Podcast 183 – Practical Professionals: Working with Adults With Autism



In this podcast, we cover:

01:00 Introduction: Working with Adults With Autism

03:47 Success Story: John, 45, autism with difficult moods and lack of sleep

07:57 Success Story: Daisy, 30, autism with digestive pain

09:48 A few homeopathic remedies to consider for autism

Joette's blog

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"UTI Conundrum: When a Common Condition Lacks the Common Symptoms."

13:41 Success Story: Red Skin Syndrome

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Kate:

This is the Practical Homeopathy® Podcast, episode number 183.

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: Working With Adults With Autism

Kate: (00:59)

Hello, and welcome to the Practical Homeopathy® Podcast. We are so glad that you've joined us today. We're going to be talking about adults with autism, and I have a special guest here.

Her name is Sheena, and she is a homeopath. She's a mom. She has recently moved from the East Coast in Florida to the opposite side of the U.S. in California. So, she's now a West Coast gal. And I hear, Sheena, that's where you used to live.

Sheena:

Yep. I lived there 22 years ago, and now I'm back.

Kate:

How does it feel to be back in California?

Sheena:

Oh, it's great. Beautiful weather.

Kate:

Yeah, it's not the humidity of Florida.

Sheena:

It's not. It's much cooler.

Kate:

Okay. Sheena, you have been working as a homeopath for many years. Previous to that, you were a software engineer. So being a software engineer helps you to be very organized and

structured in your note-taking and your ability to look up information. How has that helped you?

Sheena:

Yeah, it’s been amazing to keep everything electronically, and then I can do searches on what remedies I’ve given people, what remedies they’re getting now, and all my notes – my years of notes of homeopathy.

Kate:

So, just to give people a little bit of a background, what are some of the things that people tend to come to you with because they’ve heard you have experience with such-and-such condition?

Sheena:

Yeah, so I tend to get a lot of complex cases, a lot of skin cases. There’s a condition called red skin syndrome. I have a bit of experience with that. I have several autistic clients, but really anything that people are suffering with.

Kate:

Okay. So today, you wanted to share on adults with autism because you’ve had successes. And I think it would be great for people to hear about some of those and to give them some tips on how to handle that or where they might go if they want help with that.

Sheena:

Yeah. So, this is a really great population to help with homeopathy because they’ve been dealing with an autistic child for years, and they may not realize that even at age 30 or 40, that there’s healing that still can be done for these adults. And we can take some of the difficulty for the family and make their family life a little bit more pleasant and better day to

day by just toning things down.

Kate:

So, Sheena, give us some examples. Can you go into a couple of cases? I know that we're going to keep them anonymous, and you've asked permission from these families to share.

So, you're going to be sharing, I think, from about two or three different cases and giving us some ideas of how we can help these adults with autism.

Success Story: John, 45, autism with difficult moods and lack of sleep

Sheena: (03:47)

Yeah. So, I did get permission from these parents to share their children's cases.

So, one of them – and I'm going to use a fake name – is John. He's 45 years old, born blind, and his parents have to care for him full-time. He has a few words he can use to express his needs.

When I started meeting with him, he was really difficult for them to care for. He seemed to be in a lot of pain. He would grab them, pinch their arms. He would stay up all night. He was not happy. He wouldn't sleep much, and that was a big problem.

Because he's blind, he doesn't really even see light or dark, so it's all the same to him. At least that's what the parents seem to think.

So, the biggest improvement was mood. He was hitting his head, he was grabbing at his parents, and he has stopped that.

Now of course, there's ups and downs. But for the most part, he's a much happier person, and that, of course, makes his

family happier.

And then, his digestion was vastly improved. He was constipated. He was clearly in abdominal pain, and so we were able to resolve that.

He is blind, but his eyes were really goopy. We've been able to keep that at bay with homeopathic remedies.

And he wasn't sleeping. And so, for his parents, they didn't get to sleep either.

Some ups and downs, but he's even slept eight hours recently.

Kate:

That's amazing because I would imagine, as a parent of an adult child with autism, not being able to sleep – that just makes everything worse, and everyone is probably a little bit more on edge. So, they must be very thankful at the work that you're doing.

I think that's something that we have to remember, Sheena – as you do – that we may not be able to see a complete resolution in whatever the name of the condition is, but we can help so many of these satellite conditions that help make their lives and their families better.

Sheena:

Yeah. So that's the goal: to get the person comfortable enough where they're happy and then sleeping and making the whole family's life better.

And I did learn something interesting with this case is … so I suggested to the parents a remedy for head injuries.

Kate:

Tell us why did you use a head injury remedy? Did you learn that he had a previous head injury or …?

Sheena:

Yeah, so with autistic clients, I have found that head injury remedies are really helpful because they tend to have had something along the way that caused inflammation in the brain.

And even if they didn't have a obvious head injury like a concussion, they still seem to have had some damage done to the brain and the head. And so, the head injury remedies work really well. I use them probably 90% of my autistic clients.

And with John, we gave him the remedy, and he got "smarter." That's what the parents said, meaning he could play games he hadn't really played before, hadn't played in a really long time.

The downside was he was so happy and energized that he really didn't sleep, and he decided to stay up all night for a while.

So, we had to figure it out … how to both help him be happy *and* sleep.

So, we did work it out for a while, but sometimes an improvement shows up in ways that maybe aren't desirable, but it's still an improvement.

Kate:

So, Sheena, how quickly does this happen? Is it weeks? Is it months? Is it years? Just give people an idea of what they can expect to see when using homeopathy for something like this.

Sheena:

Yeah. So, with this particular client, I meet with the parents weekly to check in because we really needed to move things along with the sleeping. And it's taken several months, but sometimes we hit a remedy, and he just has a beautiful week. And there are ups and downs. So then, he might do less well the next week, and we just have to adjust.

Kate:

That’s good to know.

Tell us about another case.

Success Story: Daisy, 30, autism with digestive pain

Sheena: (07:57)

Yeah, so the other case is a female. She’s 30 years old, and her parents had been using some homeopathy with pretty good success. They’ve helped her quite a bit.

And I do want to say with these parents: This is a cooperative effort. They know their kids. They have tried everything, as you can imagine, after 30 or 40 years. And so, I really listen to them, and we have a conversation.

Instead of me just saying, “Do this or do that,” I say, “This is what I’m thinking. What do you think?” because they really know their kids.

So, this other client, Daisy, she’s 30 years old. She was born prematurely with cerebral palsy, developmental delays and an autism diagnosis. And she’s completely nonverbal. And when I started working with her, she would not sit. So, she would be standing at all times with basically a grimace on her face. So, it was clear that she was really in some pain.

And so, I worked with the mom, and we worked through some remedies and some ideas of what is this pain? Where’s it coming from?

And we worked on her digestion, and she got a lot of relief. She now sits on the couch. She plays with her games and toys, does some of her lessons, if you will.

And one of the big things with this family is now, they can

take her places. So, they can go to church, and she will sit, which was not something they were able to do.

So again, making life better for the whole family is a really big, important part of working with kids.

Kate:

That's huge. I can imagine that this family can now do things that they couldn't before. Wow.

A few homeopathic remedies to consider for autism

Kate: (09:48)

So, Sheena, let's talk now about some of the remedies that you have found helpful for these adults with autism … so, those who are wondering what they might look into.

Now, Sheena, you're not going to be saying that these are the remedies that are going to work for *all* kids with autism, right?

Sheena:

So, I have a few remedies that I look at closely for autistic clients, but they're definitely a variety of remedies based on the case and what's going on with that particular person.

So, one of the main remedies that both these clients used – and it was really helpful for their stomach pain – was a combination of *Colocynthis* 200C and *Nux vomica* 200C.

And I found that, with one of them, it worked really well. So, I tried it with the other, and they both got a lot of relief from their stomach pain with that remedy.

The other remedy I used a lot for the digestion was *Merc sol* 200C with *Chelidonium* 30C. And that's a Banerji Protocol for what I call "soft stool constipation," which both of these clients had. And it was a very helpful remedy for them.

Kate:

Sheena, before we go on, can you tell people how they can learn about these remedies? I think that would be useful because it's not just knowing the remedies, right?

Sheena:

Right. Yeah. You can't just take these remedies and figure out you're going to get good results. You have to learn how to take a case. You have to educate yourself.

Joette's blog is definitely the first place to go – I think some of these remedies I'm mentioning are definitely on her blog – and take good notes.

And if you can, do a Gateway class as a starting point. And then after that, some of Joette's courses, like Allergic?! is one of my favorites.

Kate:

You're referring to Joette's Gateway to Practical Homeopathy® Study Groups, and she has a study guide that goes with that. You can start one; you can join one; and you can find all of this information that Sheena just mentioned on JoettesLearningCenter.com.

I just wanted to briefly cover that because while you're going to be sharing some remedies, you really want to learn how to use the remedies, when to stop the remedies, and some particulars with each remedy.

So, what else, Sheena?

Sheena:

Yeah. So, one of the remedies that really helps with the brain inflammation I have found is *Apis* and *Belladonna*, and that has really helped.

For example, in John's case, when the other head injury remedy was a bit much, this one has sort of come under that and kept him feeling better.

And then often, there's UTIs, and I use the Banerji Protocol for UTIs, which is on Joette's website.

As I mentioned, I use head injury remedies.

And then, one remedy that's very particular – and it comes up a lot with autistic clients – which is inappropriate laughing, particularly at night. So, they'll sit up and start laughing. And *Hyoscyamus* is just absolutely amazing for that. These clients get that from time to time.

Kate:

Yeah, and if you are looking for the information on the UTIs, you can go to JoetteCalabrese.com and put in that search bar in the top right corner: "UTI". And you'll see a blog titled "UTI Conundrum: When a Common Condition Lacks the Common Symptoms." So, that's just one of the blogs.

There is more information on Joette's website that you can find about UTIs. So, definitely look into that if that's something that is concerning to you.

Sheena:

Yeah. So really, if you have children who have issues like autism, there's so much that can be done. Maybe even if you can't reverse it, you can actually make the family life much improved, which is good for everybody.

Success Story: Red skin syndrome

Kate: (13:41)

So, Sheena, I know that you help not only autistic clients, but another, I would say – call it maybe a specialty that you

have, and we're not going to go into this right now – but you've had a lot of success with red skin syndrome, right?

Sheena:

Yeah. So red skin syndrome, also known as topical steroid withdrawal, is a really horrific illness. And homeopathy is one of the best ways to help people get through it – at least faster and with a bit more comfort.

Kate:

I know those people who have that condition have suffered greatly with it, so there's so much more that we could cover, but I think for today we'll leave it there and have you on again maybe a third time because you have a lot of experience and much to share.

So, Sheena, thank you so much for being here today. I appreciate it.

Sheena:

Thank you, Kate.

Kate:

All right, that's it for today.

If you want to find a homeopath like Sheena, you can go to FindAPracticalHomeopath.com and find people like Sheena and other homeopaths who have graduated from Joette's Academy of Practical Homeopathy* and Mastery Programs.

We'll see you next time.

Joette:

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Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

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Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

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