Podcast 119 – YIKES! Emergencies and *Aconite*



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ADDITIONAL RESOURCES:

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

The Academy of Practical Homeopathy®

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 119, with Joette Calabrese.

Joette:

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

So, for the next few minutes, let's link our arms together and embrace health care freedom.

Join me as I demystify homeopathy – what was once considered an "esoteric" paradigm – into an understandable, reproducible, safe and effective health care solution available to everyone. *This* is the medicine you've been searching for – my unique brand of homeopathy – PRACTICAL Homeopathy®.

Whether you have tried homeopathy in the past and were frustrated, or you are examining the possibilities of caring for your family *yourself* for the first time – you're in the right place.

In this podcast, I will offer you my decades of clinical experience as a practicing homeopath and years of teaching tens of thousands of students, so that you can become the

hero of your family and community.

This is true health freedom, my friends. This is my *PRACTICAL* Homeopathy®.

INTRODUCTION

Kate: (01:30)

Hi, Joette.

Joette:

Hi, Kate.

Kate:

Hi. We've got so much information to cover today. So, let's get going. Today, we're going to talk about emergencies and a great remedy to have on hand.

So, Joette, I think we should start out by first talking about what is an emergency – or how are we defining an emergency?

Joette:

When you think about the very nature of an emergency is that you don't know it's coming. You don't know when it's going to happen. It comes out of the blue. And given that makes it an unknown, it requires something important. What is that? That we plan in advance? That we're prepared in advance.

So, if there's anything we know in life is that we will encounter an emergency at some time. Someone is going to get a burn, a stomach flu, someone's going to sprain their ankle. So, it would behoove us to not only know the medicines for the most *common* emergencies but also to own them in the corresponding potencies. Know exactly what the medicine is and have the right potency on hand.

Kate:

So, Joette, yeah, how can people do that? I mean, that's the next question, right?

KNOW THE MEDICINES FOR THE MOST COMMON EMERGENCIES

Joette: (02:50)

Yeah. The way they do that – the way I did it when I was first learning homeopathy – was that I figured what were the most likely emergencies to occur with my family at that time with only one child, and then I chose medicines accordingly.

So, until we get to that point, though, when we're unprepared, we worry all the time: that the child will get sick, that the child will get strep throat or chickenpox or conjunctivitis or something like that. But we should not worry because these illnesses – especially childhood diseases – are not what the most concerning aspects of childhood are.

The real concern that mothers should have are the dangers to babies and children due to accidents. So, we've got two categories that I like to look at.

Number one: regular childhood illnesses. And we need to know how to deal with these to make the mother less worried. You just have to learn how to … you have to know how to do this.

Now, we're not going to be talking about regular childhood illnesses today, but instead we're going to talk about the concern of accidents, emergencies, because those are the true greatest threat to children and babies. Most people think that it's infections; it's sore throats, et cetera. No, it's emergencies, accidents, burns, et cetera.

So, as I said, where do we begin? You asked me, where do we

begin? Well, it's with the composition of your family and those around you. So, if you live in a retirement home or those around you are older, you should know the homeopathic medicines for issues such as insomnia or grief or urinary tract infections or even lacerations, arthritis, preparation for surgery. You need to know this.

So, if you're a grandparent that frequently watches your grandchildren, you need to know the remedies, for example, injuries from falls.

But if you're a middle-aged woman and you've finished with menopause, you want to know the remedies – how to use them – for, say, allergies or ailments from disappointments or menopause. You want to know the remedies that are specific for weight gain or hair loss or insomnia.

You see, each one of these are categories depending on your life, your lifestyle, where you are in your life, who you're caring for. So, if you're a middle-aged man, for example, there might be gut issues, ED, those kinds of things. You want to know those medicines and how to use them … *homeopathic* medicines.

Kate:

And I want to add in there that if you are someone who is very active and, say, you go to … maybe you do scuba diving, or you're in the ocean a lot. Those might be another set of emergency medicines to know versus if you are a golfer and/or if you like to be out in the woods, and you hunt.

So, there's different remedies to have. For instance, you're in the ocean, and you might get stung by something there, than if you're going to sprain your while you're golfing. Right?

Joette:

That’s exactly so. I live by the ocean, and there was a time when I would swim in the ocean every single day. I swam one hour. (I’m bragging, but now I’m going … taking it all back because I haven’t done it in a few years.) But I actually did that. And I had to know the medicines specific for jellyfish stings … for man o’war stings. Because they were in the ocean and people would have problems with them, and I needed to know what those medicines were and have them on hand.

And I don’t get sunburned, but people who come and stay with me often do. So, I need to know – because I’m in southeast Florida – what are the medicines for sunburn and what potency? And own them! Not only know *what* it is – what the best one is or what the top two are – but own them as well.

So, it all depends on the stage of life, your lifestyle, where you live, that we need to have those medicines on hand.

But today, we want to talk about medicines for emergencies. Specifically, I think we’re going to talk mostly about injuries of sorts, right, Kate?

Kate:

Right? Yeah. I think that’s our focus today is helping people to be prepared for an emergency situation.

Joette:

Yeah.

Kate:

So, give us one of the top homeopathic medicines for emergencies that people can just get right now and have on hand.

QUICK ONSET EMERGENCIES: *ACONITUM NAPELLUS*

Joette: (07:20)

And own it. That's right. Not only own the medicine but own the knowledge.

So, the top medicine that I always think of for the onset of an injury or something that has come on quickly – or it may not even actually be a physical emergency, it might be even a psychological emergency – is *Aconitum napellus*. *Aconitum napellus*: two words.

I actually keep this in my purse. Because should my husband or I be in an accident, we might use something else for the pain later or broken bone or laceration. But *Aconitum* is great for a shock.

It's also one of our best medicines for a vascular event.

It's a great medicine for when something comes on hard and fast, even if it's just a cold. One minute, you're fine. The next minute you feel, "Oh my gosh, I feel like I'm going down fast!" *Aconitum napellus*.

And so, as we know in homeopathy, there's a number. It tells us the potency that needs to be considered. We're not going to use plain old, garden-variety, gross *Aconitum napellus*. We're going to use it in a 200C.

So, I keep that in my purse at all times. It can be useful for so many unexpected, almost shocking incidences.

Kate:

Joette, we have a blog that you did, and it's titled Emergency Remedy Series: *Aconite* in My Purse. So, if you're listening and you want to read a little bit more, you can go to that blog, and we'll have it linked for you on your website as well.

ACONITUM NAPELLUS FOR A FRIGHT THAT HAS BEEN HELD FOR A LIFETIME

Joette: (09:01)

Yes. So, yeah, but we also want to know many different ways to use this. But there's a whole classroom of students and everyone has the same paints, the same light, the same canvas, the same teacher, the same model. But in the end, it'll be slightly different because we all have a slightly different point of view.

So, I'm going to read to you from Roger Morrison's *materia medica* called "The Desktop Guide," and this was such a valuable statement when I read it back in 1996. It's when – around the time, shortly before that – I just purchased this book, and it gives a description of *Aconitum napellus*.

I'm going to read directly. He penned, "Anytime that a violent or frightening event occurs (such as an earthquake or a car accident) we often must give *Aconite* first, even if we will need other specific acute remedies later."

And here's the statement that really took me to the next level of understanding this. "*Aconite*," says he, "can release a shock or fright that has been held in the body or mind for a lifetime."

Now, what does that mean? Does it mean that if someone had an experience such as witnessing an atrocity or, getting stuck in an elevator for three days, or being stuck in the basement during a hurricane for a few days? And it's so frightening, but it was 30 years ago. Now, it's a distant memory. It doesn't bother them.

But! If it's stuck – held in the mind or body for years … In other words, now, ever since that time 30 years ago, that

person is now having panic attacks. They don't even think about that event in the elevator. They don't even necessarily make that association. But for some reason, now they're having anxiety attacks, sleepless nights ever since that event. "*Aconite*," says he, "can release a shock or fright that has been held in the body or mind for a lifetime."

That was so profound to me that I actually wrote down in the book the date that I found this to be useful, not only for myself but also for many others – for my clients and my students. So, that's a very meaningful statement.

That means that homeopathy can release a shock or a fright that's been held in the body – body, too – or mind for a lifetime. Not only is that exciting for me, but it's exciting to know that I can teach that. It can release so many people of anxiety attacks or insomnia or feeling worried about things that are not even that worrisome, or believing that somebody's going to break into the house and worry about it all the time – even though it's not very likely because they're on the 12th floor or something.

So, this can be a medicine that we can use to help uproot something that's turned into a chronic, such as what we're describing, or it can be used at the moment of an event that presents itself such as an automobile accident or witnessing an atrocity or being hit very strongly with a shocking (so to speak) a shocking respiratory infection that's at hand.

Kate:

I think you have a story about a woman in her 80s who had panic attacks and how she used *Aconite*. Can you tell us that?

EXAMPLE: ANXIETY ERUPTS YEARS AFTER TRAUMA

Joette: (12:51)

Yes. This was a woman who came to me; she was in her 80s, as you said. And during World War II, when she was a teenager, she had been raped. And she didn't talk about it to me. She just was telling me that she couldn't sleep very well. She was having panic attacks. And she'd had these panic attacks for years, and they precluded her being able to fall asleep comfortably.

So, I tried a couple of medicines. She hadn't said anything about this event so many years – 70, 65 years – previously. I asked her, however, "Was there ever anything in your life in which there was such an extreme situation with fear or panic that you associate with this or that feels like this kind of panic?"

And she relayed the story to me that when she was 17 years old, she had been attacked, and she was certain she was going to die, and she was very frightened. And through the years, it was a distant event of her past.

But once she hit menopause, something shifted. And from that time forward, she was having these panic attacks. And she relayed that these panic attacks were very similar to the feeling she had when she thought she was going to be killed that night and, indeed, had gone away for a while but now were back presenting themselves.

So, I suggested the medicine *Aconite* 200 once a night before bed for several nights in a row. And when she reported back to me, she said the panic was gone for the first time in about 30 years. She no longer had panic attacks. She no longer had insomnia associated with anxiety – even though during those panic attacks, she wasn't thinking about what happened back when she was 17 years old. She was simply having panic, and she couldn't even explain why.

“I don’t understand why,” she would repeat to me. “I don’t have any reason to believe that I should be panicking. All I want to do is go to sleep.” Yet, it was held in her body and her mind for nearly a lifetime, and it released her of that. *Aconitum napellus*, 200C. And she took it for several days until she felt better.

HOW OFTEN IS *ACONITUM NAPELLUS* UTILIZED?

Kate: (15:18)

That’s what I was going to ask you, Joe. What do people usually do as far as frequency of taking it? Is it just one time, or is it over several days, or how is it usually used?

Joette:

It can be used only once. Some people report to me, “Oh my gosh, just one dose, and I’m right as rain!”

Other people report to me, “I feel better when I take it, but you know what? The next day I need it again. It feels like, can I take it again is the question?”

Yes, indeed. You may take it again.

And so, we take it according to the need. We would not take this medicine for long, long periods of time. We would use it until it’s no longer needed. It’s not a bad idea to test it out. Kind of give it a real test.

On Friday night, sleeping better; panic is gone.

Saturday, “How are you doing?” “I’m doing better. I feel good.”

Okay, Sunday night, “Uh-oh, I feel it again.” Okay, take it Sunday night.

And so, you might want to find that tipping point. Or simply use what I suggested earlier, which is once a night before bed for several days and see how it goes.

And if it comes back? Let's say you stop using it because there's no need to use it any longer. The medicine has acted.

Now, let's say six months later, had she come back to me and said, "Oh my gosh, it's back again! Oh no, the medicine's no longer working!"

No, that's not what it means. It means the medicine *did* act according to what it's supposed to do, but it's needed again. We're not done.

So, she starts it up again. *Aconitum* 200 once a night before bed, for example … and for a few more nights and see how it goes. And each time she needs the medicine in another episode of need, it generally shows up as a milder version.

So, the panic is no longer panic. Now, it's just some worry. The insomnia is not hours and hours of inability to fall asleep. Now, it takes a little bit longer, but she can fall asleep.

So, the medicine is going deeper and deeper each time, each episode in which it's needed.

So, instead of saying, "Oh no, it's back again," instead, we are excited to teach this woman – or anyone who needs this – that they can use the medicine again. This is an *opportunity* to use it again and go deeper.

Because these medicines, as they're used – not all of them, but most of them, depending on how they're being used and for what condition – often go deeper as there is repetition.

Now, it does not mean, however, that we use it willy-nilly. These are medicines, my friends. These are not essential

oils or supplements or vitamins. They need to be used with great respect. And we stop when there's improvement, and we commence again when it's needed again.

THE SURVIVALIST GUIDE TO HOMEOPATHY

Kate: (18:09)

So, if you want to know more about using *Aconite* or other homeopathic medicines for emergency situations, a good place to start is that blog post series. And you would just take a three-by-five card and write down the remedies that are listed on that series and how they should be used and carry that with you along with the medicines that are required for emergencies.

And if you want to go even further, Joette, I think a great place would be the Survivalist course. Is that what you would recommend?

Joette:

Yes. My course titled Survivalist Guide to Homeopathy offers information, the remedies, the potencies, the frequencies most often used for specific conditions that are extremes.

So, for those who are interested in survivalist methods, or even for those who aren't even thinking that way but want to know medicines and how to use them – what potency, what frequency for common and very *uncommon* situations – you might want to check out my Survivalist Guide to Homeopathy.

And the way to do that is to go to JoettesLearningCenter.com. (There's no apostrophe for Joette's). J.O.E.T.T.E.S L.E.A.R.N.I.N.G. JoettesLearningCenter (C.E.N.T.E.R) .com. And scroll down to homeopathic "Survivalist Guide." And from there, you'll

learn not only how to use Aconitum in other ways but other medicines for specific extreme conditions.

Kate:

Thank you, Joette, for talking to us today about emergencies. And I'd like to wrap up by saying that homeopathy gives you the wisdom and the tools that you need so that you don't have to be afraid of "what if" an emergency happens, right, Joette? I think it's been …

Joette:

No doubt about that.

Kate:

Yeah, you've heard your students say over and over again that students no longer fear.

Joette:

That's one of the great aspects of using homeopathy. It's more than just treating that panic attack for someone. It's also you're not having the angst and fear of not knowing what to do in the future.

We live in a society that's loaded with synthetics and chemicals and additives and fake fragrances. It keeps going that we've lost track of what's pure. Homeopathy is pure. That's why I call it "God's medicine."

Kate:

Well, thank you, Joette. We look forward to the next time when we meet again.

Joette:

It is my honor to share as many Practical Homeopathy® protocols for simple conditions as I can – for free, without

affiliates or advertising – here in my podcasts, blog posts and Monday Night 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.

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:

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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