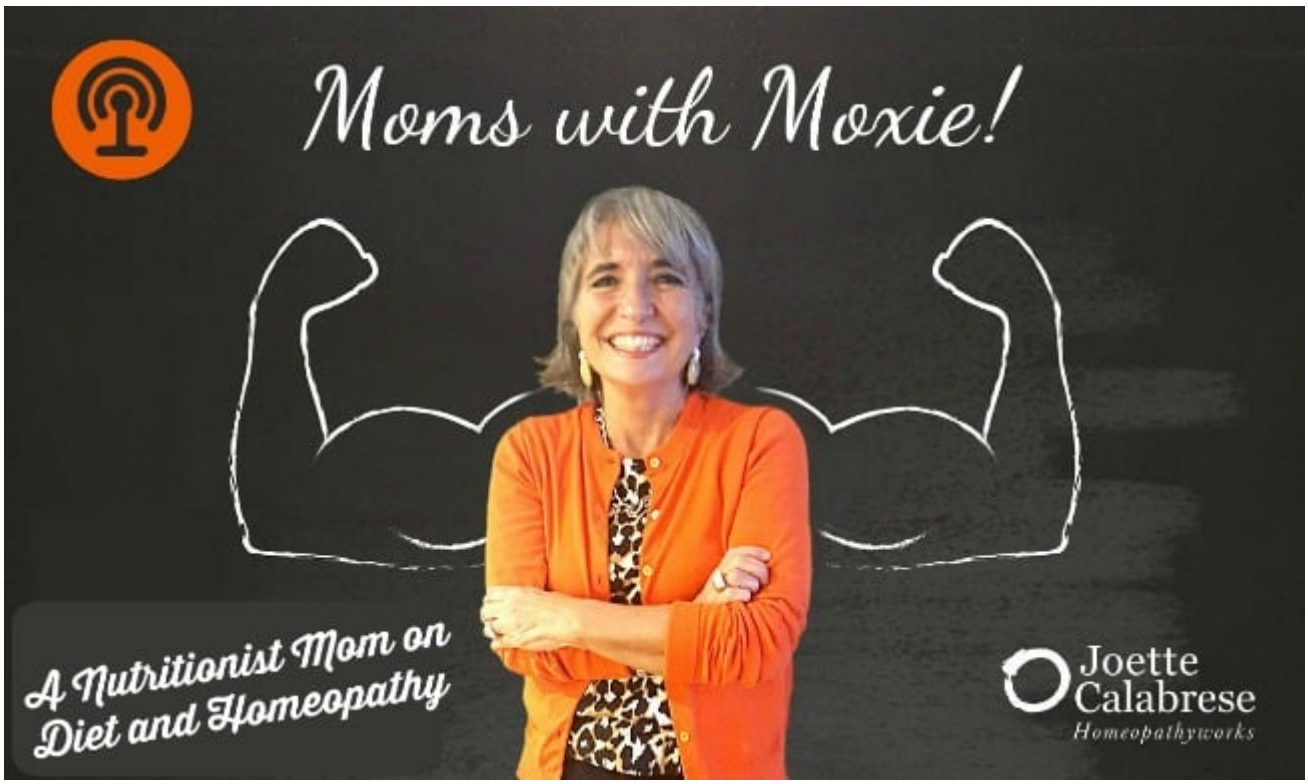
Podcast 32 – Moms with Moxie: A Nutritionist Mom on Diet and Homeopathy



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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.

Paola: It's podcast number 32 at JoetteCalabrese.com. Today, we've got a new episode for the Moms with Moxie miniseries.

Joette: All the way from my desk in New York, I get to see how homeopathy is transforming lives all over the globe. 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 your successes a secret any longer. So, with help from my roving reporter, Paola, we bring you this mini podcast series that I call Moms with Moxie. It's actually grandmoms, too. But it's Moms with Moxie. See how regular mothers and others, average people who want to cure those around them have gone from freaking to fabulous with homeopathy.

Paola: I'm very much looking forward to who I'm interviewing today. I have Sheryl Shenefelt with me and she's an interesting gal. She has been in the holistic alternative health world for quite a while now. I think you were saying, Sheryl, since before you had your own kids, which is every girl's dream I feel like. Well, every seasoned mom's dream. I mean, I wish I was down that road before I had kids, too. So, you're awesome.

Sheryl: Oh, thank you.

Paola: You're welcome. So, tell us a little bit about yourself. I know you're a mom of two.

Sheryl: Yes. I have two kids. My daughter is 15 and my son

is 11. I'm also an author and a nutritionist. I've been working in the nutrition world really since when I was pregnant with my daughter. I've also written five nutrition books with a holistic medical doctor, Dr. David Brownstein, mostly on nutrition. We teamed up because I was really into eating real food, more of a holistic lifestyle. I had been studying a lot with the Weston A. Price Foundation. So, we just thought eye to eye as far as how real food could really help people heal along with his holistic treatment.

Paola: Now, I know Joette is on the board. She's an honorary board member of the Weston A. Price Foundation. But you were telling me that you were involved in one of the first chapters of the Weston A. Price Foundation?

Sheryl: Yes. Actually, the first chapter was here in Detroit, Michigan. They had only been around for a couple of years and I found them. I actually ended up being on the board of the local chapter and getting really involved, and helping people to find local farmers, and get connected with food. It really just fit right into my practice as a nutritionist. Now, I also use homeopathy. That was the basis of what I do even now. I did a lot more then.

Paola: That's awesome. Yes. We're going to get into that in how you combined nutrition with homeopathy. But let's start at the beginning of your journey with homeopathy. I know that you've told me you would much rather have homeopathy in your life than not. Tell me about your early experiences with homeopathy and what situations you used at work.

Starting Homeopathy

Sheryl: I connected with a homeopath while I was pregnant actually. She taught me a little bit about homeopathy. I was already on the page that I wanted to have a natural childbirth but she said that I could do it without any pain meds if I just used homeopathy. So, I ended up using *Arnica*

throughout my whole birth process and it worked. It was amazing. I mean, I can't say I was pain-free. But I guess I didn't use any pain meds or do epidural or anything like that. So, I was very happy to have my daughter naturally, the way I had planned.

Paola: Oh, that's awesome. Good old *Arnica* to the rescue.

Sheryl: I know and I still…*Arnica* is my favorite remedy ever. I use it a lot with my kids, for myself and just for pain or injuries. So, I love it. It's my go-to.

Paola: I know. I always tell people like, "What do you do if you know someone who's skeptical with homeopathy? I just wait for them to have an accident and use *Arnica*. Then it's going to be fine. Then no."

Sheryl: No, no, no.

Paola: Yes, then no, no. *Arnica* – yes, exactly. I mean, if homeopathy were a high school and all the remedies were people, *Arnica* would be class president, very popular, very successful, easy to use. So that's awesome. You started working with a homeopath. Did you just pretty much go to your homeopathy appointment every time you got sick or did you ever start trying to transition into using it yourself without the assistance?

Sheryl: I did. I really was drawn to homeopathy. Its power gave me a lot of incentive to find out more about it. Then having my children, really, I wanted to raise them drug-free, so I wanted to know what options were out there. So, I really started studying homeopathy more. I did see a classical homeopath who directed us in that route. But like acute situations and things like that, I started to learn on my own. So that I could, if my daughter or son has a cough or sniffles or something, that I could just go to my resources and my homeopathy kit and pick something to use rather than medication.

Paola: Right. I think that's pretty standard. Joette has said that among classical homeopaths, they do encourage moms to learn homeopathy for acute prescription of their own families and themselves. That's good. So, you started dabbling into that. Have you ever happened to give say, antibiotics to your kids?

Sheryl: Actually, one time. I'm still kicking myself for doing that because I know now, obviously, I didn't know then. So, I have to give myself a break that I didn't know then about the choices at that time. So definitely I've been working on using probiotics and rebuilding, and now just learning more about homeopathy. I can use that as my medicines.

Paola: What was it for, that antibiotic?

Sheryl: For strep throat. We got too far along on the strep throat that I just didn't know enough about the homeopathy that it was going to take care of it.

Paola: Right. Yes. You are not allowed to mom-guilt yourself for doing that because I did not have any natural childbirth and too old as to have had antibiotics and what not. So, you're doing pretty good giving your son the one.

Sheryl: He ended up actually getting strep throat again. That time, I was able to use *Hepar sulph* and that took care of it. Now, he hasn't had it since.

Paola: Yehey! That's the way we like it. It sounds like the first time he has strep was pre-Joette because, with classical homeopathy, you have to repertorize and find exactly, is it the right side, the left side? What kind of strep throat are we dealing with? Then when he got strep throat the second time, was that with Joette's information available to you?

Sheryl: Yes. I had just met her. So, I didn't know

everything about it yet and I hadn’t been through her classes and whatnot yet. So that’s why I didn’t feel comfortable, b ut yes. Then the second time, I had been through her class. I had talked to her more. I felt really comfortable sticking with it. And so, that’s what pushed me along.

Paola: So really before, you were hesitant with homeopathy and Joette kind of gave you permission? Is that right?

Sheryl: Yes, yes. Definitely her classes, I love her classes. I’ve done all of them. One of them, just the Survivalist, I’m still working to get through.

Paola: Oh, yes. That’s a good one.

Sheryl: But the Good Gut, Bad Gut, the Skin, the Allergies, so it just really opened my eyes up to, even more, uses for homeopathy that just made it so exciting and also gave me more confidence to say, “Hey! This remedy is for this. Here’s what’s happening.” I feel good about giving it.”

Paola: I find that that’s typical among people who did homeopathy before they met Joette. Then after Joette, it’s like their view of homeopathy broadens because you realize with her practical approach that there’s so much more you just could work for.

Sheryl: Absolutely.

Paola: Well, I can relate to that because my mom did raise me using a lot of homeopathic remedies. We were immigrants and didn’t have health insurance right away when we moved here on my dad’s student visa. She used homeopathy. But then it’s like as soon as we got health insurance, she stopped using it because she thought, “Oh well, now this is better.” But knowing what I know now, knowing what my mom knows now, she’s like, “Oh, boy! I wish I had realized how deep this stuff was and I would have just stuck with it.”

Sheryl: Wow! Right.

Paola: It's kind of a shame. Okay. Why don't you tell us some of your acute successes with homeopathy?

Success stories with *Arnica*, *Ruta*, *Symphytum*, and *Nux vomica*

Sheryl: Some of the other ways that I've used homeopathy is when my daughter sprained her ankle. I gave her *Arnica* right away for the pain. Then I started her on the *Ruta* for the sprain. She really felt like, after no time at all, I was almost like, "Doesn't your ankle hurt?" She was like, "No. I feel fine." She was like in two days walking on it. She was like, "It doesn't hurt." But it was purple and black and blue, but it didn't hurt.

Paola: Oh, wow! It looked bad but it felt great.

Sheryl: That was amazing. Yes, it looked terrible. But it helped so fast for her. It was amazing because you could see where she was hurt. I would press on it and she was like, "Oh, don't touch it." But she was able to walk and do everything she needs. She went to school after only a couple of days on the remedy.

Paola: That's incredible. Tell our listeners what *Ruta* is good for. I know it's for deep tissue sprains.

Sheryl: I mainly had always thought in my head like *Ruta*, I knew it was for sprains and strain.

Paola: Yes.

Sheryl: So I guess, as soon as she sprained it, it popped in my head. I'm like, "Oh, that's right." I learned that *Ruta* is for sprains and strain. That's what made me reach for that. But then I also knew *Arnica* is the thing that you go first when you first have an injury. You want to give the *Arnica* for the shock, the trauma, and then also the pain. I

actually alternated *Arnica* with *Ruta* because *Arnica* helped with the pain and then the *Ruta* was to heal.

Paola: I think that's fine. I think it's really good to have these little keynotes memorized so they're part of your muscle memory. When something happens, you're like, "Oh, yes, *Ruta*, *Arnica*, done. You don't really need to overthink it especially in acutes being like this.

Sheryl: Right. That's where I've gone. That's why I love Joette's stuff because if you have this issue, here's what you use. If you have this issue, here's what you use. It just sticks in my head. So, it has made it easier to select remedies when I need them. Actually, a couple of weeks ago, I had bronchitis. I did not want to go on any medication. I actually searched. I Googled it. I was reading some stuff about *Kali carb* and I started it and it helped immediately. I was having trouble breathing and I took it. I was like, "Oh, I can breathe again," like it was night and day. That helped so fast. That was mind-blowing because I hadn't really used it in a severe – to me, bronchitis was getting a little more severe because I didn't want to get pneumonia or have it get worse.

Paola: Good for you. I am always amazed by homeopathy. But then when you get sick again or something bad happens, you have an accident or something and you're really depressed about it, right, because you don't feel good. And then when the homeopathy works, it's like, "Oh, why do I keep getting impressed and surprised with this when I know it works." But when it works, you're like, "Yes, it worked."

Sheryl: I know.

Paola: This is so great. And you broke your foot as well, right?

Sheryl: Yes, I did. I broke my foot and actually sprained my ankle a couple of years back. Again, I used *Arnica* like I

did with my daughter. Then I did use some *Ruta* because I knew for the sprain and again I was just starting to learn about Joette. Then I was reading that for the broken bone part, I was supposed to use *Symphytum*. So, I waited a little bit because she mentioned that you're not supposed to use it until you know the bone is in place because it works so quickly. So, I did wait about a week until the doctor said everything was healing properly. Then I went ahead and used the *Symphytum* as well.

Paola: Yes, because I think she says, this is rough to even think about, but if your bone is not set properly in the right position and you started the *Symphytum*, it will fuse together in the wrong position. I mean, ultimately the doctor has to re-break the bone to fix it.

Sheryl: Right. That would not be fun. Yes.

Paola: That would be terrible.

Sheryl: Insult to injury for sure.

Paola: We do know homeopathy is wonderful and that we would never want to live without it. But I do want to gain a real picture. Has everything been easy and you just sailed through it with homeopathy or have there been some struggles?

Sheryl: I can't say that homeopathy isn't like a magic bullet in our household and we're not all 100% health and the perfect human beings. I mean, we're still real-life humans. We live in society. We don't eat everything perfectly. My daughter actually has some food allergies. She's had peanut allergy since she was really little and a couple of other food allergies and just some environmental allergies. And so, that's something that we're still working on. It's like a process as we go. But I love homeopathy for a lot of the acute things like we're talking about like injuries and my bronchitis and things like that that are

coming up. Then I'm finding that I can reach for homeopathy and definitely not have any drugs in the house is really amazing.

Paola: Well, I feel like when it comes to chronic issues, we know that those things are going to be slower to uproot. Sometimes it's slower even because you're finding the right protocol and not just the situation. What's really important about homeopathy, because the more distance you put from that last antibiotic, I guess this doesn't account for you guys except for when your son had the antibiotic, but for me who's had lots of antibiotics, the more distance I put between me and that last round which is years ago, the healthier I'm going to get.

Sheryl: Absolutely.

Paola: It buys you time as you figure things out.

Sheryl: Yes. That's why I love it so much. So now, we have things that we're working on and we are going to still order out sometimes.

Paola: Yes.

Sheryl: Yes. Sometimes we'll either go to a party or go out to eat. I've learned from Joette the *Nux vomica* is great in those situations for say, overindulgence or maybe eating poor food choices. So, I do keep that one in my back pocket as well.

Paola: Oh, that's good. So, you find success using *Nux vomica* when you party, so to speak.

Sheryl: Yes, exactly.

Paola: Let's go back to what you do for work. You said you're a nutritionist, which I think is so interesting and that you have started recently implementing homeopathic protocols that Joette teaches into your practice and you

like that. Tell us about that.

Implementing Joette's teachings & protocols into the practice of proper nutrition

Sheryl: Yes, you know what? I really have enjoyed using some of the protocols. Before I met Joette, I was just really working more with the Weston A. Price principle and helping people to change their diet so they're eating more real food. I connect people with local farmers. I teach them how to make broths and things to help them health-wise. But now that I have the protocols with the homeopathy, I feel like I'm starting to give those to clients and they're noticing shifts. Sometimes the diet changes take a little longer to see the shift. But with the homeopathy, and there's a few of them that I actually use quite a bit, one being *Lycopodium, Arsenicum*.

Paola: *Lycopodium* 200 mixed with *Arsenicum* 200.

Sheryl: Right. Yes.

Paola: Okay.

Sheryl: That's one of the Banerji Protocols that Joette teaches in her Good Gut, Bad Gut class.

Paola: Okay.

Sheryl: I've used that one probably the most out of all of them because so many people come in with bloating, and gas, and indigestion, and stomach aches, and whatnot. So, that's been my go-to because I see so many people with digestive complaints that I really have been using that a lot. People seem to get relief very quickly. Then they're more up to make more of the diet changes.

Paola: Right, because it's like, "If I'm going to spend all this time boiling bones or making fermented stuff and still

feel bloated, I might as well just eat my pizza that I like and feel bloated."

Sheryl: Right, exactly. Yes, so it just helps because they work hand in hand so that they feel some relief. But then they're also making their lifestyle changes that are necessary for ongoing health.

Paola: Right. I think Joette, her slogan used to be homeopathy where nutrition meets homeopathy. But now, she just feels like she wants to really laser-focus on the homeopathy. It is such a broad subject that she's spending less time educating on the diet especially because I feel like there are so many people like you out there and different bloggers who are educating people on diet and so, she felt like that wasn't as needed. But you're right. I do think that it can help speed what the diet does for people.

Sheryl: Right, right. Yes. I mean, I think that's like a missing piece that really helps accelerate the healing.

Paola: I was speaking with a Weston A. Price chapter leader. Joette is working on a project for Weston A. Price chapter leaders, a presentation. One of the things that we got out of the meeting is that when Joette taught her Good Gut, Bad Gut course several years ago (I mean what was it, like four years ago), she said that a healthy diet – like you were saying the Weston A. Price principles of bone broth, raw milk, and all that stuff – takes care of 70% of the symptoms. What you're left with is a 30% illness. But what Joette has witnessed in her practice and what other chapter leaders are seeing is that people are becoming sicker and sicker. Joette is seeing the reversal where diet is getting them 30% better and they're left with 70% which is really concerning. Have you seen some of that? Is that a growing trend that you've witnessed anecdotally with your clients?

Sheryl: I do feel similar in that respect. I feel like there's a lot more digestive issues coming out and autoimmune conditions and things that I just don't always feel like diet is enough. Although I do think it's huge and definitely has to be addressed but not always enough to give people relief really from what they're feeling or to see healing. That's where I think the homeopathy helps so much because I think people feel a shift.

Paola: Yes. Yes, because it is like you said, deflating when you've done all the work for the diet and you're not feeling better yet.

Sheryl: Right.

Paola: Would you be willing to share with us a few of your other favorite protocols that you've been using with your nutrition clients?

Sheryl: Yes. One of the other ones is actually the *Lycopodium* 200 with the *Plumbum* 200, mixed. That one actually is amazing for constipation.

Paola: Yes.

Sheryl: I seriously doubted it. I was like, "Okay, is this even going to work?" I actually had to use it on myself because I was struggling with that, just being open and honest here.

Paola: Sure.

Sheryl: So, I took it. Literally, I swear, it worked overnight.

Paola: Yes.

Sheryl: I mean, I don't want to be graphic or anything but it was just like, "Okay. I am sold. This is the remedy I'm going to start using." So, I started using it with some

clients too. I have to say that they agree with me. Maybe not everybody overnight but if they stick with it, they notice the change.

Paola: Right. I can relate, too because the day after Thanksgiving, leading up to Thanksgiving, I was preparing food for the week of Thanksgiving. I'm snacking on stuff. I feel like we have pretty healthy Thanksgiving. But I'm probably overindulging and I, myself got constipated. The day after Thanksgiving, we were going to this fair where we were going to be walking around all day outside. I took the *Lyco Plumbum* before we left. I was like, "Oh, shoot! I shouldn't have done that," because I just had, and again I don't want to be graphic, but just nice, healthy bowel movements all day. I was like, "I got to go to the bathroom again. You guys, I'm so sorry." I was like, "Okay. Next time, I'm going to wait until after the fair to do the protocol."

Sheryl: Right, right.

Paola: Good. Any other protocols that you think our listeners might enjoy knowing about? I mean, these are all protocols that Joette has talked about on the blog and in her courses but it's nice to have them all in one place here on this podcast.

Sheryl: Right, right. Yes. You know what? Actually, I had a client who probably she was on vacation. They have gone out to dinner. She felt horrible after dinner. We pretty much narrowed it down. It sounded like a food poisoning type thing. So, I actually gave her the *Arsenicum*.

Paola: Okay. Do you remember what potency?

Sheryl: You know what? She could only get the 30.

Paola: Okay.

Sheryl: She had to get it locally at the store. So, I told her to take the *Arsenicum* 30. I told her to take it actually every 15 minutes.

Paola: Okay, yes. So, it was pretty severe.

Sheryl: Yes. She couldn't move. She was in horrible pain. She said she felt better within an hour.

Paola: Wow! That's an improvement. Wow!

Sheryl: Yes. So that was one. Now, I actually sometimes use that even for people if they say they've gone out to dinner and then they have a stomachache. I've used it with a couple of other people and they've had relief, even if they don't know for sure if it's food poisoning.

Paola: Right, it's just that stomach pain.

Sheryl: But if they're having issues after eating out, then I found out that one just works really well. Again, I use the *Nux vomica* if people go a party or overindulge or maybe drink too much. Then I recommended to that to people with success.

Paola: Interesting. Then the *Arsenicum* for that stomach pain when they've gone out, is that *Arsenicum* 6?

Sheryl: You know what? I've used both.

Paola: Okay.

Sheryl: I've used actually *Arsenicum* 6 for some congestion and *Arsenicum* 30 more for the stomach pain. But I know she suggests some different ways at different times.

Paola: [0:23:18 crosstalk]

Sheryl: Yes.

Paola: I know for us, before Joette, we did the full GAPS.

We started Intro to GAPS and did all the steps. My four kids, they still refer to like, “Mom, remember that one time we went to the park?” I’m like, “I don’t remember.” It was before we ate soup. I’m like, “Oh, boy.”

Sheryl: Oh.

Paola: I know. It traumatized them. I know. That’s how they remember. It’s like this key time in our life when we ate a lot of soup. Anyway, as we transitioned out of the GAPS diet, my middle little boy, he was having lots of stomach pain. He was like, “Mom, my tummy hurts. Mom, my tummy hurts.” We’re drinking raw milk. We have a Jersey in the backyard. So, we’re eating well. We’re having lots of the good foods like you’re talking about. But he would still have this nagging tummy pain. So, we did do the *Bovista* protocol that you learn in the Good Gut, Bad Gut course with food intolerances. But also in addition to that, not mixed, but we did *Colocynthis* 30 twice a day. That helped tremendously. That was tremendously helpful for stomach pains for him. I think if you take the course, you can learn about the *Arsenicum* for stomach pain and the *Colocynthis* and differentiate between the two and what situations they’d be best served.

Sheryl: Yes, for sure. Yes, they’re both great remedies.

Paola: In closing, since we’ve been talking about diet and homeopathy, you used to be extreme with your Weston A. Price principles of diet. You’ve shifted from that. I think homeopathy has helped you do that. So, why don’t you tell us a little bit about that angle?

Using moderate diet with the remedies

Sheryl: Yes. I would say definitely with help from Joette in teaching me about how much the homeopathy can help as well as still eating some of the foods that we want to eat or that are available to us, it helped me lighten up a

little bit as far as how strict I am on diet. Maybe everything doesn't have to be home-made or sprouted or cooked in broth or raw every second. So, I guess I've just lightened up a little bit and yet, I'm using the remedies regularly. Like I said, my daughter has some food allergies so I am using the *Bovista* and some of the other food intolerance remedies that she suggests in the course. And so, hopefully, my goal is to be able to feel that without having to be so extreme on the diet.

Paola: Right, exactly. I think that's the way to do it. I mean Joette says, and this is like blasphemy for a nutritionist, but she says, "You should be able to have McDonald's." Not that you ought to, but you should be able to do that.

Sheryl: Yes, not that I would ever want that.

Paola: I know. That's gross. But yes. Remember what she said in the Good Gut, Bad Gut course? Do you remember this where she said, "I had an Egg McMuffin this week."? And I was just like, "Oh, my goodness! This is like blasphemy."

Sheryl: Right.

Paola: But I remember she was leaving town for an emergency with a family member. It's nice to not have to pack the whole cooler full of specialized food and just be where your family needs you.

Sheryl: Yes, and even my client who travels a lot, now she just carries the *Arsenicum* with her. She now uses that when she has the stomach pain after eating out. She just can't even believe it.

Paola: That's awesome.

Sheryl: So, she's still able to eat out and yet has some relief either with that or *Nux vomica*. She found what works

for her now. It’s pretty amazing.

Paola: You remind me of the moms with moxie who have a lot of children, like Gaylyn, I think she has seven or eight children because you have all these clients. So, you get to see the homeopathy working for so many people on a regular basis.

Sheryl: Right, right. That’s interesting. I always have such gratitude to those mothers out there who have so many. I’m always in awe of them.

Paola: Yes, for sure. I know it. Well, Sheryl, thank you so much for letting me pick your brain on all things homeopathy and for being willing to chat with us. I think that your message is valuable. I love the combination that you brought in, that angle of diet with homeopathy. I think that’s wonderful. Thank you so much.

Sheryl: Well, thank you. I really appreciate you having me.

Joette: Are you or someone you know a mom with moxie? Well, we’re on the hunt for you. Of course, we don’t want to hear just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you’re a mom with moxie. For more information, contact podcast@joettecalabrese.com.

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.

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

Fleas: A Homeopathic Solution



Hi! It’s Buster, “The Bad Office Dog,” again!

As my friends and I pant our way into these long, hot summer days, I want to remind you of something I hate: fleas.

Seriously, how can something so small, be so annoying? (Although, I think my mom may have muttered that same statement about *me* once under her breath – back when I had my bad-office-dog fits.)

Anyway, I have been a very lucky little boy, because I have never had an issue with fleas. Maybe they don't bother me because I'm so dapper (as you can see from my bow-tie). But, recently I heard about another friend who had a really rough time.

Laddie was itching and scratching, rubbing and nibbling; he was almost to the point of losing his mind! He kept nibbling at the area just above his tail (the area that seemed the itchiest) until he created little tiny sores on his skin and lost big clumps of hair.

It's hard to be dapper when you've lost clumps of hair.

I wish I had known what poor Laddie was going through because my mom (Joette Calabrese) knows a great homeopathic protocol that she has used before and is happy to share with you.

To relieve the torturous itching, get rid of fleas, and protect against them in the future, she has used *Psorinum* 200, *Ledum palustre* 200 and *Antimonium crudum* 6. (Remember to add the coupon code "Joette" at checkout at www.BoironUSA.com and receive a 20% discount.)

Here's how it's done: At the first sign of a flea attack: one dose of *Psorinum* 200 every seven days; one dose of *Ledum* 200 twice a day; one dose of *Ant crud* 6 two to three times a day. (And remember to scroll to the bottom of this page to receive this information in a free, easy-to-reference remedy card!)

Continue using these medicines, sticking to the same schedule, until the fleas are gone and there is no more scratching or nibbling. Sometimes, the itching can continue after the fleas have gone. So, just make sure that no more symptoms exist before discontinuing this method.

This regimen should also help keep fleas at bay because it creates an inhospitable environment for them. And, believe me, my friends and I are all in favor of creating inhospitable environments for fleas!

By the way, I overheard Mom tell someone that there is an alternative treatment she knows about. This method is using *Psorinum* 30 once a day until symptoms subside (no *Ledum*, no *Ant crud*). Mom has never used this method herself. But, if you are in a situation where you need a simpler remedy, it might be worth a try. Let us know your results in the comments.

Of course, if you want to use something prophylactically (before you see any fleas), there are herbal flea collars available. Just don't let it interfere with your dog's bow tie! (I'm telling you, it's *all* about being dapper!)

Gotta go … I see a squirrel …



Buster

Operation Mother-in-Law



Is your mother-in-law "not on board" with your use of homeopathy?

Does your best friend think you're a wee bit nuts when you pull your remedies out of your purse?

Are you having a hard time getting your skeptical husband to put the pellets under his tongue?

It's frustrating to believe so strongly in a medicine that has made such a difference in your own life, and not be able to explain it convincingly to others.

So, I've come up with a way to help you with that. Let's call it "Operation Mother-in-Law." Okay, okay … you're right. Maybe calling it the "Gateway to Homeopathy" would be better.

You've read my blogs. You've listened to my podcasts. But now you're eager to learn more. This program will be exactly what it says – your gateway to a deeper education. I've

created it not only to help you become more proficient with homeopathy but also to help you spread the word to others.

"Gateway to Homeopathy" is a guided study group curriculum. Learning in a group setting is always more fun, and I'm convinced that it's usually more productive than studying alone – because you share vibrant conversation, swap success stories, and answer your mutual questions *together*.

In fact, I began my journey into homeopathy by forming my own study group with my group of friends over 30 years ago, so I *know* this method works.

I'm sure you've already tried your best to introduce everyone you know to homeopathy. But unfortunately, sometimes a lone voice can be unconvincing.

By including a skeptic or two in this study group, you can allow my curriculum to demonstrate that this is not just *your* narrative. In fact, those in the class who come with enthusiasm will do the convincing for you.

Each week as members report their successes, I guarantee your mother-in-law (and skeptical friends) will become more intrigued.

You bring the friends, and we'll deliver easy-to-follow lessons in the practical, safe, effective use of homeopathy. Think of this as a Tupperware party with homeopathic cures as the hostess gift.

Whether you are a beginner and know absolutely nothing, or you have used homeopathy in the past and now want to learn more, this study guide is for you.

(If you've already gone through the "Gateway to Homeopathy" program, you'll be excited to know that we'll soon be launching "Gateway to Homeopathy II".

It will be a more in-depth curriculum designed to further

your existing education. So, stay tuned!)

Now, the first thing people say to me is, “I just don’t have the time.”

But I’m betting that you *do* have time to get together with family and friends during the week. Well, that’s *exactly* what this will be!

You’ll simply be getting together with your loved ones, while at the same time, learning a subject so important, so practical, so inexpensive and *so* effective to maintaining your family’s health. “Gateway to Homeopathy” is life-changing – of course you have the time!

(Plus, it’s going to be fun. And a little fun is always a healthy thing.)

So, gather your mother-in-law, your best friend, your neighbor … anyone you can think of who might be helped by homeopathy (which, let’s face it, is everyone).

Through this guided study group, you can let them learn from me (just as you have). You’ll be an integral part of fulfilling my goal: to bring homeopathy to 100,000 families by the year 2020.

Warmly,



P.S. Want to know one of my all-time favorite medicines for summer? *Calendula.*

When used in a tincture (that is, in alcohol) it can be

diluted 1:20, poured over minor wounds and added to dressings. For example, this ratio is 1 teaspoon of *Calendula* to 20 teaspoons of water. This becomes an antiseptic for open wounds that I've used time and again on our livestock, pets and of course, family members.

It is also a premier medicine when used as an ointment. Check out Boiron's First-Aid Ointment for cuts, scrapes, and minor burns. Remember to keep these kinds of tools in your summer kit when you leave for picnics and vacations!

Podcast 31 – Dads with Audacity: Empowering Wives – and Husbands – with Homeopathy!



I’m especially excited about this month’s Sunday Podcast. First of all, I’m excited because we’re introducing a new series: Dads with Audacity. We hope that this series can encourage more husbands into the fold, by giving voices to the many men out there who are already supportive of their wives’ use of homeopathy in the family. And, I’m especially excited about this particular Dad with Audacity – because he

is my husband, Perry! Maybe your husband will also enjoy meeting him, and getting a glimpse into how important homeopathy has been in our life together. Click here to listen to the podcast or read the transcript of Dads with Audacity: Empowering Wives – and Husbands – with Homeopathy!In this podcast, we cover:

01:14 Presenting Dads with Audacity podcast series

05:25 **Let's all meet Perry Smith**

10:52 Perry talks about his background and how he supports Joette and homeopathy

24:23 The bad turkey, the skiing accident, and the bee sting

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.

Paola: It's podcast number 31 at JoetteCalabrese.com. We've got an exciting new interview series for you called Dads with Audacity.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe. 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.

Paola: Alright Joette, we've got a pretty special treat for our listeners today. We are launching a new podcast concept. We're hoping this will inspire listeners to reach out to your podcast team and give us some more content. So, go ahead. Tell us what this new podcast series is going to be about.

Presenting Dads with Audacity podcast series

Joette: Well, the new series is you know, we have Moms with Moxie and so we thought we ought to have Dads with Audacity.

Paola: That's right.

Joette: So with that, we're looking for and we found several dads who do have audacity and have used homeopathy and/or are using it regularly, and how they support their wives with it, or how they've used it independently of them, or how they used it as children, or they've used it on the job, et cetera, in their sports events, in the gym, and they share the information. All of that is what we're looking for from these dads with audacity. Now, just as we use the word, "moms," we don't mean necessarily women who have given birth to children, because women have a tendency to be mothers to animals and their neighbors and to livestock, et cetera. So, dads don't have to be actually a father but they can be men – but we like alliteration.

Paola: Actually the D and the D.

Joette: Yes, right, right, right. So, it can be men in general. It doesn't have to be only fathers but most of them turn out to be fathers. So, this is our move forward into embracing a larger extent of the community.

Paola: Well, and I also think that when we were developing this concept, Joette, we realized that this is what I see happening, at least in my study groups when I teach it with my students is you'll get these moms. They will do their homework. They'll buy the kit and they have the books. They're all like, "We are ready to go on there," just crossing their fingers waiting for something to happen. The kid comes out with an ear infection. Then the dad steps in and he ends up sometimes being more of a hindrance than a support. So, we thought maybe it would help these women to help bring their husbands into the fold by giving them voices from other guys, how they navigate the homeopathy waters.

Joette: Right, right. Yes, because it is in most families, it turns out to be the woman's job. So, we're hoping that the dads if they're not interested in homeopathy, at least they bow to the understanding that their wives have some expertise in mothering and caring for their children. They've taken this task of learning and using and supplying the family with homeopathy to the degree that it would be something that they could respect.

Paola: Right, yes. I love that.

Joette: A lot of men also tell me … the fathers tell me what they love about is that it cuts their medical bills to a fraction. Veterinary bills can be cut down to a fraction. I think that can make a big difference especially in a world where health insurance may end up being just catastrophic insurance which in my estimation is really the best way to buy health insurance and not to have insurance for a child's ear infection and every little event that comes down the

pike. So then, you're paying out of pocket for those events. But if you're paying out of pocket and buying medicines and learning homeopathy and putting your education first instead of the insurance company's premium first then you might find that in the end, many men will embrace this.

Paola: That's right. I think the numbers speak to the guys for sure.

Joette: Yes.

Paola: That's great. I have to say I've interviewed now five guys starting with today's debut interview which we're going to talk about in a moment. But what I found interesting is that all of the guys actually don't know much about homeopathy. They rely on the women in their lives. They kind of line up like baby birds, I like to joke. You know how the baby birds open their mouth and the mom comes and just drops remedies inside their mouths. So, that's kind of how they do it but they love it because it works. They get the results that they want. They see their family thriving. So, would you like to introduce the next, our first debut dad with audacity?

Let's all meet Perry Smith

Joette: Yes. Our first dad to speak is my husband, Perry. We've been married for 31 plus years. We have three children. They're all adults now. I discovered homeopathy when I was pregnant with our first son. So, that was I don't know … it was 30, 29, 30 years ago. I found it because I was looking at the time, I had planned on not wanting, I planned on not using antibiotics for my children. I had been harmed by antibiotics myself so I needed to find an alternative. I knew about herbs. I had been taking care, raising plants and wildcrafting, et cetera, and making my own botanicals myself, my tinctures, et cetera. Certainly, I do the essential oils. I mean it was part of my tool kit. But once

I found homeopathy, it really made great sense. So, when I found it, I declared it to him – to Perry of course – and it was just one more declaration as far as he was concerned because I had declared the essential oils. I declared organic foods. I declared that I wanted to have home births, et cetera. He just kind of "Yes. Okay. Well, you do the research."

The reason that I married my husband, the reason I was attracted to him in the first place was because he was the quintessential gentleman. On our first date, he always opened doors. From that time forward even to this day when I went to the ladies' room and we're at a restaurant, to this day he stands up when I leave the table, stands up as I return to the table. He is the perfect gentleman. I think part of being a gentleman is knowing what you're capable of and having the confidence in what you're doing in life. Then in relationship to that, what your spouse is capable of doing and having respect for her. That's really what matters. Gentlemanliness is really all about, when you think about it, it's just respecting others. So, I've always felt that respect from him. Sometimes I didn't deserve it. But plenty of times, I suppose I did. But that was a big part of the relationship.

He never said, "You don't know what you're talking about," or "How could you possibly know these things?" He assumes that, when he saw how I dove into these kinds of subjects, that I went in all the way up to my eyeballs. So, he felt confident, I believe, and comfortable knowing that. Plus, to be honest, I think he had his plate full, and he didn't want to take it on himself. So, respect for my desire not to be taking our kids to the pediatrician, and to have whole foods in the house, and even put up with my preliminary diets. I don't know if he'd even talked about this in this conversation that he had with you. But he put up with my macrobiotic and my diets, and all of the diets that I put us

through where we ate lots of kale. He still complains about kale – I just don't buy it anymore because he hated it so much – so juicing kale, et cetera. My husband because he's respectful, I think that's why it was an automatic for him. I didn't have to convince him of the efficacy of homeopathy. But nonetheless, he saw it and he saw it regularly. I didn't win every time. I didn't cure every single condition that came down the pike with aplomb, but it happened enough times that his confidence grew in me over time as well.

Paola: That's an important thing and just allowing that observation to occur, giving room for observation and for her to do her thing, I think is the best way to go.

Alright, so let's listen to that podcast. Let's listen to the interview.

Joette: Okay.

Paola: Today, I'm going to interview someone that is pretty cool and pretty special to Joette. It's someone that you've probably heard of but you've never met before here on Joette's podcast. He's the guy who makes sure the lights are on, the office stays connected to the internet, the computers are all running, the emails go out on time, and the bills get paid. He's kind of like many of your husbands. What I like about Perry is he reminds of the Wizard of Oz where you have the wizard hiding behind the curtain doing all the work to make everything run. Well, that's Perry. So, let me welcome Perry who is Joette's husband. Hi Perry, how are you?

Perry: Hi Paola. Wow! I never thought of myself that way. It's kind of cool. I like that.

Paola: Well, good. You should. You do a lot of work for Joette but you are always behind the scenes and giving Joette the spotlight. I think you like that. Is that right?

Perry: I do. I like being in the support function.

Paola: Well, I really appreciate you taking the time to be on this podcast with us because I know that you like being in the background but you have an interesting story. I think it's great to hear a perspective from some of you guys. So, I appreciate you being willing to be with us.

Perry: Sure.

Paola: Pardon my voice. I am under the weather. I'm getting over a little cold here. I don't get them very often. So, don't worry, Perry. I'm taking *Sanguinaria*. I'm sure you've used it before in the past, right, for sinus.

Perry: Oh yes.

Paola: So Perry, tell me a little bit about your background.

Perry talks about his background and how he supports Joette and homeopathy

Perry: Going back two generations, my grandfather and my great grandfather were engineers. My father and his only brother were engineers. My brother is an engineer. I am the only non-engineer, I guess what's that, in two generations of Smiths. There are probably more Smiths in there as well. I chose a different path. I went to college to become a doctor. I was in a pre-med program. But probably in the latter part of my junior year, at the beginning of my senior year, I decided that I probably did not want to continue on for another four or five years of med school. I actually toyed with the idea of chiropractic. My roommate went on in chiropractic. This would have been in the late 60s or the very early 70s. I probably would have been retired by now, though I likely would not have met Joette.

Paola: Right, right. Well, I think it's a good thing that

you didn’t become a doctor because that probably wouldn’t have worked out too good.

Perry: No, that’s right.

Paola: Well, very good. Being in the engineering background and your family having that history, how do you think that has influenced your initial thoughts about homeopathy and perhaps your family’s opinion of it as well, initially?

Perry: Well, that’s an interesting question because obviously everyone knows engineers like to deal with empirical thoughts – show me the facts. Early on in our homeopathic journey, there were no facts for me to go with. It was all clinical-based results. I watched Joette uproot her problems, her chemical sensitivities. Then I watched what she did with our children, first Perry and then Peter and then Giuseppe. That was all I needed. I was able to give up on the need for empirical, fact-based check. I went with what I saw. I went with my gut. It was pretty clear Joette was making it happen.

Paola: Especially for men, initially when they look into homeopathy, they don’t run into the facts, the empirical data like you were saying right away. That usually comes secondary. Am I right?

Perry: I guess, yes. I haven’t thought about it, but go ahead.

Paola: Well, I think so. But I want to let you moms out there who are listening to this who would like to convince their husbands, that Perry, you have taken the time to provide Joette’s followers with a really great document that has a lot of that information. Why don’t you tell them about that?

Perry: Well, we’ve been accumulating ourselves, just searching the web – we actually had a researcher doing it

for us one summer – then I came across a document that was 200 pages of single-spaced, just research. Then I gave it to one of our staff just to check the links, to make sure the links were all active, but that 200 pages single-spaced just research on homeopathy. There are some great fellows. There are some great people out there. There's Dr. Iris Bell. She is a senior PhD medical doctor who is doing extensive research. Then of course, there's the Banerjis in India which we've now spent six years, six fellowships that I go along with Joette there. Then there's John Benneth who has a blog that talks about the activity and the background of homeopathy. So, there's a lot out there to find if you look for it. If you know where to look, you've got to be able to filter out the negative.

Paola: Right. With your background, with your family, the engineering, the pre-med, you know there's a need for those kinds of evidentiary, empirical data and you've provided that for Joette's listeners. The way you find that data is you go to Joette's homepage and you look under community. If you don't have a log-in, just create a quick log-in. It's free. You will find that information right there in the community section. I think that's really valuable. So, thank you.

Perry: As well as some photographs of Joette in India and some interesting stuff. Also, some infographics we create for many of our courses will be there to download for free, too. So, there's a lot of stuff there. But it's interesting, Paola. You mentioned the need to know why this works. For me, I was too busy running my business, creating a place for Joette, just support Joette so that she could raise our children. It was clear early on we wanted to have that separation. She ran the house. She raised the kids. I got involved in the homeschooling but I had a business to run during the day. I didn't have time nor did I want to spend the time. It was clear to me she knew what she was doing. I

was seeing the results. That's all I needed.

Paola: Right. You know Perry, I think that's a really very fascinating and interesting point. You knew Joette loved your kids and you trusted her in her role to do what she had to do.

Perry: Exactly.

Paola: Perry, why do you think nowadays it's such a hang up with some couples and their marriage where the husband is really pushing back against their wife who is doing the research? She's taking study groups. She's studying Joette's classes. She's buying her remedies. She bought her books. Then the second that ear infection blows through, she's having to deal with an ear infection and a husband who is saying don't do this.

Perry: I don't know if I have any answer, Paola. I suspect it's deep. I mean it is trust. It's willingness to give up responsibility, defer responsibility to your partner. It's maturity of the marriage. There are a lot of things there.

Paola: You and Joette, you guys were married a little bit older. I met Jason at 19. I got married at 20. So, we were young. I think maybe that has something to do with it. You guys have that wisdom.

Perry: You're right. We were in our late 30s. When Giuseppe came along, Joette was 43.

Paola: 43, yes, 43.

Perry: It could be, Paola. It could be a lot of things. But you know what I found? I saw how successful Joette was in dealing with the acute things that came down the path with our kids. As I said, it worked for us. I didn't need to get involved. I had too many other things to do. I didn't need for me to go there. You got to understand something about

Joette. When we say she's got guts, spunk and moxie, she does. There was no reason that I was going to go up against that and have a big, blown up bargaining. It wasn't going to happen.

Paola: You kind of have to assert yourself as the mom when in your gut you really want to do this. You know it's going to be good for your kid. I think it's just the art of marriage and working it out and talking about. But it is something that you need to work through and get to the other side of if you want to do homeopathy.

Perry: Yes. I don't know why any guy would want to take on more responsibility in a marriage. It doesn't make sense to me. Every mom that I've had an opportunity to meet in this organization, in this movement, clearly is committed to what they're doing. Like you Paola, clearly committed to taking care of the kids. If the husband doesn't see that, well, it's kind of like … slap him across the face.

Paola: On the back of the head. You have to have that conversation in your marriage because this is really for the betterment of not only your children but your future generations.

Perry: That's why we're here. The purpose of marriage is to have children, to bring these people into the world. What better way to bring them into the world than to give them a medicine that's going to grow them, which is going to treat them in the best way possible. We want them to grow. We have an expression in our house. That is when we fall, we always fall forward. We don't fall backwards. If we have a problem and we get a slight bump on the road, we always consider that. We're falling forward. We get up and we keep going.

Paola: Right. I think that's exactly what is at the core of your message with Joette because it really is you two together. This message is something that Joette's kind of

the spokesperson but you're right there with her. I think at the core of the message of Joette's version of homeopathy is empowering families, strengthening families. That is through health. That comes down to then your marriage needs to be strengthened. You need to figure this out and to know how to take care of your families. Because what's that thing Joette says? Only professionals in white lab coats and other dictocrats, so to speak, hold the corner in raising children. That's how society thinks of it. But really, Joette's trying to give that power back to families and to moms.

Perry: I think it's coming around. I have read articles that say that even the millennials now are more willing for the mom to stay home. It's coming around. It's the right word. It really is the right word. If for some reason that can't happen, the mom and the dad is in that financial point in their careers have to both work, I understand that too but then they share. There was a time when I was helping Joette raise the kids. I would get up very early in the morning. I'd get up at five in the morning and read for an hour and half to the kids. Then I'd go off to work and then she would take over. So, it's a give and take.

Paola: It's just at face value you think when you learn homeopathy, you're learning about just how to take care of your kids. But really, it kind of encompasses all facets of life, the marriage, the family, the health, the way you think about health. It's political. It's religious. It has all these layers to it that all of a sudden, you're like shoot…I just wanted to treat this ear infection.

Perry: Yes. But you know what? It's taking on responsibility. With responsibility, and if you're successful at it, you're going to gain a special confidence. That confidence is going to carry you forward.

Paola: Yes, correct.

Perry: It is real. You're right, Paola. It's a lifestyle change, but it's a real positive lifestyle change.

Paola: Right.

Perry: It's natural for women to take on this healing role. It's a good thing. It's a positive. It's probably instinctual. As a guy, it's very empowering for a guy to be able to support that.

Paola: Yes.

Perry: That lifestyle that his wife wants to take on.

Paola: Why is it empowering? Help me understand that. Why, to you, does that feel empowering to support your wife in that kind of a lifestyle?

Perry: Well, think of yourself as a warrior. We go out every morning and – we don't have to go out and kill the wildebeests – but no, we go out, we earn enough money to be able to allow your spouse to choose to stay at home or maybe work less, maybe only have to work two days or three days a week. But to be able to dedicate more of her time to her children because I think that's instinctual.

Paola: Yes, I think that's beautiful. I love what you just said. I'm going to … press pause if you're listening to this. Rewind and hear that again, because it's true. I love it that you see that giving this to Joette empowers you. That's how you should see this in a marriage when your kids are healthy and strong. Your son is a pilot now. Your other two sons are successful in college, and one runs his own business. That's all thanks to health.

Perry: Right.

Paola: Let's shift gears a little bit here and talk about … how about dealing with your parents, Joette's in-laws, because I'm thinking back about how they have the

engineering background and maybe homeopathy wouldn't have been so natural to them. When's the last time they've been to the doctor for a checkup or are they updated on their vaccines? How did you navigate that from a husband's role?

Perry: It was probably early on, there may have been a little bit of tension. We wouldn't broach the subject with them. So, we didn't put it out in front of them. We didn't brag that we didn't go to the doctor for every little cut, bruise, cold. We didn't brag that they haven't taken the antibiotics. If they asked, we would say everything was normal. We didn't mislead them. We just said everything was fine. They saw the kids were healthy. But after a while, my mother learned not to ask. Until the end, she was very supportive of Joette. It was like she learned what we're doing just by watching.

Paola: Yes. I can imagine all these grandmothers today sitting in their circles talking about their grandkids. And how would you like to be the grandma with the kids that are healthy or whose mom is actively trying to uproot these chronic things, whereas everybody else is on the choo-choo train that takes them to more prescriptions and more prescriptions?

Perry: Oh yes. My mother became, oh my gosh, we had to slow her down. She was so proud of her daughter-in-law and the success that she was having raising her children that she wanted to shout it from the rooftops. That's what happens. It may take a little bit of while but that's what happens.

Paola: Right, if you allow it. I really think if you're prayerful, to kind of get that guidance and to really thoughtfully work through these conflicts, you'll be shown the right way to get through it and get to the other side of it with the least amount of conflict.

Perry, let's hear just a couple of stories. I think we all

know about your food poisoning story. If you don't, just go to Joette's blog. Perry likes turkey whether it's fresh or gone bad.

Perry: Right.

Paola: She has a blog. You were pretty sick. I think Joette kind of watered it down for the article a little bit. But how bad was that food poisoning from that turkey? The bad turkey, the skiing accident, and the bee sting

Perry: I was in and out of consciousness. I was in quite a bit of pain. I was in and out of consciousness. I remembered Joette leaning over me, putting remedies in my mouth when I was so out of it. I didn't have a clue. I guess I assumed that I had been poisoned by the turkey. Believe me when I tell you I was not in that room. I was clearly somewhere else … but she brought me back, and I'm ever thankful for that. But that was not the first time. That was the first time I had experienced it, but I had another situation.

I remember I went over skiing. We live across the street from a ski area. I went over by myself one evening. I wanted to get three or four runs in. I was skiing down a particularly difficulty passage on the hill. That night, it was not lit as well as it should have been. I skied over the top of a ridge, came down a steep section and into a field of slalom gates. Those who have had skied know what slalom gates are. They're basically plastic poles that are stuck in the ground. You're supposed to ski around them. I came in to the field of them, and I didn't see the pattern. All I saw was a mass of blue poles. I hit one. I started tumbling. We call it a garage sale when you end up at the bottom of the hill with nothing. Your gloves are even gone. Your hat is gone. Your skis are somewhere. Your poles are gone. I laid there. I looked at my fingers. I knew I had fallen in such a way that I had bent my head forward onto my chest.

Paola: Oh no.

Perry: I just sort of have done a forward roll. I'm sitting there. I'm not really conscious of where I am except that I know my fingers wiggle and I can move my legs. So, I'm assuming nothing is broken. I slowly got up. I found my skis. I had to ski to the bottom, ride the chair to the top. I walked home. I got home. Joette looked to me. She said, "What's wrong with you?" I told her what happened. I'm really out of it. I don't have a clue. I can't remember, but I think it was pretty bad. She gave me a remedy. The following morning after sleeping a full night's rest, though I was stiff, I was clear headed again. I can only imagine had I gone to the hospital, the myriad of tests, CT scans, X-rays, and everything else I would have gone through. I would have spent the night there under observation.

Paola: But what you needed was to rest and to heal. And boy, those hospitals, that is not the place to get rest. You get poked and prodded throughout the night.

Perry: Right. And again, I mean I came home. I knew something was wrong. I just instinctively went to Joette. She knew what to do: *Aconitum* 200 and then *Arnica* 200, *Arnica* of course for the -.

Paola: The head injury, yes, very good.

Perry: Then the next day, *Nat sulph* 1M.

Paola: So, Joette gave you *Nat sulph* because the next day it was clear that you were still suffering from the concussion.

Perry: You know, I recovered as quickly as I did. It is not a lasting memory. I remember distinctly before I met Joette, I remember falling off a ladder and breaking my wrist, going to the hospital and getting the pins, the casts. I can walk you through that whole thing. But this, probably just as

severe if not more severe because it involved a head injury, I don't have a lasting memory of it because it was resolved quickly and easily.

Paola: Yes. It's like you didn't have post-traumatic stress because it was such a terrible … you know like it was awful … you bounced back. So, usually, when we bounce back from something, it's okay. We kind of accept it. Do you have maybe one more story? Joette has talked about one of your sons have been allergic to bees.

Perry: Yes. One of our sons was really allergic to bees. Joette has told the story many times. We decided that we were going to raise bees. Now, honey bees are generally friendly. I think you have bees, Paola. So, you know this.

Paola: Yes.

Perry: When you smoke them, they become relatively docile. Of course, we were generally covered, but we were back at the house on the back deck and he got stung. It was incredibly fast and scary how quickly his face puffed up. I have since looked for the photographs. I can't find them. We did take them at the time. He was unrecognizable. We didn't know who he was. Of course, the concern is that his throat is going to close up too. He was scared. Joette just gave him *Ledum* 200 every few minutes. And … it started to dissipate.

Paola: Yeah, that *Ledum* is a little tricky because all the materia medica say it's like cool and not swollen, puncture wound. But I have found that, too. I had an ant bite on my foot, and it kind of started swelling up. I kept using *Apis* and it wouldn't work, but *Ledum* did. Joette has said that if you listened to her carefully in her classes, she says *Ledum* is often really great for bee stings. It can break the rules sometimes. So, keep that in mind.

Perry: Oh, it was, yes. I can't even describe it. It

totally distorted his face. His lips all swelled up. We were obviously very worried. But he has since been stung – as you said early on – he has his own way of escaping this. He has since been stung multiple times. It is no longer an issue. Our kids have their own kits. They know what to do, although as Joette will tell you happily, she is as close as a text away. It is a great way to stay in touch with your kids because they text her. Joette remains relevant in their lives.

Paola: That's true. Yes.

Perry: A very big part of their lives. And it's not only the boys, but it's the girls in their lives too. They get involved. It's a beautiful thing. It really is a beautiful thing, to share with your kids.

Paola: That is great.

Perry: And educate them so they move forward.

Paola: You fit the bill, Perry. You are a "Dad with Audacity." I just really appreciate you taking the time and showing us your perspective on your homeopathic journey. We just so appreciate your support with Joette.

Perry: A little bit in closing here to my fellow fathers out there, this really is a great feeling when you see your wife take on a task like learning homeopathy, becoming successful at it, and gaining a new inner strength. You could take credit for that because you've allowed that to happen by creating that environment. It's good for both of you. It's a great fit.

Paola: It's good for everyone. It empowers the whole family.

Perry: Right.

Paola: Thank you so much for being with us. We appreciate

your time.

Perry: I love you, Paola. Thank you.

Paola: What a great interview, Joette. What a guy.

Joette: Yes, he's adorable, isn't he?

Paola: Yes. I love that you told us at the beginning how he still to this day stands up. I'm going to make my husband start standing up every time I leave the table.

Joette: Well, he also taught our children to stand up when an adult comes in the room, shake their hand, look them in the eye. That was all a part of my husband's training. My husband's an old, New England prep. He is. He's just an old preppy. Now, he's an old preppy.

Paola: A Renaissance man.

Joette: Yes. I have a lot of respect for him as well as you can see folks when you listen to this. He's a good guy.

Paola: Awesome. Well, thank you so much. Thank you, Perry for letting us grab you and interview you. I know that was a little bit out of your comfort zone. So, that was pretty awesome of you to let us do that. So, thank you so much.

Joette: Okay. Bye, Paola. Thanks.

Are you or someone you know a mom with moxie? Well, we're on the hunt for you. And of course, we don't want to hear just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you're a mom with moxie. For more information, contact podcast@joettecalabrese.com.

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.

A Dog with Anxiety? There's a Homeopathic Solution!



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Hi! It’s Buster here.

I just met a new friend who rivaled me for my nickname “The Bad Office Dog.” But I figured if homeopathy could help me, it could help my new friend.

Meet Gunner. He’s a 6-year-old hound mix that Shannon, my mom’s chief of staff, adopted last year. Apparently, he

suffers anxiety from loud noises.

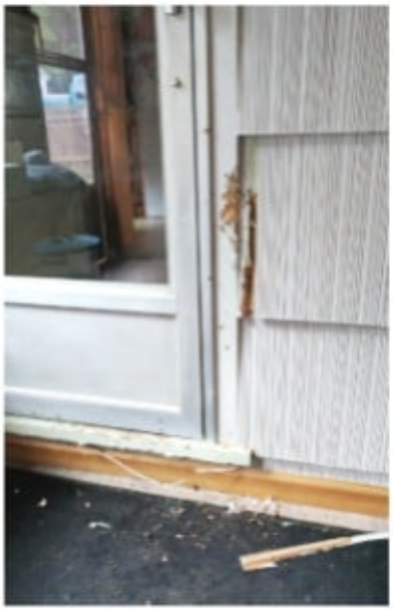
The weird thing is, Gunner lives very close to a gun club, and the sound of gun fire doesn’t bother him at all. Maybe it has something to do with his name? Or maybe he’s just a proud Second Amendment advocate.

No matter the reason, Gunner wasn’t able to explain exactly why thunderstorms and fireworks were different for him … why they made him so upset that he reallllllllly misbehaves.

I mean, he nearly chewed a hole in his mom’s wooden door! Look at this:









Joette Calabrese
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So, Shannon put a camera on the door to find out exactly

what was happening with poor Gunner (and the structure of her house).

Well, get this … during a thunderstorm she witnessed him freaking out so badly that he was able to turn the storm doorknob and get out of the house into an enclosed breezeway.

Being out of the house seemed to settle him a bit, so she let him do that for a while. (I think he's really talented to turn a doorknob. I'm too short, or I'd try it myself.)

Anyway, one day being out on the enclosed breezeway wasn't good enough. Apparently, Gunner got freaked out so badly that he escaped the housebreaking right through a glass window.

He was found out on the main road (thank goodness, he hadn't been hurt), and brought back to our office.

I really liked Gunner right away. So that he wouldn't be alone, Shannon started bringing him into the office more and more.

First, she tried using *Aconitum 200*, but that didn't help.

She tried using *Ignatia 200*, but it didn't do anything either. I knew he didn't want to be bad; he was just scared. (Plus, between you and me, I wanted my nickname all to myself.)

So, I concentrated really hard to telepathically remind Gunner's mom that Joette teaches about the use of *Argentum nitricum* when human clients have anxiety. (Tell your human to scroll to the bottom of this page to receive their free remedy card containing that information in an easy-to-reference form.)

Anyway, my concentration must have worked. (I must be pretty clever, huh?) Because recently, when Gunner was at home

freaking out about the fireworks, his mom gave him one dose of *Argentum nitricum 200*, and he laid right down! Good sign, right?

Unfortunately, because Gunner had already been through so much stress in his life, his anxiety about noises turned into separation anxiety when his family would leave him alone.

He even shredded some wooden blinds and chewed through a windowsill when his family left him for one night.

So, instead of using the remedy as an SOS for fireworks or thunderstorms, Shannon decided to give him a dose of *Argentum 200* every morning. Since then, she's been monitoring him on her camera, and he's been much better.

Every once in a while, he still will have a freak out (yes, he tore apart a screen and almost let out the cat). But now that his mom is repeating the remedy every day, I'm hopeful that my buddy Gunner will continue to improve.

At least he isn't shivering and quaking with fear during thunderstorms as he did before. So, there are plenty of good signs. I'll keep you posted.

By the way, you might wonder how his mom delivered the medicine to him. Well – please don't tell my other animal friends that I am giving away this information – but if you put the pills into a shallow dish and cover it with a tiny bit of coconut oil, we will lap it right up.

Most of us love coconut oil and get so excited that we really don't look to see if you're tricking us into taking a wee bit of medicine with it. Again, you didn't hear it from me … it's our secret.

Thank goodness that Gunner was adopted by such a cool family– who know so much about homeopathy. (And, of course,

being my new friend doesn’t hurt!) So, let’s all keep rooting for Gunner – I mean, look at that face!



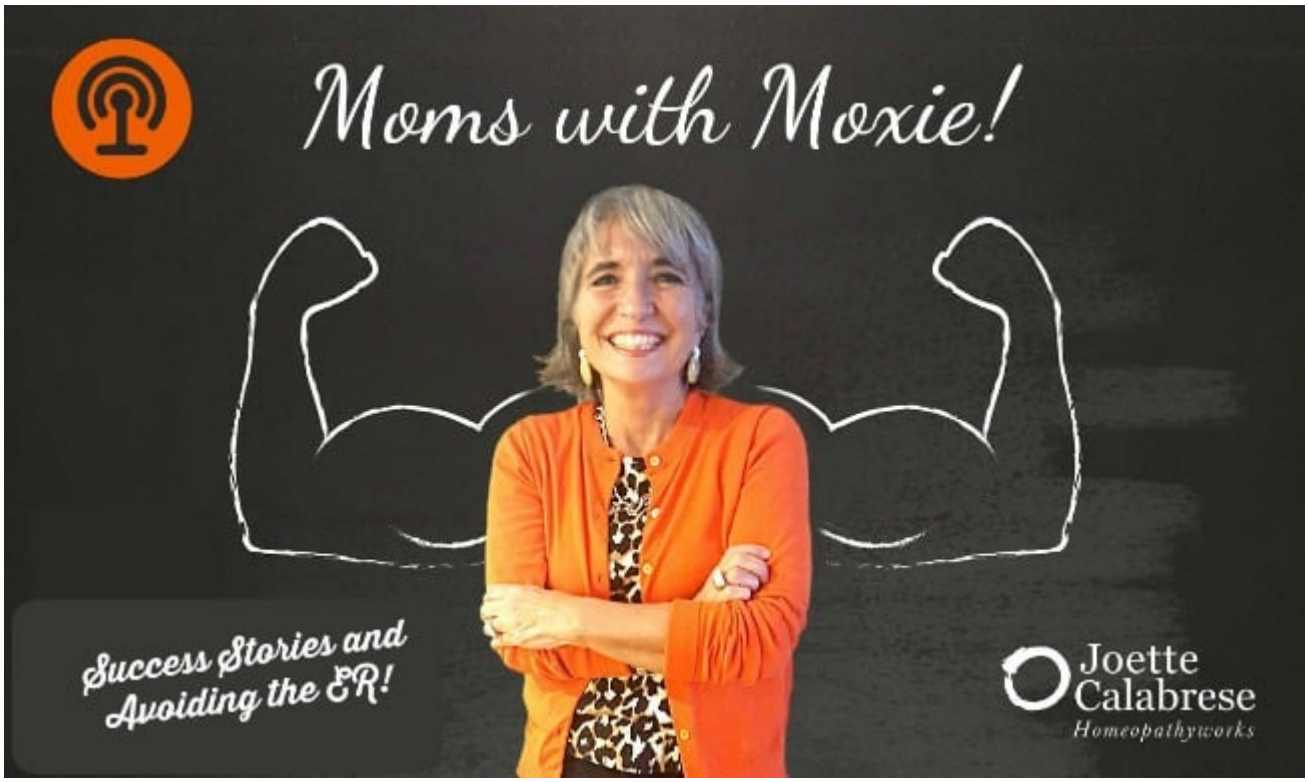
Have a great day,

Buster



Note from Joette: Remember that treating animals with homeopathy is the same as for humans. Anxiety for humans is the same as anxiety for hounds. Treat everyone!

Podcast 30 – Moms with Moxie: Success Stories and Avoiding the ER!



In this podcast, we cover:

04:39 Finding Joette's homeopathy

10:00 Organizing Joette's blogs

12:25 Success stories and others

18:33 Failures encountered

25:29 Avoiding the ER

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.

Paola: It's podcast number 30 at joettecalabrese.com. We've got another Moms with Moxie miniseries for you.

Joette: All the way from my desk in New York, I get to see how homeopathy is transforming lives all over the globe. 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 and they're glorious and powerful. I can't keep your successes a secret any longer. So, with help from my roving reporter, Paola, we bring you this mini podcast series that I call "Moms with Moxie." It's actually grandmoms, too but it's Moms with Moxie. See how regular mothers and others, average people who want to cure those around them have gone from freaking to fabulous with homeopathy.

Paola: I am so excited to do another Moms with Moxie podcast. Today, we have Heather Stein. Heather is a rock star. She is a homeschooling mom of six. Her oldest is 10 and her youngest is a newborn. I actually tried scheduling this with you, Heather a while ago but you emailed back and said, "Well, I just gave birth like last week or something. So, can we push it out?" So, that was so funny. And you hail from St. Louis, Missouri.

Heather: That's right.

Paola: Okay. I have just really enjoyed hearing your story. You seem like a very organized mom that's on top of it. I think our listeners are going to enjoy hearing about that. So, let's start. How did you come to find homeopathy?

Heather: I came to find homeopathy when I was kind of embarking on natural health in general. My first child was one year old. We found out she had asthma. She had food allergies. She had an ear infection. A mom that I knew recommended just looking into this whole world of natural health which was totally new to me. As I was finding ways to heal my new family more naturally, I kept running into homeopathy. I didn't understand what it was. It took kind of a learning curve. It wasn't until a couple of years later,

my midwife when I was having my second child was recommending some homeopathic. I said, “I really have to look into this.” So, I started learning more about it mainly just through books that I bought, also through online research. I started using mainly just low potency combination remedies to kind of try to get at some of the acute things that my family was dealing with.

Paola: Awesome. That’s a great way to start. So, you knew right from the get-go that homeopathy was different from home remedies, natural remedies, how people lump those together.

Heather: Yes, the Latin names really helped to set it apart for me that these things are all grouped together and there’s something different.

Paola: Good for you. Yes. I have always had a sense that it was different. Thanks to my mom. But it’s important for anyone who’s listening to know that when you talk about homeopathy, we all get so familiar with it that we forget that other people might think it’s home remedies or whatever. So, you told me that you have a background in psychology and that homeopathy really made sense to you and influenced you to kind of continue pursuing it. So, tell us about that.

Heather: Yes. So, I naturally kind of went to psychology as a major in college. I got a Bachelor’s in that. I just kind of had a little bit of a natural gift there and enjoyed figuring out how people check, and looking at the emotions, and how those fit together for people. So, when I was looking at homeopathy, I got really excited to find out that there was something more that I could do besides acute. So, I kind of started delving into classical a little bit because I saw how homeopathy looked at not just what was happening with the body but what was happening with the mind as well. So, that kind of got me involved a little bit

further into homeopathy. I started looking at classical remedies. I had some success with it. I think because of my psychology background, it kind of made sense to me. But it was still a little bit hit or miss. I never really had too much confidence that the remedy was going to work. But I had enough confidence and enough successes that I felt like I was going to stick with it and keep trying and keep learning.

Paola: Good for you. That's exactly right. I think that's wonderful that you kept pursuing it. Joette does talk about how often when you have someone that's sick, their mental state, their emotional state will shift before the general state shifts. My daughter once was angry. I remember she made eye contact with me and like screamed into my face. I was like, "Okay, you're mad about this here." And then I gave her *Belladonna* which is red, hot, and angry. The first thing to improve was her attitude about it. She fell asleep and calmed down. So, there is that mind-body connection. But then you found Joette. So, tell us about that.

Finding Joette's homeopathy

Heather: Yes. This was actually before Joette was talking about Banerji Protocols because I've been following her for probably four or five years and on her to the Wise Traditions journal. I read her articles. I liked what she had to say and her method of presenting it and how she wanted to empower people to use homeopathy. Because I kept encountering with classical saying, "This is in the information but don't use it. You're probably not qualified to do this." I kind of thought, "Well, I do have a psychology background. So, it's probably not too bad for me to [0:05:07] into this. But Joette seems to be kind of putting it out there and saying, "You can do this." So, I really liked that.

So, I started just following her blog and really keeping up

with her. When she started presenting the Banerji Protocols, I was really excited because even though I was having some success with the classical method, I knew other people that weren't and had abandoned homeopathy because they said this isn't working for me. But I knew that there was something there. So, I was really excited about it. It seemed streamlined, easier to understand, not so much pouring over books. And for busy moms, that's great. So, I started kind of going along that path with what she was presenting to all of us. It really started checking out for me. That's where homeopathy started being sort of the go-to method in our home and crowding out some of the other things that were not working as well because homeopathy was working better.

Paola: Like natural stuff that wasn't working as well.

Heather: Right.

Paola: You bring up a really interesting point. I feel like you and Joette started classical. Obviously, Joette was a professional classical homeopath but the real alumni of Joette who've been around before she met the Banerjis. You all liked homeopathy but when Joette found the Banerjis, she was like, "Oh my gosh. This is a game changer." I find that people who come into this not having experienced classical homeopathy all by itself first, I don't think they sometimes appreciate how wonderful these protocols are because it's what they've always had, kind of like true with modern technology and Google. Like well, life is often easy, right, because we can just Google it and there's the answer. Where I remember when I was a kid, you can't Google stuff.

Heather: That's right, yes. Very good. This is kind of like that.

Paola: It is. They're so wonderful. Joette, I just thank God for her because she empowers us. You're right, other classical homeopath don't want us doing this. Joette is

trying to equip us with what we need to know to do this. So, that's great.

Heather: That's right. That's right. I thank God for her, too. She's great.

Paola: So, how long have you been doing homeopathy?

Heather: In general since the very beginning, about nine years. Then like I said, I kind of was following along with Joette. I found her somewhere in there. That's really the way that I learned about homeopathy now because the Banerji Protocols make it so simplified. Even when it's not a Banerji Protocol, I feel like she presents it in a manner that really puts the tools in your hand and allows you to go ahead and use it.

Paola: Yes, very true. So I guess now, this is the main way you care for your family's health needs.

Heather: Yes, it is. We travel often. I would have this bin, this plastic bin that's the same as in our house. We call it the medicine bin. That's what I keep with us on trips. It was always loaded with herbs and just various nutraceuticals and vitamins and minerals and all different kind of things that I gathered along the way in my research and experience that might heal a problem if we were gone, if somebody had a flu, or somebody had an accident. It was always brimming over with stuff. I had to kind of lug it around. But as I've used homeopathy and especially as I bought the kit, that medicine bin has been completely streamlined because mostly what I use now is homeopathy. So, it makes it very easy to put the right thing and go rather than having to kind of split all this stuff around just to be prepared. I feel like it's so easy to be prepared with homeopathy.

Paola: So, it's like you went from having a natural medicine suitcase to a little basket or something. So that's

good, very good. I'm always curious and I like to ask the moms with moxie like you, how does your husband fit in? Is he supportive? Did it take a lot of convincing for him or what?

Heather: The natural health and natural food stuff in general was a big leap for him. But once we kind of got on to that road, homeopathy for him has really lumped into all that.

Paola: I see.

Heather: I point that one, it saves us money because I feel like that really fixed him in, my husband.

Paola: Yes, yes.

Heather: So, when we avoid an ER visit because I was able to use homeopathy, I'd be sure to point that out to him because that way he knows that the money that we're spending on remedies is working. It's saving us money. So, that kind of really speaks to him. Whenever I had a success, I'd be sure to mention it to him so he knows that this thing that I'm trying out that he doesn't really understand, it is working.

Paola: Right. I like the way you're describing it. You kind of just, as a matter of fact is that you just tell him. Joette says that for men, especially the skeptical ones, don't get too excited. Don't do backflips even though you want to. Just kind of let them witness and see that overall improvement progression benefit like you were saying. So, that's great. Good for him. So now, he kind of lets you do your thing. That's great.

Heather: Yes.

Paola: Great. Okay Heather, at the beginning of the podcast, I mentioned that you are super organized and you've

got your act together. So, one of the things about Joette's blog is that there is so much amazing information on it that it gets overwhelming. I hear that you have a pretty good system to keep track of it all.

Organizing Joette's blogs

Heather: Yes. I am kind of an organized person. But I will say that I don't stress about it. I don't get really uptight about it. What I do is when I see a blog post by Joette that I think will be helpful to me, I either just write down the protocol on a little file very simply. I will note about what the remedy is and what it's for, or if the whole blog post is really things like wow, I'm really going to need to look at this whole thing later on and reference it. Then I might print out the whole thing. Then I just stick it in a binder in a file that I have that have just a bunch of different protocols. I just print that out every once in a while. Every couple of months, I print out fresh copies so that I have everything that I need. Then that way if I don't have access to the internet for whatever reason, I still got it all right there.

Paola: That's very smart. Do you have like little tabs in the binder? Do you organize it by subject or how do you do that?

Heather: Yes. So, I have a tab for classes. Then I have a tab for just little jotted notes of remedies. And I have a tab for blog posts. It's not organized in such a way that I can just flip to the perfect page right where it is. I do kind of have to flip through it a little bit. But I'm a busy mom. I don't have time to really organize it to that extent. So, I just say to myself, "I'm just going to print this out." And then it's there.

Paola: Yes, absolutely. One thing I've started doing is I've started squeezing little teeny, tiny notes in the

margins of my materia medica, my favorite materia medica. I like that too because then it's kind of there. Like if I learned something about this specific remedy, not really a condition, I just throw it in there. Then I have, I mentioned it before in another podcast, my little black book. I just alphabetized it. I just throw conditions and things about remedies in there too. I have to confess though. I don't have my blogs organized. So, I will do that.

But actually that reminds me, at the time of this recording right now, we are very close to launching something. Maybe by the time it's released, this will have already been launched. But we are going to start providing something at the end of the blog that is going to make keeping track of these protocols a little bit more easy. So, look forward to that. I think you're going to love it.

Heather: Oh great. That sounds great.

Paola: Okay. So, let's get to my favorite part of this podcast where I ask you, moms with moxie, for some stories. I'm sure you have plenty of them. Tell me what stories you have for us about successes and even, let's be real, frustrations with homeopathy. So, let's talk about all of them.

Success stories and others

Heather: Some of the things that I love most about learning about homeopathy is being able to share it with other people. A lot of times, I have friends just texting and saying, "Hey, what do you think about this or what do you think about that?" One time, I had a friend who texted me and said, "I'm vomiting constantly. I can't stop throwing up. Can you help me?" I thought, "Oh boy!" My first thought was *Arsenicum*. But I thought, you know, better look this up just to make sure that I'm thinking the right thing. So, I did. I thought yes, *Arsenicum* sounds like a really good

place to start. So I said, “Well, I have this but I can’t get it to you.” She said, “Well, I can’t get it either because I’m throwing up.” So, she sent her mom over to my house.

Paola: Oh bless those mothers.

Heather: Mom is going to pick it up. Yes, I know. God bless her, right? And so, her mom took it over to her. She texted me a little while later and said, “This totally works. Thank you so much. I can’t thank you enough.” Because when you’re that sick, you just need somebody to help you.

Paola: I know.

Heather: So, it was great because it was one of those things where it just worked and it worked in a dramatic way. So, that was really fun. In fact, after that experience, she wanted to learn more about homeopathy. So, she ended up taking the Good Gut, Bad Gut course because she felt how that one remedy works for her.

Paola: Very good. So, have you taken the Good Gut, Bad Gut course?

Heather: I have, yes. It’s been very helpful. One of the things that I use from that course was *Aethusa* for milk intolerance. I’ve had milk intolerance my whole life. I just never thought it could get better. I thought I just have to avoid milk forever even when I love it. So when I saw that, I thought, “I’m going to try this.”

Paola: How did your intolerance present?

Heather: I would have a huge eczema flare. I kind of have this low level eczema. I would drink milk and then boom! My hands would just be red and on fire and super itchy.

Paola: Oh my gosh, okay.

Heather: So I thought, I'm going to give this a try and I'm going to be patient with it. So, I took it for about three months. I thought, "Okay. I'm going to try it and see if anything happens so far." And it was the same. I really couldn't see a difference but I didn't want to let that stop me. I thought, "Okay, she said many months." So, I'm going to stick with it. It hasn't been many months. It's only been like three. So, I went for it another maybe three to six months. I thought, "Okay, I'm going to try it again." I did. I didn't have a big eczema flare up but I did have just a lot of sneezing, runny, mucousy nose. I thought, "Oh no, I have messed this up." I just created a problem. But I decided to have faith and just stick with it a little bit more because I thought maybe it's just working its way through my body. Maybe it's getting better. Maybe it's just a different way that it's manifesting it.

Paola: That is a tricky thing to kind of figure out, okay, am I getting worse? Am I getting better? I don't know. She does coach us in her courses how to do that. But I think the interesting thing is for sure, your eczema was better. I agree. Like if I were you, I probably would have continued as well.

Heather: Yes. It was very different from many things I have experienced in the past. Before I thought, this has to be due to the remedy. The remedy has to be doing something. I didn't think that the remedy would make it worse. So I stuck with it. About another six months later, I kind of thought [0:15:25]. I thought, "Oh, I'm still taking this remedy. I need to see if it's working." So, I tried drinking a glass of milk and nothing happened. I kept searching for some symptom that was going to come up and just nothing did. It was just really impressive to me that after about a year or so of just sticking with it really worked for me.

Paola: That's amazing. I know you mentioned that you were reading the Wise Tradition magazine. That's the Weston A.

Price magazine. A lot of us try and eat, drink food with the Weston A. Price principles. So, that's great that you can have raw milk now.

Heather: Yes. It's so frustrating to see that healthy food and say, "I just can't eat that." So, I'm excited.

Paola: Exactly, very good. We have a little Jersey cow in the backyard. I used to be very intolerant to milk as well. So, I'm so thankful I can have six inches of cream any time I want to.

Heather: That's right. We had goats and we milk them.

Paola: Oh awesome.

Heather: I couldn't drink the milk and it was so sad.

Paola: That is so sad. How frustrating. Oh, my gosh! I would not have a cow if I'm not going to be able to drink the milk.

Heather: Yes.

Paola: Okay. So, tell me another story about your friend's son who had a cough.

Heather: Yes. A lot of my friends are very into natural health, even homeopathy. It feels like homeopathy is really taking off. Her son had a homeopathic doctor. He was a classical homeopath. She had taken her son to him and nothing had changed with the cold. And so, she was sharing with me that she was frustrated about it. She was at my house. Her son was just a little toddler. He was one year old and he was just hacking constantly. It was so sad. As she was talking to me, something was nagging in the back of my mind. I just kept thinking. I know Joette had a blog post about it but I don't remember what the remedy was. So, I just got on the computer and I looked it up. I couldn't exactly place what the remedy was. I plainly knew that

Joette had blogged about it. I looked it up and sure enough, there it was. It was *Ipecac*. And so, since I had my handy kit, I went upstairs and I grabbed it. I said, “Why don’t you just try this?” She was kind of dubious because the classical homeopath hadn’t helped.

Paola: Right.

Heather: But I said, “I can’t make any promises but this sounds right to me.” So, she gave it to him. Within five minutes, he just bonked out and went right to sleep. I said, “Oh, that’s really good.” So, he took a nice, long nap. She loaded him in the car to come home. Later that night, she talked to me and said, “The cough is definitely getting better.” I said, “Okay. Well, keep it up until it’s very much better.” So, she kept up with it for a few days. She just thinks our story is hilarious because the classical homeopath couldn’t kick the cough and yet, we look it up on the computer, go on Joette’s blog and there it is.

Paola: That’s wonderful. I like that secretly you outwitted the professional homeopath.

Heather: I don’t think I could do it every time.

Paola: Well, that’s the point here though is that Joette’s blog is so informative. I’m sure that homeopath is really great. He’s allowed to not get it right the first time all the time. But Joette has this really great ability to distill the information in the blog and make it usable and ready for us.

Heather: Yes.

Paola: I think it’s important to be real though. Have you had any trouble with homeopathy or frustrations?

Failures encountered

Heather: Oh, I have. I want to talk about failures because I think it's important that we as moms still listen to these podcasts and think, "This mom is getting it right every time. She's always nailing it. And I keep failing. What's wrong?" As I learn, I get it right more often. But I've definitely had failures. One of the failures that we had was I had a daughter with a UTI. I tried *Cantharis* and it wasn't working. I had on my shopping list to buy *Medorrhinum* but I didn't have it. I couldn't give it because I didn't have it. She ended up being brought to urgent care. We have a great natural practitioner but I couldn't get her in and she had to have something. That was the first time that we had used drugs in a long time. It really hurt but I went, "You know what? It being on my shopping list isn't going to cure my family."

Paola: That's right.

Heather: I needed to have it in my kit. And so, that was a really good lesson for me to make sure I have what I need.

Paola: I agree with you. That is why we try our best to be prepared. But I think it's good too that you haven't beaten yourself up over it too much.

Heather: That's right. We just do what we can with what we've got at the moment.

Paola: Right. Also, you mentioned that your daughter has some asthma as well.

Heather: Yes, she does. She struggled with that her whole life. She's 10. I've tried a lot of different natural things but it's one of those chronic things that's just really hard to uproot. I found a remedy through Joette's blog that she gave for asthma. We were seeing some success and then it just kind of plateaued. I went, "I just don't think this is working for her anymore. We're not getting any further with it." So, I had to put that on pause. I'm looking forward to

taking Joette's Allergic course because my understanding is she goes into that chronic asthma more there. I think that that could help get us to the next level with it. Right now, we're just on pause there until I can take that course and learn more.

Paola: Good for you. Yes, I think that's a really good plan. Another frustration I think you had one time was with an ear infection with one of your kids. I think generally, ear infections can be pretty easy for kids but this is one of those times that you couldn't figure it out with homeopathy.

Heather: Yes. I was just trying and trying. It was clear that the remedies that I was using were not helping. Like I said, we took her to that really good natural practitioner we have and she got over it. But I wanted to learn how to overcome that with homeopathy. So, I had that on my radar as something to learn more about. Lo and behold, on one of these podcasts you mentioned the Banerji Protocol of *Pulsatilla* and *Chamomilla*.

Paola: I'm going to repeat it. There is more than one. But the one I knew at the time is *Pulsatilla* 30, twice a day and then *Chamomilla* 30, as needed for pain, and maybe once every hour, once every 15 minutes if it's extreme and the person is freaking out, or once every three hours if it's under control.

Heather: Yes. That's what I wrote down. Sure enough, this is just last weekend. I have toddler twins. They're two years old. My little boy came in in the morning and he had a very high fever. He was pulling on his ear and just cupping his ear. He was very fussy. We don't have a lot of ear infections here at home but they do come up. This is his first. Right away I knew. He was saying, "My ear hurt." I thought, "Okay. Here we go, ear infection." This is my big chance to use this protocol and see if we can have some

success. I started the protocol just as you mentioned. I was giving him the *Chamomilla* every 30 minutes because he was very fussy. I would give him the remedy and then he would take his nap for about 30 minutes. He'd wake up and he'd still be very cranky about it. Then I'd give it to him again. After I did three or four times, he took a big two-hour nap. Then I thought, "Oh, great. I think we're getting something here." He woke up again and he was a little less fussy. The fever was still very high. His ear still hurt. But I could tell that it was working. So, I gave him the remedy again.

Paola: It goes back to that psychology at the beginning. Your mentals tend to shift before the generals…

Heather: Yes.

Paola: before that fever is gone or the infection is totally gone. Then what?

Heather: Well, then he took another big two-hour nap. Then after that, I could tell that it was really, really changing. I was super confident that we had the right thing. I slowed down even more on the *Chamomilla* because he was just really wasn't that irritable. By the end of the day, he was about 90%. He was back to himself. And I thought, "All right, we had a success."

Paola: Yes.

Heather: I was really excited about it. I thought I have what I need now, kind of a go-to thing to try for the next ear infection. Well, little did I know, I woke up the very next morning and his twin sister comes in and she says, "My ear hurts." "Oh, no! What is this?"

Paola: I know.

Heather: Why this would happen. But it did. But I was glad

though because I felt like, “Okay. We had a really great success just yesterday. I’m going to try this again.” But the interesting thing was she didn’t have a fever. Whereas my son just laid there and napped all day, that’s just how he is when he is sick, my daughter is restless. She’s roaming around. She annoys everybody with her irritability. It’s just so frustrating. I thought, “Well, this is a Banerji protocol. I don’t have to look at all of that. I can just say she has an ear infection.” So I thought, “I’m going to try the same thing.”

Paola: Yes, because in classical homeopathy, this is for the listeners who are really new to this, in classical homeopathy, you would really have to pay attention to that different presentation, right? But as Joette teaches the protocols, she’s saying as long as you have the appropriate diagnosis and you apply the protocol, then you’re good to go. So go on.

Heather: So, I went ahead and I did the same thing that I did with her brother the day before. For her, she was irritable for longer. I didn’t see results for a longer period of time. But I wanted to stick with it. I could see about halfway into the day that yes, she was improving even though it was slowly. By the end of the day, she was very much better as well. And so, I love that story because it was just two totally different ways for the ear infection to present. The only thing that was the same was that it was an ear infection. But at the same time, that Banerji Protocol, those remedies worked for both children.

Paola: That is a very good point. There are a few things I like about this. This is a great lesson in your experience. First is understanding the protocols and trusting them as long as you have the appropriate diagnosis. But the other thing too in that very first ear infection that you had that you couldn’t figure out, you didn’t have the protocol yet, it’s nice to have the natural practitioner. You have a back-

up plan. I think that's really quite wise because you were not going to get it right every single time. It's okay to have back-up plan; very good story.

If I can squeeze in one more story out of you, I hear your baby in the background. It sounds like he's still pretty happy but I don't want to keep you forever. You said that you have avoided the ER in a couple of emergency situations. This is a big perk for your husband. Husbands of moms out there, you can save money with homeopathy. So, tell us some of your ER stories.

Avoiding the ER

Heather: Yes. I have a couple of stories about avoiding the ER. My two-year-old son, the one that had the ear infection, we were actually traveling. This is a great lesson for having a kit with you. We had just gotten to our destination. We were just beginning to relax. He fell down this flight of stairs that had the metal thing on the edge of each one. He popped his forehead open and when he fell on that metal thing, it just burst open. By the time I got downstairs, my husband was already down there, he was holding him, there was blood everywhere. I could see as his heart was pumping, the blood was just pulsing out. It was really bad. Right away, we started pressure on it. Once we got the pressure on, I got my kit. I pulled out the *Arnica* and I gave him a dose. I was just giving him doses about every five minutes. While we were trying to comfort him and keep that compress on there, after a couple of minutes, we looked and the bleeding had stopped. We were implementing our plan to go to the ER so we're rushing around. We're getting him ready. We're getting him back in the car. My husband and I, "Get in the car." We looked back at him. He was kind of looking at us like, "What's going on, guys?" He was totally normal. He was totally fine. He was like, "Why are we back in the car?" He had no clue why we were all

running around. He felt fine. So, we looked at each other and we went, “Wait a second. Well, I guess we don’t have to go to the ER.” Well, he still had this gush and so we wanted to take care of that. So, instead of going to the ER, we just went to Walgreens and got a butterfly bandage.

Paola: I love it.

Heather: And he was great. He was fine.

Paola: That’s awesome. I love that. Everybody’s running around. It sounds like you forget like, “No, wait. I have this thing on my team, *Arnica*.” I have yet interviewed a mom with moxie, maybe I have, that hasn’t mentioned *Arnica*. It’s great, great remedy for us moms who have kiddos that fall down flights of stairs with sharp corners.

Heather: It’s great.

Paola: Then tell us about your four-year-old’s bike accident.

Heather: She was riding her bike. Actually, this is interesting because my mother-in-law live with us. We were walking and talking and my daughter just totally went careening down the hill and fell off her bike. When I got through and saw her, I thought, “Oh, my goodness!” The whole side of her face was just completely scraped up and swollen. I mean, she was almost unrecognizable. It was really bad. Thanks be to God, she had her helmet on, of course. But I could see right away that it was her skin and we weren’t dealing with a concussion here.

Paola: Right.

Heather: So, we got her cleaned up and everything. I, of course, was giving her *Arnica* right away. The neat thing about that was that I knew that *Arnica* was going to get this under control much faster than if we didn’t have it. So, I

took a before and after picture.

Paola: Oh, wow!

Heather: I took a picture when she was really bad, when she was really, really swollen. The first three days I took pictures of her. Then it just really dropped off. The swelling completely went down and she healed up superfast. A week later, I took another picture and I said, “Look, she’s doing so much better,” to my family. They just couldn’t believe how quickly her face was healing up. She just had this beautiful, little face. It was just so sad to see it just so fully ripped up. She looks great. She has no scars. You can’t tell that she had that bike accident. It’s a year and a half later and it didn’t even scar up at all. Months later, you couldn’t tell that it happened.

Paola: That’s amazing. I think taking these pictures are really important because if you take the picture, it helps with two things, I had found. A, it helps you keep track of what it was and what it is now.

Heather: Yes.

Paola: The second thing is because as it improves, the improvement, even though it’s better from yesterday, it still sometimes looks terrible. It becomes the new-terrible and you forget about the old-terrible. That’s very wise to take photos because it helps you measure that improvement. But then when it’s all over, your brain can still minimize it. “Oh, it wasn’t that bad.” So, you have these photos to help you remember no, it was horrible. Don’t forget that.

Heather: Yes.

Paola: Kind of that human condition Joette talks about that we forget, so good for you. I’m so glad. Was your mother-in-law freaking out how you handled it?

Heather: Well, everybody is like, “Why don’t you just go to the doctor?” There’s a lot of good there because they want the child to be okay. But once we had her take a warm bath and got her calmed down, and we got her face cleaned up, and it was obvious that she didn’t have a concussion, she just needed to heal. She lives out of town. So a week later, she could see wow! She’s doing so much better. That, I’m sure, was comforting for her.

Paola: Of course, very good. Well, great. To finish up our podcast today especially while your sweet little baby is still happy, I wanted you to share with us. This is a really cute idea, your gift of homeopathy that you did for some family members.

Heather: Yes. So, I wanted to give a Christmas gift that they could really use. I thought, “Well, what do I know about?” Well, I know about homeopathy. So, I asked each of my family members, my mom, my dad, my two sisters. I said, “What’s the health problem that’s bothering you the most?” They told me. So, I looked up the remedy for each one of their issues. Thankfully, they didn’t give me anything that was too difficult. So, I looked up the remedy for each one. I bought them a bottle of the remedy. I put it in a cute little bag. I wrote up some instructions for them, and how to tell whether or not the remedy is working, and how often to take in and everything like that. I just tuck that little sheet of paper in there with the bottle. I gave it to them for Christmas.

Paola: That is just too cute. It’s the gift of health. You’re so awesome. I love that story. You even have done something similar for baby showers and things like that. I just think that is so awesome. You’re a good sister-in-law and sister.

Heather: It’s fun to help others.

Paola: It is. We encourage you to email us at podcast@joettecalabrese.com. That's what Heather did. Thank you so much, Heather for reaching out because it's been really inspiring and fun talking to you and hearing your successes and your journey with homeopathy. Thanks so much for taking the time from your busy schedule.

Heather: Thanks for having me. It's been fun for me, too.

Joette: Are you or someone you know a mom with moxie? Well, we're on the hunt for you. And of course, we don't want to hear just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you're a mom with moxie. For more information, contact podcast@joettecalabrese.com.

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.

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

Adrenal Fatigue: Tests Required? Not Always!



Everyone knows one.

You know – those rare people you meet who have *joie de vivre* oozing from their pores. They've accomplished more in the last year than most of us can in a lifetime.

Each time you see them, you must restrain yourself from asking what they eat, why their skin is so glowing, and the secrets behind their success.

That's exactly how it is with Suzy. Just one look at her is enough to convince anyone that she must be dabbling in something unknown to the rest of us.

But some things are not always as they seem.

There was a time when Suzy was really dragging, and she hid it from everyone. It was a struggle for her to get up in the mornings and an effort to get dressed. The next battle was to get breakfast for her family and then, do the beastly dishes.

Everything was an effort. Life was a protracted, relentless, effortful drag.

A naturopath she visited offered her the explanation that she suffered from adrenal fatigue. Frankly, all she remembered was that “fatigue” was the operative word in the diagnosis.

The test results left Suzy unimpressed.

Suzy was an ardent student of homeopathy, so she eschewed the recommended supplements, and instead, tasked herself with analyzing her illness through the lens of homeopathy.

Allow me to clarify that in homeopathy (particularly in the method that I employ and teach), we don’t identify the adrenals as the cause of fatigue. Indeed, fatigue can emanate from a variety of sources and circumstances.

For example, Suzy’s fatigue could have resulted from having had three babies in four years, from her long career of nursing, or following a particularly trying event of influenza.

Several homeopathic medicines are used to correct fatigue (no matter whether the specific fatigue is called adrenal fatigue, fatigue after grief, fatigue after childbirth, fatigue from having too much coffee or chocolate, fatigue as a side effect of conventional drug therapy or even fatigue stemming from low testosterone in men).

Indeed, for the homeopath, it depends less on how the

endocrine system reads on lab reports and more on the individual's predominating circumstances and or symptoms. So, do we need a saliva or blood test? Not necessarily so, if we use homeopathy.

After her last child, while she was nursing, Suzy recognized that the fatigue she felt was big – bigger than any she had experienced in the past.

It didn't seem to correlate with the birth. She had plenty of pep for months afterward; it hit about a year later.

Her baby, Gino, nursed voraciously. Nighttime nursing seemed not to end, and during the day it was like a feeding frenzy!

Suzy did what she could to keep up with Gino's appetite, preparing nutrient dense foods for them both. But he was a gulch of hunger. (There is a way to correct this with homeopathy. Read on to learn how.)

Luckily, Suzy was taking a course in homeopathy. She learned that the homeopathic medicine *China officinalis* also known as *Cinchona officinalis* is specific for fatigue after the loss of bodily fluids.

That made it particularly useful during nursing. Given that Gino's ravenous appetite was likely depleting her, (although it's unnecessary to know for certain via tests), she began taking *China Officinalis* 200 (*Cinchona officinalis* 200) once every day.

Within about a week or so, (often longer for some), she forgot that she had been so tired! She completely overlooked her daily nap.

She forgot that she had previously only wanted to sit in front of a computer screen and vegetate, instead of tackling her daily tasks.

She forgot all about it, that is until her husband noticed

even before she did that, in addition to her usual duties, she had cleaned the basement, made lasagna from scratch and gone grocery shopping – all in one day!

If you met her today, it would be hard to believe that Suzy was once someone who spent as much time as she could get away with on the couch and did what she could to bribe her kids to prepare the family meals.

Today, she is someone others envy for her energetic demeanor.

As for baby Gino, to correct his voracious appetite, he was given *Calcarea Phosphorica 3* and *Lycopodium 200* twice daily for a few months.

No longer is his hunger insatiable nor his belly distended. And no –after a few months, he no longer needs to take these.

Nor does Suzy require *China officinalis.*

Why? Because homeopathy aims to correct conditions, not suppress, not supplement, not even support – it simply uproots the ailment and moves on.

I recall the practical use of this *China officinalis* in Kolkata from the doctors under Dr. Pratip Banerji. There, they use it for Indian village women who work tirelessly in the fields in the hot sun.

It is their go-to medicine for physical over-exertion associated with heavy perspiration resulting in fatigue.

China officinalis has since become my go-to medicine for any adrenal fatigue condition that arises from fluid loss. No saliva test needed. No blood test required. Just common sense and Practical Homeopathy.

Suzy initially had learned about the use of *China* in my

courses where I teach its use for nursing mothers. Whether you're seasoned in your homeopathic knowledge or a neophyte, consider joining her and others by starting or joining an online or an in-home study group, called Gateway to Homeopathy.

You might be surprised at how easy it is to cure your family and self with information that most in the U.S. know little about. You might also be surprised at how satisfying it is to be the one in the know…way ahead of the curve.



Why I Go to India Every Year: Drs. Banerji

I'm often asked why I travel each year to Kolkata, India, to spend weeks in the Prasanta and Pratip Banerji Homeopathic Research Foundation, studying beside father and son doctors Prasanta and Pratip Banerji.

There are certainly many closer places I could spend my professional time; I could go to Greece or England or Italy.

So, why do I consistently gravitate toward this particular clinic/research center?

It all comes down to surprises. (And everyone loves surprises!)

Twenty-two years ago, while I was a practicing classical homeopath in New York, a colleague mentioned to me in passing that there were doctors in India who, using only homeopathy, each saw 100 patients per day (who had diseases such as AIDS, TB and various cancers), and their methods had consistently high cure rates.

At the time, I was incredulous. “That’s not possible to take that many cases in a day,” I thought, and dismissed the idea as someone’s misinterpretation of the facts.

Two years later, I heard the same statement … this time from a different, older, respected colleague. I pricked up my ears.

As a classical homeopath, and as much as I loved my craft, I was too often disappointed with not only the amount of time to take a case and the inconsistency in the method but more importantly, the difficulty in teaching the method to families because of its complexity.

At the time, it was impossible for me to travel to India to witness something of this order, given the ages of my children. So, I tucked this information away in my head as something I would look into some time in the future.

Then six years ago, another colleague emailed me that he was sponsoring a father-son team of doctors from India to speak locally at the college where he and I had taught homeopathy.

He said, “Joette, these are the doctors who see 100 patients

each per day and …”

I leaped to my feet.

Do you ever have that feeling when you know that something important is about to happen in your life, and you know that in your response, you said the exact right thing at the exact right time?

That doesn’t happen to me often. But at that moment, I knew down to my toes that what was forthcoming would be perfect and profound.

I replied, “I’ll be there. And would you be so kind as to arrange for me to have lunch with them?”

And so, I met the Drs. Banerji and thus, the surprises began.

During that lunch, when I asked if I could join Dr. Pratip Banerji at his research center to observe, he said, “Certainly!”

We instantly clicked and to this day, after six awesome and eye-opening years of working with him, we have become fast friends. He calls me his American sister and I call him my Indian brother.

The first year I sat with Dr. Pratip and his esteemed father, Dr. Prasanta Banerji (whom I now affectionately and reverently refer to as “Baba”, which means esteemed father), there were more surprises than I had ever thought possible.

What I witnessed was an established scientific research and data collection center that is unrivaled in the world today – not only in the homeopathic world but the world of medicine in general.

His and his family’s data spans over 150 years – encompassing not only his lifetime, but the lifetimes of his

father, his father's father, and his great-uncle.

At the time of this writing, their patient database has more than 40,000 cases inputted, with over half a million visits recorded.

This ongoing research initiative is the epicenter of these doctors' work, which makes it particularly attractive for research to premiere institutions throughout the world.

I fully expected greatness, but was astounded by the sweeping accolades from the Indian, as well as American and European, governments who heap praises and awards on these doctors and their research. (See the previous blog on the stamp designed in their honor.)

What they have amassed is indeed an international consortium research foundation with collaboration from around the globe.

But what struck me most on my first visit was a jaw-dropping revelation; the sheer number of patients the Banerjis and their staff of senior doctors see in one day.

Patients are simply not turned away, even if it means Dr. Pratip Banejri must take cases well into the night … every night. (And I know how late he works with patients because I have sat by his side many a time.)



I was very surprised by Dr. Pratip Banerji’s unwavering expectation of near-perfection (not only from himself but also from his junior and senior doctors).

He runs his operation with a kind but overtly austere hand. Not a single mistake is tolerated. Attention to every detail in case taking, assessment of lab reports, MRIs, and X-rays must be perfect.

Even spelling and penmanship are critically reviewed. Nothing less than accuracy and professionalism is allowed on every level.

At first glance, the clinic appears chaotic. It’s sensory overload, as hordes of people dressed in brightly colored traditional (as well as Western) garb amass outside the clinic, in the waiting rooms and pharmacy.

But even more shocking is that the clinic is anything BUT chaotic. It is highly structured, orderly, and precise. It was the sheer mass of people that startled me on my first visit and still moves me to this day when I try to negotiate and navigate my exit from the compound through the crowds to grab a cup of tea.

So thick are the crowds that my dear friend, Dr. Vivekta

Sharma (one of the esteemed senior doctors) and I clasp hands as she confidently pulls me through the multitudes.

This all takes place on the first level of the clinic.

On the second level, junior doctors are perched at their computers inputting information from the MRIs, photos, X-rays, and blood labs, with the prescription that is *always* strictly homeopathic medicines for each case that is taken for the day.

There, they record data of the treatment of all cases of various types of cancers and other life-threatening diseases such as renal failure, multiple sclerosis, TB, and even leprosy.



The staff guard directs the crowds that await their turn outside the clinic.

That means that there is often input for over 1,200 cases daily. In spite of Dr. Pratip’s education as a conventional

medical doctor, his patients count on his and all of the doctors using only homeopathy, most often because conventional medicine has failed them.

This is why they flock here. The word is out: this is where you come when all else has failed. They come on gurneys, on homemade stretchers, on the backs of relatives, in ambulances, in chauffeur-driven cars.

They just come.

This is also why the likes of the National Institute of Health in the US, Anderson Cancer Institute, Roswell Cancer Institute, Columbia University, The University of San Diego, St Luke's Hospital, and other orthodox medical institutions ask the Drs. Banerji to present their methods in hopes of collaborating with these great minds.

Apart from these well-known institutions in the USA, the Drs. Banerji receive offers from medical research institutions in Spain, Japan, Israel and various South American and African countries.

Dr. Pratip Banerji's laser-like focus on diagnostics also surprised me, and here's why: most homeopaths don't rely fully on the typical method of diagnosis employed by conventional doctors.

That is because they employ classical homeopathy in which the diagnosis is not as important as the symptoms. However, Dr. Pratip Banerji is a different kind of homeopath.

He possesses an extraordinary diagnostic ability, not only because of his conventional medical training but because he believes the diagnosis, as well as the symptoms, is paramount to choosing the correct homeopathic medicine.

How do I know that he was correct in his diagnosis and treatment, time and time again, even with conditions that

were sometimes vague?

Because when I have returned each year, I have followed up on certain cases from the previous year that I found particularly fascinating – and the patients invariably improved; often to cure.

His patients include high governmental officials (including the President of India, Royalty of India, and the Kingdom of Bhutan), the most influential merchants in India, as well as village dwellers from across the country.

I am introduced to a broad demographic of patients that convinced me – this was no ordinary doctor that I was sitting beside.

So, to those who have asked why I would travel 23 hours across the globe every year for years, to sit next to this extraordinary man day after day, for as many as 13 weeks, my answer should come as no surprise: I am sitting next to history in the making.

Warmly,



P.S. I didn’t include a Banerji Protocol for this article. But stay tuned; more will be forthcoming.

Muscle Memory


Joette
Calabrese
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Homeopathyworks®

It's like riding a bike. If you knew how to ride at one point in your life, then at any later date, you could pretty much grab a bike, and your muscle memory would take over.

Developing your *Homeopathic Muscle Memory* is the same process. You know how much I have encouraged you to read, read, read (and then read some more!) Learn everything you can, then practice that knowledge by applying it as often as possible.

Not only will this keep you and your family well along the way, it will also help to develop your homeopathy muscles for when emergencies arise.

Let me share with you an example of how a *Homeopathic Muscle Memory* can be very useful in an emergency when, in pain, your brain would otherwise turn to mush.

I listened intently as one of my more accident-prone staff members told me about her latest adventure in the kitchen. Wait for it …

Wait for it …

She was attacked by Tupperware.

Well, maybe not "attacked," but at the very least, she certainly found herself injured by the hard edge of a Tupperware container. Upon the first examination, it just looked like a big paper cut. As a matter of course, she washed it thoroughly with soap and water and had no further concerns.

Off to bed, she went, believing she had handled it sufficiently. She slept for an hour and then awoke with massive pain around the cut – a surprisingly intense amount of pain. On a scale of 1-10, it was rivaling a 10!

Apparently, the cut had been much, much deeper than she realized and she needed help. So, she awakened her husband

to have him get a butterfly bandage to hold the sides of the cut together.

This is when her *Homeopathic Muscle Memory* kicked in.

Through the fog of her sleepiness, she remembered that (good girl) she kept her remedy kit right there by her bedside. She instinctively recalled that *Hypericum 200C* addresses pain: shooting pain, radiating pain, nerve pain, wound pain, and likely the pain she was experiencing from this Tupperware cut.

It also happens to keep potential infection at bay.

She took a dose of *Hypericum 200C* before her husband left the room. He was only gone a minute. But by the time he returned with the bandage, her pain had gone from a 10 to a 3! Her angst was quenched as well.

That is how fast *Hypericum 200C* worked.

Let's think about everything that contributed to that outcome.

First, she had developed the habit of instinctual turning to homeopathy immediately, and in this particular case, it saved her a lot of lingering pain.

Also, for quite some time, she had been developing her homeopathic knowledge by reading everything she could, becoming familiar with the most common remedies, and knowing the exact issues they address.

She had become so familiar, in fact, that she was able to wake up from a dead sleep with maybe half a functioning brain, and her *Homeopathic Muscle Memory* was able to take over. It led her to do precisely what she needed to do to alleviate her issue: *Hypericum 200C*!

And lastly, she had her kit at-the-ready for any

eventuality. It was right there when she needed it. Even better, it was stored by her bedside so that she didn't have to search around the house nor wait till morning to get to a store to purchase the medicine. (For those who live far from local grocery stores and such, or to have to wait until the medicine is delivered after an online purchase makes learning homeopathy practically useless in this kind of situation. Knowing what to take has little value if you don't own the medicine.)

She accomplished all this faster than her husband could fetch a bandage.

Can there be any greater victory over being accident-prone? She was prepared. She had the knowledge. She had the kit containing *Hypericum* 200C. And she had developed the muscle memory to activate her homeopathic autopilot even when she was in pain.

To help **you** develop your *Homeopathic Muscle Memory*, I will be offering my own *materia medica* in the coming weeks.

For those of you who are new to homeopathy, a *materia medica* is a reference book listing homeopathic medicines, along with descriptions of conditions, illnesses, and symptoms they address.

Some have described my *materia medica* as a shorter, more distilled version of other potentially overwhelming ones that are more specific to the way I teach homeopathy. That is: it is specific to the needs of busy households, not homeopathic physicians.

So, stay tuned!

By providing you with key information in an easy-to-read selection of homeopathic medicines, you will become even more confident in your familiarity with remedies and their applications. Because you never know when you may wake up in

the middle of the night with an emergency that requires you to react quickly.

Warmly,



P.S. On a personal note…I don’t keep my kit by my bedside because if I need it for myself in the middle of the night, it wakes my husband. Instead, mine is in a hall cabinet.

The Best 4th of July Remedy



Celebrating our patriotism on July 4th usually involves barbecues, parades, and of course, fireworks!

I remember when my children were little, we would go to a nearby town to watch the fireworks every year. Of course, so did everyone else from miles around.

Good gravy, blankets were spread out as far as the eye could see. Blanket after blanket – laid out so close together they were practically touching each other. In fact, you had to be careful when you walked to avoid stepping on someone else's blanket (not to mention their potato salad).

Invariably though, someone in that mass of people would light up a cigarette. And for reasons I can't explain other than, perhaps, Murphy's Law, I was always sitting downwind of the smoker. It drove my sinuses crazy!

BUT – I had my homeopathy.

I always carried *Natrum muriaticum* 6X with me in my purse – my secret weapon against a previous violent reaction, and later a much milder version to the wafting smoke. So, at first exposure, I would pop a dose in my mouth, then lie

back and enjoy the fireworks. (I even gave it to my children. It gave me peace of mind to know that I was assisting their little bodies in processing the nasty smoke, even though they weren't sensitive to it like I was).

Nat mur 6X gave me true independence from my sensitivities.

In the midst of all the celebrations today, I hope you will join me in being thankful for that independence! What an amazing gift to be in a country where we are each allowed to practice our own beliefs, yet still be joined together by a unified sense of pride– no matter our differences.

As you enjoy the fireworks on this holiday night, don't forget to remember that for those who live here in the U.S., we are truly fortunate to be Americans!

God Bless America! Happy 4th of July!