

Podcast 180 – Pets, Parasites and Practical Homeopathy®



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Kate:

This is the Practical Homeopathy® Podcast, episode number 180 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: Pets, Parasites and Practical Homeopathy®

Joette: (01:00)

Welcome, friends. I'm Joette Calabrese, and this is the Practical Homeopathy Podcast.

Today, we're talking about something that makes people a little squeamish. We're talking about worms – not earthworms – parasite-type worms. And we'll be specifically about pinworms in this particular podcast.

Now, Kate is joining me with a case about a dog who has pinworms. So, Kate, let's get started.

So, Kate has a dog. Kate, tell us about this dog. What leads you to believe that the dog even has pinworms?

Cooper's doing the bum-scoot boogie

Kate: (01:38)

Yeah, his name is Cooper. He's super cute. He's a mid-size mix, about four years old. And it makes me a little embarrassed to share this, but for the last couple of weeks, he's been scooting across the rug. You know what I'm talking about?

Joette:

I do.

Kate:

And I've seen him licking back there a lot, too.

Joette:

Yeah, don't be embarrassed, Kate. No, no. Itchy bottoms have been around as long as there have been bottoms.

So, what else is going on with this Cooper?

Kate:

So, at night he seems restless, and I've been Googling a lot and trying to figure out what's been going on. And everything I read points to him having pinworms.

Joette:

It's not been officially diagnosed by a veterinarian?

Kate:

No, I haven't taken him to the vet yet. It's just the signs of the pinworm – or I assume that's what it is.

Joette:

Well, assumptions are where we get into trouble. Have you actually seen pinworms?

Kate:

No, I looked, and I haven't seen any of those white threads or anything yet, but I thought maybe I just missed them.

Joette:

So, what makes you think, though, that they're pinworms, or maybe they're a different kind of a parasite?

Kate:

Yeah, I guess it could be. It's the scooting, the licking, and

once I thought I saw something in his stool, but I don't know for sure.

He's a little hungrier than usual, and I know that can be a sign. I've seen him rub his face on the carpet like he does when ...

Symptoms are important, but sometimes a diagnosis is needed

Joette: (03:07)

Like his nose itches, which is a part of this. Yes, yes, yes.

Kate:

Right.

Joette:

Well, listen, we really do go by observation. Symptoms are very important. We don't want to make assumptions.

However, I have to say scooting – especially if it's happening a lot – and the itchy bottom could also be anal glands. It can be something else entirely.

That's why an official diagnosis is so useful. A fecal exam could tell you whether you're dealing with worms at all, or if so, which kind.

Now, true pinworms, *Enterobius*, are mainly a human story. Dogs more often have other intestinal parasites, but the picture people describe – rectal itching (because this is a human concern, too), restlessness, sometimes grinding teeth, sometimes a ravenous appetite, *or* the other way around, there's no appetite.

That picture is one homeopathy has spoken to for a very long time – and in people and in animals.

Kate:

So, you think I shouldn't just treat Cooper based on what I think it might be ... a hunch?

Joette:

Well, you can start observing, and you can learn. But these are medicines, these homeopathics. And I always prefer that we know a condition is present before we use a homeopathic.

Now look, if you've seen this before in him and you said, "Oh my goodness, I've had a diagnosis, it was ... that's exactly what it was before," that would be a slam dunk.

If you had a number of dogs and the other dogs have had this, and you witnessed it a number of times, I think that that's a pretty decent diagnosis.

It doesn't necessarily need to be from a professional, but I do like to be as specific as we possibly can, mostly because I guess I'm gun-shy. I've heard far too many people say, "I have a thyroid problem."

"What do you mean?"

"Well, I think I have hypothyroidism."

"Well, what do you mean you think? Has it been tested?"

"Well, no. But then I used the homeopathic medicines, and it made it worse."

"Well, it's probably because in the end it *wasn't* a thyroid problem. It was maybe a polyp or mucus that was gathering at the back of the throat, and you were using the wrong medicine. And it can indeed confuse the picture and cause proving. So that's why I like to emphasize the importance of really knowing what the condition is that you're treating.

The premier homeopathic medicine for parasites

Kate: (05:26)

Okay. So, you're saying that I should probably take him to the vet, and if it is worms, what would I use homeopathically? And then I'm concerned about my family, and what if we got these worms?

Joette:

You're right. Yeah. That's a concern. Yes. It's not a horrible concern.

Pinworms are not very common in dogs in the first place, but you don't want the ... scooting across the carpet leaves the eggs behind on the carpet. That is something to be concerned about.

So, in my experience with clients, students, and even my own family – and yes, animals – the first medicine we would consider for parasites – pinworms or otherwise – is *Cina*, C-I-N-A.

So, people sometimes get this medicine mixed up with *China*, but don't. It's *Cina*.

And sometimes – just so that you know when you go to purchase it – it's called *Cina meridima* or it's *Cina artemisia*. It's pretty much one in the same. They're just different locales is the way that I remember this.

So *Cina* is [one of] a number of homeopathic medicines I consider for intestinal parasites such as pinworms. By the way, pinworms and threadworms are the same thing. Then, there are also roundworms in that whole gastrointestinal neighborhood.

You don't need every keynote, my friends. And what I mean by a keynote, if you've studied homeopathy over any period of time

and you have a *materia medica*, you'll know that a keynote are the most noteworthy symptoms that the medicine addresses.

So, the grinding of teeth, itching of the nose, picking the nose – if it's a child, picking the nose – itching of the rectum, I think we said earlier, a ravenous appetite ... and those can all be there. They don't all have to be. But sometimes all you know is ... I just know that there are worms, and that's good enough.

Homeopathy doesn't *kill* parasites

Joette: (07:14)

So, homeopathy doesn't kill parasites the way a vermicide does. I don't know. I guess the best way to put it is it "evicts" them. It makes the body an unfriendly place to live, and then they leave.

That's the idea.

And I've seen it work so many times. Sometimes, you can see the pinworms as they're expelled. Sometimes you never see them again, and the symptoms simply abate and eventually – or maybe not so eventually – go away.

Kate:

So, how does that work if it doesn't kill them?

Joette:

Well, it's not a chemo – doesn't burn. And sometimes, as I said, it will extract, but that doesn't happen as often as you might think.

I guess the best way is just to repeat what I said. It nudges the living system, the gastrointestinal system, so the terrain is no longer hospitable, and the parasites leave, or they don't propagate.

It's not always, that I've noted, that you actually see an exit. Sometimes you can see the pinworms evicted rectally. But that's one way you know the medicine is certainly acting, but it's an eviction notice – not a pesticide. And the way that you're going to know if you never see them is to just see that the symptoms start abating.

Conventional vermicides have that word that I caution people about all the time, "cide." Vermicide. It's in the name for a reason. We want the worms gone without treating the body like a battlefield.

Vermicide is a pesticide. "Verma," meaning, well, vermin generally, but it actually means worms or parasites. And it can cause a lot of trouble, these kinds of drugs. Some people have no trouble at all, but for those who are sensitive, it can cause some pretty uncomfortable symptoms, if nothing else, as a side effect.

The same homeopathic medicine is for animals and humans alike

Kate: (09:04)

Okay. So, if my dog has these parasites, these worms, can I use the same medicine for a dog or a human?

Joette:

Yes. Yes. Homeopathy works on the same principle in animals as in people.

For pets with that parasite picture, I have long started with *Cina* and often in *Cina* mother tincture (so that would be MT). It's been used for centuries for parasites in humans and animals.

And typically, it's given twice daily for a minimum of two months. We must carry on for two months and stop with the animal – the dog – is very much better. Stop if there's no

change after a fair trial or if things have gotten worse.

I'm going to repeat that though, *minimum* two months, because that's the life cycle. It's a 30-day life cycle, and you need two 30-day cycles. Sometimes I go a little longer, even though the symptoms are much improved. Still, this is one of those situations in which you don't go strictly by symptoms to know when to stop.

This is one of those situations that, if they are indeed parasites, you're going to need a minimum of two months of using this.

I often use *Cina* in a potentized, which makes it purely homeopathic, and I use it in a 3C, a 6C. I've used it in a 30C, but I usually like to go with lower potency, like a 3 or a 6.

So, I urge it being used twice daily for minimum of two months, more likely three months because these parasites have a life cycle, and it's, usually, it's a 30-day cycle. But that means there are eggs. And just in case there are eggs that remain, by all means, I would carry on for the longer period of time just to be extra safe.

Choosing between a mother tincture or potentized homeopathic medicine?

Kate: (10:44)

Okay. So, I know you mentioned *Cina* mother tincture (MT) and then *Cina* 6 or 3. How do I choose which to use?

Joette:

Well, *Cina* mother tincture has been used for centuries. And of course, homeopathy has been used for at least two centuries as well. So, you really do have a choice.

Now, mother tincture means it's in alcohol. So, if you don't

want the animal to get any alcohol, you wouldn't put it directly into their mouth anyway. You're going to put it in water, but they might not drink the water because of the taste.

That could preclude the decision, help make the decision, firm it up so that it's pretty clear that we're better off perhaps just using it potentized because then there's no awful taste.

Kate:

So, if it's for the dog, I could choose a 3C or a 6C potency.

Joette:

That's what I would use. Yes, for a dog. Yes.

Other remedies to consider

Kate: (11:31)

And what if *Cina* – after that two to three months – what if the dog, I go maybe back to the vet and confirm that the dog still has these parasites, what would I do then?

Joette:

Well, let me just say that in my experience, it doesn't fail.

However, should it fail, just be sure that ... are you treating the condition you thought you were treating?

But then there is another medicine to consider, and that's *Teucrium*, *Teucrium marum*. And the keynote can include intense rectal itching – again, not a little rash itch, but more like a pinch itch. That's the way it's been described to me ... and sometimes that shudder-like involuntary movement.

But *Teucrium marum*, twice daily for several months, has also been used in my practice.

Now, if *Cina* and *Teucrium* have both had their due time, a third consideration might also be *Spigelia*, *Spigelia anthelmia* [*anthelmintica*] 200C. And that's also twice daily for several months because *Spigelia* too is noted for worms, including pinworms.

But I'm going to revert back again, and I'm going to say even with all of these medicines – I'm going to also talk about *Sulphur* here as well – *Cina* has not failed me.

I'll give you one more medicine, just in case. So further down the line, if needed, *Sulphur* 30C can be considered when the itching has a burning quality.

Now, you wouldn't know that if it's a dog, but you may see it in other respects. They might have other aspects of *Sulphur* presenting.

They could be, maybe, a dirty dog. I mean, they don't want to be washed, or you wash them, and they get dirty immediately. Or they're very hot; they have an odor; they don't like to be washed, et cetera.

So, I'm kind of giving you a broader picture of *Sulphur*, particularly because *Sulphur* is such a great homeopathic remedy on all fronts for many dogs – especially mutts – whether it's for parasites or even other conditions. So, that's why I wanted to spend a little bit more time on considering knowing how to use – or what is incorporated under – the category of *Sulphur*.

And one other thing: They could be a very lazy dog. They gobble their food. They have other skin conditions or itching.

So, those are the top medicines to consider. And again, I hope I've emphasized it enough that *Cina* usually does the trick.

Kate:

So, I think I've seen on your blog, Joette, that [you've](#)

[written about this](#) as well. Would you recommend I go and do some more research there, or ...?

Joette:

Well, definitely use my blog. There it is for the asking. It's free. It's readily available.

You can send people to it if they have a concern – or whether it's on parasites or whatever it might be – but *always* read more on the topic, *always*. You want to know what you're using because again, we don't want to take this frivolously.

These kinds of conditions ... they might be a little annoying, but parasites left untreated can cause more havoc than you might think in some people, in some dogs.

Would the whole family take this remedy?

Kate: (14:33)

So, if it's confirmed that my dog has parasites, would I have the whole household take this *Cina*, or what would you suggest?

Joette:

Yeah, good question. So, pinworms can spread from animal to human. If one pet or one person truly has them, it's not unusual for others in the household to have them as well.

So, hygiene still matters. Clean hands, clean nails. Don't be reckless ... shared bowls of popcorn.

Don't become a prisoner of boiling every sheet at midnight, however, because that can drive you crazy. If you look up pinworms and what has to be done in a household to address them, you might be absolutely made into a neurotic mother.

It doesn't take much because they talk about boiling the sheet every day. If it's a family, if it's a dog, then you're boiling the dog's bedding; you're scrubbing all around the

area. It's really maddening.

Homeopathy, however, brings us peace of mind. And again, know what you're treating. Often a test is using a tape test or a proper stool test is not old-fashioned.

It's just clarifying, so you may want to go that far.

Kate:

Okay. So bottom line, my homework is: Get Cooper checked out and get a diagnosis.

Joette:

Yes, yes. And watch him. Write down what you see: the scooting, the licking, appetite, sleep, the visible worms, itchy nose, et cetera.

And then you and your veterinarian – if you study homeopathy or work with [a homeopath who understands Practical Homeopathy®](#) – you can choose from the knowledge instead of a late-night search on TikTok.

Kate:

Okay. Sounds great, Joette. Thanks for your help.

Closing advice

Joette: (16:10)

Alrighty. So, friends, let me say this plainly as we close. Often, an official diagnosis is important and helpful. It keeps us from treating the wrong thing. It keeps us from calling every itch, itchy rear end or itching anywhere else as pinworms. It gives the medicine a fair job and gives you a fair jump ahead.

You do not need to be frightened by parasites. The internet will try to frighten you: shopping cart handles, schoolyards,

et cetera. Use common sense, wash your hands, observe.

And remember, we have a method that is gentle and, in my clinical experience, powerfully reliable when it's used as a medicine and not as a usual or casual cleanse and not as a just-in-case.

So, my friends, you are capable: your care for your pets, for your family, your children. And your children will grow up watching you solve these conditions with this method, Practical Homeopathy®. And they'll learn by watching because this is what their family simply does.

So, share what you learn with your family and friends and your children and grandchildren. Share your successes because with Practical Homeopathy®, you'll be able to enjoy an itch-free life of health freedom.

So, if you know someone who might benefit from listening to this podcast, take a minute now and share this episode with them. And once again, thank you for being willing to ask the awkward question. And Kate, thank *you* for being willing to ask that question. That's how families learn.

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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So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

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