brain goes missing. Because when you have a migraine, sometimes it's really hard to think straight. But *Natrum muriaticum*, one of the keynotes for that is tiny hammers. I have migraine attacks during menses with tiny hammers. I could feel like my hair; the crown of my hair just hurts. It feels like I have tiny hammers pounding all over my head. Again, it's a different type of migraine. I get it in a different time of my cycle. It's usually within a couple of days before I would normally get my menstrual cycle.

So, I love the homeopathy. But, you do have to play with it a little bit and figure out which ones are going to work for you. Sometimes I don't know. Sometimes, I'll try four doses of one remedy. If I get no relief at all then I'm going to the next remedy. But I'm to the point now, it's probably

been two or three months since I had a migraine. The last one I had was nowhere near as bad as the ones I've had previously. So, they're not coming as frequently. They're not as severe. They don't last as long when they come. So, instead of having a migraine that would keep me down for two or three days, I have a migraine that keeps me down for ten minutes.

Kate: That's great. We could sit here and talk for hours, I think, about all of our homeopathy success stories and how much we love it and our favorite remedies. We do often, right Gina? We talk for a long time.

Gina: We do. That's another thing. The greatest benefit that Joette has provided is to have people who are just as curious and just as committed to learning more about homeopathy as I have been. We learn and we grow together. Oftentimes in our group, I'll read a post. Someone will say, "Oh my gosh! I found the greatest remedy." They'll share that information. Their story is something I can carry with me. I can teach to my children in our homeschool because I want them to know these remedies are amazing. I want them to know, so that they can be empowered to heal themselves and my grandchildren – hopefully, someday I'll have grandchildren.

Kate: Gina, it's been so fun hanging out with you and talking about homeopathy and hearing your stories. So, thanks for taking the time to be with us today. We'll look forward to your posts on the Facebook page.

Gina: Thanks so much, Kate.

Kate: You just listened to a podcast by joettecalabrese.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shared her passion for helping families stay strong through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google

Play, Blueberry, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.

*Sound effects obtained from https://www.zapsplat.com

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

Surgery? S is for Staphysagria



Back in December, [I answered some of your questions about using homeopathy in conjunction with a necessary surgery]. At the end of that post, I promised to give you one more surgical protocol after the New Year! Well, not to worry – I didn't forget.

But, when we're stressed, sometimes it is hard to remember things – especially which remedy we should have on hand. So, I've found any little memory device helps.

When faced with surgery, it helps to remember the "S" also stands for *Staphysagria*!

Staphysagria is a powerful remedy that effectively addresses two very common post-surgical issues. So, it would unquestionably be a key component of the homeopathy kit I would take to the hospital with me.

The first issue it addresses? The surgical incision itself.

Staphysagria is indicated for clean-cut injuries, and what is more clean-cut than a surgical incision? It may surprise you that post-surgical pain is not always strictly the result of deep tissue disruption or from the surgeon moving organs around to gain access. Many times, the majority of the pain results from the incision itself.

So, in this case, S is for *Staphysagria* 200 – as an SOS (as needed) every 3-12 hours, depending on how often the pain appears. (Remember to scroll down for your free, downloadable remedy cards.) The power of this remedy is it not only eliminates pain but also prevents infection of the incision. That's an amazing (and much-needed) double-whammy!

The second issue *Staphysagria* addresses is difficulty urinating after catheterization. This commonly occurs post-surgery, especially in men. Women experience it occasionally as well, but men seem to suffer from it most often.

Frequently, one of two things can cause this difficulty: 1) either an injury from the catheter's insertion or removal or 2) spasms triggered by the unnatural event of catheterization itself. Urine flowing very slowly in spurts is a key indicator there is a spasm.

But no matter which of these causes is behind the inability to void properly, in this case, S is for *Staphysagria* 30 – twice a day. And, I have to tell you, in my experience, it works almost *every* time!

We certainly try to avoid having surgery through our use of homeopathic medicines. But sometimes, surgery cannot be prevented. For those necessary times, it is important we have all of our remedies at hand, allowing us to begin our path to wellness as soon as possible.

P.S. With the arrival of the New Year, is there a better time to commit to continuing your homeopathic education – both for yourself and your loved ones? Hopefully, you have

learned a great deal from the free information provided in my blogs and podcasts. But, if you are ready to take the next step, I offer an affordable guided study group curriculum called Gateway to Homeopathy.

I know, for me at least, I learned so much more efficiently and effectively in a study group atmosphere. Plus, it is a lot more fun to learn with friends and family in the relaxed environment of your homes or online. My curriculum takes you by the hand each step of the way. I hope you'll join our movement of helping 100,000 families discover homeopathy by the year 2020!

Thanksgiving in Stitches



You don't have to be a prisoner of Pain!
I put an infographic together to show you there are *real* homeopathic solutions to uproot acute and chronic pain issues.
If you want to learn more about my course follow the prompts above or simply – click here



As we enter the New Year, we not only pack our holiday decorations into boxes for safe-keeping, but we also store the special events of the season in our memories. One of my students had a Thanksgiving she and her husband will never forget. The following is an email Rachel Cox sent me that deserves to be shared.

Here's Rachel –

On Thanksgiving Day, my husband and I went to a cooking class at a vineyard about an hour outside of Mendoza, Argentina.

What a fun way to make our own Thanksgiving meal!

Or at least we *thought* it would be. It turned into a situation where my knowledge from Joette's Survivalist's Guide to Homeopathy was put to the test in a stressful situation where we didn't have easy access to medical care.

Before the cooking class started (and before we'd even had a sip of wine), an empty wine glass fell from a table. My husband grabbed it on reflex and the glass shattered in his hand.

Oddly, it didn't cut inside his hand but it sliced outside his finger between two knuckles.

Deep.

Lots of bleeding.

We were far outside of town so it took about 90 minutes for the ambulance with a doctor to arrive to tell us he had to go to the hospital for stitches.

In the very first few minutes of the incident, he said his pain and shock were over 7 out of 10. I could see the pain on his face, his eyes getting glassy, and his body starting to shake.

I had remedies in my backpack, so I started administering them even while others were helping him wash the wound, cover it in gauze, wrap the whole hand in a latex glove to hold the gauze in place, and put slight compression on it to prevent swelling. I didn't know the glove trick but I liked it and will remember it in the future.

While others were doing that, I gave him *Aconite* for shock, then *Arnica* for trauma, then *Hypericum* for pain, each a few minutes apart. Then *Aconite* for me because I couldn't think straight and was scared. My reaction reminded me of one of the slides in Joette's classes where a cartoon of a woman has a smaller head because she can't think, and her head shrinks to be smaller than her body.

By the time the ambulance arrived, on a scale of 1-10, the bleeding, pain, angst and sensation of shock was down to a 2! It took us another few hours to get to the hospital. I

kept giving him remedies as the pain and shock increased intermittently, and within minutes of giving him the homeopathics, his pain would diminish and stay around a 2.

We had hired a car and driver for the day (a wise thing to do when visiting wine country!), but we weren't sure where the driver was.

We both started to get scared. How would we get to a hospital? Where *was* the hospital? Where were *we*? How would we communicate when we got there, as neither of us speak fluent Spanish?

How much would it cost to be treated in another country? Another dose of *Aconite* for each of us calmed us down. It turns out our driver was amazing. He drove us first to a clinic and then to the hospital. He went into the ER with us, and he translated for us. The doctor was great.

At the hospital, about 4 hours after the accident, they gave him an injection to numb the finger before giving him 5 stitches. After that, his pain was up to a 7 again. He took more of the same remedies, as needed. While I was waiting in the emergency room, I consulted on Facebook with a few other people who I knew were also studying Joette's Survivalist class.

I felt so lucky to have a network of help while I was in a foreign country waiting in an emergency room. One of them was kind enough to do research and tag me in another post in which another person had received stitches.

They reported that Joette had recommended that person use *Hypericum* 200 mixed with *Arsenicum* 200 about every 3-6 hours for pain, and to prevent infection. I started him on those remedies mixed together the next day because what I was using was already working so well.

The following day, he was still doing well but his stitches

started to feel like they were burning. A new symptom. I consulted my fellow students again. I learned that *Hypericum* 200 + *Arsenicum* 200 twice a day would not only prevent infection, but also remove the burning pain. I still gave some of the other remedies as needed.

For example, when it hurt to bend the finger, *Bryonia*. When the wound felt dry, *Calendula* ointment under the bandage. When it started throbbing, *Belladonna*. I didn't have every remedy in every strength, so we used what I had. I am not sure I did it right, but I switched back and forth between *Arnica 200* (when swelling was bothering him most) to *Hypericum 200* + *Arsenicum 200* (when a burning sensation was bothering him most).

Despite the stitches, the situation was no laughing matter. I had been studying Joette's Survivalist class and Allergic class (along with her blogs and podcasts) for the past year or two. Before that, I knew nothing about homeopathy. So, as I was packing for our trip abroad, I spent more time selecting remedies to bring than I did selecting clothes to pack. I'm glad I did!

My husband had not been a believer in homeopathy but has been amazed he didn't need anything else – not even a single Advil – this whole time! He even thanked me for all the time I have taken to learn the information and for remembering it in an emergency. Not only did the information help get us through the emergency, but it helped him appreciate the wonders of homeopathy.

I would like to share what he recently wrote to a friend, "My wife gave me what I remember as almost an assembly line of remedies. She may have told me what they were; I don't recall. But I trust her completely and over the 90-or-so minute wait for a doctor to come out to the winery, I was able to get my shock and my fear under control with homeopathy and some meditation.

Since then, my wife has been giving me remedies to help with swelling, pain, and overall healing. I've not taken anything else. No Advil. No prescription pain meds. Nothing. And as far as I can tell, it's working. The finger is slowly healing, and the pain is manageable. I expect to be fine, other than having a scar that will be a permanent reminder of our vacation in Argentina. I'm glad my wife was prepared to help me when I needed her the most."

I'm so thankful for Joette and for homeopathy!

—Thank YOU, Rachel.

It's especially helpful to readers to know that homeopathy works in tandem with conventional medicine, particularly in cases of injuries such as this one.

This is my mission: I want to bring homeopathy to 100,000 households by 2020! Knowing that your family is counted among them — and knowing that you were able to help your husband through a frightening emergency is a gift!

I hope everyone will make learning as much as possible about homeopathy their goal this year. Whether it be through the free information in my blogs and podcasts, from joining or starting *a study group, or by taking my courses, there is an option to fit everyone's budget, and Rachel's story has proven that homeopathic knowledge is invaluable!*

P.S. Should you be interested, the guide Rachel refers to have studied and recalled is The Survivalist Guide to Homeopathy.

We Have Moved!



We’ve moved!

My husband Perry and I have packed up our personal belongings and office, put our house on the market, and moved to Florida.

Good-bye New York!



This move will not affect any of my clients, students or services other than a new phone number, company name, and a minor technology change.

My old phone number with the exchange (716) representing Buffalo, New York, will continue to work for a few months; however, my new number – (561)-537-5900 – is presently in effect and reflects my current Florida address.

Further, **Joette Calabrese, Inc.** has merged with my new company **Practical Homeopathy, Inc.**

I made this change to better represent the work I do, as I've

moved away from classical homeopathy toward using and teaching specific, more practical protocols.

Over the next month or two, my team of web designers and programmers will be rolling out a new website. They've tried (quite successfully, I believe) to incorporate all the recommended changes you, my valued followers and friends, have requested while creating what I hope will be a clean, highly informative and friendly site. I look forward to receiving your feedback.

For those who choose to work with me privately, you'll notice I've moved away from the old technology of Skype to a newer, smarter Internet communication platform called Zoom. Still no cost to you, but far more dependable.

As we enter the new year, some of the names and voices on our end of the phones may also change but I assure you, my mission has not. In fact, it has become more focused.

For the last several years, my goal has been to reach 100,000 new households using practical, proven, safe homeopathy by the year 2020. I actually believe we'll make it sooner than that. I now believe I underestimated the interest in this kind of information.

When it comes to those times in the middle of the night when your child cries out or your husband is suffering and needs the expertise you have acquired, you'll be glad you have inexpensive, polite, intelligent, and most importantly, *simple* homeopathic protocols in your arsenal.

That, my friends, is Practical Homeopathy®, and it's what I hope to provide you with for many more years to come.

Warmly,



Podcast 41 – Joette’s Holiday Traditions and Remedy Tips



In this podcast, we cover:

01:16 Joette talks about Christmas traditions

12:09 Little tips from Joette

20:14 Being relevant in your kids' life

26:24 To take or not to take remedies

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

My Solution for Colds and Coughs: Homeopathically, of Course!

Joette's Bone Stock Recipe

Aconitum 200 mixed with *Bryonia 30*

Coldcalm by Boiron

You are listening to a podcast from joettecalabrese.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Joette: One thing that I hear frequently and I think it's human nature to a certain degree is that whenever someone is sick, particularly when it's a chronic illness but a lot of times when people are sick, they think they're the only ones who get sick like that. They feel as though they're very unusual.

Kate: It's Podcast Number 41 at joettecalabrese.com. Today, we get to listen in as Joette shares with us some of her family's holiday traditions. In addition, we get to hear how our suffering may not be so different after all! Finally, Joette shares a recent experience she had helping her son with a cold virus, and how to know when it might be

pertinent to employ homeopathy and when to let a virus take its course. Now, let’s get started.

It’s Kate. I’m here today with Joette. We’re excited to bring you another podcast. Joette, welcome.

Joette: Thanks for doing this, Kate, as always.

Kate: It’s the holiday season, and I’d like to know from you Joette, what are some of your family traditions?

Joette talks about Christmas traditions

Joette: You told me you were going to ask me this question, and I had to really think about it because I don’t think there’s anything really that unusual about our family traditions. We just all get together – my sons and my parents. My father, unfortunately, just passed away a couple of months ago. But, it would have been with my parents, and my brother and an occasional stray cousin. Now, it’s everyone the same – minus my beloved father.

I might add, it just so happens the day we’re recording this (it’s not when this is going to be running), but today happens to be the first day of Hanukkah. So, shalom to those who are celebrating the Hanukkah holiday. But, for you and me, it’s Christmas.

My holidays … my Christmas is not that much different, but I do remember when Christmas was different. My father came from a very large family. There were 14 children. My father was the second youngest. When I was growing up, we used to get together on Christmas Eve, all of us. When I mean all of us, there were probably close to 100 people. All it was was food, and fun, and playing, and staying up until really late. We got to stay up until we fell. We went to midnight mass. Then we'd come back to my aunt and uncle's house. They had five kids. There must have been – oh, I don't know – maybe 50 kids. They were all my cousins. Some of them were first cousins. Some of them were second cousins. It didn't matter after a while. You kind of lose track. It was an absolute blast. We did this every year, my entire growing up years.

For me, especially having just lost my father – and he was the last one in the 14 children including all of their spouses – it's a different kind of a Christmas. It's a reflective Christmas. I will be spending time with some of my cousins who I'm still very close to. Most of them, of course, have their own families. So, it's not like they're going to be coming to visit us necessarily, but I will see them during the season. So, they'll stop by, and we'll eat, and we'll hug. We'll all cry, because we've had a couple of deaths besides my father in our family this year. It's always hard to say goodbye to those that we loved so much.

So, that's my Christmas this year. It's still going to be a good one. I have my beautiful sons, and my wonderful husband, and my mother, and brother. That will all work together. I think it will still be a pretty nice tapestry of a celebration.

Kate: That sounds really nice. I know it's probably a sad holiday this year, maybe more than others for you, but it is so nice to still have family get together. I think that's one of the things that brings us comfort is having family together during those times.

Joette: We couldn't do it without them. I couldn't do it without them. Just being with my cousins over the last couple of months, not only the wake and funeral, but we hang out together. We go to dinner together. They come over and stopover. We're always calling each other. I have so many cousins I can actually get to pick and choose.

Kate: Wow! That's great that they all live so close to you!

Joette: Oh yes, it's great.

Kate: I don't think that happens very much in families these days.

Joette: No, it doesn't. And even for those who are in other states, we still stay in touch and they come in. Now, with Facebook and of that business, we all stay more in touch – even in today's world.

Kate: So, New Year's Eve, where did you usually go? Because with 100 people in your family, where would you stay?

Joette: Well, we would just sleep on the floor. Wherever you ended up, you just slept there. There were mattresses all over the place for the event. There were lots of blankets. My parents would bring pajamas (we'd be in our nice … our good clothes … that was Christmas Eve). We went to midnight mass. Then, when we got back from midnight mass – depending on our age, of course – then my parents would bring our pajamas. A lot of the kids would put their pajamas on, and then we just hang out and play all night. It was such a blast. It was so great until we just dropped … from all the fun, and all the food, and cookies and stuff that we normally wouldn't eat as much of.

Kate: And pasta.

Joette: Pasta and meatballs and braciole. I mean you name it, we had it all. Cardoons that were made – that were picked in the spring and saved for then. You name it, we had it all. Eel! Eel is a very big thing in Sicilian … I know you're making a funny face … I love eel, actually. We eat eel on Christmas Eve. That's a Sicilian tradition. So, sometimes there'd be eel (sometimes there wouldn't), and the kids would go, "Eeeew, eeeeeel, yuck." But, since that time as an adult, I've made eel on Christmas Eve because I want my kids to hold on to some of those traditions: the food, the religious and the family traditions. I think it's important.

Kate: So, how do you purchase eel? You go to the grocery store and you say, "Can I have one eel please?"

Joette: Yes. You go to the eel store.

Kate: I was trying to imagine where you buy an eel.

Joette: Well, listen. In Buffalo, New York where I live, there are a lot of Sicilians. So, there are certain stores there who cater to specific ethnic groups. So, I go to the store where they cater to Italian and Sicilian. And, then you find chestnuts – that's a big thing in Sicilian families. Chestnuts – and you roast them on the fire, that kind of thing. There are lots of nuts, lots of almonds. Lots and lots and lots of almonds everywhere. There are almond shells all over the place. Gosh, they're such a mess. So, that's a big part of it, too. I'm trying to think of what else we do. There's always fish on Christmas Eve, and eel is probably one of the most important.

Kate: That does not sound very appealing. I'm sorry, but it doesn't sound really great. But, probably how you cook it, it is good.

Joette: Oh, it's absolutely delicious. I will tell you that I love foods like that. I like the strange stuff. I like sweetbreads. I like Rocky Mountain oysters. I like liver. I like kidney stew. I love those kinds of foods. As far as I'm concerned, I don't get enough of them. I love tripe. That's also very Italian.

Kate: Have you ever had blood soup?

Joette: Yes, duck blood soup. That's Polish.

Kate: Yes, it is. I'm Polish, and that's what my family grew up with. But, you tell people that, and they sort of freak out.

Joette: Oh, yeah, yeah, yeah, yeah. You guys just eat your Twinkies, okay. You put them in your microwave, and then hit the diet soda. Then meanwhile, I'm going to eat my duck blood soup and be hearty, and strong and reproductive.

Kate: Right. So, do you make any New Year's resolutions?

Joette: It's always about eating. I've *got* to stop the chocolate. Most often, that's my New Year's resolution. Then by March, it's dead.

Kate: Well, three months is pretty good.

Joette: Yes, it is. Actually, it's pretty good. So, it's either chocolate, or I love sweets. It's just one of my downfalls. I don't eat junky sweets. I make them myself. I make cannoli from scratch. I mean that means you're getting the little dough – I make my dough – roll it out; wrap it around little rollers. I make sfingi which are little

donuts, little Italian donuts. I make everything from scratch. So, it's hard to resist, when I'm making that for my family to stay away from that. Once I trigger that desire for those sweets then it's very hard to stop. I can't just eat them Christmas Eve and Christmas Day. And, then I have a son who makes a Yule log from scratch every year. He uses mascarpone cheese. I mean it's just heaven!

Kate: Wow! That sounds amazing. I know your son's cook, don't they?

Joette: They do. They do. They all live together, and they cook meals every night – at least that's the last I heard a couple of weeks ago. They've been telling me they're still doing that. They make chili and stock. They make roasts and roast chicken. Everything is from scratch. I have one son who loves to make pastries. He's the one who makes the Yule log. He makes everything from scratch, no mixes. There he is, whipping away. When I used to homeschool our kids, when he finished his day of work, he would go into the kitchen and whip up like challah bread or something like that. My kids are really into cooking. I think it's my fault.

Kate: Wow! That's amazing. That's great.

Joette: Yes, it is great.

Kate: It's a wonderful thing to pass on to your children.

Joette: Yes. Well, unless they all turn fat. Then we're in trouble.

Kate: They're young boys.

Joette: Which could happen. At this point, they're pretty lucky – but it could happen.

Kate: So today, I was meeting with a friend. We were watching our children as they rehearse for a choir concert. We were talking about homeopathy. She was saying how her daughter had come down with another cold-fever type thing. Every year during the choir concert season, she always gets a cold and virus. Something goes around their family. So, she said, "Boy, I was so glad that I had taken the Gateway to Homeopathy last year. I had kept excellent notes of what we did exactly last year during the choir concert when they came down with something. Because now, this year, I just went back to my notes and I was able to figure out what I gave her and what helped. So, this year, I didn't have to think about it!"

Joette: Exactly. You don't have to look it up again. You go back to your daughter's notes. You go into her file and look it up. There it is.

Kate: So, I think that's really important. We all get lazy, right? We stop writing things down. Then, later on, we have

someone ask us, “Well, what can I do for the same condition?” Now, you don’t have notes. It would have been so easy, but now you have to go and do the research again.

Joette: Yes, don’t reinvent the wheel. Just jot it down. You don’t have to write copious notes. In fact, copious notes is what I discourage people from doing. Because if they do – if they write too much – now it’s like a quagmire they have to get through. Just simple: the date, what the main condition was, what remedy you used, what potency, what frequency. Then come back after it’s done and say okay: within five hours; within three days; (and these are acutes I’m talking about, of course) very much better; only partially better; or then you went to the next one because the diarrhea then stopped, but now we’ve got fatigue; so now, we go to the next remedy. Those are very simple. Keep it really, really simple because otherwise, you’ll be discouraged from wanting to go through all that reading again.

Little tips from Joette

Kate: What are the common things that you see from your students or your clients that you wished that you could say, “Here’s what you can do in a different way, or maybe to help yourself and your family?” You know what I mean? Are there maybe little things like that: tips that you want to give us, things that you see over and over again that people could do just a little bit differently, and it could really help them.

Joette: Well, one thing that I hear frequently – and I think it's human nature to a certain degree – is that whenever someone is sick (particularly when it's a chronic illness, but a lot of times when people are sick) they think they're the only ones who get sick like that. They feel as though they're very unusual. The reason they feel that they're unusual is – I don't believe – it's self-absorption. I believe that it has to do with they look around, they're suffering and no one else looks like they're suffering. So, they conclude that, well, it must be because everyone else is well, and I am not. So, I have an unusual case.

So, when I tell them for example that a particular protocol works for approximately 80% to 85% of the population, the first thing people say when I say that (or what I know that they're thinking because later on, they share it with me) is that, "Oh I must be part of that 20%. What if I'm part of that 15%? Then I won't be helped!" So, because they're thinking like Eeyore, "Well, I guess life just stinks." And, that's the way we feel when we're sick. You know what I mean? We do feel that way.

We have to remember that we're much more alike than we are different. We live in a society that has emphasized our differences. I tend to disagree. We're really very alike in many, many ways, even across other societies, other parts of the world. Generally speaking – the cultures can be quite different – but human experience, human suffering is across the board, and so are fears and anxiety, et cetera. The fear of suffering can also be universal. Some people are more fearful than others. Sometimes, it's because they've become shopworn, I guess, or maybe gun-shy is a better way to put it. They've had so many illnesses, one after another. They've had so many failures with drugs and efforts that

they've put into it, and they've still come up short, that they believe *that* is the evidence that indicates that they indeed are a difficult case. When really what it is, is they just haven't employed homeopathy.

Unfortunately, homeopathy is the last place people go in the Western world, especially in North America. We've got it all backwards.

People go first to get the colonoscopy. Wait a minute. There's nothing wrong with you. Why are you going for a colonoscopy? Why would you do that? Why would you subject yourself to that– if nothing other than the inhumane way you get that kind of a test? For crying out loud, who's willing to do that?

Well, somehow, this marketing has taught them, "No, this is what you do when you're 40 years old plus." No, no, no, you save that colonoscopy for when there's something really wrong. Now, we use technology, and general anesthesia, and drugs to find out what's going on. Even then I would say if you've got some time, you use something else. You use homeopathy or change your nutrition before you go. We've got the pyramid upside down.

Kate: Joette, what about those people that say, "But there is a history in my family of colon cancer," or things like that. What do you say to them?

Joette: Oh, well, if you want to list histories, you've got everything in your family! We've got colon cancer in my family. We've got diabetes. We've got breast cancer. I mean I've got a long list just like anybody else. But, if I

followed that list, all I would do is spend time in waiting rooms and go for testing. For me, that's not a way to live. I would much rather be hanging out with my husband. I'd much rather be hanging out with my kids, traveling. I'd much rather be walking on the beach or making a meal, not sitting in a waiting room to be manhandled.

And excuse me, I mean I know that there is a time for that. So, don't get me wrong. I don't think it's always wrong, but it's grossly overused – these tests, grossly. Mammograms. Really? Mash the most sensitive area of a woman's body so that it then hurts to find out if she's got breast cancer? So, how about just palpating? There's an idea. What do you know? They used to use that. Were the doctors stupid then, and now they're smarter? No, they just have machines now. How about just using thermogram, thermography? How about just assuming that life is good and stop *digging* for an illness?

Stop trying to *find* illness. If you keep searching, you'll find something. You'll find a polyp. You'll find a precancerous … you'll find something if you dig hard enough. That is a prescription for a life of angst. A life of angst is not a good life.

Kate: I think what happens is we see people, whether it's friends or family members and we see them going through whether it's cancer or things like that, and then we start to fear those same things, right? And, we start to wonder, "Well, what if this cough or this feeling, this pain that I've had, what if that's cancer or something else?" Then we go down that path. Recently, I've been thinking a lot about just being positive. Just trying not to worry and go down

those paths. I know we're talking about homeopathy, but I also think that it's important like you said, we always think that we're that 20% or that 1%. Let's just try … I think if we try to be more positive that we're going to feel better.

Joette: Someone told me the other day that they had a condition, and the doctor had told them that it's a 40% chance that it's cancer. I said, "No, no, no, no, no. It's a 60% chance that it's *not* cancer!" You've got to turn it around. If you're saying, "stay positive," I think that the real way to do that is to do useful work. Do purposeful work. Make a meal for your family. Go to a neighbor's house and help someone who's sick. Take soup. I've got a friend whose father is sick right now and she's tending to him. I'm bringing soup over there tonight. Go to church. Go to temple. Be active. Do good work on a day-to-day basis. The less you do, the more your brain goes cockeyed. So, be active.

Listen, I don't have to tell most of the people who follow me, because I know what kind of people follow me. They are the "doers" in the world. I know them because they've become my clients. They've become my students. I hear them, and I see how hardworking they are. Many of them are homeschooling moms – and fathers, too – but mostly it's mothers. I see how hard people work where they have ranches or they have farms, and they are tending to livestock. These are not the people who are sitting back and letting someone else take care of them. These are the people who are the underpinnings of society. This is what girds our society, is people like that.

So, I'm kind of preaching to the choir. But, the point is that if you have a *moment* of that in your life: fill it with something. Fill it with something lofty. I always say fill it with prayer work. Fill it with reading your Bible, your Catechism, your Torah. That's what you fill with. Fill it with beautiful music by Mendelssohn and Beethoven. That's how you fill it. Fill it with loftiness. Forget the stupid television shows that are on.

Kate: Right.

Joette: They just bring us down. They're immoral, and they just bring us down.

Being relevant in your kids' life

Kate: So, let's dive into the mind of Joette Calabrese for a moment, and let's hear …

Joette: Oh, God, that's not very deep. I hope you like shallow water!

Kate: Joette, you're so fun to be with because you're funny and you're passionate. So no, it is fun to dig into your mind. But, let's talk a little bit about a case and see how you processed it. You said a little bit about your son, how he got …

Joette: Oh, yes, even before he started that because I knew I've talked about this so many times in the past, but it is definitely worth repeating. I always say make sure you're relevant. Get relevant now. As a mother of children who I homeschooled, and the last day when I finished homeschooling, I cried like a baby as I closed up the cabinet and started giving the books away. My kids were laughing at me. But, I was crying. I was like a blubbering idiot crying because it was over! The whole thing was over. My son was going to college. It was all done. I'm thinking to myself, "Who am I to them now? I'm no longer their teacher?" I mean, obviously, I'm their mother but the point is that you vest so much into them to just say, "Okay, off you go now." No, that's not my style. I want to be relevant in their lives. I've said this before, and excuse me for being repetitive, but a good way to be relevant is to have the stuff they want.

Kate: Not just the food, right?

Joette: Not just the food – although food is important, too – but you got to have the stuff they want. What do they want? "Mom, I don't feel well." Now, you tell them exactly what to use. Of course, they've got their own remedies. I make sure they've got the kits, and they own as many remedies as we can stuff into their medicine cabinet. But, I've got the *answers*. That's what we all want to have for our children. We want to be able to give our children answers even though they're adults. My children are adults.

Not more than half an hour ago before you and I started this podcast, my oldest son who is 31 – he's a pilot – Skyped me. He Skypes me almost every day, which is great. He said,

“Mom, I’ve got this chest cold that’s coming on.” Now, he knows some of the medicines, but he wasn’t so sure about this one. So, I got to talk to him for 15 minutes. Not just about his chest, but about, “Okay, when is your next flight?” “Oh, I’m leaving tonight.” “What are you doing now?” “Oh, I’m making my dinner so I can take it on the flight.” So, I get to be a part of his life. Meanwhile, I’ve just given him the name of the medicine and how to use it. So, I told him *Aconitum 200* mixed with *Bryonia 30*, and to take it every 3 to 12 hours depending on how severe it is. And, get into bed, please. Get into bed when you get home from that flight. Drink some Kombucha and maybe some bone stock, and you’ll probably be fine by tomorrow. So, I get to be close to him. I told him I was going to talk about this today on the podcast.

Kate: Oh, what did he say?

Joette: “Yes. You still have us, don’t you?” I said, “You bet. I’m going to do whatever it takes. I want you part of my life.” Listen, when he gets married and has kids – which I’m waiting for – my guess is they’re going to be even more a part of my life. Because that’s what happens when kids get married and have their own children, then they become closer to their parents. But meanwhile, while they’re still single, I don’t want to lose those years. I want them close by. It’s a great strategy. It’s a mothering strategy. So, we’re imparting our wisdom.

Look, you don’t have to be an expert in homeopathy, although it doesn’t take too long to get that way – especially if you’re just using my blog. Really, it’s all free! Remember folks, just use that blog. I mean, what I just gave to my

son is right on my blog. So, you don't have to be an expert. You don't have to be good every time or be correct every time. But, if you can hit it 80 – let's go back to 80% again – 80% of the time, those are good numbers.

So, how did I think it through? It's this simple: chest. Had he said "cold" like cold in his nose or sinuses, I would have said Coldcalm by Boiron. Super easy. Or maybe some *Ferrum phos*, or maybe some *Sanguinaria* and *Belladonna*. If it was painful, we might use *Sanguinaria* 200 with *Belladonna* 3. That's a Banerji Protocol. They use that. And so is the *Aconitum* and *Bryonia,* a Banerji Protocol for that matter. But, because he said *chest* and *cough*, I immediately went to *Aconitum*, *Bryonia*.

Kate: Had this just started with him?

Joette: Yes, last night he said it started.

Kate: Okay.

Joette: I'm not looking for them to say, "Oh my gosh, I'm sick. Call Mom." I don't want someone hanging on my apron strings. I want someone who says, "Oh, I'll just go bed and see how it goes. Maybe I'll just take a bath or something, an Epsom salt bath, and see how I feel in the morning." But, he knew he had a flight today. My gosh, they're exposed to all kinds of things in those flights.

Kate: Right. But I have found that the quicker that you can get the homeopathy in, the better your chances are of really aborting an illness.

Joette: Yes, yes. It's the same thing if you use Vitamin C. The faster you get that Vitamin C in, or the faster you use that … some people use Alka-Seltzer Gold or whatever … it's true for everything. If you catch something in its infancy stage, you're more likely to be able abort it in its center stage.

Kate: So, Joette, you've talked before about just sometimes they're colds. Our bodies … it's a way that we can flush out toxins. We're going to get colds, and just letting them ride out. I know I struggle, and I imagine some of our listeners struggle … how often to just jump right in with the *Aconitum* and *Bryonia,* and when do we just let it ride? So, maybe help us think through that picture a little.

To take or not to take remedies

Joette: Yes. Well, it's for him because he had to work. I mean, he doesn't *have* to. He could certainly take a sick day, but he prides himself in never taking sick days. I know how he feels about that. He was like that his whole life. So, it would be nice if he could take it easy, but he can't or he won't. So, I know he won't. So, it's better that we give him something now than to let it ride itself out.

Plus, the chest is a different area, of course. If you're

getting a sinus infection or a little dripping in the post nasal and it's causing a little sore throat, that's a little different than something going to the chest. Lungs matter, obviously. So, little conjunctivitis or a little cough or cold that's on the upper end of the respiratory, then I'm not so worried about.

But, what I like to caution folks about is to not freak. Because children – now he's not a child – but, children get sick, and they're supposed to get sick. That's part of their education! I mean, there's controversy about this and I'm sorry – I believe they're supposed to get sick. The way that I came to this had nothing to do with what I read but rather what I experienced in my children.

What I often found was that, for example, my other son was having difficulty riding a bike at one point when he was a youngster. I can't remember exactly how old that was. He just couldn't do it. Then he couldn't do it … he couldn't do it. He's very frustrated. Everybody else was riding their bike, but he just couldn't do it. Then he got sick. He got an ear infection. After the ear infection, *literally* right after the infection was gone, a couple of days later, he felt well enough to go back outside and play. He got on his bike and rode it. He was on his two-wheeler.

So, Rudolf Steiner, who many people follow his work, he was from the turn of the last century in Germany. He believed that it was important – not that I follow necessarily all of his works – but, he believed that it was part of their education. And, that there's a growth spurt that is a natural growth spurt.

I've seen the same thing with another child who was having difficulty reading. He couldn't read … he couldn't read. He could read a sentence, but he couldn't read two sentences. He got sick. It's almost like they're going to push through the eye of a needle. Once they get to the other side, they've cleared it. He couldn't read … he couldn't read. Got sick, had a sore throat, on the other side of the sore throat – *bam*, able to read.

So, it's like a psychological connection or a mental connection to a physical experience. To me, that makes a lot of sense. If you've not seen that, if you're not a mother and you've never watched that, you might question it. But, I've seen it too many times to question whether or not there's a reason for these colds. It is a good thing – completing their education. We're building their immunities so that as an adult they're not getting chicken pox. As an adult, they don't get these colds and flu. They get them as children as they're supposed to do … as has been done through the ages.

Kate: So, if it's just a minor cold, sniffles, a little bit of a sore throat, maybe let it go for kids. But now, if you have someone that has a history of pneumonia, and they're coming down and it seems a little heavier, then …

Joette: Oh, you do it, absolutely treat them. Absolutely. Even if it's just a little sore throat and minor cold, you might just take Coldcalm. I love that medicine. It's Coldcalm, C-A-L-M is the second word by Boiron. It's excellent.

Kate: Right. I know a lot of my friends have been using that this season and loving it.

Joette: Yes. Also, Oscillococcinum made by Boiron. That's another good one. There are a lot of great remedies. Listen , folks, I always tell people, make sure that you're getting those combination medicines. Buy them all. Buy everything Boiron owns as a combination. Buy everything that Hyland's owns, all of those combination medicines. They are really smart. It takes a lot less intelligence or study – maybe not intelligence is the word – but study to use those than it does to try to figure out exactly the medicine, because they figured it out for you. If it acts, you go back and look at the ingredients and say, "Hah, no wonder why I got rid of that fatigue. *Gelsemium* is in there." Or if you don't know that, you'll look up in your *materia medica* every one of those medicines and learn them. That's how you learn this. You just investigate, investigate and be curious.

Kate: And, you'll be glad you have them if you're sick, your family is sick, you can't think straight. You don't know what to give them. You just reach for those and say, "Hey, go take one of those combinations." And, it's simple, right?

Joette: Well, when I get sick, my mind turns to mush. I'm useless. I mean really, I can't even think of what I'm experiencing. So, I know what that's like for folks. Then I turn to my husband who doesn't know an awful lot of homeopathy, but he knows enough about me to be able to figure out somewhat what I should be taking.

Kate: Nice. Well, thank you so much for taking the time to talk to us today. I'm excited for the listeners to get to hear a little bit more about what goes on in your brain as you think about cases. So, thank you, Joette.

Joette: Yes, it's always fun, Kate, looking forward to next time.

Kate: You just listened to a podcast by joettecalabrese.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shared her passion for helping families stay strong through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.

*Sound effects obtained from https://www.zapsplat.com

Blessed Christmas



During this blessed season, I want to step away from my usual weekly blog post and homeopathic teachings to share a quiet moment with you.

I am deeply moved by Nativity scenes. The Holy Family – a family who has impacted the entire world – began in a stable. Denied any comforts of the time, they relied on each other to give birth to a sacred child.

The beautiful image of the Holy Family inspires me to not only think about our Savior and the importance of our faith but also, in a more practical way, each of our *own* blessed families.

When I first began studying homeopathy, I felt somewhat alone in my quest to take care of my family's health independent of the myriad mainstream influences still present today.

Yes, I had a small group of friends who were doing the same (small being the operative word), but a sense of

estrangement still lingered. At that time, there were only five other families I knew personally who were struggling along with me.

Now, because of you, I truly feel I am not alone. You are taking charge and taking care of your families with confidence and independence, too! You have touched my life in many wondrous ways, and I am so grateful that you travel this road alongside me.

As I have told you before, my goal is to reach 100,000 families with the message of homeopathy by the year 2020. *You* continue to play a vital role in achieving that goal.

Your encouragement of me – and of each other – is an inspiration. I speak to study groups every week and hear your enthusiasm. I look on Facebook and see you exchanging success stories, sharing ideas, and leaning on each other during times of need.

From my family to yours, we pray for genuine health and the miracle of faith throughout the coming year. Indeed, it is our underlying devotion that gives us the stamina to take on this kind of familial commitment.

Wishing you all a Holy Christmas,



Holiday Travel? Call AAA!



The holidays are almost upon us, a time when many of us travel to visit family and friends. Travel is so important right now that even those who fear flying are willing to try whatever it takes to be able to get on that plane – hopefully, without causing a scene at the airport!

There are certainly many tips and tricks for overcoming travel anxiety, but homeopathy has a remedy! What more do you need?

Years ago, when I was first studying homeopathy, my teacher (who had studied in England) taught us to be strict with our classical training – only use one remedy at a time.

However, she taught us a combination of three remedies that could be taken together. During that time, I was under the impression this was the only exception to the rule. (My, how my thinking has changed!)

This combination was specifically used for anxiety in air travel: fear of heights, fear of flying or fear of being closed up in the small confines of a plane. It can be used for other anxieties as well, but it most precisely suits the fears that one generally associates with air travel.

My teacher instructed that these three remedies were to be taken simultaneously (mixed together):

Ambra grisea 30
Anacardium 30
Argentum nitricum 30

Now, fast forward to a few months ago:

A client of mine from England mentioned to me that she was afraid of flying. So, I told her about those three remedies. She said, "Oh my gosh, I forgot all about it! That's called Triple-A!"

What??

Yes. Turns out that years ago, a pharmacy in England came up with a prepared combination of those remedies to sell over-the-counter and called it AAA.

You can easily buy that combination of remedies as a commercial product from many pharmacies and grocery stores in England. (We in the United States can order it from Helios in England at this link: AAA.)

Isn't that an easy remedy name to remember? Many of us in the United States already associate that very same acronym with travel – the American Automobile Association. Now we have one more reason to turn to AAA when we travel.

As soon as that angst about upcoming travel appears (even if it is a few days before the trip), AAA is taken twice a day. On the day of travel, as anxiety mounts, it is used as often as every three hours – stopping, of course, when the anxiety is no longer a concern and resumed as needed.

So, rest assured, if you are traveling this week for Christmas or New Years, homeopathy will be there to bolster you as you board your flight. AAA to the rescue.

Warmly,



P.S. This Christmas, consider giving the gift of homeopathy to someone you love. You'll be providing for your loved ones' health and well-being. Whether it be a study group guide, a *materia medica*, remedy kit, educational book or CD, or a particular course they are interested in, your gift could be the most practical gift they receive.

Surgery: Answering Your Questions



Time certainly flies, doesn't it?

It's hard to believe it was way back in 2012 I wrote the blog post entitled, "Anticipating Surgery? Homeopathy Can Help." However, even though it has been five years, that surgical protocol can still be quite helpful to you.

Over time, you've also sent me other questions as well, both in the comment sections of my blogs and also on social media.

So, I would like to take a moment to answer some of them. Of course, I am not your doctor nor am I there with you, so I can't address questions about specific cases. But, I am happy to help clarify any confusion you may have as you further your homeopathic education. Last week, we covered whether *Arnica* is safe to use before or after surgical procedures (I told you about plastic surgeons who recommend the SinEcch™ brand of *Arnica* to their post-surgical patients.)

Here are four other questions I hear time and again:

1. What is the preferred remedy for post-anesthesia issues?

My earlier blog post mentions *Phosphorus* and *Nux vomica* to counteract ill effects from anesthesia, such as headaches and nausea. However, I also want to mention *Camphor* 200 – one dose/one day. This is a powerful medicine to help clear the slate of the ill effects of anesthesia (as well as the myriad drugs one is given before, during, and after surgery).

(I teach more about *Camphor* on the blog "Stop It! How to Antidote a Bad Drug Reaction.")

2. Is there a special homeopathic method to address a sore throat that occurs after intubation?

A sore throat resulting from intubation is not your typical sore throat – it's an injury! As such, there are certain remedies traditionally used for injuries; specifically, *Arnica* 30, a few times per day. When the pain recurs, it's time to take another dose. For instance, if it recurs within three hours, then that's when it's time for the next dose. Frequency is generally based on specific needs as dictated by pain or other presenting symptoms.

Additionally, because *Ferrum phosphoricum* addresses inflammation in tender areas, *Ferrum phos* 6 is taken in the same manner (alternating with the *Arnica* 30). (Remember to scroll down to download your free remedy card.)

3. What if I have emergency surgery and am not able to prepare for it homeopathically?

I urge folks to start where they can. Granted, yes, the protocol is generally designed to start the night before surgery. But for instance, 25 years ago I had a completely unexpected emergency surgery. I certainly didn't have the

luxury of starting the protocol the night before.

That's why I was sure to take my kit with me to the hospital! I started where I was. Once I knew I would have the surgery in the next hour or so, I started with my first dose of *Arnica* right then. Also, my husband came into the recovery room to administer the next dose as soon as he could get to me.

4. And what about the anxiety before surgery?

I didn't do it at the time, but I could have taken *Gelsemium 6 or 30*, which would have helped defend against potential anxiety of the forthcoming event. I actually just didn't think to take it. My brain had turned to mush, as is wont to happen to most of us in a situation like that.

I relish receiving your questions, but sadly, there's not enough time in the day to answer every single one (although I try). Rest assured your questions don't go unnoticed, and I hope to do more of these Q&A blogs from time to time. Plus, I also want to share another surgical protocol with you – after the New Year. So, as always, stay tuned!

Warmly,



P.S. I hope the information in my blogs and podcasts help to educate you as you endeavor to provide healthcare to your own family.

I know though, for me at least, I learned so much more efficiently and effectively in a study group atmosphere. Plus, it was a lot more fun to learn! Should you be interested, I offer a guided study group curriculum called Gateway to Homeopathy,

Learn more about homeopathy with your friends and family in the relaxed environment of your homes or online. My curriculum takes you by the hand each step of the way.

There are quite a few study groups starting after the holidays that you can join – or start your own! What better time to commit to learning more about homeopathy? Make it your New Year's Resolution.

Podcast 40 – Moms with Moxie: Don't Panic!



IN THIS PODCAST, WE COVER:

03:51 Courtney's story: being an herbalist, using remedies for breech birth, and being a doula

11:40 Bursitis, arthritis, food allergies and their remedies

22:19 Nola's story with the vole: Ledum and HyperArs for an animal bite

27:30 Reacting versus responding: Don't panic

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Birthing Series Part One: Turning a Breech Baby

Ditch the Gatorade and Make My Son's Homeopathic Electrolyte Drink

Surviving Infections on the farm with Homeopathy

[Podcast 34 – Dads with Audacity: These Fathers Know Best!]

[The Secret Life of a Colicky Baby]

You are listening to a podcast from joettecalabrese.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Courtney: The moment you start panicking, you're freaking out and thinking of all the things you have to do and making that mental list. You know, take a deep breath and just realize that the best thing to do is nothing. Just wait. Just wait until you can make that choice rationally.

Kate: You are listening to Podcast Number 40 at joettecalabrese.com.

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. Your successes inspire me. They're glorious and powerful. 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: Today, we have a very special guest joining us. I'm excited to welcome Courtney here with me today. We're going to be talking about how homeopathy has really changed her life and her family's life. She's going to share with us a lot of stories that she has about how she uses homeopathy with her family, everything from animal bites to bursitis, arthritis, and birthing those babies. Courtney, thanks for

joining us today.

Courtney: Thanks. It's great to be here, Kate.

Kate: We're excited to hear about your story and get to know you a little bit. Because it's always, I think, fun for people to get to know some of the people that work with Joette behind the scenes. I'm excited for people to get to meet you and to hear about your story. So, Courtney, where are you from?

Courtney: I'm from New York. I live probably about an hour and a half south of Buffalo.

Kate: So, you live sort of near Joette?

Courtney: Yes, I don't live far from Joette. Joette lives just outside of Buffalo as well.

Kate: You've gotten to know Joette by working with her. How many years have you worked with Joette now?

Courtney: I've worked with Joette for about six years now. I assist in marketing. So, I've done Joette's social media. So, a lot of people who have taken Joette's classes and are on her student forum page – because Joette, if you've taken her class, you can join the online student forum which is hosted off Facebook. I moderate that group along with another girl. So, a lot of her students will probably recognize who I am because I'm often posting on there or commenting on posts or answering questions, that kind of a thing. Also, anytime Joette has a new course that we're launching, I help launch it, and I take out advertising for it and that sort of thing.

Kate: A lot of people probably hear from you but they don't know that they're hearing from you.

Courtney: Yes. Now, they get to hear my voice. They see my picture. They've heard of me that way but now they get to

know a little more about Courtney.

Kate: Exactly, exactly. I think that's really fun.

It's interesting. When we were talking, you told me a little bit about yourself as far as your background in natural medicine. You have some pretty interesting things. You're pretty wise, I think. I look forward to learning from you, because you are a certified herbalist, right?

Courtney's story: being an herbalist, using remedies for breech birth, and being a doula

Courtney: Yes, that's right. Before I came to homeopathy, I was actually really interested in herbs and did a lot of wildcrafting. We live out in the country. So, I would find herbs and make tinctures out of them, and use that as medicine for myself. That was probably right before I had kids. So, I wasn't really using herbs a lot with my kids. Now, we mostly use homeopathy and have been. Homeopathy is our family's main source of medicine. It has been for a good five or six years. I found it right before I started working with Joette. We've had some really good results – especially with little kids. I have three little kids. I don't feel like herbs are always the best choice. They can be harmful. Homeopathy is gentle. It has been really good for us in the last six years when I've been pregnant or my babies are really little. I never think twice about using homeopathy.

Kate: One of the reasons you liked homeopathy is that when you were pregnant, you didn't have to worry about using homeopathy. But herbs, it was a little tricky – which ones to use during a pregnancy or not. So, that was probably a selling point – one of them for homeopathy for you, right?

Courtney: That's exactly right. Herbs, you have to be careful. There are things that you can't have when you're pregnant; obviously, can't give it to your newborn baby. So, homeopathy is a perfect fit for that time, the childbearing

years. It’s such a nice thing to have a kit when you’re pregnant so that if you come down with the flu or even if you’re having like, sciatic issues, you don’t have to worry about resorting to allopathic medicine. Herbs – the solution isn’t always herbal because herbs can be too harsh to take when you’re pregnant. So yes, that was a big turning point for me, honestly. It’s just when we started having a family, I needed something that I could use for my babies and use on myself. Homeopathy was the ticket.

Kate: Courtney, I think that is a really good point because a lot of people ask. They want to know: Can you use homeopathy when you’re pregnant? And say you have a baby or a young child, they’re concerned about are there cautions for using homeopathy with young children or when you’re pregnant? I know there are a couple of things. So, maybe we can talk about that for just a minute.

Courtney: Definitely, that’s a good point. There are some remedies that Joette advises that people be careful about using or just avoid during pregnancy. The ones to be aware of when you’re pregnant are *Pulsatilla*, *Apis* and *Sepia.* I will say that during my last pregnancy, I was using *Pulsatilla.* So, I don’t really think that it’s a matter of something like dangerous – avoid them. But, like it’s not something you want to use in excess. Like if you really need *Pulsatilla*, you could probably talk to a homeopath and find out what the safe way to use it is. I just think that sometimes we make blanket statements like, “Be careful around these remedies.” Because you don’t want just anybody to come and read a blog about it, and start taking big doses or high potencies and possibly get themselves into trouble.

Pulsatilla is one that’s actually used to turn babies. So, you can use that in pregnancy. Actually, the reason I used it was to turn my baby. Because I think it was 34, 35 weeks at least, Avery, my last baby that I was pregnant with was breech – completely breech, like head up and not even

transverse. He was straight up breech. I was planning to birth him at home. So, all of my babies have been born at home. My midwife, I came in for my appointment and she was like, "Oh my goodness. He's breach." I was like, "Oh, what does that mean?" She said, "Well, you might not be able to have him at home," which was really kind of scary for me. So, I talked to Joette, and she told me *Pulsatilla*. I think I only took two doses of it. It works very quickly.

Kate: That's amazing.

Courtney: I had, previous to that, tried things like there's [*An incorrect website is mentioned in the podcast. The correct website is spinningbabies.com*], I think that's the website. But, it was very overwhelming to me, Kate. I didn't have that much time to kind of get things moving. When you're that far along and your baby's breach, even the homebirth midwives were like, "Yes, Courtney. You need to do something." I felt like, "Oh my gosh, I have to hurry up and act. I have to do something." So, I first tried this website. When you go to that website, it gives you all these factors like hundreds of things you have to do. It was very overwhelming to me.

The nice thing was as soon as I was thinking clearly, I messaged Joette. She was like, "Yes, that's an easy one, take *Pulsatilla*." It just seems so simple, compared to what I would have to go through laying on an ironing board upside down and moving this way, that way, and doing all this stuff. I was just like, "Oh my gosh, that is so easy. Take a little tablet and you're done." You know what I mean? It was so beautiful to know that that's all that I would have to do, and it honestly worked. It was amazing.

Kate: Wow. That's so awesome. And I know Joette, I think, has written about that in her blog. She has some information on that too. So, you actually have helped people deliver babies, right?

Courtney: Yes. Before I worked with Joette, I was certified as a doula. A doula is a support person during birth. It's very different from a midwife. You don't deliver babies, but you actually just support the mom through labor. For many years, I did that. I had a natural childbirth course that I wrote, and I taught that. So, I had lots of people come through that with me. I had all my babies at home, so I really understood that. I went to a lot of home births with a couple of the local midwives here.

Kate: I imagine that you probably used homeopathy, did you when you were attending some of these births and helping the moms?

Courtney: Oh, definitely. *Gelsemium 30* is one that I've used many times for exhaustion in labor, especially with first-time moms. It's very common for birth to take a long time. My first birth was 36 hours. I know Joette talks about her first birth being long. *Gelsemium* is a great remedy to have because obviously labor is the hardest work we do. It's so tiring. So, I've used it many times with women in labor. I've also used Joette's Gatorade recipe. I don't know if you know that one, Kate, with the cell salts.

Kate: Yes, I do.

Courtney: That's a great tonic for getting the electrolytes and just boosting energy when you're not only working outside and it's hot, but when you're giving birth.

Kate: That's a great idea. I never thought of using that with birth, but that is really good.

Courtney: If you go to Joette's page in the upper right corner, there's a search bar. If you enter Gatorade or "Ditch the Gatorade" which is the actual title of it, it will definitely bring it up.

Kate: Tell us a little bit about your family. I know you've

used homeopathy with your children and even your husband. We heard, actually, from your husband in another podcast. But people probably don't know this. But your husband was on one of the "Dads with Audacity" podcasts, wasn't he?

Bursitis, arthritis, food allergies and their remedies

Courtney: Yes, he's Mark in that podcast. Mark is he's very athletic. He likes to run. He has a lot of sports-related injuries. We joke in our family that *Symphytum* is Mark's spirit animal, because he's had a lot of good relationship with that remedy. It has helped him a lot. Bursitis is one that we dealt with, that includes *Symphytum.* Bursitis is like inflammation in the knee. Mark used to have repeated bouts of bursitis. I think that seems to be the case from what I've heard is that it tends to come and go and flare up. It's that kind of infection type thing. The protocol for that that I got from Joette is *Symphytum* 200 mixed with *Rhus tox* 30. You just take it twice a day.

Kate: Then how long does it usually take before you see some change in his symptoms?

Courtney: For Mark – and actually my little boy, he had it one time too. I was so nervous because he came down with it the night before we were going to get on an airplane and travel. I was like, "Oh no." He's getting this knee thing. It was hot to the touch. It was painful. Previous to that experience, Mark had had a flare up. For Mark, it doesn't last too long. It's maybe, like with this protocol, three days to a week. Then he can kind of stop taking it.

For other people, if it's happened for a long time, they have to take it probably longer. Usually what happens is they'll have another flare up after that they will be less severe, and maybe go away quicker. There even may be another flare up after that but then, they eventually, if you employ this protocol, you never have it again. Like, that's kind of

the trend which is usually the trend with homeopathy. It sort of roots it out completely.

Kate: Right, that's what I love about homeopathy that we don't get with many other natural medicine options. I mean sometimes, but homeopathy really gets to the root of the cause. I know for instance my daughter and her asthma, we're really seeing a change using homeopathy where before it was just managing the symptoms.

Courtney: Yes. You're not managing the symptoms. You are actually rooting it out. That is also different from allopathic medicine, but also herbs, a lot of times, it's just managing symptoms. They have to keep taking the turmeric or whatever it is you're taking over and over again.

Kate: Right. So, I think people need to remember that a well-chosen remedy can really make a change, not only in just the symptoms but for the long term – that eventually, that whatever, bursitis, hopefully, Mark won't have it in the future.

Courtney: He hasn't either. It has been a year, and I want to say three –maybe a year and six months. So, we have not had any sign of it. It's pretty awesome.

Kate: Prior to that, how often did he use to get it?

Courtney: Prior to that, he would get it possibly twice a year at least. So, we're having a good run of it right now, definitely.

Kate: Your mom, too, she also had some good success with homeopathy.

Courtney: Yes, definitely. So, my mom, she has had hip replacement surgeries on both of her hips. I think she's currently up for another hip replacement. She's trying to

kind of stave herself off for a while so she can get through and just pushing it into the future a little bit. So, last she visited, let's see, I'm trying to think. It was last month. So, a little over a month ago, she came for a visit. She was having a lot of pain. It's hard for her to sit still for a long time. So, if we're on a car ride or something like that, she can get achy because she has arthritis.

I started to give her *Rhus tox.* A lot of times when my family is in town, I'll start to just give them homeopathy if something's going on, somebody's got a stomachache or whatever. I gave her *Rhus tox*, twice a day while she was with us. I just gave her *Rhus tox* 200 because that's what I had. But I probably gave it to her for like four, five days, I don't know, something like that. So then, she went home and I kind of like, "Well, I might not hear from her about this. But if it helps, I'm sure she'll get a hold of me." Lo and behold, a couple of days after she got back home, she was like, "What did you give me?" I had her order *Rhus tox* off the internet. I sent her a link. I messaged her a link right to where she could order it with the right potency so that there wouldn't be any confusion at all. She could just have it sent right to her house.

Kate: Great. So right now, she's kind of holding steady putting off that hip replacement surgery, right?

Courtney: Yes, so far so good. We're hoping to get her through some more months as long as we possibly can. Because hip replacement surgery is like a lot of surgeries, they don't last forever. She's already had her hip replacements done, and she wants to make sure she can kind of put it off as far into the future as she can.

Kate: Let's talk a little bit about your son. You have – how many children you have and tell us a little bit about your children.

Courtney: So yes, I have three children. My oldest is 9. I have a middle girl and she is 6. My youngest son is 3.

Kate: So, one of your children, you used a remedy with them, because I think I remember you telling me that they were really colicky.

Courtney: Yes. My first born was very colicky. I didn't really understand what was going on. I mean I felt like I was in a daze for several months after I had him. Like, "Oh my gosh, what's going on?" I didn't know the difference between him and other babies, like, what was normal. But it ended up the symptoms became very, very clear. It was every single evening for four or five hours at least. He was just inconsolable. I actually had this routine where I would sit on a big exercise ball, and I would bounce him and at the same time kind of pat his back while I was bouncing him. That's the only thing that would really soothe him.

Kate: Oh my gosh.

Courtney: I would do that for hours.

Kate: Oh my gosh, you are so bringing these memories back that I had with my daughter. I had an exercise ball, and we would do the same thing. I didn't know about homeopathy when she was first born. Oh, my goodness, I wish I had.

Courtney: I believe he ended up having food allergies. The first thing I did was eliminate food from my diet to just kind of test and see, truly, if this was the issue. It ended up being that way. Like I ended up realizing that almost everything was causing him pain. It was just really frustrating. I didn't have coffee at that time. I really liked coffee. Chocolate bothered him. He was like the meanest baby ever, I swear. I couldn't eat anything that I liked to eat. I couldn't have milk. I couldn't have sweets.

Ultimately, what we realized is that he had an allergy. The

biggest one was wheat. So, of course, I've taken all of Joette's courses. I took the Good Gut, Bad Gut course. I immediately realized he needed to be on *Bovista*. I started giving him *Bovista,* and his sensitivities have pretty much, I mean, he can pretty much eat anything. We are very careful still with wheat. We don't go overboard. But, I will tell you right now. He's on a bagel kick. It's probably been for like two weeks now. He has a bagel, a big, wheat-filled, crusty, delicious bagel every single day – and has not had an issue. If I've done this a couple of years ago even, he would have had diarrhea. It would have been horrible! So, we've had so much progress with *Bovista* with him. It's amazing.

Kate: Also, what do you give him for the diarrhea then?

Courtney: For diarrhea, we were giving him *Nux vomica* 30, twice a day. If he had eaten wheat and got diarrhea, we would start the *Nux vomica,* or just continue him on it if we were already doing it. We don't give him *Nux vomica* anymore because he doesn't have diarrhea the way he used to have. He's much better. He just, right now, is taking the *Bovista,* but I'm pretty sure I'm going to start weaning him off that even.

Kate: We found *Nux vomica* to be helpful as well with when kids have tummy aches kind of regularly, and I think it's something that they ate. It's been very helpful for us as well. What did you use for your son when he was colicky? Why don't you tell us about that?

Courtney: When he was colicky, I gave him *Colocynthis*. I think I just gave him a 30 dose on that because, at that time when he was a little baby, all I had was the 100-remedy kit.

Kate: Which is a great kit, I mean that's a perfect kit to start off with.

Courtney: Absolutely. That's the perfect gift to get any expectant mom. Instead of coming to the baby shower and bringing some diapers and an outfit, give her a homeopathy kit. Or get a couple of people together and put in for homeopathy kit. That's a lifesaver. To know that you've got something when your baby is upset or something happens, that's the best gift that a mom could have.

Kate: I agree. It's been a lifesaver, literally, for us.

So, your daughter, you had an interesting experience with your daughter that I want to hear about. Go ahead and tell us about Nola.

Nola's story with the vole: Ledum and HyperArs for animal bite

Courtney: So, Nola's six. Last summer, this story, it really kind of summarizes her personality completely. Every time I think of it, I'm like, "Of course, this happened to her." We live in the country. We have goats. We have a little farm. My kids are always running around outside. We have a cat. The cat actually got a hold of a vole. So, the whole family got to learn what a vole is and the difference between a vole and little mouse. Because at first, I thought it was a mouse. But it wasn't, it was a vole.

Kate: Are you talking about a vole, V-O-L-E, not M-O-L-E, right?

Courtney: That's right, a vole. A vole looks like a mouse. If you actually Google it, you'll see a picture. It's just a little bit different. So, anyway, the cat was playing with it. It wasn't dead. Nola saw the cat playing with this vole and saw how cute it was, and she could not help herself. I was sitting right on the porch with her. I couldn't really figure out what was going on. But, she ran off to the cat and she's like, "Oh my gosh, so cute, so cute." I think she's talking about the cat, but she's talking about the

vole. She goes to grab the vole, and it literally latches onto her finger. She's like trying to shake it off of her finger – like throwing her hand around and stuff and screaming at the top of her lungs.

I'm running off the porch like, "What is going on?" I see this thing. I take her hand and pulling it really hard one time and the thing goes flying. Of course, I'm just … oh my gosh. My mind just started to run. It was just like what is this now? I have to deal with this. She can have rabies. What do I do? What do I do? I'm like I need to call the pediatrician. I need to call the disease control people. I need to get her rabies shot. I don't know what is going to happen here. This is a kid that's never gotten a vaccination at all nor had any antibiotics. I am just losing my mind.

Lo and behold, this is a piece of advice I've heard Joette actually give people before. And, I don't remember where I heard it; it might have been in one of the courses. But she said, in the moment of an emergency, your first response – especially as a mom – is to lose it and freak out, and think of all the things you need to do. For some, like, "Hydrogen peroxide, let's clean this out. Let's go!" Or whatever. I remember her saying, "Actually, the best thing to do is nothing." Just don't. Because usually our first responses aren't the best response because there's a difference between reacting and responding. I think that I was totally *reacting* in that moment. I was like, "Oh my gosh, what do I do?" I called my husband. I called everybody.

I sent Joette this email. I still laugh at it today because literally I keep every single email and question that I've ever asked her in a file. This one is hilarious. The subject line has like asterisk and it's like, "EMERGENCY." If you read this email, it sounds like I'm a crazy person. I'm like, "Nola just got bit by a vole." I don't think at the time we even knew it was a vole. We ended up touching it, and we weren't sure if we needed to have it to test it or

whatever. We ended up touching it and putting it in this little box. Then we could actually release it later because we didn't have to worry about rabies.

I did talk to someone from CDC or something – the health department, that's who I talked to. I talked to someone from the health department and they were like, "Okay, ma'am, you do not need to bring her in for rabies shot. You do not need to worry about rabies. If it was a bat, that would be different. But, an animal like a mouse (that is so tiny like this), if it did indeed get bit by another animal that had rabies, it would have died. It wouldn't have made it through that attack. So, the chances are so low that you would actually be putting her through worse things if you took her to get rabies shots."

But, I didn't really worry about that so much anyway because there's a protocol for rabies. I mean I just feel like I'm pretty lucky to be able to work for Joette. I can take her courses. I know homeopathy so well now. I am just grateful, so grateful for it. So, I had the remedies I needed. I emailed Joette. She messaged me back. She said take *Hypericum 200* mixed with *Arsenicum 200* twice a day. That's the typical infection kind of protocol. Then I also did give her *Ledum 200*, twice a day for one week because the bite is a puncture wound. *Ledum* is what you want to give any time there's that kind of a wound.

Reacting versus responding: Don't panic

Kate: Great thinking. So, good, okay, what a scary story. I think I would have done the same thing. Courtney, that's what I love about talking to you – is that your message, I feel like as a mom and as a doula and all the things that you've learned working with Joette and your experiences, you've learned not to panic. Even if you do, then you think about it a little bit and think, "Okay, I can just really take some time and think about these things before I have to

react.” Then you can actually, like, not react but …

Courtney: Respond.

Kate: Respond, yes. Good, I couldn’t think of the word.

Courtney: That’s how I like to think of it, responding versus reacting. There’s such a big difference.

Kate: Yes. You talked a little bit about that, too, even with birthing and everything. Just how when things like that happen, an emergency like you went through, you feel like, “Oh my gosh, oh my gosh, I got to do something right now!” We can think, “No, just calm down. I have some time. I’m just going to think clearly about this.” But, I think that’s hard for moms, don’t you think?

Courtney: Absolutely. That brings in full circle because that was a lesson I learned early on as a doula. In the hospital setting especially, that’s one of the worse things. When you bring a first-time mom into the labor room – and one of the things that almost any doula will tell you, is that you never bring a mom in when she’s in early labor. You got to set up your little tricks at home, to kind of get her through the early stages of labor. Because the longer she’s there at the hospital, the more likely that the doctors – and I don’t mean that these doctors are like out to get people, it’s just a part of what their procedure is – but, the more likely it is that they’re going to have an intervention, whatever it’s going to be. It’s going to be an IV, a drug, a C-section. You definitely want to wait it out as long as you can, so that that’s less likely to happen.

But lo and behold, there are many times when Mom decides she wants to go in absolutely without a doubt early. Or something goes down and the doctors are going to put that forward that, “Hey, we need to make a decision on this right now. You need to have C-section. This is what we think.” The pressure is on. It is incredibly hard to get through those

moments, because you do feel like you're in an emergency. They know what they are doing. I remember early on using that technique of, "Actually you don't own this time. We get to make the decisions here." When you are able to stay in your power about it, you get to dictate the courses, what's going to happen.

So, that's a trick that I learned is to say, "Well actually, we need about 10 minutes to talk alone." If you don't tell them that you want to be alone in the room, they'll stand there and watch you talk. Asking them to leave is very important and to have that time. Because literally, 5 or 10 minutes can be the difference between a C-section or not a C-section. You sit there and you talk to the mom and give her the options. Discuss what her plan is, and remind her of her intentions and that kind of thing. It can really make the difference in a situation like birth. So, it's a nice thing to start learning when you're pregnant or early on, to not freak out. The freak out moment really doesn't help anything – even though we all do it. That's what kids do to us. They tend to push the buttons just the right way so that we can get upset about things.

Kate: I think that happens even when our kids have come down with the bad flu or cold or something. They get a really high fever or they're in a lot of pain. We start to panic, right, and feel like, "Oh my gosh!"

Courtney: Yes, definitely. I think that every family has their trigger. If your family was dealing with an ear infection and it was really freaking you out, I would just be like, "Oh yes, no. I'll take an ear infection any day. That's fine. We've gone through multiple ear infections with homeopathy." Strep throat, that might really freak a lot of people out. You always get the ones you don't expect. So, it's easy to theoretically talk about, "Oh yes, we'll do this and whatever." But when it comes down to it, it's usually not the easy one that you get. I never expected to

have to deal with rabies. I'm prepared for strep throat, not that. That really was ridiculous.

Kate: That again just leads to what we were talking about, *don't panic*. You have time. You can think about things. Just take your time.

Courtney: That's right. If you can instill that into your head that the moment you start panicking, you're freaking out and thinking of all the things you have to do and making that mental list – take a deep breath and just realize that the best thing to do is nothing. Just wait. Just wait until you can make that choice rationally. Then if you've got the information from Joette's blogs, you're one step ahead. You can just go on and do a search and help yourself out. You don't have to go into the panic mode. So, homeopathy is like, when you've got that in the bag, it's so nice to just be able to do something that you feel good about.

Kate: Right. And, that doesn't have side effects.

Courtney: Exactly.

Kate: Things happen. So, I don't know. People laugh at me. But when I go anywhere, I take a lot of homeopathic remedies. And when I travel, oh my gosh, one suitcase is usually half-filled with homeopathy. I remember people teasing me like my husband or whatever. I'm like you're going to thank me if something happens and I have the right remedy. Do you know what? It has happened. Emergencies have happened. I've had the right remedy. Otherwise, it would have been a trip to the doctor.

Courtney: I'm the same way. I have a whole cupboard at home of remedies and things. I have a habit of buying remedies. I have many kits, you know, keep them around. You have remedies lying around or whatever in places that you think you're going to need them. Almost anytime I go to Wegmans, I buy *Arnica* and *Pulsatilla,* because I just know those are

popular ones in our family and might as well have it. I've got a little travel kit that always comes everywhere. I just keep fresh ones in there every time. There are certain ones that I feel like we definitely go through. That's the beauty of homeopathy, too, because it's not expensive. So, paying 5 to 10 bucks for one remedy that's literally going to get you through a moment is super inexpensive.

Kate: I know. Courtney, thank you so much for sharing all of your knowledge with us and giving us some of the examples of how you've used homeopathy. Because I think the more we can share our stories, it's just so helpful for other people to be able to hear about how we used homeopathy. It gives us more confidence.

Courtney: I think that's what's given me more confidence, too, is hearing other moms deal with the same things, and that they used homeopathy and everything was okay. So, that is really what it takes. I agree. And, thank you for having me. It's been really fun to talk! cx

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