

Holy Cow! Blood Poisoning!



If I could just draw a picture that depicts how busy I have been lately, you would likely see an image of me wearing track shoes, sprinting through a web of family, clients, and projects involving my mission to spread homeopathy to families.

As I sprint, I would be juggling my new waterproof laptop (I spilled tea on my last one), my homeopathy kit, my calendar, and of course, a glass of raw milk.

But when it is time for bed, I sleep soundly as I recharge for the next day.

So when my employee and friend, Paola texted me just shy of midnight with an emergency situation, I didn't notice the text until 5 am the next day, when I arose with my metaphoric track shoes and juggling gear.

When I heard of her situation that morning, I was not worried. But she was.

Paola lives on a little homestead, far from medical care.

Apparently earlier the day before, she had gotten a minor superficial scratch on her hand. No worry, she thought, but towards the afternoon, her hand was causing quite a bit of pain.

Because she had taken my course [The Survivalist's Guide to Homeopathy](#), she knew the correct protocol to administer if there was a painful cut of that nature, so she took a dose of *Hypericum* 200 and thoroughly washed the wound.

She went about her busy day (she has her own pair of track shoes and juggling set, which includes 3 home-schooled kids and her own glass of hand-squeezed raw milk). But as she went to bed that night, she looked at her hand: a red streak was descending down from the cut and it had reached her wrist.

"I naturally went onto Google," she later told me, and according to some sites she was likely witnessing the beginnings of sepsis or even a tetanus infection: "If your cut involves rusty metal," (it did) "dirt," (yup) "and manure" (right again), "then you should seek medical attention immediately as this is likely a serious life-threatening infection of *Clostridium tetani*, or tetanus."

Holy (raw milk) cow! she thought.

Suddenly she couldn't think straight. Being well-informed on the dangers of antibiotics, and wanting to avoid a tetanus vaccine, if possible, she tried to think of the correct protocol.

What WAS the correct protocol for a situation like this???

She was sure that somewhere in the corners of her mind, the information about which remedies to take for this situation was there...but she just couldn't remember it.

The mounting panic had overrun her ability to think clearly.

So then came her frantic text to me, "Joette, are you awake? I have a cut with a red line going down my hand ... very worried here. Looks bad and infected ..."



While the line looks faint in the photograph, it was much more pronounced in person

No response. I was sound asleep!

She was so scared, you can even see the blue pen mark she made on her hand, hoping to be able to see if the line increased in length.

So what did she do?

She began to think about who in her homeopathy study group would be able to help her. One of our study group members in particular—Sherri—came to mind.

Sherri also lives on a farm and is a seasoned mother of three boys who always seem to get some sort of potentially serious injury. Sherri is pretty well versed in first aid and homeopathy.

Within minutes of sending the frantic text, complete with photos, Sherri responded.

“When we get cuts like this that have a line going down, we use something I learned in one of Joette’s blogs. It’s *Hepar sulph 200*.”

The two women discussed the situation further, and in the end, the following protocol was administered:

Hypericum 200 mixed with Arsenicum album 200, a Banerji protocol that I teach for certain infections. They decided to follow this with Hepar sulph 200 fifteen minutes later.

Paola also rubbed Calendula cream on the wound. After, of course, having cleaned it thoroughly.

Unable to sleep, Paola stared at her hand for the next two hours and dosed herself one more time before collapsing into sleep. She remembers that the pain had decreased just enough to allow her to slumber.



By morning, her hand looked significantly better: It was oozing puss and purging the infection. The red line was virtually gone! So was the pain! In less than 8 hours!

Paola reached for her phone and saw that I had texted her back in the wee hours of the morning.

I sent along the same remedy schedule her study group mate Sherri had learned from me years ago.

Had that red line not improved, I teach in my courses to use Pyrogenium 200, every 3-6 hours. And of course, it may require medical attention, but in my experience, if used soon enough, it often doesn't.

But she wrote: "Joette, thank you for the reply. The remedies I took last night must have worked as the line is now virtually gone. So is the pain. 😊 😊 😊 "

Now I am launching my new [guided study group curriculum](#). This story illustrates one of the most wonderful aspects about being a part of a guided study group.

Support.

Community.

Knowledgeable moms and grandmoms helping each other.

I wish I could respond to every inquiry. But I, too, need to sleep! What Paola had at her disposal was a choice of her own knowledgeable group of friends who use homeopathy and have experience with it.

Busy moms don't know every single remedy and protocol there is. But when your family contracts strep throat, and you come to know the strep throat remedies and experience, you become the 'strep throat mom' of the group.

Then if you are like Sherri, and have a band of boys who find their way to injuries, you become the "first aid mom."

Imagine a group of 10 people who each have their own experiences using homeopathy for both chronic and acute conditions. Or a group of moms who are focused on learning in this fashion so that they can *become* an expert in their little world of health issues.

This is a powerful force of healers! Whether you're a seasoned homeopathic mom, or new to it, this guided curriculum and organizing your own group is probably just what you're looking for.

Why would someone who already knows and uses homeopathy be interested in putting together such a group? Because included in the curriculum are Banerji Protocols and practical tips that are not found in other homeopathy books. And the best way to immerse yourself in a subject is to study and bring others along.

Why would someone who is new to homeopathy be interested in founding a group? Because comradery is key to taking on a new subject.

This is what spurs me on to teach homeopathy. I want my students to have the ability to create their own little

world of healers, which is why I am encouraging moms and grandmoms to start their own study groups using my new [guided study group curriculum](#).

I wrote this curriculum with the busy, juggling mom in mind—track shoes and all. I have created what I wish I'd had when I was raising my young sons and was just learning homeopathy.

Actually, I did start my own [study group](#) many years ago, and it was an incredible blessing in my life and the lives of my friends.

If you have friends who want to heal their families, this idea, this [curriculum](#) is for you.

What You, Cows and Worms Have in Common: Cina!

Hi there lovers of homeopathy, both big and small! Buster (The Bad Office Dog) here.



I've been itching to tell you about a great remedy that a fellow animal-loving friend of mine, Sherri Maines, uses for her herd.

Sherri lives on a farm and loves farm animals, just like me! However, there's something NONE of us like, and that's parasites and worms.

But fear not! Whether you're bald and bare or bristly and bushy, Sherri has just the right remedy for those suffering from this keister remedy!

Take it away, Sherri!

Thanks, Buster! When my husband and I bought our farm and moved out of the city into our old farmhouse, one of the first things on our list was to purchase our very own milk cow. Nothing stirs a homesteader's heart more than being able to raise your own raw milk or grass-fed beef.

So Pansy joined our farm – a bottle-fed dairy cow – who arrived one evening at suppertime.

We had been using homeopathy for our family for several years and had seen wonderful results. Learning to use it on animals was not much different. We bought a few books on treating cows homeopathically and gleaned as much as we could from Joette's blogs and her other resources.

We liked the fact that homeopathy has a track record of being gentle and safe to use at any age, whether treating a person or animal.

It is with that understanding that we approached the health of our animals, and today – as Buster explained – I'd like to specifically talk about deworming.



De-worming is an important issue because after all, our cattle are providing our very subsistence. But we needed to de-worm our herd in a simple and effective way. Farm life is busy enough – cows give birth with little warning, bulls sneak out of pastures, pigs discover a break in the fence at 2 a.m., hawks attack the turkeys, and an endless season of rain falls, which is then followed by a 2+ year drought!

So when it came time to de-worm our cows, we most definitely needed something that was simple to use, effective, and safe.

The beauty with homeopathy is that it does not actually work as a vermicide, or like an agent that actually kills the worms, but it does change the environment of the stomach and intestinal tract of the animal (or person) to be unsuitable for the *development* of worms.

For us, this is a “win-win” situation, as it is better for the cow, chickens, environment, and ultimately, our overall health. As usual, homeopathy trumps them all!

For Pansy, we chose the homeopathic remedy, [Cina 3C](#), because it is a main remedy in deworming, and is part of a Banerji Protocol that Joette teaches in her “[Good Gut, Bad Gut](#)” course. Note that although the course indicates one should

use 3X or 6X, we only had 3C on hand, and this potency worked fine for our cows.

Even though we started with just one cow, before we knew it, we had a herd of about 20 cattle to treat. But no worries with homeopathy! To treat the whole herd, we simply put a few pellets of *Cina* 3C in a clean glass jar.



After dissolving, we shake the jar vigorously several times, pounding the jar against the palm of our hand. This incorporates the remedy throughout the water in the jar. Once we've completed this process, we give it to the cattle. We do this once a day for three weeks in the spring and fall, and then we're done!

There are no complicated formulas, no animal weights to calculate, and you don't need to "pump and dump" good milk after treating a cow with homeopathy, as often is the case with drugs.

Homeopathy is unlike any other system of medicine. It does not leave a chemical residue in the animal, nor does it build up in the tissues. It doesn't suppress and cause the

disease to come back even stronger the next time.

Like Joette says, homeopathy works with the body's own defense system, enabling it to heal itself.

We NEVER had any issues with worms in our herd ... it was simple, fast, economical – and that's why we love homeopathy on our farm.

Now here is the kicker: with homeopathy, if an animal or human presents the same set of symptoms, you can likely treat them with the same homeopathic remedy!

I know, it's a lovely topic to read about, but I imagine one would want to know all the details should they find themselves in this unfortunate predicament.

On the farm, because cattle in a herd typically get parasites due to the proximity of their pasture mates, we routinely apply this same protocol every six months: once in the spring and once in the winter.

Isn't that great information?! Thanks, Sherri! The guts of both my four-legged friends and two-legged friends will also thank you!

-Buster (The Bad Office Dog)



P.S. Joette tells me that she covers parasitic infections and other important conditions that can be used for both humans and animals in her courses and weekly blog. Be sure to check them out!

Gutted Garden



Gutted Gardens

I've been opposed to pesticides for a long time.

Don't get me wrong; I won't deny that there's a time and a place for them.

When human health is endangered by the likes of rat infestations, malaria outbreaks or similar occurrences, I concede that pesticides may be the lesser of two evils.

But when it comes to merely *aesthetic concerns*, I think the price we pay is way too steep for the supposed value

gained.

Do we really need sterile-looking, weed-free lawns and gardens? If we don't have the time to pull up weeds by hand, couldn't we just let them stay?

What's wrong with natural beauty?

Back in the 80s, I started a movement – *Mothers and Others for Pesticide Alternatives*.

In the beginning, I was the only member, but that didn't stop me from getting a lot done! My campaign against unnecessary pesticides resulted in Buffalo, N.Y. making the national news as the first U.S. city to take a stand against the use of harmful pesticides.

However, this success wasn't achieved without personal tragedy – I was inspired to start the movement after I suffered a miscarriage due to pesticide exposure during my pregnancy.

Additionally, my father had heart palpitations every year immediately after pesticides were applied to the lawn near his office. Eventually one spring, following the annual application he suffered a cardiac arrest.

The long- and short-term health consequences of pesticides are far too many to address in the scope of one blog article, and there's plenty of information out there that's just a quick Google search away, so I encourage you to read up on it for yourself.

Today I'd like to alert you to just one negative consequence of one of the most ubiquitous pesticides out there – Glyphosate: found in products such as Roundup, one of the most commonly used herbicides.

It is ubiquitous in our environment due to its presence in most of the foods that we eat and in the sprays our

neighbors apply to their lawns.

Glyphosate kills plants by interfering with the synthesis of amino acids, specifically by inhibiting the plant enzyme EPSP synthase.

Glyphosate is generally claimed to be safe because humans don't produce this enzyme, but guess what? Many of the beneficial bacteria that live in our gut do—and can't survive without it. So as a result, glyphosate has been accused of killing off helpful bacterial strains like lactobacillus while leaving harmful ones like clostridia to dominate.

Lovely, isn't it?

Suffice it to say that glyphosate is bad for you. Very, very bad for you.

So let me summarize:

If something sucks away your nutrients, kills your gut bacteria, and then reduces your ability to detoxify and digest, you most definitely are left with something that hurts your gut. And recent science has indeed confirmed these suspicions.

Think gluten and other food intolerance, IBS, Crohn's disease, chronic inflammation, autoimmune disease, allergies and other immune problems.

I specialize in GI problems, immune system problems and allergies, so this subject is of particular interest to me.

Hence, I'm grateful that there are homeopathic remedies that address the conditions arising from gut problems, uprooting the illnesses and undoing the damage.

In fact there are so many remedies and protocols associated with this topic that I did a four-class course on the subject: [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot](#)

Seemingly Unrelated Illness in Body and Mind.

In the meantime, here are links to my favorite method for when one has an acute reaction to pesticide application, such as when your neighbor just had his lawn sprayed.

<http://joettecalabrese.com/blog/articles/3-homeopathic-remedies-for-pesticide-exposure/>

<http://joettecalabrese.com/banerji-protocol/podcast-9-the-worst-kind-of-pollution-2/>

Buy What You Think You'll Need, Then Buy a Few More!



From an early age, I was enamored with fabrics and sewing; I made many of my clothes in grammar school and high school. I worked in a fabric store and could barely resist purchasing textiles I later came to realize I'd probably never use.

Today, and for the last 30 years, my passion is homeopathy. I've come to recognize that a true investment is not one made for my own pleasure, but for the overall well-being of my family.

I know you understand because we share the same burning desire to take care of our families by using the most effective medicine we know: homeopathy.

I'm often asked which homeopathic remedies most families should own. My answer is that it depends on the following factors:

- How much knowledge of homeopathy the family has
- Their level of passion and commitment to the use of homeopathy
- How much their budget allows for homeopathic healthcare
- The types of illnesses and injuries they're currently experiencing, or are likely to encounter in the future
- The ages of the family members and where they live. For example, if you're raising six kids in the countryside, I would recommend owning particular remedies that are specific to a broad array of scenarios including animal bites, farming injuries, insect bites, etc. I would also recommend owning a healthy selection of homeopathics that cover infancy and early childhood diseases as well.
- While large city dwellers might have access to pharmacies and health food stores, they too ought to

own remedies that cover those unexpected illnesses occurring in the middle of the night. It's much easier to open the medicine closet knowing you have the right remedy for a child suffering from croup than it is to trudge into the cold dark evening with the hope of finding the exact one you need.

Given the low price of homeopathic remedies, I can't think of anything more reassuring than knowing you always have what you need on hand, whether treating a condition entirely on your own or administering a remedy on the way to the hospital.

Homeopathic medicines may have expiration dates written on the label as required by the USFDA and other governments, but when properly stored, they will actually last for years (decades even!) I own homeopathic remedies manufactured in 1918 that are as effective today as they were back then. I know, I've taken the pills from those very bottles and used them.

I have them proudly framed in my office. This is quite impressive because it means these medicines are an investment that can be passed down from one generation to the next. "Here Honey, take this [Belladonna 30C](#). It's from the bottle Great Grandpa bought when Grandma had a fever in 1946."

In my mind, this qualifies as one of the most valuable investments a person can make.

Where to start? Let's begin with cost. It's a greater bargain to purchase homeopathics in kit form. The more remedies there are in a kit, the lower the cost per bottle becomes.

The kit we sell in my office is just like the one I purchased for my family nearly 20 years ago.

I still own it, and would never travel without it. Originally, I purchased it as my mainstay, at-home kit but soon discovered I wanted to save it for road trips and international travel so I was always assured I had what I needed, no matter where I happened to be.

That's why I suggest that all families own a kit of at least 100 everyday remedies in a 30th potency. From there, I advise purchasing a kit that includes 200 potencies. Additionally, it is wise to own all 12 cell salts.

Once you've accumulated these underpinnings of self-care, the next step is to own those homeopathic remedies for more extreme situations.

When it comes to more severe conditions, there are certain core remedies every family should have at the ready. [Hypericum perf 1M](#) is not only the best remedy I know for pain following a dental extraction or procedure, (even as often as every hour, if necessary) it's also useful for injuries sustained to nerve-rich areas of the body. When it comes to sports-related accidents, both [Arnica 1M](#) and [Aconitum 1M](#) are invaluable.

Although there is good reason to own single remedies, I also encourage all families to own a handful of combination remedies manufactured by the likes of Boiron.

In my area (New York), these can be found at grocery stores, pharmacies and health food stores. Every year, new products are added to the inventory.

Today, homeopathy is much more prevalent, as evidenced by

the sheer size of the homeopathy section in many of these locations. It can become quite the shopping experience when standing in front of so many remedies looking to peruse the latest combination remedy for sinusitis and sleep.

I'm particularly fond of Boiron because they are world leaders in the production of homeopathic products and as such, offer a number of interesting and effective combinations.

Some count the number of available homeopathic medicines at about 3,000, while others figure it's closer to 6,000 worldwide; don't let these numbers intimidate you.

Remember, homeopathy is and has been used in hospitals, clinics and government programs around the world for over 230 years.

All *you* need is a variety that will protect you and your family in the present that you can then hand down to your grandkids in the future.

Starting with the top 100 remedies and adding specific ones here and there will prepare you and your family for many expected (and unexpected) medical events.

The natural next question is, "How do I use these medicines?" For those who have been reading this blog for some time, you already know the answer to that question. For those who are new, read the archived copies from this blog. You may just find the answer you're looking for.

Consider my little store filled with the most important homeopathic remedies your starting point and me your friendly guide ready and willing to help you along the way.

Do you consider yourself one of the smart, the prepared, the fiercely independent?

Are you prepared for a medical emergency when a doctor, hospital or drug store is nowhere in sight?

[Click here](#) to learn more and download a FREE informational gift! The Zombie Apocalypse Remedies Poster: 23 Homeopathic remedies for when disaster strikes.

Is Homeopathy Enough? (Plus One of My Remedies for Allergies)

Allergies can alter a life.



 **Joette
Calabrese**
Homeopathyworks

Did you know ...

You can heal your gut issues, allergies, hormonal imbalances, skin problems and all kinds of other issues using only homeopathy?

Homeopathy works even if you *don't* follow an ideal diet plan?

You can heal yourself *without* having to take supplements or spend a fortune on other treatment modalities?

Clients often come to me feeling exhausted; emotionally beat from all the diets they've tried over the years, only to feel like failures because they didn't work as promised.

They're worn out from trying to keep track of all the vitamins, herbs and other supplements they supposedly need to restore their well-being.

They're fatigued from the many different treatment modalities they're trying to use at once. Entirely done in from the sheer amount of work involved in simply trying to *get well*.

Over the years, I've come to believe all of this hard work is largely unnecessary.

I used to be a bit of an alternative medicine junky. During the last 35 years, I have wild-crafted my own herbs (and still do, to a certain extent), took loads of supplements and vitamins and had a large collection of essential oils (which I still use from time to time.)

I tried every diet and endured years of self-inflicted torture trying to overcome my health problems through severely restricted diets.

In some ways, I'm glad I went through all of that because it was part of my education process, and having learned so many different approaches helps me relate to what my clients and students experience.

I don't want anyone else to needlessly endure what I did; instead, I want them to understand (like I do) that homeopathy is enough.

Now when clients ask me, “Can I really do this without maintaining a perfect diet?” Or, “Can I really do this without taking all these supplements, herbs and vitamins?” I reply, “Yes, I believe you can.”

Certainly, eating wholesome, natural foods is great for overall health, but achieving true wellness shouldn't require years of sticking to tedious, limiting, often difficult diets. Homeopathy can do it faster *without* going to these extremes.

For example, it's been fairly well established that allergies are not curable, only treatable.

I loathe the word “treatable.”

It implies allergy symptoms can be managed, but the underlying condition cannot be resolved. That may be true for modern medicine.

In my own life, for instance, my allergies have not been fully eliminated down to every little detail but their severity has been reduced to an occasional, mild reminder rather than a prohibitive, chronic condition, and although I've tried every method imaginable to rid my body of them for good, homeopathy is the only medicine that has restored my health to its current state of wellness.

Because of this powerful medicine, I am able to live an active, productive life, with an abundance of energy.

I have worked with thousands of people who suffer from allergies. I'd love to tell you there is one easy protocol to make them disappear but unfortunately, it's not the case.

This week's homeo-tip:

As you may know, I've vowed to give my readers at least one

homeopathic remedy tip every week. There are several more, depending on the various types and intensity of individual allergies, their inherited components and the amount of suppressive therapies used throughout the years. But if I had to choose one to open this discussion, it would be [*Calcareo carbonica* 200C](#) or 1M, generally taken every other day when in a 200C potency, and once weekly if 1M.

You may be wondering why, if there are so many useful remedies for allergies, I would choose to discuss just one. It's simple, really: because it has helped me tremendously over the years.

The method of taking *Calc carb* weekly is a Banerji Protocol, but I personally used 200C less frequently many years ago, and it worked just as well.

However, I *have* found this medicine to be somewhat slow acting. That is, it must often be taken over many months, with improvement becoming evident after a substantial period of time. To understand how homeopathy works for chronic conditions, please listen to my podcast [*#12, Why You May Be Disillusioned With Homeopathy*](#).

Today, I no longer adhere to what I called, "my sad little diet".

Nor do I suffer from asthma, chronic fatigue, anxiety, eczema, gut problems, insomnia, edema, arthritis or any of the related allergic reactions that were once so prominent in my life.

I have homeopathy to thank for this, which is why I have devoted my life to educating everyone in search of a better way.

In fact, my staff and I are committed to bringing homeopathy into the lives of 100,000 families by the year 2020.

Whatever your healthcare goals may be, take some time to explore how effective homeopathy has been in treating both acute and chronic ailments for hundreds of years.

You just might find that homeopathy is enough for you.

Take advantage of this free blog and also go to my [Quick Start Guide](#) and get started on the right foot using protocols that are often remarkably simple.

“If you have allergies, remember that modern medicine has written you off. The CDC itself will tell you: “There is no cure for allergies. Strict avoidance of the allergen is the only way to prevent a reaction.” I lived for decades living in a bubble, dealing with my allergies. Things improved when I stopped taking prescription drugs and changed my diet, but I was not cured. So I kept searching until I found the thing that changed my life forever: homeopathy. Want to learn the same homeopathic steps I took to clear myself of allergies? Learn them today and use them tonight with my newest course: Allergic: <http://allergies.joettecalabrese.com/allergic/> and download a free infographic, and start learning what remedies could help uproot your allergies. “



Remedy Cards

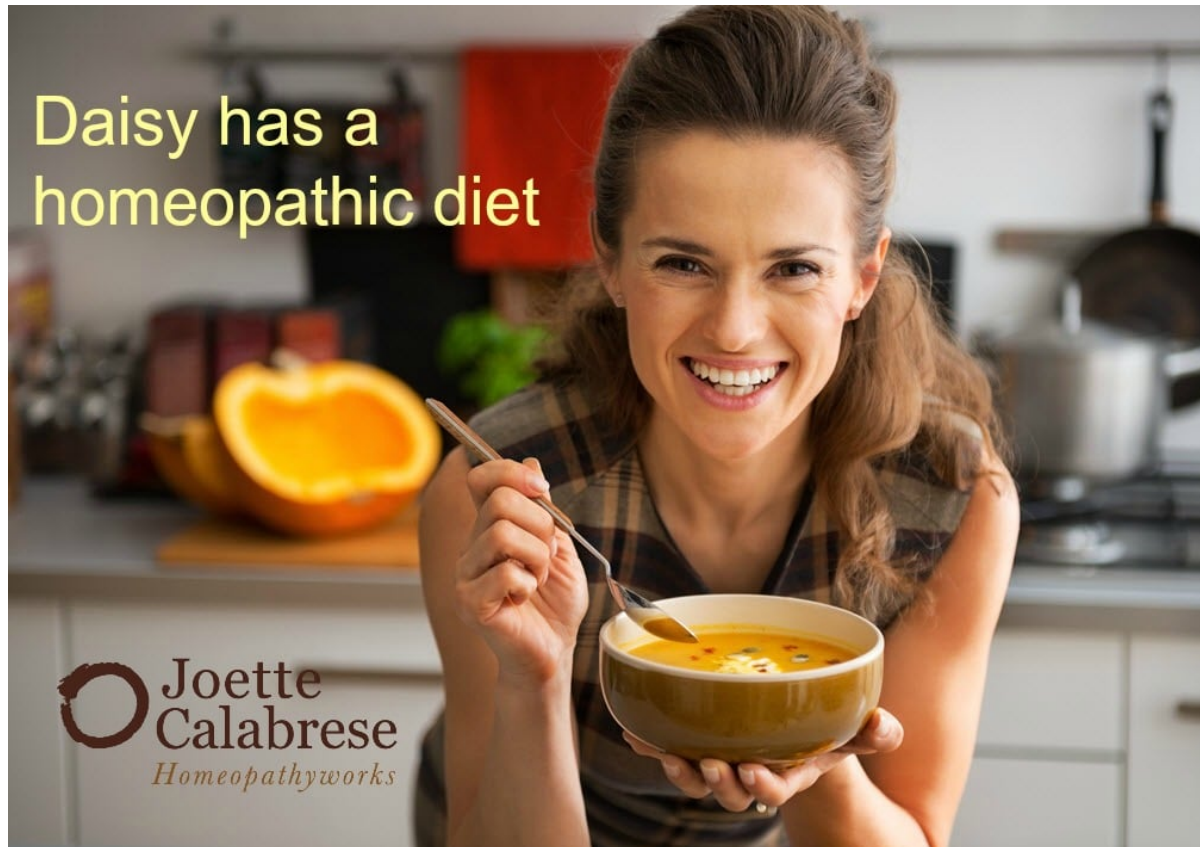
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Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

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Fat, Frumpy and Frustrated



She not only looked pregnant, Daisy felt pregnant, too. She wasn't, but her belly was so large, even her neighbor asked when the baby was due.

Imagine her embarrassment in having to explain she was not, in fact, expecting. It's safe to say the whole encounter was uncomfortable for both Daisy *and* her neighbor.

No matter how hard she tried, she couldn't get rid of her big belly. At first, she figured it was a sensitivity to gluten, so she did what most do when they believe gluten to be the culprit: she eliminated it completely from her diet.

Yet despite keeping track of every morsel she ate and every

calorie she consumed, she didn't lose a pound.

Not only did she not lose any weight, she found the mere thought of dieting so deflating, she began to justify indulging in pastries and chocolates on a fairly regular basis. And then there was the frequent indigestion.

Daisy felt fat, frumpy and frustrated.

She decided to take matters into her own hands by trying a new method of addressing her stubborn weight problems, particularly those associated with gas, acidity, certain food intolerances and this unexplained weight gain.

This consisted of using a homeopathic medicine in tandem with a few simple food swaps. The same method has worked for many (though not all) people whose symptoms were similar to hers.

Daisy began her new regimen by taking a dose of [Nat phos 6X](#) before every meal. She took it while preparing her food and continued to eat as she normally would (sort of), minus any gluten and sugary desserts.

However, she also added a small amount of fermented vegetables (in her case, sauerkraut) to each meal. In doing so, she immediately noticed a marked decrease in her indigestion; within days, it was entirely absent.

The burping stopped, too. Rather than an unpleasant addition to her daily diet, sauerkraut became Daisy's new favorite vegetable instead. It also helped eliminate her once constant cravings for good.

Over the next couple of weeks, Daisy noticed her jeans felt a little looser and she felt a little lighter. When she stepped on the scale, she was thrilled to notice a 6-pound loss!

This was enough motivation to keep her going. She soon,

incorporated bone stock into her daily routine, always with her [Nat phos 6X](#) about 10 minutes before mealtime.

Within a few weeks, she had lost a total of 13 pounds. The best part, according to Daisy, was how effortless it felt. No hunger pangs, no unnecessary caloric restrictions, ...just wholesome results.

The last time Daisy and I spoke, she reported she hopes to lose another 7 pounds, for a total loss of 20.

I'm certain she'll succeed.

Will Daisy's strategy work for everyone?

Probably not.

Is it worth a try?

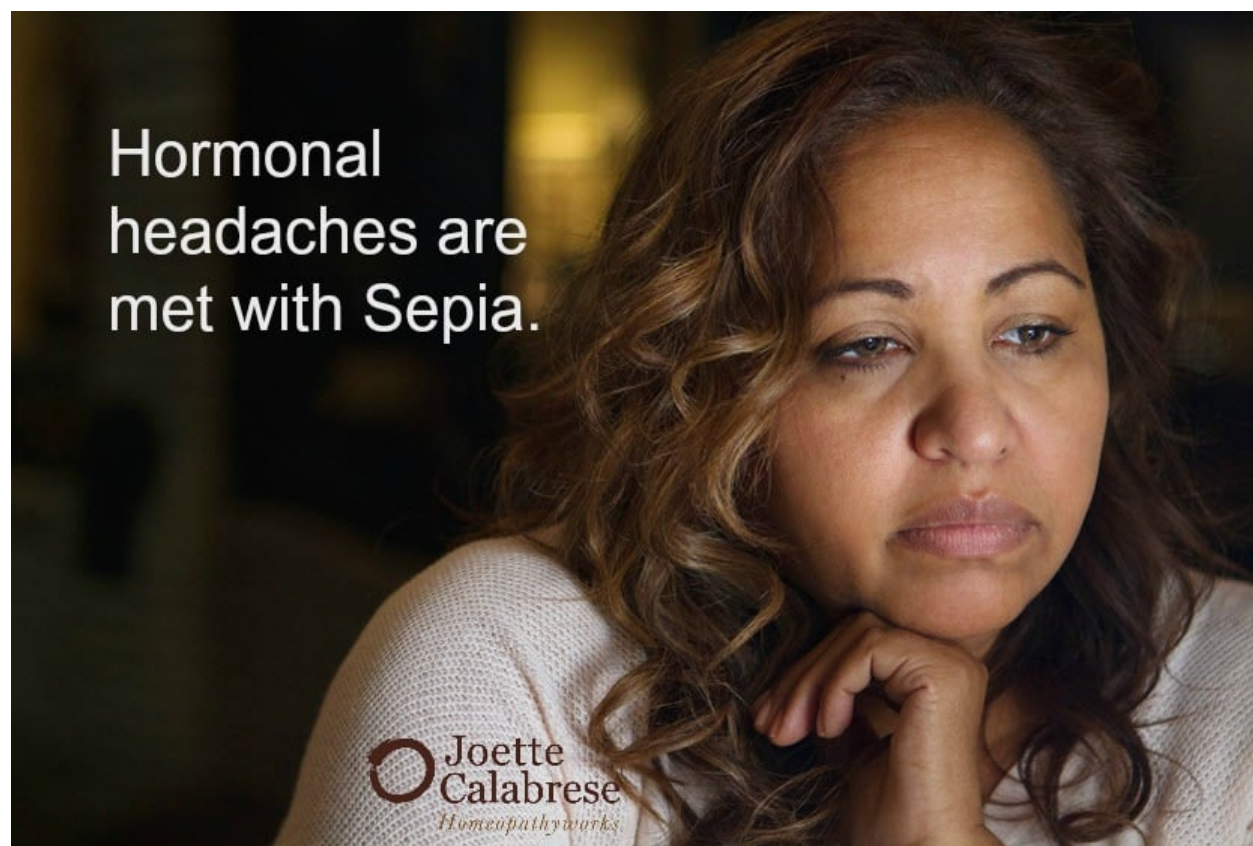
I think so.

When acidity accompanied by bloating and sweet cravings is a problem, along with weight struggles, *Nat phos 6X* is a good bet.

If you decide to follow Daisy's simple program, give it several weeks and let me know how you do.

Should you have another method of weight loss using homeopathy, please share it here.

Sepia for Mother's Day! This Time for Headaches



Hormonal
headaches are
met with Sepia.

Joette
Calabrese
Homeopathyworks

Headaches come in all shapes and sizes; just like people.

But there are certain headaches that are common enough that a protocol may be assigned rather easily.

Let me clarify that it's important to know what kind of headache is at hand.

Why?

Because if the pain emanates from the sinuses, the remedy is often either [Sanguinaria 200](#), twice daily until very much better or [Kali bichromicum 30](#) (if it launches during a

barometric pressure change), every 3 hours until it's over.

Simple...right?

But when it comes to [*Sepia*](#), it's a good remedy for headaches, especially hormone headaches.

What's a hormonal remedy?

One that has a component of female hormones associated with it.

For example, when headaches are predominantly around menses or ovulation....that's a hormonal headache.

When headaches are as a result of (God forbid) synthetic birth control, those, too, can be hormonal headaches.

After the birth of a baby.

Those that commence during menopause.

The only time I can think of when *Sepia* would not be used during hormonal times is for a young girl.

In other words, *Sepia* is generally for mothers and/or older women. Those whose hormones have been established, overused, synthetically suppressed or simply (excuse my colloquialism) Cooked. Pooped. Beat.

In fact, look for any headache that not only presents at these hormonal times but those that commence at the time of hormonal shifts.

So this is how it's done.

We use [*Sepia 200*](#), every 3-7 days over a period of a couple of months. Choose every three days when the headaches are frequent and perhaps once weekly when they present less frequently.

Then I also like to employ the Banerji Protocol of [*Picric*](#)

acid 200 mixed with *Belladonna* 3, every 3 hours.

This method is used “as needed” during the actual headache, while *Sepia* 200 every 3-7 days is to help uproot the propensity for this condition.

Headaches and hormones don’t belong in our busy lives.

And as usual, homeopathy is there to correct and uproot the condition from the hormones out, not suppress symptoms with an additional drug.

Oh God, I love this stuff.

Join me and celebrate Mother’s Day with hormonal balance and headache-free.

Warmly,

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

I have been where you are now. I’ve dieted, taken supplements, bioidentical hormones, essential oils, herbs – but nothing, nothing has ever come close to the reproducible, safe, and effective results I and my clients have achieved with homeopathy. 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](#), [click here](#).

I promise that you won’t be disappointed in this course. (If you are, there’s a 100% money-back guarantee.)

God bless all mothers throughout the world.

Strong Enough for a Woman: The Ultimate Remedy for Us



Let's commemorate one of the most invigorating remedies in our *materia medica* this week, as we look forward to celebrating Mother's Day next Sunday.

I've deliberately chosen to focus on this remedy because it not only treats a number of female ailments but is particularly effective for treating *mothers*. What is this wonder medicine, you ask?

Sepia.

I consider *Sepia* to be one of the most valuable remedies for

all women, though as I mentioned above, it is especially helpful for issues, both physical and emotional, pertaining to motherhood such as feeling overwhelmed or exhausted by the duties associated with caring for children.

Sepia has also earned a well-deserved reputation for successfully addressing various female issues throughout each stage of a woman's life.

Let's start with synthetic hormones; probably one of the most superfluous and dangerous drugs pushed on our gender. One is the Depo-Provera shot, which results in side effects that the industry often sweeps under the carpet.

Learn here
(<http://joettecalabrese.com/blog/synthetic-hormones-manipulate-women-part-two/>) how *Sepia* helped set one woman's menstrual cycle back on track, and helped put to rest the sufferings that had plagued her for so long in the past.

Sepia can also help a woman gently transition into menopause, without the use of bio-identical hormones. [*Sepia* 200C](#) will help with menses, fatigue and vaginal pain, as I explain here:
(<http://joettecalabrese.com/blog/estrogen-dominance-and-other-red-herrings/>)

Then, there are vaginal yeast infections. Most women (of all ages) are familiar with this common overgrowth of the fungus, *candida albicans*, having experienced this nagging, uncomfortable and sometimes unbearably itchy condition at least once in their lifetime.

Yeast infections are common and can be the result of a number of things such as the use of antibiotics, vaginal exposure to certain bacteria, birth control pills, and even certain commercial soaps and scented feminine products, among others.

But fear not! Women who are prone to this reoccurring infection can turn to *Sepia* 30C, as I explain here in this blog:

(<http://joettecalabrese.com/blog/vaginal-yeast-gone-with-homoeopathy/>)

Please note, *Sepia* may be considered here, but for many, may not be the best choice. I offer others for your consideration.

Sepia is an additionally powerful remedy for headaches, particularly those associated with hormonal disturbances. I'm forever grateful to the Banerjis for sharing their protocol of *Sepia* 200C for headaches with me, as I find that frequent or chronic headaches are often made very much better (and often eliminated entirely) when properly addressed and dosed with this medicine.

Here is a short summary of *Sepia* indications:

Mothers who feel overwhelmed by motherly duties.

Exhaustion in mothers.

Certain kinds of yeast infections.

Certain kinds of headaches.

Menstruation conditions.

Vaginal pain.

Loss of Libido. (Yes, even that too!)

Prolapsed uterus.

Ailments resulting from the use of synthetic hormones.

Transitioning into menopause.

Do you see what I mean?

No matter what stage of life you are in as a woman, *Sepia* has you covered. This is why it is so important every woman has this remedy tucked away in her home remedy kit and knows when it's appropriate to use. You never know when it will come in handy, but you'll certainly know how much you wish you had it when you need it.

Let's hear it for *Sepia*!



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](#)

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Not Just Any Warts; Molluscum Contagiosum



****Update:** Lately, I've been hearing from students and clients from North America and Europe that *Molluscum Contagiosum* is going around many communities. *Molluscum Contagiosum* is a viral infection that often affects children, resulting in numerous wart-like bumps.

I am amending this previous post to give you the following protocol specific for this condition. I have used these medicines for years with success, but after having observed the specific potencies and frequencies mentioned below at the Banerji Research Foundation, I amended my method slightly, in order to embrace the Banerji Protocols more specifically.

So far, I have yet to learn of a single case in which this

has not been successful. Here it is:

Antimonium crudum 6C, one dose every other day until they have disappeared. If they return at a later date, repeat.

If, after a few weeks of using this medicine, there are no changes at all (and I mean absolutely **no** improvement), the second line of action may be followed. And that is:

Thuja occidentalis 30C, one dose, twice a day.

****These two medicines are not used in tandem.**



Ugly Embarrassing Warts

This article published in October, 2015

If you plan to dress up as a witch this Halloween, you might want a big wart on your nose. But in real life, warts are embarrassing.

Some are hard and pointy. Others are fleshy and slightly raised. Some have stalks burrowed deep into the skin. They can be painful or may bleed, and they may present on the feet, knees, fingers and/or face.

Yuck!

Whatever form they take, you want 'em gone as soon as possible.

Conventional treatments freeze, burn, poison or dig out the wart. These outmoded methods might offer varying degrees of success, but often cause scarring, and in many cases, the warts re-grow like errant weeds.

But more importantly, warts are caused by a virus, and their appearance may indicate a lowered immune system, so by overtly removing them, the problem is far from gone.

The presence of warts may indicate a deeper illness, possibly even something that has been suppressed.

Simply removing the warts by the slash and burn method does not correct the underlying weakness.

Homeopathy has a history of providing a means to clear the flaw from the skin with the intention of uprooting the underlying problem.

As per the Banerji Protocols, here are methods I observed in Kolkata:

- Antimonium crud 6 mixed with Arsenicum album 200 every other day.
- For those cases that do not respond to this protocol, especially for warts that are fleshy, soft and sometimes situated on a stalk, Thuja occidentalis 30, taken twice per day.

Thuja is prepared from arborvitae, a common shrub in the cypress family. In addition to taking homeopathic Thuja orally, I have a huge arborvitae tree in my yard, and I have made a tincture from the leaves.



In tincture form, I pack the leaves in a glass amber jar. Pour 80-proof vodka, (Devil's Spring is readily found) grain alcohol or brandy over the leaves to the top of the amber jar and allow the mixture to set for a fortnight, as they say in the old herbal books.

Then decant the liquid into a small amber bottle with a pipette for easy application.

I have used this method topically, applying the tincture to the wart several times daily. This method will not eat away at or freeze the wart, and from many reports from my students, this method has been found to be useful in shrinking the wart over a period of many weeks or months.

A less expensive and self-empowering alternative to over-the-counter chemicals and freezing compounds!

One caution to keep in mind, however: some skin cancers can look similar to warts, so if you have any doubt of what you are dealing with, it would be wise to get a firm diagnosis from a dermatologist before going forward.

Homeopathy can help assure that the only warts in your life are found on the end of witches' noses.

If you believe in homeopathy, if you dislike the other

option, if intuitively you are simply looking for another way ... consider joining me in this course and learn the simple homeopathic alternatives: [*Skin, The Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy*](#)

This is the time.

This is the moment.

You will not find this material anywhere else (unless you plan on traveling to Kolkata, India!)

[Click here to](#) learn more, and consider joining.

Download free: [Skinderella](#), fifteen of the top skin illnesses and their homeopathic protocols all in a simple easy-to-follow image that can fit on your refrigerator.
(scroll down the page)

Diarrhea Remedy (for Any Kid)



Guest Blog by Courtney Ingham

There are few things more exciting than kidding season on a goat farm.

After five months of gestation, I prepare by setting up my baby monitor in our goat barn, constantly checking the utters of my does (which get full when they are close to freshening), feeling tail ligaments (which get loose and thin right before freshening), and properly stocking my supplies—which always includes my 100 Remedy Kit.

This year, both of our Lamancha does had triplets within days of each other.

However, when the first batch of triplets turned two days old, I noticed one of them had looser than normal poop. It was yellow and more runny than I like to see.

The offensive smell instantly cued me in: Scours.

In human terms, this means intense diarrhea.

Normal goat kid poop is similar to breastfed baby poop. They usually pass their meconium in a day or so, and then the poop turns yellow while they are on their dam's milk.

According to Pat Coleby's *Natural Goat Care* book, "Scouring, especially in kids, often kills by dehydration." Scours are generally a bright yellow color and they smell "sickly," whereas normal poop at this stage is not offensive at all.

And that's right, scouring can kill a goat kid in a matter of days or even hours, if severe enough.

I immediately swept the scouring kid up and took him to the bathtub where I washed him up. I didn't want to spend the time scouring over my materia medica (no pun intended), but later when I referenced the disease, George Macleod suggested in his book *Goats: Homeopathic Remedies*, that depending on the symptoms, one could use *Aconitum*, *Veratrum*, *Pulsatilla*, along with several other remedies.

He also suggests that one could use the *E. Coli* nosode "at birth and again at 24, 48 and 72 hours" as a preventative measure. I found that interesting, but again, I had to act fast and rely on my memory.

So, what did I do?

Fortunately, I remembered this pin from Joette: <https://www.pinterest.com/pin/566961040565493889/> for diarrhea and knew that I had it in my 100 Remedy Kit. The "voluminous" and "watery" description Joette described stood out, and by the time I was able to grab my kit and prepare the remedy, the poop was already both more voluminous and watery, essentially covering the backside and legs of the kid (still in the bathtub), and boy did it stink!

I sunk four tablets of [Veratrum 30](#) into a one-ounce tincture

bottle and let them dissolve as I rushed back to the kid.

I immediately squirted an eyedropper full into the kid's mouth and then cleaned him up again and swaddled him with a warm towel. He was already getting sleepy by that time, so I laid him down in the bathtub to rest.

I came back a half-hour later and was happy to see he had settled into sleep and all was well. I un-swaddled him and saw that he had pooped again, but this time it was pretty much solid. Not watery at all.

And that is when I noticed his brother had watery poop as well.

Darn it! But no problem.

I knew what to do. Both of them got a full syringe of their remedy, and I left them to sleep.

I honestly wasn't at all in a fuss, even though I am fully aware that scours can take a goat down rather quickly if you aren't careful.

After seeing the first dose work so well, and noting both the goats were sleeping peacefully (further indicating the remedy was well-chosen), I felt ok with leaving them for a couple of hours.

When I returned an hour and a half later, I noticed both kids seemed healthy and full of life. They played with each other and their other sibling, and their behavior seemed normal!

Their poop was noticeably more solid and less bright yellow in color already, and the offensive smell was gone. So, with another prophylactic dose, I left them to do what goat babies do and decided to check back a few hours later.

By that time, I was fully satisfied that the remedy had

worked and never gave either another dose! And good thing too, because my human kids were ready to play with them again.

I'm happy to report that all my goat kids are doing really well. In fact, I must say that I've found the condition of my entire herd has improved immensely since I've started using homeopathy with them, and the generation of goats that have been solely raised on our farm, without any allopathic medicines, are measurably hardier and generally recover much faster, just as our two scouring goat kids did.

And all the cute goat fun has fully commenced!
Yay for homeopathy on the homestead!