

Don't Accept Less in Your Quest for Genuine Health



My husband and I recently contracted to have some work done to the outside of our house. Winter is just around the corner, and several places on the roof needed repair.

The contractor came that first day, sun shining, full crew and eager to start, but they did not finish. After that first day, they never returned, despite the fact that the job was incomplete. We paid them a large portion of the agreement at the end of that first day and haven't seen them since. Paying without completion of work was probably the problem, but that's the subject of another story.

As I write this, it's day 18 (but who's counting?) after the project began, and the last little bit that will complete the roof repair remains elusively incomplete. I am beginning to accept that the work may never get done. I'm already past the stage of being angry with the contractor. I've begun to creep into the "oh-well-I-guess-I-have-to-learn-to-live-with-it-as-it-is" stage.

How many times have you had to lower your expectations? Accept that there is no other alternative but to acquiesce?

Unfortunately, I suppose it may very well be a valid outcome for those that routinely accept governance by our situation, particularly when it comes to our [health](#).

But for you and me, lowered expectations is the least

rational response I can think of. It only makes sense if you wish to surrender control of your life to circumstances. This is a fundamental choice that belongs exclusively to us.

Likewise, we flounder in the wake of a trend where the GI tract has been disturbed by drugs of commerce to a steroidal level. I call it the post-modern medicine syndrome: we are in a post-antibiotic, post-birth control pill, post-steroid, *post-health* phase of human health. Two generations have now suffered in this climate of drug-induced illness, which actually has a name. It's called iatrogenic disease.

I know that for many of you this information is not new. Many are working to achieve that seemingly elusive genuine health. I know because it makes up probably 95% of the clients/students with whom I work on a day-to-day basis.

Granted some circumstances may very well make it harder to finish that goal and reach a state of genuine health.

Indeed, I experienced long-term chronic illness in the form of food allergies, chemical sensitivities, chronic fatigue, headaches, anxiety and asthma and, as a child, severe eczema. And early on, I figured it had something to do with what I was eating, but oh, how long it took to get answers.

My sad little diet left me with only eight foods that I could safely eat, and that list was shrinking instead of growing. I foolishly took an over-the-counter drug called 222s (mostly codeine) for the headaches and fatigue – daily! And plenty of antibiotics and such.

That was back in the early 1980s, and it took me years to figure all this out, but I worked on cracking the code as though my life depended on it – because it did! I actually felt I had no other choice.

And now as a mother, I can proudly say I have raised my three boys to adulthood without a single antibiotic or

Tylenol.

So, you may be standing at a crossroad. Do you accept a life of lowered expectations of health? Do you assume that you ought to eliminate even more foods and situations from your and your family's diet and life? Do you tighten the screws so that there's no room for opportunities and normalcy in your family's life because of ill health? Of course not! This fundamental choice belongs to you.

Dr. Natasha Campbell McBride, founder of the GAPS diet, reports that more than foods need to be adjusted, more than enzymes taken for life. She advises that homeopathy should also be utilized in order to find the satisfying cadence and an end to gastrointestinal and associated ills.

So, if you are serious about your desire to finish the project, complete that last niggly percent of ill health that remains despite your nutrition efforts, and instead return to genuine health, you need to equip yourself. You need the tools that I have personally employed to avoid accepting a life of lowered expectations. You'll need the specific homeopathic protocols to get rid of a compromised lifestyle.

Should this be your goal, my newest, live, [online webinar course](#) will give you specific homeopathic remedies ... not the usual constitutionally based paradigm, but honed in, razor-sharp protocols that I have been teaching to my clients one on one. I'll share the exact remedies that I learned via my own experience of allergies gone wild, plus those that I learned from the world-famous Banerji Protocols.

I know of no other guide like this one. Take a serious look at my extended message and watch this [informative short video](#), *Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind*.

I'm excited about teaching you this. I hope you take

advantage of this life-changing course.

Good Gut, Bad Gut: Most Common Questions



Good Gut, Bad Gut: FAQ

“Read the Science. Raise Your Hand. Ask Your Questions. Learn the Facts”

Many of you have asked very good questions, so I know you are learning the facts.

1) I can't see my insides ... how do I know if my gut is good or bad?

The relationship between digestion and overall health is much more far-reaching than simply experiencing frank gastrointestinal symptoms. Various mental and physical ailments, such as ADD and autoimmune diseases, have been observed to have their origins in poor digestive health. The

way you might know if an illness is related to the gut is if there are chronic problems that began after a gastrointestinal event, even years previous. Also, if foods seem to be bothersome, even if the symptoms present in remote areas such as on the skin, the respiratory tract or neurologically, it can potentially mean the gut is disturbed and is worth investigation.

2) Should I have allergy tests?

Many folks find that allergy tests given by conventional allergists are archaic and misleading offering contradicting and even erroneous information. What matters in homeopathy is not so much *what* you are allergic to, but merely the fact that you *have* allergies and or food intolerances.

3) How can you tell if you have a food intolerance? What causes them?

Some of the symptoms of food intolerances can include: bloating, gas, irregular bowels, moodiness, depression, anger, chronic fatigue, arthritis or any chronic condition. When we look at the research chronicled in the vast literature on homeopathy, we find that the causes of food intolerances and allergies, in general, come from a combination of inheritance along with overuse of vaccines, antibiotics and medical treatments in general.

4) What are the most common food intolerances?

Generally, food intolerances show up in the foods we also know to be the “worst” foods: commercially prepared meals and snacks, refined sugar, pasteurized dairy, but also sometimes wholesome foods such as raw dairy and heirloom grains. However, with proper dietary management until the selected homeopathic remedies act fully, in time these sensitivities can be reduced to a mere twinge, if not completely eliminated. Our inability to handle small amounts of these allergens is a sign of our immune system

interruption.

5) If antibiotic ruination of the gut is the problem, why not just use probiotics?

I certainly think probiotics can be useful and a good place to start! Many people experience great healing from regularly consuming kombucha, sauerkraut, beet kvass, kefir, etc. However, sometimes that is not enough. That's when homeopathy comes in.

6) Why isn't diet enough?

Diet should be enough. But because of processed food, vaccinations, antibiotics, bad dentistry (mercury fillings and root canals, for a start), our systems have become overloaded and more importantly, not allowed to present with normal acute illness. For example, every time a child has an ear infection, sore throat or fever, he is given an antibiotic and Tylenol. This suppresses the child's ability to show vitality and cure itself. This method of treatment drives the disease deeper and creates a state which can later cause more sobering illness. Conditions such as chronic fatigue, food intolerances and other persistent conditions will begin to surface. A return to a traditional diet and a more natural lifestyle is a super start, but it is sadly often not enough. That is where homeopathy comes in; we use it to uproot what diet cannot. The results can often be remarkable.

7) How are mental disorders related to an unhealthy gut?

Dr. Natasha Campbell-McBride, the author of *Gut and Psychology Syndrome*, studied the health of hundreds of patients with autism, learning disabilities, psychiatric illness and other problems. She found that in nearly all cases these children and adults suffered digestive problems. Her thorough investigation of this subject disclosed a stunning connection between damaged intestinal flora, meager

digestion and toxicity from chemicals created by undigested foods. She found that these characteristics can cause an effect on the chemistry of the brain.

Dr. Campbell-McBride tells us that when certain carbohydrates are digested improperly, it causes an overgrowth of candida and other microorganisms intended to remain in check. The result is a simultaneous production of acetaldehyde and ethanol.

Her research suggests that certain chemicals have been shown to have weighty penalties on brain chemistry, which in turn cause delays in emotional and intellectual advancement as well as abnormal behavior, mental retardation, memory loss and even stupor.

Dr. Natasha Campbell-McBride also makes it clear that although diet and the cessation of the use of conventional medications are key, homeopathy also ought to be employed.

8) So, what do you advocate?

I agree with the good doctor and homeopathic masters. It makes sense that we ought to refrain from superfluous drugs, employ a most wholesome diet of nutrient-dense foods, and count on homeopathy to uproot initial and ongoing problems. The sooner this is done, the sooner relief from chronic illness will be enjoyed. Most importantly, the information on how to achieve this is not as elusive as it used to be. We can learn to take care of ourselves and our families at home. What I hope to relay to folks in my [upcoming class](#), is designed to empower students of homeopathy in this specific way.

9) Do I have to have knowledge of homeopathy to learn from your course?

No! This course is designed specifically for those who have been struggling to find the answers to their chronic and

gut-related problems. However, the more knowledge you have of any subject the more you will get out of it.

I'm teaching this course using mostly the Banerji Protocol, hence sidestepping the complexity of classical homeopathic methodology. This will allow folks with no training in homeopathy as well as those with plenty, to find this information fresh and exciting.

If you are interested in learning more ... watch this short 9-minute [informative video](#).

It is no longer necessary to undertake years of classroom study and countless hours of clinical practice for you to master a health strategy that is both safe and effective in treating CHRONIC and ACUTE GUT ISSUES. I am swinging open the doors to reveal a proven system I have used in raising my kids ... literally taking your hand in mine to show you my methods and answer your questions. Find out more about my most popular course: ***Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind***: <http://courses.joettecalabrese.com/goodgutbadgut>

**Double, Double, Boil and
Trouble: Treat Boils and**

Cystic Abscesses with Homeopathy



Infected cysts and boils are essentially the same in that the infection is what calls our attention to the problem.

Hot, red, swollen, tender and screaming for attention.

Get to the dermatologist! No, to the surgeon! No, to ye olde witches! They know about boils and warts and all things yucky, right?

Stop! These kinds of infections can be addressed with a no-knife and no-toadstool protocol I learned in Calcutta beside the team of homeopathic physicians.

Drs. Prasanta and Pratip Banerji are the father-son team with whom I studied for nearly six weeks last January. They call their method the Banerji Protocol.

But I call it simple, efficacious and empowering.

This is what I gleaned from my recordings in Calcutta. Pass this on to your friends and family.

Here is the Banerji Protocol:

- [Hepar sulph 6C](#) mixed with (or taken together with) [Belladonna 30C](#) every 2 hours when the abscess is quite acute and if there is pain.

If the infection doesn't begin to change within a reasonable amount of time, then consider the second line of medicines:

- Alternate between [Hepar sulph 6C](#) and [Hypericum perf 200C](#) mixed with [Arsenicum album 3C](#), every 3 hours until greatly improved.

"This will regress the abscess quickly, in a much shorter time than surgery," advises the Banerjis.

Does it work? I've taught this method to at least 10 people with this problem in the last few months and treated two members of my family, including our cat. The abscesses came to a head and ripened within a few days.

No eyes of newt and no lancing! Neat and tidy, these little remedies!

What generally follows is itching and complete resolution after about 7-10 days.

Here's what you've gained by using this method instead of conventional medicines:

- 1) It works!
- 2) No need to surrender to an antibiotic. This is probably the most significant advantage to homeopathy. Need I tell you why antibiotics are not a good choice in many settings?
- 3) No need for surgery.
- 4) Self-empowerment. I actually rate this nearly as high as #2.
- 5) Low cost. The cost of these remedies is anywhere between \$8-15 each and you'll have enough to last for years.
- 6) Likelihood that the abscess will not return. Not because you've nuked it (as my kids would say), but because you've stimulated the response needed to finish the job.
- 7) It works! I know I said this before, but it bears repeating.

Now go ahead and tuck this protocol in a safe place. I'll bet you'll use it for a family member, yourself, a neighbor or a pet in the near future.

And when you do, be sure to tell your corner of the world how well it worked and send them other tips and tricks I've shared with you. This is how we keep homeopathy alive.

You never know when a boiling, bubbling event will come your way.



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](#)

Deadly Nightshade ... a Medicine?

Belladonna. It means "Beautiful Woman" in that most poetic of languages, Italian. Our history tells us that the herb was made into eye drops to cause the pupils to dilate, thus making the eyes look more seductive. A ruse perhaps once

employed by the Venetian courtesans? In any case, that falls under the category of “Don’t try this at home!”

Belladonna in gross form is very poisonous and ingestion of even a small amount can cause death. Not for no reason did my mother call it “deadly nightshade!” When I was a child, she made the plant known to me, and I steered clear – by no means tempted to sample the wares of the Grim Reaper.

Several of our edible plants are members of the same family: tomatoes, peppers, potatoes and eggplants. Not surprisingly, this group of foods is among the more common in the lists of food sensitivities. Some folks abstain from nightshade vegetables due to the fact that the plants, except the fruits, are poisonous, and the fruits contain small amounts of the toxins that are so deadly in larger quantities.

As with many toxic plants, however, [*Belladonna*](#) proves essential in every homeopathic emergency kit! One day recently, during a long drive, my husband suddenly experienced a wrenching pain in his back, near the kidney area. His face turned white. He broke out in a sweat. We had to pull over. But ta-da! I had my handy homeopathic remedy kit on hand. (I love being able to save the day!)

Belladonna, beautifully diluted from a pile of poisonous alkaloids, becomes a perfect palliative for pain!

But that’s not all. “Beautiful woman” is also a first-line remedy to which we mommas most commonly turn in situations of high fever, especially in the early stages. We look for redness and heat in the face, glassy eyes and restlessness. While as Moms we know that fevers are normal to a degree in childhood, we don’t want to let it go too far, so again, we look into our homeopathy kit.

Is not self-sufficiency great? We ARE beautiful women. Just keep that *Belladonna* out of your eyes and in the kit where it belongs!

I Want That: Confident Mothering

I don't consider myself a jealous person. I usually find inspiration in those who have achieved or have more than I, but with that said, allow me to confess a moment of desire that altered my life.



About 27 years ago, having recently discovered homeopathy, I sat engaged in an appointment with my homeopath.

Her seven-year-old daughter knocked at the door of the consulting room and peeped in. She was pale and perspiring, and in a feeble little voice, she breathed, "I'm sick. My stomach hurts."

My homeopath went to her cabinet, tucked into the corner of this office, where she had a stash of a hundred homeopathic remedies from which she dispensed the little pills. She plucked a remedy from the lot, opened the bottle, released the pills

into the cap and tossed them into her daughter's opened mouth.

She had complete confidence in her ability to address her child's needs.

It was a display of pure, elegant mothering. No freaking out, no calling the doctor, no imploring someone else to help her to take care of it.

I, too, had benefited from the contents of that cabinet.

The first remedy she had given me – only a few months earlier – was *Nux vomica* 200. What a revelation that was! It relieved about 50% of my years of suffering within a few short weeks. No more migraines, fully restored sleep and nearly resolved asthma had been the gifts born of that cabinet.

The shift this remedy made in my health was significant, so I was awed by my homeopath.

She knew what to do and she did it.

She planted a kiss on her daughter's head and sent her to the adjoining room into her father's arms. She did the same for me, except that she didn't kiss me ... she sowed instead a seed of inspiration. If that isn't as good as a mother's love, it's nearly so!

It was a pivotal moment ... an epiphany. I was instantly envious, not with mal intent, not with jealousy.

It was an "Ah-ha" moment that has motivated my mothering and professional life since.

My brain and heart spoke so clearly to me that

afternoon in 1986 that I can still hear it today. My inner voice said ...

I want that.

I want to know exactly which homeopathic remedy to give my son that will cure him of whatever comes our way.

But what was even more rousing that day was that by the time our consultation was complete, the little girl burst into the room and skipped into her mother's arms, fully recovered. Her eyes sparkled and she was laughing.

In less than 50 minutes, this mom had cured her daughter without fuss. Just four tiny pills in the hands of a knowledgeable mom. A mom who wholly depended on homeopathy.

I want that.

Within months after witnessing this event, I, too, was capable of the same mothering act.

Not always perfectly.

Not always as adroitly in the beginning, but here I stand today with three adult sons to trumpet to the world that I have depended entirely on homeopathy, nutrient-dense foods ... and not a single drug.

This is the cornerstone of my mothering.

Not acetaminophen, aspirin, nor antibiotic have I plunked into their mouths.

We have skirted steroids, analgesics, antidepressants, ointments, inhalers, Benadryl, Accutane, Darvocet, Albuterol, Lortab, Ritalin,

EpiPens and the like.

My medicine cabinet has none of these products in it, which makes my medical budget healthy too.

Only our family's beloved little white homeopathy pills from my closet, with a sprinkling of herbal tinctures that I make, do we take judiciously.

Lest you think we are of perfect inherited stock or that my sons lived in a bubble and never experienced an injury, let me assure you that we've had plenty of trials. Yet, I've addressed every one of them. With homeopathy.

I was so stirred by that moment in my homeopath's office that I fashioned my life to do the same for other mothers, too ... to inspire them as my homeopath inspired me.

I would like others, who know the feeling of healthy envy, to know that it is possible ... this drugless, medical-procedure-less life.

And that this style of living is within reach, in fact only an arm's length away.

If this tugs at you as it does me, let me take your hand and guide you so you can march into this world of self-empowerment and mothering the way it was intended.

I wanted that. And I got it!

A Remedy Everyone Needs to Own

The reason *Nux vomica* worked so well for me back in 1986 is that I had made a habit at that time to use a lot of conventional drugs, and *Nux vomica* is the

premier remedy for that stupid lifestyle.

Stupid? Yes. Because not only was it without forethought, intelligence or research, but it was as though I was in a stupor. I simply did as I was told. I heard, "Here, take this stuff." And I did!

Nux vomica is also a grand remedy for someone who is caught up in a whirlwind of business associated with a Type A personality.

But it is useful for many gut problems: overuse of prescription drugs, as in my case, but also overindulgence in any substance.

I consider candy and junk food to be substances of sorts as well, given the chemicals usually found in today's pre-prepared, prettily packaged foods. *Nux vomica* is my go-to remedy for post-Halloween nausea, stomach issues, sleep problems and irritability.

In other words: Halloween, birthday parties, sleepovers, Easter candy overdose... even irritability from any of these indulgences.

Remember it for someone who has a hangover, whether from alcohol overuse, bad food or meds. [Nux Vomica 30C](#), every four hours for a day or so has a reputation for smoothing out the prickly results of an ill-conceived extravagance.

So, whether you get yourself a [homeopathy kit](#), (a bit of an investment but a considerable savings in the long run) or purchase the remedy individually, be sure to have this remedy in your home because it's a cinch in a pinch.

Travis, the Teenager, Loves Homeopathy

“Sweet!” crowed Travis, the 16-year-old, as he rose up with renewed strength.

Just hours ago, Travis had been suffering from a 103-degree fever, pounding headache and relentless nausea. After three doses of [Belladonna 30C](#) and a much-needed nap, this pale, emotional child was made whole.



Since it was Saturday night, this meant he would be able to go to his school dance.

His parents had no reservations.

They know from years of using homeopathy that when the remedy is correct, there is no need for a relapse.

Regardless of the intensity, they knew their son had recovered fully.

When properly administered, homeopathy is an unparalleled form of medication. It matters not that it is 200 years old, nor that it is accepted as the norm in England, Germany, France, South America and India. What matters to Travis and millions of others throughout the world is that it works.

How can something so inexpensive (under \$10) and readily

available make such a difference in a high fever or any illness?

The biological law behind homeopathy is well-founded. It has been shown clinically for the last 200 plus years to treat illnesses such as the one Travis suffered – without side effects and within relatively short order.

The stimulus, or homeopathic remedy, is determined by the presenting symptoms. The symptoms are not treated.

Instead, the *person* is treated and the symptoms (the cold, flu, etc.) simply melt away. If instead an antibiotic had been administered, Travis might have experienced a false sense of wellness, propped up by powerful drugs that have side effects as long as his arm.

Most likely the head pain would develop into repeated episodes of the same over a period of months. This is common in teenage ailments that have been suppressed by antibiotics, analgesics and the like.

[Belladonna 30C](#) was the remedy his parents chose when the fever was high. His eyes had a glassy look, and the accompanying head pain was severe.

This is the cluster of symptoms that need to be present for *Belladonna* to do its curative work.

If the fever had been low, with chills and presented in an irritable, over-indulged teen, the remedy choice would likely have been [Nux vomica 30C.](#)

If the child had a headache with fever and was fractious and demanding, one might consider [Chamomilla 30C.](#)

Do you see how pathology-definitive and person-specific the choice must be?

Had an [antibiotic](#) been prescribed for a teen who would

otherwise do well with *Chamomilla*, the infection might be subdued, but we would be left with the irritable teen.

Is it no wonder that parents who use homeopathy find that their children are often less disruptive to the family after the well-chosen remedy is administered?

This holds true for other behavioral issues as well.

Homeopathy's role in the health of teens offers more than meets the eye. A medicine that aborts colds and flu and resolves the accompanying emotional chaos is the role of a healthy medical model.

Yet Travis doesn't need to be convinced of the ability of homeopathy to do the job.

His only worry is how to convince his parents to let him borrow the car for the dance.

Want to win a FREE download to add to your homeopathic library? Go to over my [Facebook](#) page and enter the weekly quiz. While you are there "Like" us, please.

Lousy Lice



“Your child has lice.”

Nothing sends a parent into a frenzy like these four little words, “Your child has lice.” Even reading the word on the page probably has you reaching for your head to give a cursory scratch.

I remember an itchy little neighbor-friend of mine having lice when we were kids.

Her mother shampooed her with medicated stuff and then scrupulously combed through her hair for hours while she fidgeted impatiently for it to be over. While the meticulousness of nit removal is necessary when using homeopathy as well, the toxic shampoos can be left at the drug store.



Head lice, or *pediculus humanus capitus*, are parasites that live off the blood supply to the scalp. Unlike other bugs, they do not fly or jump, so they crawl through the scalp and

lay their eggs.

Infestations occur more often during the school year, as head lice infestations, called pediculosis, are transferred by contact with the head of a person with lice through sharing hats, helmets, hair accessories, brushes, etc.

Itching yet?

[Staphysagria 30C](#) pellets have been shown to be an effective remedy for lice infestation. The remedy is taken orally 4 times in one day for the first day and then 2 times a day for a week or so until it is evident that the problem is resolved. Most find that taking a one-week break and then continuing twice daily for another week or so, one week on, one week off for the following week, is just the ticket.

Continuing this rotation for up to a month is a good way to be certain of bug fatality.

Staphysagria, used in conjunction with Hyland's combination lice remedies, is also a winning combination. Hyland's [Quit Nits Complete Head Lice Kit](#) contains an everyday preventative spray containing *Eucalyptus globules* and two tubes of Advance Lice Treatment Cream, which contains *Quassia amara*, *Staphysagria* and *Sabadilla*.

And although my family was able to avert this particular pathology, if they had gotten lice, I would call it an all-hands-on-deck situation and insist on both remedy methods.

I thought I was being heartless when I warned my sons when they were young that if they ever got lice, I'd shave their heads. My boys actually thought that was cool.

Thankfully, I never had to lug out the electric razor.

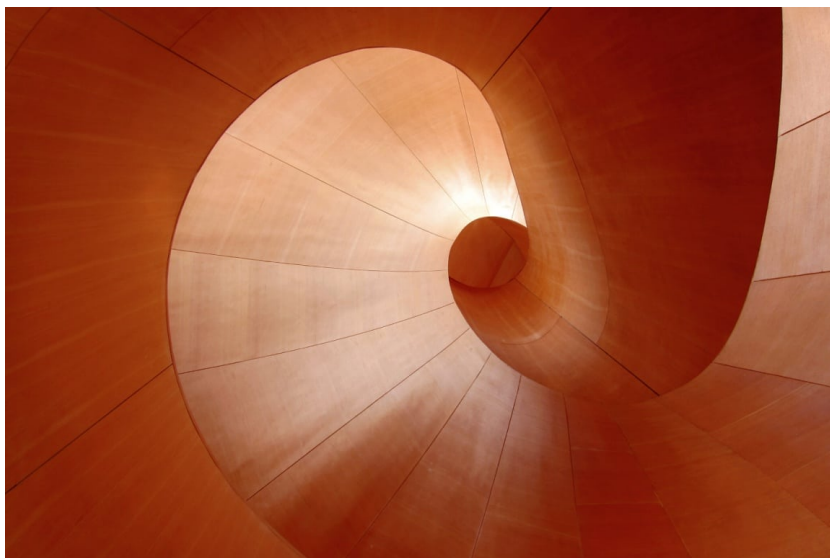
Bed sheets should still be washed in super-hot water, stuffed animals whirled about in a hot dryer for at least 30

minutes and hairbrushes and ties can be put in freezer bags and into the freezer to kill live bugs.

Other items can be placed and sealed in a larger bag for two weeks. Vacuuming the area and furniture where the infested person has sat or slept will help prevent spreading lice.

Nits will have to be removed and checked daily, but with these homeopathic measures, lice will quickly become a creepy-crawly distant memory.

Vertigo, Meniere's and Tinnitus: Homeopathy Can Offer a Quieting Method



I recently posted about how to relieve [travel sickness quickly](#).

Today I am going to address vertigo and tinnitus, which

sometimes share similar aspects of motion sickness.

However, these maladies can be even more debilitating when associated with a chronic condition.

While travel sickness is due to movement, vertigo and tinnitus can often accompany nausea, making it a double whammy.

Some describe the feeling as existing in a factory of constant noise, being intoxicated or having a bad case of “the spins.”

Infections, fevers, seemingly unrelated illness, movement, inner ear issues, exposure to loud noises, eye problems or even a major stress can lead to a bout of vertigo and long-term tinnitus.

John suffered from tinnitus

Take John, for example. John is in his mid-60s and has suffered from tinnitus daily for eight years. Many times, this is accompanied by vertigo.

When he’s suffering a rather severe episode, he is assigned to his living room chair, instead of spending productive time in his office.

After taking my course on how to treat yourself with homeopathy, he asked himself what was going on in his life at the onset of this unsettling disturbance.

He thought about it for a while and asked his wife what she might recall.

As I direct my students, they constructed a timeline of his health events.

This is when he realized that it was shortly after his gall bladder surgery that the hearing and equilibrium distortions

began.

In homeopathy, sometimes revealing the cause can be useful in determining the remedy.

Indeed, we might consider *Arnica* for post-trauma issues, *Phosphoric acid* for anesthesia poisoning or even *Nux vomica* for the ill effects of any meds that may have been used in and around the surgery.

Not knowing the precise cause can leave some unanswered questions.

However, regardless of the cause, homeopathy has a history of dealing with such maladies, and sometimes this leaves us with a matter of trial and error to find the precise stimulus.

Not to worry.

Homeopathy throws no punches.

There are no side effects associated with even the wrong remedy choice as long as it is used judiciously.

Because John wasn't certain of the precise exciting cause, he tried the Banerji Protocol that I taught his web class: *Tellurium metallicum 200C* every three days and *Conium maculatum 3C* twice daily.

(Dr. Prasanta and Dr. Pratip Banerji use the 200 and 3C potencies respectively, but since some of these are not available in the U.S. and other parts of the world, my students are reporting that 30C and 6X or 6C are useful.)

John was encouraged when he noted that the sound had lessened about 10% within the first 30 days of using the remedies.

Three months after that, he was more optimistic when he

realized that the cicada-type noise was no longer part of his daily experience.

Only after being exposed to loud noises, such as when his car was being repaired at the mechanics' shop, did he note a return of the symptoms.

He slowly began to recognize that after 6 months of the remedy use, although the high-pitched sounds were somewhat audible, they were not enough to make an appreciable difference in his life.

In fact, he noted the sounds only when he paid close attention.

In other words, John felt that as long as the noise remained at this lessened level, he was satisfied.

Indeed, who wouldn't be? After all, is it perfection that we seek or is it relative health so that he can return to a productive life?

Genuine health is freedom, and as long as John is liberated to work and benefit from his life, then he is experiencing health.

Now, with the unsavory sensations and sounds much minimized, John spins with excitement and buzzes with enthusiasm instead of with vertigo and tinnitus!

Note: If you have tried these remedies, and the tinnitus has still not subsided, a well-trained homeopath can pinpoint a more closely aligned remedy.



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](#)

Bedbugs! Non-toxic Eradication and Homeopathy



All God's creatures, great and small? Okay ... bumblebees, butterflies, bunnies.

Got it. But *bedbugs*?

Oh, I think not! Bedbugs are not nice, not fluffy, not useful at all.

They can lie dormant in your walls for a year without feeding, and then suddenly wake up hungry for blood.

They can latch on to you in hotels, on busses, in dentists' offices ... anywhere people gather, sit, and can drop a critter or its eggs.

Bedbugs are dirty, disgusting, and demoralizing.

They creep, they crawl, and they cause a lot of alliteration in this blog.

Bedbugs are embarrassing and their hosts are unwilling.

An influx of bedbugs in your home is not exactly a topic of polite conversation: "Johnny was accepted to Harvard; Suzie won her swim meet ... and we have bedbugs!"

Having gone online, I learned that the consensus was that the pesticides weren't very effective.

There, I found reports of people spraying several times (exposing themselves and their families to dangerous chemical toxins) and having limited or no success.

Three Non-toxic Treatments

I read of three (non-chemical, ironically) treatments that actually worked: extreme heat, extreme cold, and diatomaceous earth.

Here is a link to a source on Amazon: [Nature's Wisdom Food Grade DE](#). I have also found it at my local Home Depot.

Since most of us can't easily heat a house to 115F (46C), nor was it possible to freeze the house at -26F (-32C), the

choice was easy. Diatomaceous earth is stupidly inexpensive and much cheaper than cancer-causing sprays and bombs.

Diatomaceous earth is a non-toxic silica dust.

You can put it on your mattress, around the baseboards and all over the floor, in the electrical outlets, in the furniture, etc. I love that I can carry it with me when I travel.

My assistant reports that she was plagued with them and left the diatomaceous earth for a week or two, then vacuumed up the dust.

It makes a mess, she said, since it is a very fine powder.

But she put up with it and reapplied twice. Eventually, she was deprived of their company for good.

Bedbug bites – homeopathy of course

So, what if it's too late and you find out that those nasty, bumpy bites are indeed from bed bugs?

Now what?

Why homeopathy of course!

The first remedy to consider is [Ledum 30X](#) every 3 hours if the itching is bad enough.

This won't rid your bed or luggage, but it will certainly reduce the swelling, itching and restlessness.

If the level of itching grows into an itching frenzy, then also consider [Arsenicum album 6 or 30](#) every few hours.

These remedies can be used for days if needed to reduce the effects of the bites.

I love when solutions arise that give us self-sufficiency,

cost only a few dollars, and are not only non-toxic but intelligent.

A clever use of non-chemical products, homeopathy and self-education; the way to a life well-lived.

Empty Nest: The Anguish of Motherhood



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.



The office phone rang, and my assistant directed me to pick up line 2.

“Hello.”

“He’s gone!” It was a female voice dripping with desperation.

“Who’s gone ... and by the way, who’s calling?”

“It’s Sandy, Joette, and my son is GONE!”

My thoughts dashed to automobile accidents, and I braced myself for bad news.

Instead, she sobbed “I just dropped him off at college, and I don’t think I can handle this. I feel hopeless.”

Phew!

This call came about 10 years ago when all my sons were young and contentedly tethered to home.

Now I’m facing the same such feelings as Sandy, while my last baby trots off to his first year of college.

Inside, my heart is crushing.

I felt Sandy’s pain 10 years ago, but today I embody it.

When a crisis of sorrow or melancholy strikes others, it's straightforward as to the remedy selection. But when it comes your way, it's easy to mislay footing and forget what to do.

As a gentle reminder, fellow moms, the remedy [Ignatia amara](#) is the one to keep on hand.

[Ignatia amara](#) is known for its ability to soothe the pain of loss, longsuffering, grief or most any emotional ordeal.

I hail from a large Italian American family and my bottle of [Ignatia amara](#) has accompanied me to many wakes and funerals ready for someone who might be suffering needlessly.

Unlike meds of commerce, it doesn't tamp down emotions so that nothing is felt at all.

Instead, it gently nudges the body's ability to bring it round to a more rational perspective.

So, it was with these thoughts plaguing me of my son moving out of the house. A few doses of [Ignatia amara](#) brought me around to thinking.

"After all, I'll see him most Sundays!"

When using a remedy such as [Ignatia amara](#) it feels so natural that one wonders if it's the remedy or simply a better perspective.

It's actually both!

As always, homeopathic remedies are not habit-forming, include no side effects and cost about \$15 for a bottle that will last a lifetime.

They can also be purchased in a kit of the most common household remedies for about \$2.70!

Lest you find me bawling my eyes out, please give me a

knowing glance and pop four pills of *Ignatia* into my mouth.

Then offer the same to your friends. We mothers need to fluff up our nests and move forward with dignity.

Homeopathy can buttress that.

Interested in learning more practical, proven protocols for women's health? Well, you are in luck! My popular course, *Feminopathy: How you Can Correct Female Ailments Using Save, Inexpensive and Effective Homeopathy*, is ON SALE through Mother's Day! Order now and get additional freebies: <http://feminopathy.joettecalabrese.com>