

Chronic Lyme Disease: Are You Sure About That?



I've just taken a hike outside with my family, when – shoot! I spot a tick on my leg. Do I have Lyme Disease now? Is it time to freak out?

No. Stop. Take a step back.

If I saw the tick, then get the bull's-eye rash and feel feverish and fatigued, I'm within my rights to suspect I may have contracted acute Lyme disease.

But three years ago, when I wrote [my original blog on Lyme](#), I had no idea that Chronic Lyme Disease (CLD) would become the medical specialty that it is today. With so many practitioners becoming “Lyme literate,” they are now ordering blood tests whenever certain symptoms present.

I never imagined that so many diseases and symptoms would be blamed on Lyme.

If I wanted to identify myself as sick and to believe these symptoms were due to a single underlying cause, it wouldn't be hard to fit them into the CLD framework.

Want my opinion? With a homeopathic perspective, it needn't be that complicated or even worrisome.

We're told that there are 100 trillion cells in the human body. And that only 10% of them are actually human. That means 90% of the cells in our bodies are squiggly microorganisms.

Now don't panic and head for the shower to douse with a bottle of peroxide! This is the way we were designed. This is the way we work. But, this also means that when we submit to specific blood tests, all manner of microorganisms will naturally appear.

And, unfortunately, we can easily get caught up in what I like to call the *disease du jour syndrome*. You know what that is ...

When they said the new enemy was SARS, everybody freaked.

When they said the new enemy was Ebola, everybody freaked.

When they said the new enemy was Swine Flu, everybody freaked.

When they said the new enemy was West Nile, everybody freaked.

This year, they are saying it's going to be a bad year for ticks and Lyme disease.

But this time, let's not freak.

Before you consider Lyme disease as a scary, new phenomenon, consider Ötzi, or as you may know him, “The Ice Man.” About 25 years ago, Ötzi’s frozen remains were discovered in the Alps.

He lived 5,300 years ago until he was murdered with a flint arrowhead (early Jihadists?)

Anyway, scientists have performed numerous tests on him – and guess what? It is believed that Ötzi tested positive for the Lyme disease bacterium! He is now the earliest known human in which Lyme has been discovered.

This means Lyme Disease has been around for at least 5,300 years.

Now, if the test shows positive (showing that one of the 90 trillion cells in the body has Lyme), the chances are that CHRONIC Lyme disease may be diagnosed, especially if you go to a Lyme-literate doctor who is focused on such.

What follows are prescriptions for antibiotics. A LOT of antibiotics. For a LONG time. And this method is not generally being used by conventional, AMA-type MDs but the alternative medical community, such as functional doctors.

My concern is that there is an attempt to attribute medically unexplained symptoms to infections and in particular, *Borrelia* (Lyme bacteria). Oddly enough, even the [CDC agrees](#) that Post-Treatment Lyme Disease should not be treated with long-term antibiotics.

You have to understand; I generally don’t see people when they first fall ill. As I often say, people don’t walk in to see me – they crawl in. Everything else has failed them, and they finally discover homeopathy.

So, the people who come to me with symptoms attributed to Lyme Disease have already been down that road of antibiotics. It either didn’t work to relieve their symptoms or – worse yet –

they are now experiencing life-changing side effects from taking strong antibiotics for long periods of time.

I'm not saying that these conflicting opinions are right or wrong. But what I *am* saying, again, is let's take a step back.

Can it be proven that Lyme Disease is definitively WHY certain symptoms are being experienced? More importantly, does it really matter?

Some medical paradigms, especially non-conventional practitioners, try to determine the *why* behind the symptoms by using tests. They are going two layers into the illness – past the symptoms and conventional diagnosis– handling whatever disease is believed may be *under* the symptoms.

The *why* is considered paramount while the *what* and *how* it presents is not. Meanwhile, homeopathy sees it differently.

In homeopathy, the *why* may sometimes offer useful information, but with the method of homeopathy that I teach, what is paramount is a conventional diagnosis and symptoms.

Yes, by using a garden- variety diagnosis, such as fibromyalgia or chronic fatigue, in conjunction with how the symptoms of these present, we inadvertently treat the root cause, without ever having to concern ourselves with which microorganism is at work.

We focus on the first layer of illness. I have noted time and again that the whys can often confound the picture because it's not certain that that particular spirochete is the cause of the condition.

I say, "Just the facts, Ma'am." Let's not muddle the situation by searching for a potential cause. We need to know *what* the person is currently experiencing. What are the *facts*? I want the conventional diagnosis, not the theory behind the cause.

Hence, if I am certain that I was bitten by a tick – I saw

the creature – then my immediate remedy is [Ledum palustre 200C.](#)

If a sufferer is 100% sure that they were bitten by a tick – they saw the little critter – then, their immediate consideration for a first-aid remedy is [Ledum palustre 200C.](#)

If they just received your tick bite – if this is a first-aid situation from a current bite – using *Ledum* can be both a prophylactic remedy (a preventative for bites and their potential microorganisms) as well as a corrective medicine.

On the first day that the actual tick bite is discovered, we generally take one dose every 3 hours. Then, take one dose twice daily for a week. After that, use it twice a week for a month, and then reduce down to one dose a week for another month. (The number of pills/drips per dose is printed on the outside of the remedy bottle.)

Important: If the bite happened in the past – meaning the condition is no longer a first-aid situation, but rather a chronic condition – we would *not* begin with several doses on the first day we begin to address the issue. Instead, *Ledum 200* is generally taken twice daily for one week to start. After that, twice weekly for a month, and then reduced to one dose a week for another month.

These distinctions are important, my friends. An older bite does *not* require several doses in one day.

Remember to scroll to the bottom of this page to receive your free remedy card containing this information in an easy-to-reference form.

My family has used *Ledum* for a myriad of bites from animals, ticks, and insects ... and it has worked every time. For over 30 years. Living on a working farm. For our pets and livestock.

And my clients and students consistently report the same.

Having this tool keeps me from worry. In fact, to be honest, I've never taken or given any family member more than just the first few days of *Ledum* and called it a day.

In my [previous Lyme Disease blog](#), I also discussed [Aurum arsenicum 200C](#) as an additional step (especially if the tick wasn't discovered immediately and there is clear association between the bite and disease).

Unfortunately, as of this writing, that medicine is now difficult to find. In fact, the only way I know to get it is reserved for my students and clients on a non-retail basis from an American pharmacy.

Instead, let me share with you my variation on this, which can serve as a second step. It may be used, in addition to giving *Ledum*. It is [Hypericum perforatum 200](#) mixed with [Arsenicum album 200](#), twice daily for a week, then tapering in the same manner as the *Ledum* method. I've not personally gone this far, but if you're freaking (and you needn't), you've got a second level of action.

By "mixed," I mean a dose of [Hypericum 200](#) is placed in the mouth, followed by a dose of [Arsenicum album 200](#) so that the pills are absorbed together.

While we've established that Lyme Disease is not new or voracious or even necessarily scary, having these remedies on hand during tick season is the best way that I can ensure my family's safety.

If you want to learn more about an upcoming Lyme Summit, where I'll be featured, please [click here](#) [Editor's note: The producers of this summit have since removed the recording, but you may still download one of my valuable infographics, entitled Chronic Lyme Disease.]

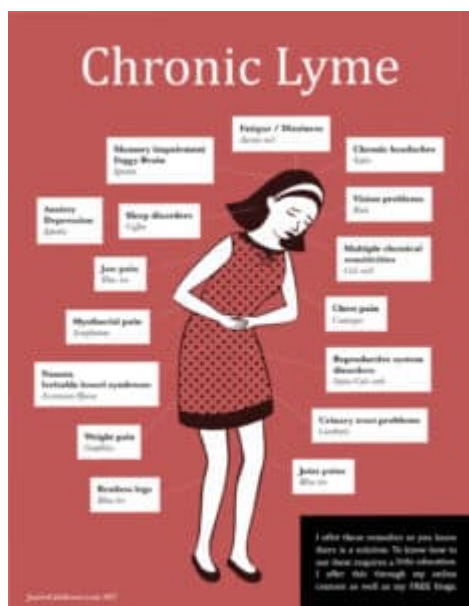
And remember, homeopathy is a method that has served humanity for over 230 years, regardless of identified or unidentified

microorganisms.

Warmly,



P.S. Want to know how to treat diseases we hope you never have to face? Diseases such as Rocky Mountain Spotted Fever or Ebola using homeopathy? Check out my [Survivalist Guide to Homeopathy](#). It's an entire course that took me years to compile and covers remote diseases and extreme first-aid situations.



Your personal copy of Joette's *Chronic Lyme Disease* infographic will be instantly emailed to your inbox.

Lyme Summit infographic

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Birthing Series Part Three: Baby Is Born, but You're Not Done Yet! Neither is Homeopathy



Your baby is here. But you're not done.

Next is the placenta as part of the afterbirth.

Usually, this takes place anywhere from a few minutes to half an hour after your baby makes his way into the family.

But sometimes, the uterus just may lose its inertia, and the delivery of the placenta can be delayed. This can be dangerous. If the placenta doesn't present correctly,

hemorrhaging can occur.

Just when you thought it was safe to put away your *Caulophyllum* – it's time to bring it back!

I remember years ago – it was my third year in practice – I received the most mysterious phone call.

“You’ve got to get over here right away!” a barely audible voice whispered on the other end.

“Well, of course ... but ... who IS this?” I said!

It happened to be a local midwife who was quite familiar with my educational work with homeopathy and wanted my advice. She was caring for a new mother who had just given birth at home.

It was an uneventful delivery. The baby was healthy and fine.

However, three hours had passed, and the mother still hadn't delivered the placenta. I headed over immediately as I knew this could be developing into a dangerous situation.

Pitocin, an allopathic medicine which is a synthetic form of oxytocin, had already been given. Oxytocin is the natural hormone that stimulates contractions during labor.

Pitocin is sometimes given after birth to help the uterus continue to contract and eject the placenta. But, needless to say, the Pitocin was NOT working.

When I arrived, the new mother was lying on the kitchen floor. At first, I was concerned she had fainted or collapsed. Luckily, it looked worse than it was, as I soon discovered that the mom was apparently just trying to stay cool by lying on the kitchen flooring.

Four hours had now passed since the birth.

The midwife had tried in vain to coax the mother to go to the hospital, as this was progressing into a more and more urgent situation as time continued to pass. But the mom was having none of it.

She exhibited not just garden-variety stubbornness, but incredibly intense stubbornness! She was NOT going to the hospital. End. Of. Story.

I discussed with the midwife that *Caulophyllum* is the appropriate protocol for a delay in placental delivery, especially given the display of overwhelming obstinacy. As you know, I am not a physician, so I cannot administer medication.

But the highly trained and licensed midwife agreed and administered [*Caulophyllum 200*](#).

I looked at the clock.

Within THREE minutes, the placenta delivered. THREE minutes.

[*Caulophyllum 200*](#) was completely successful at moving along the inertia of her uterus. A small homeopathic nudge triggered the body's natural response for the uterus to contract once again and deliver the placenta intact.

Finally, after hours of concern, the mother and baby could both enjoy the beginning of their lives together.

Homeopathy protected the mother and baby from a potentially dangerous condition. And with only one dose.

If that dose had not acted, however, another and then another would be called for; perhaps every 30 minutes or so, given the gravity of this particular situation.

Should you be interested in learning how to treat other conditions that are unique to girls and women of all ages, you might want to check out my course [*Feminopathy*](#), which

focuses on just that: The female condition.

[Please click here](#) to see the full syllabus for my *Feminopathy* course and read the testimonials of other women who have been helped by my Practical Homeopathy methods.



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Birthing Series Part Two: The Premier Remedy for Childbirth and a Few More



If only I had known about this one during my first birth years ago. It likely would have been a game-changer.

If I had known about this remedy back then, before I was a seasoned homeopath, I would have had regular productive contractions that did their job of birthing my son expediently. But no.

I labored for 39 hours.

Slow labor is common for first-time mothers. Stalls and reluctant-to-start labors can also be patterns that continue through all births for some women. But all this need not be.

Granted, we don't usually know what we're in for with each birth, so that makes it even more important to have this essential protocol on hand:

[Caulophyllum 30 or 200](#) taken every few hours when labor presents with weak, erratic, and irregular contractions.

Being older – 40 to be exact – and wiser for my next pregnancy, I took [Caulophyllum 6](#) once a day, every day, for three weeks before my expected due date. That labor lasted only 4 hours and I did it at home where I wanted to be.

Much better, right?

Homeopathy is the only medicine that can bring conditions to a whisper instead of a screech. It is also the only medicine that can change your body for the future, as though you're starting from a whole new level because the remedy uprooted the prior condition.

As proof of that concept, my last pregnancy (at 43) was one for the record books – at least for my record book!

My labor only lasted 1 hour and 50 minutes. I gave birth standing up...and at home again. (You may insert your applause here.)

Long labor is not the only vexing issue during pregnancy. So, while I consider Caulophyllum the premier medicine, it is certainly not the only one that you may want to have on hand during delivery.

Many expectant moms and midwives have found the protocols for pregnancy and labor that I offer in my course, [Feminopathy](#), to be especially helpful. [Click here](#) to learn more.

My [Survivalist Guide to Homeopathy](#) also features essential remedies for emergencies that present during pregnancy and postpartum.

Here are just a few:

[Chamomilla](#): for painful contractions when the woman is also

irritable; even abusive.

[Belladonna](#): for severe, hot, throbbing pains and the need to bear down even before it's time.

[Arnica](#): for pain, contractions, after birth, bleeding, and that overall feeling of being "beat up." I use this in 200 routinely during and after labor, regardless of symptoms.

I've also devoted a couple of other blogs to pregnancy issues in the past. I realize that when you're an expectant mother, you probably may already feel overwhelmed, so let me help make it easier with some clickable links:

Looking for help with nausea? This blog speaks to nausea in general, but specifically to [Tabacum 200](#), once daily, for nausea during pregnancy. There's also [Ipecac 30](#) for morning sickness. A couple of times daily until much improved is usually the best way to take it.

And don't overlook my [pregnancy cell salt regimen](#) to nourish mama and baby during pregnancy. I highly recommend your taking a moment to read through and follow it.

Genuine, non-medicated health is the best gift you can give to your newborn baby.

My mission is for you to benefit from all I have learned from my years of studies, my practice, my ongoing fellowship in Kolkata, India, as well as from my personal experience as a mother who counted exclusively on homeopathy.

What I ask of you in return is to share this information via word of mouth, sending folks to this blog, and your own testimonies of homeopathy's efficacy.

Warmly,

joette



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Birthing Series Part One: Turning a Breech Baby



It was the best of times; it was the worst of times.

Hmmmm ... I think that line's already taken, so, let me be more specific.

Giving birth can be both the most magical time and the most stressful time of a woman's life. Our bodies are changing by the moment, and any little out-of-the-ordinary pain or seeming delay can send even the most stoic amongst us into a tailspin of worry.

But there are women who came before us. Some women serve as emotional or educational support to enlighten us as to what to expect as we approach delivery.

But some women have taken it one step further by being pioneers in the medical field who have made delivery easier.

One such woman was Dr. Mercy B. Jackson (1802-1877). We touched on her contributions in our [Mother's Day tribute](#) to a few stand-out women of homeopathy. Having given birth to

11 children, Dr. Jackson was understandably drawn toward a specialty in Obstetrics and Gynecology.

One of her greatest contributions was discovering that *Pulsatilla* can be used to turn breech babies in the womb and to speed labor.

Without this discovery, many women would have been subjected to unnecessary surgery in the delivery room. I've personally witnessed this phenomenon and can attest to its efficacy.

Pulsatilla is a uniquely feminine medicine. As such, it can help with so many physical issues that arise during pregnancy, such as bladder infections and indigestion.

It can also be extremely useful during periods of extreme emotion, especially weepiness (or what I like to call, feeling like "emotional mush.") It can also help prevent a delayed labor.

If taken daily for the last month in an otherwise uneventful pregnancy, it sets the mother up so that when the time comes, her labor won't lag.

But one of its most amazing uses (as Dr. Jackson discovered) comes into play when the baby is breech. I have no better example to share than that of one of my staff members, so here is Carrie's story in her own words:

Two years ago, I was preparing to give birth to my third baby.

Having no need for interventions with my two previous homebirths, I proceeded to plan my third homebirth with the same midwife.

In the last month, I started to prepare for the birth: I purchased my birthing tub, attended hypnobirthing classes, and ordered any remedies I may need for the birth process – all in advance.

But at week 35, my midwife discovered that my baby was breech.

This threw my plans for a loop, as I was informed that unless the baby turned, I would not be able to birth at home.

I have always been a “good student” and immediately dedicated myself to the baby-turning methods described on Spinningbabies.com. I inverted myself daily, on an ironing board.

But the only thing that was spinning was my head!

After a week of practice, the baby still did not turn. I was getting anxious. That’s when I got the recommendation from Joette.

Alright midwives and expectant parents, get your pencils ready for this one: [Pulsatilla 200](#), twice daily.

That’s it.

You mean I don’t have to put myself through any uncomfortable positions or exercises?

Nope!

This is what I realize time and again about homeopathy: It is just so easy.

And as for my third baby? I got to deliver him at home in my birth pool, just as planned. In fact, I’m pretty sure I felt him start to move into the correct position after taking my second dose of Pulsatilla.

Certainly, a good reason to keep Pulsatilla on hand during pregnancy.

If you are a midwife or expectant parent, be sure you stay tuned for our next two birth-related blogs.

The next blog will cover what I call the “premier” birth remedy. It’s the remedy you’ll want to be sure you have in several potencies for labor.

Should you be interested in learning more about the unique role homeopathy plays in the life of girls and women, and how to make health corrections with my simple practical homeopathy, consider my online course [“Feminopathy.”](#)

We owe it to ourselves (and to the family and friends who depend on us) to take care of and protect our bodies.

This is Practical Homeopathy® – proven, reproducible, effective protocols specific to women’s special health issues. [Click here to learn more.](#)



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Mothers of Yesteryear



Mothers of Yesteryear

 Joette
Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

Take off those ghastly hats worn at the Women's March. Put down the signs that declare our taxes ought to pay for someone else's birth control, and cut it out that killing an unborn child is a woman's right.

Excuse me, but I find it all so petulant and immoral.

Instead, take a step back and look at what mothers, and women in general, were doing when the issues were real. You know, like taking care of children, taking care of their families and, when life allowed, taking the message out to mothers and others by opening medical schools.

Here are a few mothers who knew what was important, took charge, and did it. They are the *pioneers* of homeopathy who enabled us.

And what do you know. They didn't whine or need the odious

third wave of feminism to do it!

Here's what was happening a century or so ago:

When allopathic doctors were offering barbaric treatments such as bloodletting, leeches, mercury, and morphine, women went looking for safer, gentler methods. They were drawn to homeopathy not only because of its effectiveness but also because it considered the emotional and mental concerns of a person when selecting the correct remedy.

Their male homeopathic counterparts were, of course, drawn to homeopathy for the same reasons. But mothers then, just as today, needed *real* answers that were safe and effective for their families' health conditions.

To honor a few true heroes on Mother's Day, here are some of the stand-out women of homeopathy:



Dr. Mercy Jackson (1802-1877)

Dr. Jackson gave birth to 11 children and became a mother to four more. As a girl, she had dreamed of a career in the medical field. However, opportunities for women during the early 1800s were limited to being a nurse or midwife. By her mid-50s, Jackson had lost two husbands and several of her 15 children to illness and disease, which thus sparked her to return to her dream of receiving a formal education in medicine. She received her Doctor of Medicine at the age of

58. Her success with homeopathic treatments is legendary, most notably in her specialization of Obstetrics and Gynecology. In fact, next week, we will discuss one of her amazing remedies for childbirth in depth. Stay tuned!



Dr. Clemence Sophia Harned Lozier (1813-1888)

Dr. Harned Lozier opened the first homeopathic medical school for women in 1863 – the New York Medical College and Hospital for Women. Hers was the first hospital to offer a course in hygiene and preventative medicine. She felt that “woman was, by every instinct and aptitude of her nature, better fitted for the medical profession than man.” Kinda describes how I (and probably you, too) feel about mothers being in charge of their family’s health care.



Louisa May Alcott (1832-1888)

Yes, *that* Louisa May Alcott, the author of the beloved novel [Little Women](#). She was an advocate for homeopathy. If you haven't read it recently, you might enjoy the homeopathic references you may have missed when you read it the first time around. The character Jo treats the character Beth's scarlet fever with *Belladonna*.

She also treats her own headache with *Arsenicum* and an ankle injury with *Arnica*. In her later novel, "Jo's Boys," Nan, the main character, becomes a homeopathic physician! For historical reference, you might be interested in knowing that educated women of the last two centuries were noted for using homeopathy.



Dr. Dorothy Shepherd (1885-1952)

Dr. Shepherd was a British medical doctor who used conventional methods until she learned of homeopathy. In fact, she wrote several books that provide insight into her frustration with allopathic medicine and the solutions she found in homeopathy. She then instructed her staff in homeopathic protocols, especially for trauma and emergencies. She was known for recommending [*Calendula*](#) instead of conventional antiseptics. We now know that this remedy speeds healing controls bleeding and soothes pain, as well as performing as an antiseptic. Her advice holds true today. If you experience a cut, scrape, skin irritation or minor burn, don't head to the drugstore for a synthetic antiseptic. Keep [*Calendula Cream*](#) on hand. When your injury heals, remember to tip your hat to Dr. Dorothy Shepherd. Read her books. I've read them all at least three times and suggest you do the same. [Many of her books are available on Amazon.](#)



Mother Teresa (1910-1997)

Among her many accomplishments, Mother Teresa used homeopathy to treat the poor in India. That's what she was *doing* in Calcutta. She opened her first homeopathic medical dispensary in Calcutta in 1950, and her order, the Missionaries of Charity, still stand today continuing their missionary work.

These women contributed publicly and historically to advancing their own charities and the homeopathic movement, and they deserve our praise and respect.



YOU (2017)

Despite how busy you are, you continue to study, to learn, and to share your knowledge of homeopathy with others. YOU continue to treat your family, standing up to the pressures of conventional medicine and Big Pharmaceuticals. YOU are carrying the torch of the great women who came before you ... continuing to use homeopathy to make life better for yourself and those around you.

On this Mother's Day, recall your homeopathic achievements.

And I can't let Mother's Day pass without giving you a little gift. Allow me to introduce a new feature that I plan to include with each new blog post: **Homeopathic Remedy Cards**.

Just like kitchen recipe cards are at-the-ready when you need to pull out an appetizer for a surprise guest, so too, will your remedy cards be ready for reference when a surprise illness or injury stops by.

Enter your name and email below to download your **FREE** remedy card containing this week's featured remedy: [Calendula](#)

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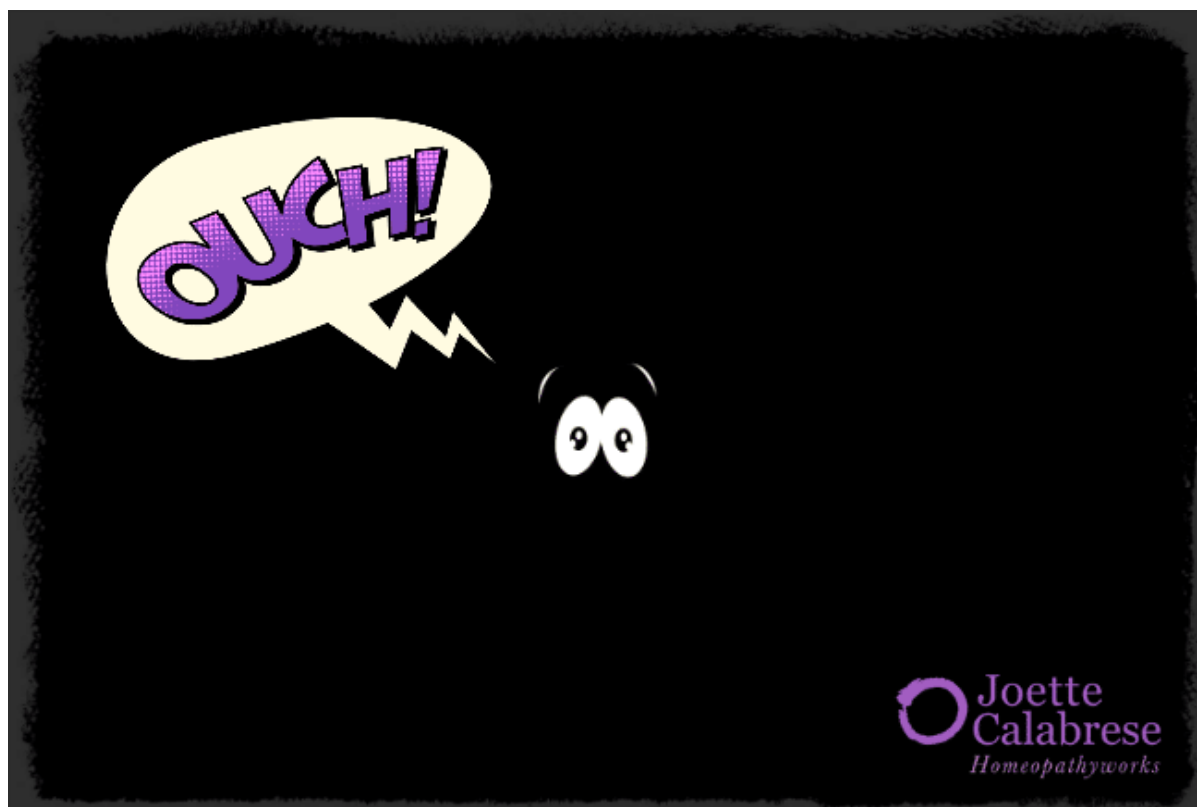
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Ouch! My Back, Joint and Bone Pain is Killing Me!



If you never experience pain in your back, joints and bone don't read this.

But if you do, consider it a valuable tool in finding the homeopathic that will uproot the main cause, as well as the pain itself.

Whether from an accident, overexertion from work, play or even rehab, each of us knows all too well the physical and emotional stress of joint, muscle or back pain.

What sets us apart is how the pain presents. Learn how to determine this, and the homeopathic medicine that's indicated will become easy to choose. You'll find this below.

Over three decades ago, I chose to treat my family with homeopathy rather than turn to addicting and *dangerous* prescription medications.

Homeopathy provides a gentle approach to reducing or eliminating pain – whether from mild injuries or conditions

or from those that require medical attention.

The best part is that homeopathy does more than just reduce pain; it moves the condition forward at a speed that is often unexpected, while also protecting against degeneration.

This means that it sets the body to work so that the condition lasts for a shorter period of time and the suffering is less intense, thereby calming the overall state of being; even better, this is all accomplished with natural medicines that are *not* synthetic or patented.

You may use more than one medicine. Indeed, if two are clearly indicated, then alternate between those two. That is, you might choose *Arnica* 200 to be taken at noon and *Rhus tox* 30 at 1 PM, then return to *Arnica* 200 at 3 PM and *Rhus tox* 30 at 4 PM until there is identifiable improvement.

Once improvement is established, open up the amount of time by a few hours. We're always looking for that sweet spot in time where the homeopathic can do its most efficient work.

[To learn more go to my Podcast 12.](#)

[Arnica montana](#) 6, 30 or 200

So, you went to the gym and overdid it. Or perhaps you were just walking along, minding your own business, and the sidewalk jumped up and tripped you! (At least that's your story, and you're sticking to it.)

Arnica montana (mountain daisy or leopard's bane) is my go-to remedy to relieve the joint and muscle pain that is sure to follow overexertion or falls. It's also a beautiful medicine to use as part of recovery from surgery. An added benefit is that *Arnica* also reduces bruising, which comes in handy for the klutzy amongst us.

[Bryonia](#) 6, 30 or 200

Joint pain is especially ... well ... *painful*, as even the tiniest movement of the joint can cause excruciating pain! Sometimes, the only relief comes from being completely immobile. Unfortunately, remaining completely still over the course of the day is all but impossible in the real world. *Bryonia* (white bryony or wild hops) is specifically helpful for this type of pain. Also, if your pain feels improved by applying pressure to the area, that's a good clue that *Bryonia* can help.

[*Hypericum perforatum*](#) 30 or 200

Injuries to the back are so common and taking prescription drugs to treat this pain has reached epic proportions. Lower back pain with shooting pains running down the nerves' paths can be especially difficult to treat. For all nerve-related pain, choose *Hypericum* (St. John's wort). It not only works for this type of back pain, but also pain resulting from aggravated nerves. Think of it when you have dental work or a puncture wound where nerves may be affected, or especially any injury to the nerve-rich areas of your fingertips. Consider *Hypericum* as "the *Arnica* of the nerves."

[*Rhus toxicodendron*](#) 6, 30 or 200

For those times when your joints are debilitating, stiff, and painful when you've been resting for a while, don't rely solely on making grunting noises like your grandpa did as he got moving after too much gardening. Instead, reach in your kit for your *Rhus tox* (poison ivy). It's also brilliant to have on hand if you are in physical therapy ... when joint pain is intense at the beginning of the session but lessens as the joints "warm up."

[*Symphytum officinale*](#) 6, 30 or 200

Bone injuries can certainly be extremely painful as well. *Symphytum officinale* is for any bone injury, bone bruise or even skull trauma. It not only relieves the pain but also

assists in healing after a break or fracture has been reset. It's a sterling choice for arthritis and achy joints and is a great accompaniment in 200 to *Rhus tox* 30 for not only arthritis but pains of muscles and tendons.

Join me in learning how to deal with pain of the joints, muscles, bones and back by choosing homeopathic remedies rather than addicting drugs. These gentle, scientifically studied medicines can help you minimize pain without risks.

I've posted a short YouTube video of me explaining this information. I hope it helps you decide which remedy would best suit you and/or your family. I invite you to check out the video (and all the other helpful videos on my YouTube channel) here:

If you buy any of these remedies directly from Boiron, you'll save 20% on your purchase by using the code **Joette** during checkout.

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', with a large loop at the end.

P.S. If you find this helpful, I'm certain you'll find my other blog articles helpful, too. I've been publishing this blog for nearly 9 years; many years of practical homeopathic methods for you to learn today and use tonight.

If you don't find the help you're looking for here, try Googling my name and the condition, as I've authored numerous articles for other blogs and journals as well.

Access to these is always free and available for you to share with your friends and relatives.

In fact, that's all I ask: if you find benefit from this information, please share it with others.

Joint, Muscle & Back Pain

Ouch!

 **Joette
Calabrese**
Homeopathyworks



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

[Click Here To Get Your Card](#)

Get Ready, Get Set ... STOP Smoking!



A mother is only as happy as her unhappiest child.

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety...depression...bipolar...OCD...learning disorders...brain

fog...PTSD...addictions...dementia...

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. [Click here and read more.](#)

This infographic contains some of my favorite remedies that I guarantee you'll use.



Confession: In my late teens, on and off, up to about 30, I smoked.

At one point I was smoking a pack a day. It was stupid.

But I know how difficult it was to stop, even having smoked for just about 10 years.

As I recall, the way I stopped was to take a shower when the urge came on (which was always worse in the evenings. Some nights, I took more than one shower.)

At the time, I wish I'd had a little help beyond my wimpy willpower. Homeopathy would have been welcome, had I known about it.

The body is always seeking homeostasis. Do not think for a moment that it won't benefit you if you quit smoking now.

So, if you or a loved one are ready to make a change, homeopathy can help alleviate some of the more unpleasant aspects of the process.

Once you decide which medicine is best chosen, it can usually be taken between 2-4 times daily. Always start with fewer doses and see how well it goes. If it's not helping enough, increase the frequency.

[Nux vomica 30C](#)

Serving in its role as the “overindulgence” remedy, *Nux vomica* (poison nut) can help relieve the irritability, nausea, and digestive troubles that can go hand-in-hand with smoking cessation.

[Lobelia inflata 6C](#)

If you find that you're experiencing a great deal of nausea, *Lobelia inflata* (Indian tobacco) can provide relief during the withdrawal process.

[Argentum nitricum 30C](#)

Don't be surprised if you experience a level of anxiety after you stop smoking. It happens. *Argentum nitricum* (silver nitrate) can address those feelings of apprehension and anxiousness ... a feeling as though you're sped up.

[Ignatia amara 30C](#)

One more helpful remedy to have in your arsenal during this very nerve-wracking time is *Ignatia amara* (St. Ignatius bean). Reach for it if you experience hypersensitivity to pain, or smells, or simply stress – especially if your hypersensitivity seems lessened when you are distracted.

Ignatia amara will help you get through times when the process may seem all-encompassing.

Hopefully, just by *knowing* that these remedies are here to get you through the rough patches, you'll have the motivation to stop smoking today. It's all about being well-armed. So, put your dukes up!

If you have a loved one whom you have been encouraged to stop smoking, please share this short YouTube video that I posted: <https://www.youtube.com/watch?v=qDdFuTauxmw>. It contains this same information but watching it might be the boost that's needed.

By the way, if you buy any of the remedies mentioned in this article directly from Boiron, you'll save 20% on your purchase by using the code **Joette** during checkout. And that's on top of all the money you're about to save by not buying cigarettes!

Warmly,

Joette

P.S. Are you ready to get serious about learning to count on homeopathy for your and your family's health? Consider starting a study group in your home including friends online. Learning and sharing with others is the needle-mover you need to get going. It's a lot easier and less expensive than you think. [Click here to learn more.](#)

Ditch the Drugs and Use Homeopathy for Insomnia



A mother is only as happy as her unhappiest child.

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety...depression...bipolar...OCD...learning disorders...brain
fog...PTSD...addictions...dementia...

Homeopathy has a history of uprooting these conditions.

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This infographic contains some of my favorite remedies that I guarantee you'll use.



You're sleepless. Again. Lying awake. All night. And whoever suggested counting sheep is on your last nerve right about

now.

You have so much to do tomorrow!

It's going to be a stressful day.

The annoying thing (and you know this has occurred to you in the wee hours of the morning) is that both stress and sleeplessness go hand in hand.

Your busy days create stress that causes your sleepless nights. And your sleepless nights cause you to be less effective during the day, creating more stress. It's a vicious circle, right?

Let's break this cycle together.

First step? Try to precisely identify your specific symptoms, as sleeplessness and stress can cause various reactions in each individual that respond to different homeopathic medicines.

If this is a chronic condition, the medicine you choose from below is often taken twice daily for weeks or even months. If, however, insomnia seems to show up here and there, then the medicine you choose from below may be taken at the time of the event – that is, before bedding down, if you know it's going to happen, or whenever it's clear that it is going to be one of those nights.

[*Aconitum napellus* 200 or 30](#)

Feeling panicked or fearful? Is your heart beating fast? *Aconitum napellus* (monkshood) is a medicine for a panic reaction or any shock to the system. It addresses that restlessness or feeling of dread that keeps you awake, whether your fear is a storm outside or even a fear of the dark at night.

And don't be hard on yourself. Even though you know there's

no monster under your bed; sometimes it just feels like there is.

[Coffea cruda 200 or 30](#)

Are you fretting about something – even something wonderful? Perhaps you have an exciting trip coming up, and you're running through your packing list over and over. Or perhaps you have a million and two things to do in the morning, so your brain is racing, or even just too busy.

Are you hypersensitive? Does every little ache in your body magnify by a hundred times? *Coffea cruda* (coffee bean) will help.

For those who don't understand how homeopathy works, I can hear you saying, "No! A remedy from COFFEE will help me sleep???"

Yes, this is exactly why it does work...because it's been diluted 200 times to the hundredth power.

[Gelsemium 30](#)

But what if you're sleepless because you are just downright apprehensive about something coming up? Stage fright. Pressure stress.

Are you nervous about a deadline or a presentation at work or is your child afraid of a school play or a test or a big game?

Gelsemium (yellow jasmine) will provide relief from the symptoms of general weakness, a blank mind, trembling or headaches, allowing you to sleep. (And your performance is going to be GREAT tomorrow, by the way. I just know it!)

[Ignatia amara 30 or 200](#)

Sometimes sleeplessness can stem from grief, overthinking,

worry, effects of an argument. While grief is a natural part of life, it can keep us in its grips to the point that we need a gentle stimulus to overcome it. *Ignatia amara* (St. Ignatius bean) is that stimulus.

If you're experiencing emotional stress with hypersensitivity to smell or to pain or if you find that your symptoms can be temporarily improved by some sort of distraction (playing solitaire endlessly or binge-watching old "I Love Lucy" reruns), then those symptoms will be soothed with *Ignatia*.

For a more in-depth understanding of the use of this amazing medicine, go here <https://joettecalabrese.com/blog/homeopathic-remedies/post-traumatic-stress/>.

[Kali phosphoricum 6 or 30](#)

Have you done too much? Sleeplessness can sometimes occur after either physical or mental overexertion; such as too much study. It seems like you should be able to fall asleep more easily if you've done too much, right? Instead, you're lying awake even though you're fatigued.

Kali phosphoricum (a cell salt called potassium phosphate) to the rescue! It may help to calm your mind and allow you to drift off. It's perfect for the overworked student who can't sleep.

I've posted a short YouTube video aimed at helping you decide which remedy would be best for you or your family. I know sometimes videos go by quickly, so hopefully, this post can serve as a handy guide. But I invite you to check out the video (and all the other helpful videos):

<https://www.youtube.com/watch?v=Qdk1uMV34CY>

I also want to help subtract from your list of things to

lose sleep over. If you buy any of these remedies directly from Boiron, you'll save 20% on your purchase by using the code **"Joette"** during checkout.

Some Homeopathics Specific for Joint and Muscle Pain



Joint pain is no joke. If you suffer from it, you know what I mean.

For many of us, joint and muscle pain becomes all-too-common as we age, whether due to a lifetime of stress and damage, or an injury or disease.

I'll bet you assumed that this level of joint pain would be

reserved for our old age.

Not necessarily.

Whether you're experiencing arthritis pain with stiff joints or joint and muscle pain from overexertion, below is a list of some remedies, and the specific symptoms they address.

When using low potencies such as what I'm offering here today, they may be taken pretty frequently until improvement ensues. Then less frequently as the pain eases up. Every 15 minutes is not unheard of.

[Bryonia 6C](#)

Have you ever felt joint pain so severe that it gives you only two choices: remain completely immobile or scream? Unless you've been through this yourself, you may not understand how much even a slight movement can trigger it.

Bryonia to the rescue! It can relieve this type of joint pain, as well as pain that improves when pressure is applied.

[Dulcamara 6C](#)

Did you know that where you live can contribute to your joint pain? If you live in a mountainous region, or wherever the air is seasonally cold and damp, your joints can easily become stiff and painful during the winter months.

Dulcamara is the ideal remedy to help your joints combat the elements. In my area of the Great Lakes, we depend on it.

[Hypericum perforatum 30C](#)

Sometimes, instead of being achy or stiff, joints can experience sharp pain – nerve pain that travels the nerves' path. Have you ever had a lovely walk cut short because of a sharp pain in your hip or knee joint that radiates out with

a burning nerve?

How aggravating is that?

Because now you have to walk all the way back home – fighting through all that pain! Next time, maybe you should slip some *Hypericum* in your pocket before you go ... just in case. *Hypericum* (St. John's Wort) addresses that nerve pain and can be a true lifesaver.

I also like using this one in 200 potency as well.

[Rhus toxicodendron 6c](#)

Have you ever tried to get out of the car, but your joints were so stiff that you had to just sit there for a while until you could gradually exit your vehicle?

Suuuure ... you pretended that you had to wait because the talk-radio host was just about to make his point, but in all actuality, you knew that you just couldn't move quickly.

That is the time for *Rhus tox* to help relieve muscle and joint pains that appear after having been immobile but respond well to slow movement. *Rhus tox* also of great use in 30th and 200th potency.

With this list of symptoms and remedies, you are now well-armed to fight joint pain. You're too young to sit and suffer, no matter your age!

Keep these remedies on hand, and the next time pain tries to sideline you ... you can "get them joints a-jumping!"

I've posted a short YouTube video containing this same information, aimed at helping you decide which remedy would be best for you or your family.

I invite you to check out the video (and all the other helpful videos on my YouTube channel) here:

https://www.youtube.com/watch?v=m7kE_0Tpt-0

Remember: If you buy any of these remedies directly from Boiron, you'll save 20% on your purchase by using the code **Joette** during checkout.

**How Often to Repeat the
Medicine: I Homeo-texted and
Got What I Deserved ... “Thank-
you, Mom”**



The text read: "Mom, super weakness, deep coldness, shivering in bed, nausea, chest feels hollow and weak, like bronchitis is coming."

Whack! Here comes an acute illness.

By an "acute," I mean a condition that does not reoccur frequently; one that has a distinct beginning and end. Colds, flu, and bronchitis are perfect examples of acute illnesses.

In an acute illness, one might repeat administration about every 3 hours, or if severe, even as often as every 15 minutes.

So for example, if plagued with the flu and the person cannot rise from bed, the medicine could be administered that often (every 15 minutes), especially at the onset.

Now you're looking for clues to show improvement ... *any* improvement, such as increase in energy, return of color to

the face, less angst, ability to fall asleep, decreased nausea, a less debilitating cough, etc.

If you're pretty confident that the medicine you've chosen is correct, then stay with it until there is marked improvement. This could occur after a few days or as little as a few hours.

Generally, for influenza or a bad cold, a small improvement is often seen within several hours.

When the illness is not so severe, the medicine is administered with a larger space between each dose, though it could still take a few days to note a positive change.

If there is absolutely no lessening of severity and/or duration of the symptoms, then stop administering the medicine.

In this case, it's time to begin a new remedy. You'll be choosing the next medicine based on what is most prominent NOW; not what you started with, but what symptoms are most pressing at the moment.

They may have indeed changed, so don't get stuck on the idea that you're treating penetrating weakness just because it was there at the onset of the illness.

If it's no longer the most debilitating symptom and something else has essentially taken its place instead, that's when you make an addition to the remedy schedule.

You want a homeopathic that is specific to the newest, *most pressing* set of symptoms.

By and large, however, if there is improvement (even if it's nominal), stick with the initial remedy. As the person improves, don't stop; simply continue its use until the illness is over.

Now you'll likely need to administer the medicine less frequently.

Keep observing.

This doesn't mean you bombard the ailing individual with questions. Instead, watch, listen, note changes in attitude, energy, appetite, thirst, discomfort and other such behaviors.

These are your tools to determine whether the medicine you've chosen is correct and how often to repeat.

A rule of thumb: in acute illness, sleep is often an indication that you've chosen the correct medicine, so stay with it even if the person wakes to a return of the symptoms.

No worries. It's simply an indicator that it's time to resume the schedule again.

Another rule of thumb: The more severe the acute symptoms are, the more frequent the repetition of the remedy.

So when my son texted me that he had become sick on his trip overseas, I responded with "[*Nux vomica* 30](#) (or 200) every 15 minutes, [*Aconitum* 200](#) taken at the same time as [*Bryonia* 200](#) (a Banerji Protocol), alternating with *Nux vomica* every 15 minutes."

Within 2 hours, he texted back that there was some improvement to which I responded, "Stay with it. And stay in bed."

A few hours later, he reported the first group of symptoms was fairly improved but that his bones and joints were quite painful and he couldn't get comfortable in bed.

"Replace the previous schedule with [*Rhus tox* 30](#) or 200 every 15 minutes."

His next text didn't come for many hours (which drove me nuts! After all, he was halfway around the globe) but when I received it, he said he had been sleeping and the previous symptoms had improved by about 60%, but now he was super nauseous.

However, his chest no longer had the feeling as though he was getting bronchitis and the weakness had improved.

I must admit, however, that I made a poor judgment call. We should have stayed with the original schedule that included *Nux vomica* and simply added in *Rhus tox*.

But since I hadn't done that, I simply returned to *Nux vomica* 30 (or 200) every 30 minutes. He took this with an occasional dose of *Rhus tox* when the aches and pains returned, but mostly, he slept.

By the following day, he was not 100% but well enough to rejoin his friends and forget his 24 hour-ish illness.

He texted a grateful: "Thanks, Mom"

To recap:

1. During an acute illness, find the medicine that best suits the condition.
2. Repeat more frequently if severe, especially at the onset, and less frequently as the condition improves.
3. Change medicines if the symptoms change and don't be afraid to return to the medicine that worked in the beginning.
4. Require a "thank you" text from your son!

That, my friends, is how you repeat a medicine in an acute illness and remain relevant in your adult child's life.

Warmly,

A handwritten signature in black ink, appearing to read 'pette'. The letters are cursive and fluid, with a large loop under the 'p'.

P.S. Shhh... Don't tell him about the relevancy part, ok?