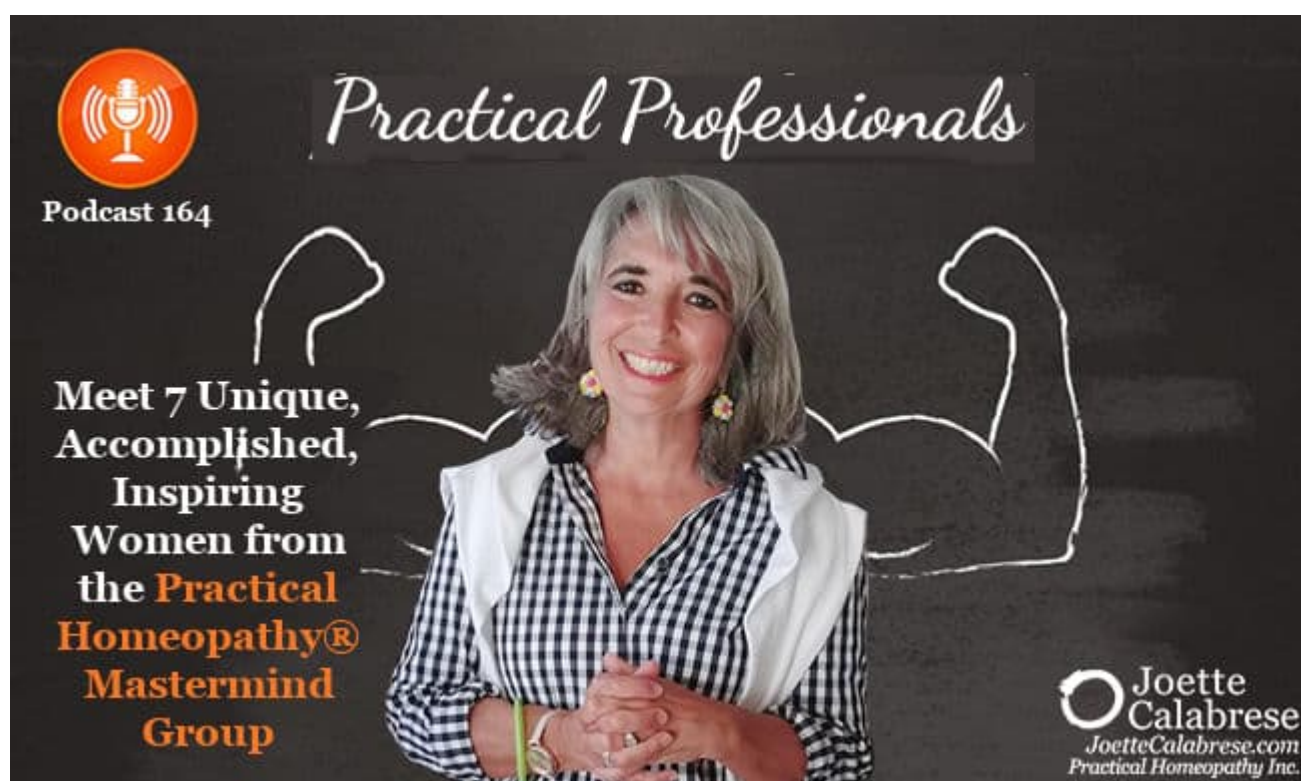


Podcast 164 – Meet 7 Unique, Accomplished, Inspiring Women from the Practical Homeopathy® Mastermind Group



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Kate:

This is the Practical Homeopathy® Podcast, episode number 164, with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

Introduction: Meet 7 Unique, Accomplished, Inspiring Women from the Practical Homeopathy® Mastermind Group

Kate: (01:00)

Welcome to the Practical Homeopathy® Podcast. I'm Kate, and I'm thrilled you're joining us today.

Homeopathy isn't just a gentle, time-tested system of medicine. It's a powerful tool that empowers families to take charge of their health naturally, safely and effectively. Joette has spent decades teaching others how to employ Practical Homeopathy® with their family, friends and beyond.

So, on this podcast, you're going to hear from some passionate students of Practical Homeopathy®, who are now helping others

experience what's truly possible with Practical Homeopathy®.

Joette, we've just spent three wonderfully intense days together with your Mastermind students. Some of them are joining in on this podcast today. So, I'd love it if you could start by explaining to those listening what your Mastermind group is all about.

What's a Mastermind group?

Joette: (01:52)

Okay. So, a Mastermind group is a dedicated group of graduates of [The Academy of Practical Homeopathy®](#) and Mastery – so, that's been two full years – who have taken their knowledge to the next level.

These women – brilliant women, I have to say – have seen remarkable results in their own lives and families. And now they've moved beyond that, and they want to join with a small group of other like-minded students who all want to push each other to fulfill their goals, and their clients experience the life-changing power of homeopathy.

So, let's get started.

Meet Heather, a health coach

Joette: (02:33)

Hi, Heather.

Heather:

Hello, Joette.

Joette:

I'm so glad you're with me today ... well, also that you've been with me this weekend, too.

Heather:

Yes, it's been amazing.

Joette:

It's amazing to be amongst these women, hasn't it?

Heather:

Absolutely, yes.

Joette:

Tell us a little bit about your story. What is a little bit of your background; what brought you here?

Heather:

I have been a health coach for about 10 years and have been working with clients for that long, helping people recover their health and just to support them in any way that I could.

But I always felt a little bit of a limitation. I couldn't always quite get to the end of that process.

And so, when I found homeopathy, one of the first things that I did for myself was to work on getting rid of my chronic headaches that were debilitating and took up way too many days of the month that I couldn't really function or do things. And so, when I was able to do that with homeopathy, I knew that I had found that missing piece.

And the fact that I can now help clients and family members alike with not just acute things that pop up in everyone's life, but to be able to help them with some very serious chronic illnesses, chronic conditions, things like that, has been not only so life-changing for me, but for them, of course.

I'm so thankful for the group that you have put together, for all of the people here this weekend and really all of the students that we have been able to impact with this – like you

said – life-changing medicine.

Joette:

So, you've released yourself of those headaches ...

Heather:

Yes.

Joette:

... by using the homeopathic medicine?

Heather:

Yeah, I have a date in my phone.

Joette:

Have you?

Heather:

It says "headache," and that was last February. It was February of 2024 ... was the last headache that I had.

Joette:

Wow. Oh, that's excellent, after having suffered them for years.

Heather:

I was also a Great Lakes headacher. Those Great Lakes – the shifts in the atmosphere, pressure and stuff – and I would get. But they weren't a classic migraine, but they basically should have been.

Joette:

Because the pain was so grand.

Heather:

Yes, very bad.

Joette:

Right, exactly.

Heather:

Just in bed.

Joette:

You were a health coach.

Heather:

Yes.

Joette:

You did that for years. You have a practice, and then you learned about homeopathy in order to help your own situation. And then you said, "Okay, this is the missing piece. Let's go further." And then you decided to join The Academy?

Heather:

Yes, I did The Academy, and then this past year, we just finished up Mastery (that second year), and now so blessed to be in this Mastermind with all of these excellent, excellent women.

Joette:

Yeah, and that's a big part of this because The Academy is a large number of students, and the Mastery is a little bit smaller, but this is only 13 people. And that makes it really tight. And we actually meet in person, and that's what we're doing right now. Everybody's about to say goodbye after a really great weekend, and we've gotten to know each other very

well.

Yeah, it's a tight group of people and that's wonderful. We ask everyone in these Mastermind groups to give us their "ask:" what they want help from these other 12 other women. (It could be men, but it's always been women so far.) Then, we ask them to give something back to the group.

So, you can imagine with the caliber of people who've gone through The Academy and Mastery. Many of them are in practice. Some of them are doctors; some of them are homesteaders; some of them are grandmas. It's the whole gamut of all different kinds of people that you're going to get answers to the questions that you have regarding your life, your goals, your ...

Heather:

Yeah, just to have access to the diversity that we have in all of us and all of our life experiences. We're all at different places. Some still have little, some – our grandmas like you said – but just everyone has so much to offer, and it's all a little bit different. There's overlap, but there's also so much that everyone just brings to the table.

And to have all of ... the name "Mastermind" is such a fitting name because it is like a meeting of the minds. We're all putting our brains together to help build each other up to solve any issues or problems or struggles that people are dealing with. It's beautiful.

Joette:

And then we get to meet for the next year.

Heather:

Yes. This is just the beginning.

Joette:

This is just the kickoff that we've actually met in person in Florida, but now we're going to be meeting every couple of weeks, which is really great. We really get to know each other well.

I so enjoyed having you in the group.

Heather:

I love being here, and I can't wait for the rest of this year.

Joette:

Yeah, me too, Heather. Thanks a lot. Thank, thanks for sharing.

Heather:

Absolutely.

Joette:

Alright, bye now.

Meet Cindi, from treating her own allergies to opening a homeopathy business

Joette: (06:39)

So, I am here with Cindi, and Cindi's part of our group this weekend in Mastermind. And I love to be able to talk to people who have come a long way in homeopathy.

So, Cindi, tell me your story. What was going on in your life that brought you to homeopathy?

Cindi:

My health.

Joette:

That's a good place to start.

Cindi:

Yes. I had severe allergies, and I went looking for a homeopath, and I found you. So, I started with you, and I began to heal. You encouraged me – very lovingly – to start teaching and start going into APH [The Academy of Practical Homeopathy®].

And so, I decided to go ahead and join APH and then onto Mastery. And now I teach, and I have a few clients, and now, I'm starting my own homeopathy business so that I can help people the way in which you helped me and how homeopathy helped me. Because there are a lot of other people out there who are going through what I've gone through.

Joette:

Which is ... just tell us a little bit about ... You had allergies, but can you just describe a little bit about that?

Cindi:

As I've always been sick as a child and a young adult. So, as I went into menopause, things got worse. I got to the point where all I could eat was meat, two kinds of vegetables and drink water. That was it.

And I knew I couldn't keep that up. I knew that I was losing weight fast, and so I knew I needed help, and the doctors couldn't help me. I went to see some specialists, and they couldn't help me, or whatever they gave me wasn't helping.

So, I knew that because I had used homeopathy in the past with my son ...

Joette:

Oh, there you go.

Cindi:

I knew that that was the answer for me. So, that's when I went and searched for you.

Joette:

So, it was all about food intolerances.

Cindi:

Definitely, yes.

And I also had allergies, seasonal allergies. I had asthma. I was getting colds about twice a month or every ...

Joette:

It was a lot. I remember.

Constant. And asthma, bronchitis. You name it, I was getting it, and I had lived with it for a long time. And also, I was menopausal.

Joette:

Oh boy. Right on top. The cherry on top.

Cindi:

Yeah, exactly. So, as we worked on the food allergies, other illnesses, conditions started to melt away.

Joette:

Those little satellite conditions that you didn't even think were associated but eventually really are.

Cindi:

I can go into a house now with five cats ... not even a sniffle.

Joette:

Yeah.

Cindi:

That's amazing!

Joette:

Yeah. That's the medicine that we know now. And so, this is the way it works. You get fixed, you fix your family, you fix yourself, you work with ... now you want to learn so that you can do the same for others.

Cindi:

Exactly.

Joette:

Keeps snowballing. And that's the way this should be: the good news.

Cindi:

Exactly. There are a lot of people out there who, like me, are suffering from allergies, skin conditions, asthma, seasonal allergies, and it can all be helped with homeopathy.

Joette:

Yes. And you know, Cindi, what's really fascinating is this is exactly where I started: allergies and food intolerances. So, it felt very natural for me to work with you.

So, thank you so much.

Cindi:

I'm so grateful.

Joette:

Oh, I'm grateful for you, too. Thank you.

Meet Sandra, adoptive mom of two who wants to help other adoptive parents

Joette: (09:46)

Hi, Sandra.

Sandra:

Hi, how are you?

Joette:

I'm doing well. How about you?

Sandra:

I'm wonderful. I'm here with you.

Joette:

Yeah, and I'm here with you. You have an interesting story, and I would love for others to hear your story. Give us a little background.

Sandra:

All right. We had secondary infertility, and so we adopted two older children from foster care. When I say older, I mean like five and six.

In the interview, they told us that they would be institutionalized by the time they were 13.

Joette:

Oh.

Sandra:

They came to us with some labels like reactive attachment

disorder, ODD – lots of letters behind their name – and they were on a lot of psychotropic drugs.

Joette:

Oh, my.

Sandra:

And so, they were only five and six. They were already on Abilify and clonidine. Between the two of them, they had about 10 violent tantrums every day. And I was a homeschooling mom, and it was really difficult.

We ended up helping them with a lot of natural approaches, like supplementation and food that heals.

But when I learned about homeopathy, when they had already overcome – we'd already helped them overcome a lot of that stuff – I just realized how much faster our progress would've been had I known about this modality.

Joette:

Isn't that the truth for all of us? If only we had known long ago.

Sandra:

Exactly. And so, the stuff that we used was fine. It was great. It was natural, and it did help them, but it took us a really long time to get there.

I was pretty much isolated from the world for almost three years. I didn't do anything. I think if we'd had homeopathy, we would've shaved at least a year off of that just because it actually can help with the really big things. It's not just a bumps-and-bruises sort of thing. So much more.

Joette:

Behavior, psychological issues.

Sandra:

Yes. So, it is something that I have a passion about to bring that message to parents. It's not easy to deal with any of this, regardless of homeopathy, but I want to take a little bit of the exhaustion away from moms.

You're in survival mode when you're in that position, and I want to help those kinds of families. That was a huge motivator for me jumping in.

Joette:

So, are you saying that your children are no longer on these psychotropic drugs?

Sandra:

Oh, no. They haven't been on them for years. They're 24 and 25, and they have completely overcome everything that anyone ever said.

Joette:

And they're not institutionalized.

Sandra:

They were never institutionalized.

They never were even on drugs or alcohol or anything like that. That's a huge problem with kids coming out of foster care. I mean, life isn't perfect. They've got their issues like everybody else, but they're, you know, normal people. So, that was the goal. Create some functioning members of society.

Joette:

Listen, I couldn't wrap this up right now, but I have to ask

you, why did you choose children who were that age to foster? Tell me what your thinking was. It is different than most moms and dads would do.

Sandra:

Well, we had two babies, two different times, lined up to adopt. And I actually had kind of floated the idea of doing older kids with my husband, and we prayed about it and decided that we were open to that.

We went to an interview for a 2-year-old little girl whose parents had died in a car accident.

Joette:

Oh my.

Sandra:

She had never had any trauma.

But prior to that, about six months before, I had been on the special needs adoption website, and there were these two kids that caught my eye that were four and five at the time. And I don't know. I said, "Could we put our home study in for these kids?"

And he said, "Yes." But it was kind of like, "I don't know."

And so, we put them on my bulletin board, and we decided that we were going to pray for them. And the next day, we went back to the site. They were gone, and we assumed that they had been adopted.

And so fast forward six months, we went to this appointment. I walked into the room, and for reasons I won't go into, I realized that we would probably not be the people that would be chosen for this child.

And when I went into ... we went into the adoption interview,

the lady started asking us questions like, "How do you feel about children who've been exposed to meth? How do you feel about children who may not ever love you? How do you feel about children ...?" Like, all these questions that didn't pertain to this little girl.

And that night, we got a call, and she said, I'm sorry you were not chosen for the 2-year-old that didn't have trauma except for what had happened to her with her parents. But there's another couple of kids that we would really love to interview you for. And she told us their names, and it was the kids on my bulletin board.

Joette:

Wow.

Sandra:

We were like, "Okay."

And so, they had gotten lost in the system. There had been a failed adoption with them, and they had just kind of been languishing in the foster care system, as often happens. We just felt like there were a lot of things that happened that brought them to us that were unusual, and we have a very strong faith. And so, we had always prayed that God would lead us to the right children that needed us the most.

And I don't know, I guess we don't do easy things very often, the two of us. And so, we felt like that was what we were supposed to do. And we felt like even though we actually knew we weren't equipped, we knew that ...

Joette:

You could equip.

Sandra:

... we could be equipped, and that God would be with us and walk through that with us.

Joette:

So, you raised these children using homeopathy?

Sandra:

No, I did not.

Joette:

Oh, interesting.

Sandra:

No, I didn't. Well, kind of. I did in some areas without knowing it, the things that actually helped the most were combo remedies that I didn't know were homeopathy.

Joette:

Ok.

Sandra:

In fact, we got my son off of clonidine using a homeopathic combo remedy.

Joette:

Get out!

Sandra:

And we didn't realize it. But he had horrible night terrors that would last for two or three hours every night. In fact, it was so intense that for 10 months, we slept outside his room on an air mattress because we were afraid he would fall down our stairway.

He had no idea who we were, what we were doing. You know how it is.

Joette:

Yeah, night terror, they're in a different world.

Sandra:

And it was very, very scary, and he ... It was awful.

And he was also having so many tantrums every day. He got kicked out of first grade in public school. And so, he was struggling majorly.

And the sleep was one of the biggest issues we had. And I found this combo remedy that I didn't know was homeopathy. I tried it. And within three weeks, not only was he not having night terrors, he was going to sleep without us laying next to him for an hour and a half. And he was off the clonidine within 60 days.

Joette:

My goodness.

Sandra:

Yeah. And so those kinds of things, later, came back to me as we were realizing, I was realizing, oh my goodness. The things that helped us more than anything during that time, were homeopathic, and I didn't even know it! Because I didn't know what Hyland's was selling. I didn't know what Boiron was selling. I just knew it was in the health food section.

Joette:

And it had a word on it.

Sandra:

It was neat, and he would take it. He was so sick of taking pills. He'd been pushed pills his whole life.

And so, those were the things that did actually help. But I didn't know I was using something.

Joette:

That's fascinating. But when you did realize, that's when you decided, "Okay, I'm going to learn this stuff."

Sandra:

Actually, it was a completely different situation at that point. It was my husband's stroke at 46 that brought me to homeopathy.

But once I learned it, I started using it with my youngest, who's my daughter, because she has struggled with hormonal stuff since she was a teenager. And holy cow, has that made a huge difference.

We've been tackling things like PCOS with her. Her pain levels ... she would faint every time she would have her cycle.

Joette:

The pain was so extreme.

Sandra:

The pain was so extreme, she'd just go pale, and then she'd go down.

We found that *Veratrum album* was amazing for that, and that was early on. I wasn't even an APH yet. I had just taken a couple of your protocol classes.

Every single thing in our life, it seemed like, that we had ever struggled with or were struggling with, somehow could be touched in a positive way and supported by homeopathy. It was

one of those things that once I found it, you could not have stopped me from learning it. I would've learned it if you wanted to arrest me. There is nothing that would've kept from it.

Joette:

Compelled. That's what happens.

Sandra:

It was so compelling.

And I had been praying for answers because of my husband's stroke and getting all these meds, and it was really causing a lot of side effects for him. And it was just ... somebody just shared your website with me, that I hardly ever see. She had gone through a [Gateway class](#).

It was just like game on. I bought my first protocol class a couple of days later. I watched it three times in two weeks.

Joette:

Go on. That's not you, is it?

Sandra:

No, not at all. I'm not determined like that.

Joette:

Focused.

Sandra:

I was so focused, and it happened to be the [Mindful](#) one. That was what I started with.

I never had taken a Gateway. I knew nothing about homeopathy, and I started with Mindful, but that's what I needed. That was the class I needed at the time.

Really, it's helped every single member of my family since then. I still listen to it.

Joette:

It's helped with your hands delivering, with your mind figuring out exactly what your family members need. So yes, there are those tools, but they're of no use unless you have the gumption, the desire, the guts, spunk and moxie, and then the total dedication to learn how to use this.

Sandra:

And I know adoptive families that are dealing with kids like this, they have that kind of spunk and moxie. Because you don't live in that situation for more than about a week without realizing that you need support ... that you've got to learn how to help these kids.

And those are the families that I want to help because I know already. I know who they are. I was them.

Joette:

Yes. Yes. Oh, Sandra, what a great mission. Thank you so much for sharing this with us.

Sandra:

Yeah! You're welcome. This is great. Thank you.

Joette:

Yes, thank you. So, if you're looking for a homeopath such as Sandra and these others who we're interviewing today, the best place to find them – because you've gone through The Academy and Mastery, right, Sandra?

Sandra:

Yes.

Joette:

And now Mastermind – is to go directly to FindAPracticalHomeopath.com, and then you'll see Sandra's profile and others.

Meet Stephanie, who wants to know everything she can about homeopathy

Joette: (20:05)

So, now I'm with Stephanie. And I want to talk to you, Stephanie, because you're with us this weekend for the Mastermind program that we put together. You've come from, where did you come from?

Stephanie:

Dixon, Tennessee.

Joette:

Dixon, Tennessee. And we're in Florida now.

So, you've been through my Academy and the Mastery program and now Mastermind. I know you as a very good student. I see the questions that you ask and the nods that you give in the classes.

So, I want to hear your story, not just because I like to hear it again, but for others to understand what your story is, and what brought you to homeopathy in the first place.

Stephanie:

Thank you, Joette. It's such a pleasure to be here with you.

So, my firstborn, he was born with allergies, and I did several different modalities, and nothing was uprooting the condition. So, I found your [Allergic?! course](#) online, and I took it. And I was like, "I can do this. I can do this myself

and help my son.”

Joette:

That’s the best part. I love to hear that. And you’ve said that before: “I can do this.” Yes.

Stephanie:

So, it happened actually just a couple of months before The Academy was opening for that year. And so, I took the course, and then I took [Good Gut, Bad Gut](#), and then The Academy became available.

And I was like, “You know what? I want to know all of it. I want to learn all of it.”

So, that is what really jump-started me into The Academy. And it was such a mind-blowing amount of information – in a good way – that I continued to help other people, family members, friends, plants, my farm animals.

It was so uplifting and empowering that as soon as I knew about Mastery, I was like, “I have to do it. I have to continue. I have to fine-tune my skills and move on.”

And then Mastermind was available. It was a little out of my comfort zone. It’s a smaller group of people, but I’m blown away by this weekend. I really am. Because you come with one idea, and then you’re in this group of amazing people, and you change your ideas. And you change your priorities, and you change the way you want to do things. And it’s really a beautiful thing. And I can’t thank you enough for putting this together.

Joette:

Well, thank you for trusting in this. I also have to say, but someone like you has a voracious appetite for knowledge. And that’s so clear with you. Every time you’ve spoken this

weekend, that's the biggest message. You are hungry for information, and then you go ahead, and you just do it. So, I love having you here with us. So, thank you for joining us this weekend, Stephanie.

Stephanie:

Thank you so much. It's a pleasure.

Joette:

The influence of these great people. It's amazing.

Meet Elizabeth, from hopeless and helpless to an abundant life helping others

Joette: (22:38)

Hi, Elizabeth.

Elizabeth:

Hi Joette.

Joette:

So glad to be here with you.

Elizabeth:

It's always a blessing to be with you.

Joette:

That's the way I feel, too.

So, here we are, and I know your story. But every time you speak, I hear a little bit more stuff that really adds a little more information that builds my knowledge of who you really are.

But no one else on the other side of this microphone knows

about you. So, please tell us your story – and just in a little nutshell – that could be of use to others.

Elizabeth:

Yeah. I have been chronically ill for decades, really started when I was 11 weeks old and just all through childhood.

Then, in college, after I got married, we struggled with infertility for a number of years and all that comes with that. And then just really blessed to have four children. But with that, your health tanks again.

And so then, was diagnosed with two more autoimmune diseases, illnesses, genetic mutation. I just really struggled as a mom, right, because I wanted to be there for my kids. I wanted to be there for my husband, but I didn't feel like I was living the abundant life that Christ had called me to because I was so sick. But the saddest part was when everybody looked at me, they said, "But you look so healthy."

Joette:

You do.

Elizabeth:

But on the inside, there was just so much going on. And I searched and searched, high and low, and was constantly disappointed because everything that I was promised failed to deliver. And so, in that, I really got to a place where I was just helpless. I didn't think that there was anything out there. And I thought, "Okay, this is my thorn. This is my cross to bear. Right? And I'm just going to do the best I can."

And then there were some sweet friends, who were in a study group and said, "You need to know about homeopathy."

"Home-what? I don't even know what that word is, and I'm a

former English teacher!”

And so anyway, just the biggest skeptic in me was like, “Okay, whatever. Another modality that’s going to fail me.” But the researcher in me caused me to start leaning in and to listening to some podcasts and reading some blogs.

And the Lord just provided an amazing opportunity: a very first aid, acute emergency situation for my husband. And I simply just said, “Do you trust me?”

And he said, “Yes.”

And I ran to the store, and I grabbed some Latin words.

Joette:

Yeah, Latin words! Yes.

Elizabeth:

I didn’t even know how to pronounce. And I came back, and I was like, “I don’t even know how to open these, but I believe that it’s going to work.”

And it did!

And my husband never had to go to the emergency room.

Joette:

What was it? What was ...

Elizabeth:

He was actually fixing a toy for one of our children and had stabbed himself in the fleshy part of his hand ...

Joette:

I remember the story. You’ve told me this before.

Elizabeth:

Yes.

Joette:

So, what happened to your husband was that he was fixing a toy ...

Elizabeth:

Yes! For one of my children, and the screwdriver slipped and stabbed deeply into the fleshy part of his hand. And there was a gaping hole ...

Joette:

Oh my.

Elizabeth:

... in his hand. So, I didn't even know how to open the homeopathy vials. And so, I had read a blog that you'd written about puncture wounds, went to the store, got the remedies, and lo and behold, he never had to see a medical professional.

He never lost nerve damage, muscle, tendon, ligament, nothing. It was beautiful. And that was my first experience with homeopathy. And it was transformational in such a way that I was like, "Wow, there probably is something to this. I want to dig deeper into it."

Joette:

Hard to believe. Really? These little pills? Come on, really?

Elizabeth:

Absolutely!

Joette:

That can't be. But it is.

Elizabeth:

But it was beautiful.

Then the Lord, the next month provided another opportunity with one of our children – acute first aid emergency – where we did not have to go to the hospital.

Wait, what? Two in a month? This is crazy. What is this stuff?

And so, I started studying, and lo and behold, started working with the homeopath where I started to uproot my own chronic illness that I had had for decades. Right?

And then, lo and behold, the Lord provided an opportunity for me to join The Academy of Practical Homeopathy®. Graduated from that. Then, yeah, Mastery. All with my husband's support.

But he, too, was suffering with chronic illness. And he said, "*I need you to go to school. I need you to do this for me. I need your help.*"

And he really was the impetus for why I wanted to study more and more.

And so here I am today and I'm in Mastermind surrounded by an amazing community of small, trusted people who are my colleagues and my friends, and just my support network – not just for myself and my children and my family and my friends, but also for my clients, for my students, and even my pets ... which is so fun to use homeopathy with your dogs, right?

Joette:

Yes, I've done it. I've done it.

Elizabeth:

It's so beautiful. Because they don't know what to do.

Joette:

They don't know; they don't know.

Elizabeth:

They don't.

Joette:

But then they do.

Elizabeth:

They do. They want it!

Joette:

And they come around. "Hey, Mom!"

Elizabeth:

"Yes, thank you." It's so sweet.

And so, I think my story is one where I felt truly hopeless and helpless, that everything that had been promised to me had fallen short. I felt like there was nothing out there. And homeopathy has restored my faith, has given me back my joy, has restored my body back to homeostasis, and uprooted these things that have been suppressed for decades in my body.

And I am now living a more abundant, fruitful life that the Lord has called me to for my children, for my future. And I'm so grateful. So grateful for all that God has done and leading me to you.

Joette:

Elizabeth, it's a blessing. Thank you. You're a blessing to us, too. We're going to be together for a whole year now.

I know. It's good. It's good. Thank you.

Elizabeth:

You're welcome.

Meet Michelle, a nurse who brought homeopathy into her husband's medical practice and started her own

Joette: (28:23)

Alright, folks, I have Michelle with me. And you may have heard her on [our podcast, number 160](#). And I'm so glad to have you with *me* this time. Last time you were talking with Kate, now it's just you and me.

So, let's talk Michelle. Tell me a little bit about yourself because you have a very interesting background.

Michelle:

So, I've been a nurse for over 30 years.

Joette:

Practicing?

Michelle:

Practicing, yep. Practicing with my husband, who's an internal medicine physician in private practice. Over the years of seeing so many patients have a hard time with regular allopathic medicine and a lot of the side effects, had never really explored homeopathy at all.

Joette:

Had you heard of it?

Michelle:

I really hadn't. I mean a little bit. In nursing school and medical school, they teach a little bit that it's kind of "woo-woo."

Joette:

Oh, of course, yes. Right.

Michelle:

And “It doesn’t really work, those little sugar pills.”

So, we were always taught to fear that. And as our eyes began to open up over the course of the years, and patients weren’t necessarily getting healed by medicines that we were giving them that thought they were healing them, they would be on them for life.

So, rather than curing them, they just became dependent upon ...

Joette:

Blood pressure meds and ...

Michelle:

Yes. My husband actually kind of nudged me into looking for ... I fell into an original Gateway class from a student who was in APH. And I took the class through a Catholic homeschool group that I belong to.

I took the first class; I didn’t have a book yet. Then about three weeks into it, I got the book, and I have not looked back since.

So, I taught my children to be lifelong learners. And my husband and I are both lifelong learners. And that’s where we’ve tried to teach our children that.

From that, I did APH. My husband supported me along the whole way. He loves history. So, of course, he was right there listening to all of Kim Elia’s history courses with me. I would fill him in, and slowly, we started incorporating homeopathy into our practice.

So thankful that we found an option in order to *heal* our patients, rather than place a band-aid on their sufferings.

So, from that, my husband was like, "Well, you're not going to stop now."

So, I went from this, as you call it, "a flood of information – fire hose information" in APH and then on into Mastery, where, for me, it was like APH was nursing school and Mastery was clinicals.

Like, it was just case after case after case where we got to learn from each other. I mean, I brought my own cases, but everybody else's cases was like we were getting more and more clients.

At that point, I had started practicing on the side. So, I do sort of two practices: one in our office alongside my husband, and then I also have my own consulting practice.

And then, I was sad to see Mastery end, so I decided to join Mastermind.

Joette:

After a year; it was a great year.

Michelle:

Yes, along after the influence of many friends that I made. I didn't know anyone going into APH. And we've had such beautiful study groups, who we still meet together. And it's just such a great community because I now have people I can go to at the touch of my phone and ask them for either help on a case, help on a personal situation, just for some support. And there's nothing that can match the community that you've built, honestly.

Joette:

Well, and what's particularly useful in this community is that homeopathy is not very well known in North America. It's used in South America and Europe and India, but not so much in North America. And so, when you're studying this and using it, you often can feel isolated.

So, this fleshes that out so that you've got friends regardless of where they're from. We have people from all over the world, but most often it's North America and you can contact them.

That's really one of the great benefits, isn't it?

Michelle:

Yep. And I think with Mastermind – it's very interesting – I had no idea what to expect delving into each of our personal situations in order to develop our own self better.

So, it's such a beautiful three-year layout, really. You know, getting all the information in the beginning and then practicing it in Mastery, and then really kind of honing in on yourself and where you want to take it. And hopefully, we'll all branch out and take it to our communities.

Joette:

Yeah. Yeah. That's my hope. I know that's what you're doing, too. It's really great.

Thank you so much for being with us today, Michelle.

Michelle:

Of course.

Joette:

Remember, Podcast 160. You'll learn even more about Michelle.

Michelle:

Thank you.

Joette:

Thank you.

Meet Aarika, an ophthalmologist turned homesteader using homeopathy

Joette: (33:11)

I'm so glad you're with me here right now, Aarika, because I really didn't know you that well.

You've been through The Academy and Mastery, and there you are, nodding. I see your face nodding. I see you smiling, and it's lovely.

And now you're ... here you are with us in Mastermind, and now I get your story.

But your story is spectacular, and I love to hear about what you're doing on your homestead, et cetera, and a little bit about your background. So, would you mind sharing that with our listeners today?

Aarika:

Yes, Joette, I'd love to share with you. I came into homeopathy through a friend. I have past medical training and my

Joette:

Means you're a medical doctor.

Aarika:

Yes. And so, I hadn't heard anything about homeopathy. And she just showed me one of the little sugar pills and said, "If you need anything for your children, just take this name, 'Joette

Calabrese,' and type it into Google. And you'll have whatever you need to help take care of your children and to help them get healthy and to help them just move forward in life."

And so, I did that. I Googled your name, and my son, who has a history of cognitive delays. through following your online presence, I was able to help him overcome those. And now he's ahead.

Joette:

Oh my. That's beautiful.

You are an ophthalmologist. You were performing cataract surgery on a regular basis. So that's a big shift in paradigms, isn't it?

Aarika:

Yes.

Joette:

And we talked about that for a few minutes the other day, that cataract surgery is really something that can be quite useful for many people, especially at a certain age.

But that still is a huge shift. You're thinking much differently now.

So now, you have your children, you're homeschooling. You're homesteading, right? How many acres do you have?

Aarika:

Over 80 acres, we take care of. And lots of animals that have all benefited from the homeopathy.

Joette:

So, you have chickens ...

Aarika:

Chickens, ducks,

Joette:

Ducks.

Aarika:

Guineas, horses, donkeys.

Joette:

Oh, my gosh. I didn't know you had large mammals, too. Oh, for goodness sakes.

Why – I have to ask you – would an ophthalmologist, who has turned to homeopathy and is raising a family, would you ever buy a donkey? I've never understood the donkey picture.

Aarika:

They're to protect the horses from the predators that come into the field. They're the guardians of the ...

Joette:

Oh!. So, it's not a dog that does it? It's the donkey. And it kicks, and it makes sounds. Oh, for goodness' sake,

Aarika:

It'll stamp anything that comes into the field.

Joette:

Learn something new every day. That's great. And so, you've treated the animals.

Aarika:

Yes.

Joette:

Yeah. Yeah.

Aarika:

Saved many, many lives.

Joette:

Yes.

Aarika:

Just through simple homeopathics.

Joette:

Like what? Give us an example if you don't mind.

Aarika:

For example, my daughter's pony was colicking, and there was no one. It was the middle of the night. So, to try to get ahold of a vet, there's no one that can help you.

But through the use of the remedies, that pony that would've otherwise passed that night was there when she woke up.

Joette:

Is that called bloat?

Aarika:

There's bloat; they call it colic. They just kind of get a whole bunch of gas in their abdomen, essentially. They just have to relieve that. We just didn't know what had caused it. And he had all of his gastric contents actually, by the end, coming out of his nose.

And so, we thought that he was completely blocked by the end

of it.

Joette:

Oh my.

Aarika:

He was there ready to play with my daughter the next morning, thanks to homeopathy.

Joette:

Oh, my goodness. And now your children are learning this.

Aarika:

Yes. My children, the first thing they go to whenever they need anything is they look for their little – we call them the sugar pills ...

Joette:

Of course.

Aarika:

... because they're "candies" for the kids, since they don't get candies. So, they're very excited to get their ...

Joette:

It's so great. You're raising them in precisely the right way. It's so good.

Thank you, Aarika. This is a beautiful story, and I know others will really appreciate it.

Aarika:

Thank you, Joette, for your time.

Joette:

Yeah. Thank you. Yes.

Okay, folks. So, now you've just heard from a few of my Mastermind students, and now you know why I stay so excited about staying in this field and working with people like this. Because, are they not special?

So, these are the folks that take homeopathy and Practical Homeopathy® not only to the next level, but they take it to such a high level that it's being brought out into the world – their world and our world at large.

And so, thanks for listening today and see you next time.

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my [podcasts](#), but also my [blog posts](#) and [Monday Night Lives](#).

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