

Podcast 93 – Moms with Moxie: Sharing with Gateway Friends



IN THIS PODCAST, WE COVER:

- 02:16** Journey to better health
- 10:04** Ways to use Homeopathy
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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Gateway to Homeopathy: A Guided Study Group Curriculum](#)

[Joint American Homeopathic Conference in Orlando, Florida](#)

[National Center for Homeopathy](#)

[Homeopathy for Plantar Fasciitis blog](#)

[No More Pneumonia: Homeopathy and Pneumonia](#)

[Anticipating Surgery? Homeopathy Can Help](#)

[Surgery: Answering Your Questions](#)

[A Materia Medica: Practical Homeopathy® for Busy Families](#)

[Watch Out for Dem' Bones](#)

[Rethinking Detox with Practical Homeopathy](#)

[My blog, podcasts, Facebook Live events and courses](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 93 with Joette Calabrese.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories.

With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

Kate: Welcome to the practical homeopathy podcast. I'm Kate. I'm here with a dear friend of mine today, a Mom with Moxie. Interesting story – we actually met in one of Joette's [Gateway to Homeopathy study groups](#) many years ago.

We've become dear friends since that time.

So, those of you who are wondering whether or not you should join a Gateway to Homeopathy group, I *highly* recommend it because you will meet some really amazing women. Today, I want to welcome my dear friend, Michele, to the podcast.

Welcome, Michele!

Michele: Hi, Kate. It's good to be here.

Kate: Yes, I'm so excited that we get to do this podcast together. You have some pretty incredible things that you and your family have been through over the years. We actually learned about Joette about the same time many years ago. So, I feel like you are my homeopathy journey buddy.

Journey to better health

Michele: Definitely been a journey to better health.

Kate: Before we get into your stories about using homeopathy, tell us a little bit about yourself.

Michele: I am married to a wonderful husband who totally supports my love for homeopathy, and he loves it, too. We have a small convenience store in Chico, California. I have five boys ages 14 to 23. Four are still at home, and I've homeschooled them all the way through. Three have graduated. One more will this year, and I have a 9th grader left.

Kate: Let's talk about how you came to know about homeopathy?

Michele: Well, I was actually using homeopathy and didn't even know that I was – through a naturopath that I was working with a little bit. My kids had got the swine flu, and I did. We were hit really hard. We even had the

diagnosis of it. I started using *Oscillococcinum* and *Cocculus indicus* and *Nux vomica*.

I didn't even know they were homeopathic, but they worked. The flu only hit us for three days instead of weeks. We were so blessed!

Then I met Joette in 2012. She came to Chico for a two-day homeopathic intensive course through our Weston A. Price group. I was like, "Oh, wow, I was already using these remedies!"

That was the moment I really fell in love with homeopathy.

Kate: Tell the listeners ... What was Joette like in person? (Shhh. We won't tell her we're talking about her.)

Michele: She's just same as she is on the Facebook Lives – just so much fun. It was a two-day – like all day – two-day intensive. It just was such a pleasure to listen to her, and I left there feeling encouraged and uplifted. She even ... I think she brought Perry with her and two of her sons. So, it was so neat to see their family traveling together.

Kate: I'm pretty excited because she is going to be speaking at the [Joint American Homeopathic Conference in Orlando, Florida](#). For those of you who are interested in possibly attending that conference, it is sponsored by the National Center for Homeopathy. It's May 15th through the 17th at SeaWorld. So, that will be a fun time.

If you're interested in coming there, you can go on to homeopathycenter.org and find that information about the conference there.

So, Michele, let's get back to you. After you met Joette, you realized that you had already been using some homeopathic medicines. Then I assume you started studying more about homeopathy, and what steps did you take next?

Michele: Well, we got a really neat workbook along with our course. I studied from that for a while and studied the remedies that were in that. I kind of did not really know where to go. So, I just listened to her [podcasts](#), [read her blogs](#) and [signed up to receive her email](#) so I would get updates.

That was actually when my husband stumbled along – he wasn't totally sold on it yet – he stumbled along the [Homeopathy for Plantar Fasciitis blog](#) that she wrote. He had been suffering for years – at least two or maybe three years – of terrible pain in his feet from it. Saw a podiatrist who said basically the only way to treat it is surgery. He did inserts, went to the chiropractor, did laser therapy, like everything we could think of naturally to do. He's on his feet all day in our convenience store.

He decided, well, I might as well try these. They're not expensive. I went to the health food store, and I picked them up. Within a couple of weeks, he was totally healed and has not had anything since, and that was a couple years ago. That was really amazing for both of us to watch how quickly that healed with all the suffering he went through!

Kate: That's so great. I assume now he's very supportive of you studying and using homeopathy.

Michele: He is *completely* in support of it and encourages it. So, yeah, that's pretty neat.

Kate: What about your children?

Michele: Well, they're teenage boys, so ...

Kate: That says it all!

Michele: They all come to me and say, "Mom, this is what I have wrong, and what do I do?" They won't exactly say they're sold on it, but they always ask me for it.

In fact, recently one of my sons had roaming hives. The only reason I knew what that was, is because my oldest son had it when he was small. We figured he touched a plant or something that made him have an allergic reaction. So, it was like the hive started in one area, and then all of a sudden they're in another area, and they're gone from that original area.

We couldn't figure out. We tried *Apis* 200 and ended up doing a little research and used *Rhus tox* 200 and completely took it away from him! Yes, they come to me for wisdom.

Sometimes I have to say, "Oh, let me look into that a little bit," and trying to teach them how to do that, too.

Kate: Yes, I know. I feel like the boys are harder to get them to take the initiative with the homeopathy.

Michele: Yes, my husband will go online and do research now when he has a symptom. Then he'll come to me and say, "How about this?" or "I'm going to take this." He is really sold!

Kate: That's great. Michele, tell us about the study groups, and what you've done with that over the years.

Michele: I've done some one-on-one study groups, because local people – just can't tie them into it. I'll do one-on-one with people, and that's worked. Then I love joining yours, Kate.

From day one, I think I've only missed one study group. We just keep going through them together again and again. Meeting the new people, and it seems like every time I see something different, so that's exciting.

I've done a couple of Joette's larger courses, and then I meet with Joette. Really, all of our money goes to me meeting with Joette every other month for my health needs.

Kate: I love what you've said in the past about the study

groups that you continually learn new things. Even though we're using the same base study guide, new things come up in each group, and we remember things, or we see something that we didn't before! At least that's how it is for me. I think that's the same for you, right, Michele?

Michele: Yes, I find that interesting. Joette says to go through the courses over and over again. That is so true! Even with these little study groups, that every time there's something new – or just through the discussion of the women that are on these groups – we'll find out new things. It's really exciting. It's really exciting to see people blossom throughout the course of these groups and hear their positive stories.

Kate: Yes, yes, it *is* so encouraging! I love getting to meet the women and like you said, hear their stories, find out their backgrounds, and what they're going through. It's almost a support group in a way, don't you think?

Michele: Oh, very much so. In fact, there's a few of them that I've kept in contact with throughout the years, and we'll email once in a while, and it's neat. It's like you have friends all over the world!

Kate: Yes, yes! I agree.

Ways to use Homeopathy

Kate: So, why don't you tell us about the ways that you've used homeopathy over the years and some of those success stories, Michele?

Michele: Well, my son suffered with mold sickness. We didn't even realize what it was for a really long time – like, I want to say two years. We went to specialists trying to get a diagnosis. Why is he having all these terrible

symptoms?

For those of you who don't know, mold sickness mirrors Lyme disease, so it's really serious. He even, I was telling Kate earlier, he totally lost his voice. Like, he couldn't speak, and he had to speak through typing on a computer.

We did many other things, pharmaceuticals and things. It did, I believe, a lot of damage. So, with homeopathy, we've really been able to help him to heal in so many ways.

That's when I started working with Joette. We couldn't figure it out. My husband said, "You need to call Joette!" And so, that's what we did.

It's been a long journey because, let's see, he got it when he was 15. And he's now 20, but so much better! I look at the milestones he's reached. It's like having a toddler, and they're learning to walk again, just through the help of homeopathy.

I also have another son that had come up with, recently, a seizure disorder. We're working with him, and he's very open to homeopathy. He's my oldest. *Ignatia* is really helping David with the stress of the seizures. He feels the stress when they're coming on. So, he takes *Ignatia* 200, and that really helps him.

Ignatia has been a blessing to our family in so many ways. I had cancer. I was diagnosed October 31st in 2017. We had *Ignatia* 200 all over the house! Literally everywhere, so that people could just have access to that when they were feeling stressed.

One of my sons had a bout of OCD – severe – cleaning his hands like they were raw because he was afraid of spreading germs to me. That *Ignatia amara*, it was amazing! I was so concerned about his future with having that because he'd never had that before.

One time I was kind of losing it after a doctor's appointment, and I'd gotten some bad news, and my husband said, "Where is the *Ignatia amara*, Michele? You need to get *Ignatia amara* out!"

"Here let me get it for you!" He went in, got it, and gave it to me. And I'm serious – when he gave it to me, within five minutes, I was calmed down. I was having a serious panic attack.

Kate: Yes, oh my gosh. *Ignatia*. Joette always says that *Ignatia* should be in the water. I agree.

Michele: It should! I actually thought about putting it in our Berkey water thing. I probably should have done that, but I thought maybe it would filter it out, and I didn't want that!

Kate: That's funny!

Michele: When my son was sick with the mold sickness, he got asthma. Him and I both. I've struggled with asthma my whole life. I went to Joette's blogs on asthma and learned about them, and I took her allergic course. But also, Joette had him on a protocol.

I have a lung disease. It's really terrible. I almost lost my life to that before I got cancer. It's called allergic bronchopulmonary aspergillosis. "ABPA" is what they call it for short. I'd never heard of it. I tried looking up stuff online to see if there was anything natural for it and nothing. So, I took all these pharmaceuticals.

My asthma was really, really bad. My lungs were really bad. I'd gotten fungal pneumonia. At the time, I was so sick. I couldn't work with Joette because I couldn't even speak. So, I had taken kind of a break from that.

I started on the protocol for asthma that my son was on –

after I'd gotten well and gotten through the worst of it. So, I am completely off of all pharmaceuticals which I thought I would be on for the rest of my life for asthma and everything. In fact, I was telling my oncologist yesterday that I threw away my inhaler because I had not used it in so long! I had kept it. I kept getting a new one when it would go out of date just to have it, and I'm like, "I don't need this thing! I have other medicines for that that are natural."

Kate: What did she say?

Michele: She said, "That's great!"

You know, it's funny because I found when I work with my pulmonologist and my oncologist, it's like, "Whatever works!"

I'm good with that. I don't go into detail, but I am so happy to be drug-free. I have had some flare ups with my lungs, but homeopathy has always covered it. I've used the pneumonia protocol from Joette's website, her blog, many times in our family, and it always works.

Kate: That blog actually is called [No More Pneumonia: Homeopathy and Pneumonia](#).

Michele: Yes.

Homeopathy for cancer and surgery

Kate: Michele, let's get back to your story about the breast cancer for a bit, if you don't mind sharing with us. I know that you've used homeopathy with various surgeries with the cancer and the aftereffects of that. So, tell the listeners a little bit about that.

Michele: Well, when I got breast cancer, I really didn't know what to do. So, I decided on the conventional route. It was such a whirlwind! I have a pretty aggressive form of breast cancer, so that just made sense to me. I didn't know of any other alternatives at the time, actually.

What I did was ... I took a list of all the potential side effects that I could get from the radiation, the chemo, and I matched them with homeopathic remedies. I used those remedies like *Hypericum* for neuralgia, *Apis* for itching, *Arnica* for pain. I went and made that whole list – still have that list. I've been able to share that with people from our Gateway group that have had cancer or had friends struggling with cancer. I feel like that's kind of become a little bit of a ministry for me.

Then I also took the "[Anticipating Surgery? Homeopathy Can Help](#)" from that blog that Joette has. She has a blog, "[Surgery: Answering Your Questions.](#)" So, I took all those protocols with me when I had my surgery. I kept them on my bed in a little bag so the doctors wouldn't see them. I was sneaking my *Staphysagria*, and my *Arnica*, and my *Hypericum* in the hospital. I was in there for several days.

And we've used those protocols because my family seems to be on the surgery track this last year.

Kate: Yeah, you've used that a number of times. I know.

Michele: Yes. I've seen the "Anticipating Surgery? Homeopathy Can Help" blog, first. Then I found the "Surgery: Answering Your Questions" one later, and so I kind of put them together, and they were great.

Kate: Michele, it sounds to me like [Joette's blogs](#) or [her website](#) is where you go when you are looking for a remedy for a certain situation. That is what I've heard over and over again from other moms that I've interviewed as well. Tell us what you do when you're needing to find a remedy for

a situation?

Michele: I go to her blog first and see if there's anything on her blog that would help with whatever the situation is. Then if I can't find it, then I go to the repertory, the [*materia medica*](#), which we teach about in the Gateway program – how to use those. So, that's what I do. Sometimes I sit in bed and read my repertory. That's my nighttime reading.

Kate: So, when you're talking about searching the blogs, what you really do is go to her website, and in that upper right corner, there is a box where you can enter a keyword and search for that. You could search for a condition or a remedy and look it up that way. Is that what you do?

Michele: Yes, that's what I do.

Kate: Let's switch gears to your husband who, not so long ago, had a pretty bad fall. Tell us what happened to him, and what you did homeopathically?

Michele: My husband loves to do things with my boys. My husband can be kind of a big kid. So, he was playing soccer with my boys and slipped and fell and tore his meniscus – which he was working on healing through homeopathy on his own.

Then in our grocery store, he went to help someone out of the store. They kind of moved their arm back, and he fell and landed right on his kneecap ending up crushing his femur bone under the kneecap and tore his meniscus further.

So, really, the only option was surgery for him at that time. He couldn't even walk. It was so swollen. Right away, we started using the *Arnica* and *Hypericum*, and it just wasn't cutting the pain.

So, we went to the orthopedist, and we got together the surgery protocol. And I actually upped some of the remedies because the surgery protocol in the blog, I believe, has

them at 200. I got the 1M *Hypericum* and the 10M *Hypericum* and the 1M *Arnica* and the 10M *Arnica* to have just in case.

He ended up using the 10M *Arnica* postsurgical for the pain for a little while. We went to her blog, "[Watch Out for Dem' Bones](#)," ("D – E – M." It sounds so funny to say it like that.) We used the *Symphytum* mixed with *Calc phos* and the *Ruta* during the healing process. It was *Symphytum* 200 mixed with *Calc phos* 3 and *Ruta* 6. He did not even take an *Ibuprofen* or a pain pill after that major knee surgery. Not once!

Kate: Wow!

Michele: It was just homeopathy that he used, and that was incredible.

Then my son also has knock-knee where your knees bend in together. He's had to have a few surgeries for that. After his last surgery, *Arnica* 1M was the choice for him ... when he did the surgery protocol and then had to up the *Arnica* to 1M. But that was all he needed. *No pain pills*. I was amazed!

Kate: You guys have really been through a lot over the past years, Michele.

Michele: We have. My oldest son has suffered with addictions from ... he had gotten in a horse accident when he was around 15. He had to have several surgeries – lots of pain pills – and ended up becoming addicted to pain pills. This was before homeopathy for us. It's been amazing to have this wonderful medicine.

Now, he has been sober for two years. He is *totally* sold on homeopathy. It's just been a real gift to our family for so many things.

Kate: Did you have some remedies that helped him to get over that addiction?

Michele: I did take Joette's course on toxins. She talked about remedies in that course for helping with that. So, yes, we did use those remedies from that course. That course was called "[Rethinking Detox with Practical Homeopathy](#)."

He had actually made a commitment to be sober before that. We were just using the remedies as a help for him. Now, he uses them for pain and stress and different things, and he loves – he loves – that I'm doing this. (When he was younger, he did not so much buy into it.)

Kate: Then they get older and I think they go through a stage where they kind of go away, and then they realize.

Michele: "Oh, Mom was right!"

Kate: Oh, yes.

Michele: It's neat. We have a great relationship now. It's really good.

Kate: Well, Michele, I want to thank you for sharing all those stories with us. You have been an inspiration to me over the years. I just want to thank you for your friendship.

You've been there for me over the years as well. We text each other once in a while when we get into trouble, and we can't think because it's an emergency situation. It's so great to have a "homeopathy buddy" and a dear friend.

So, tell us any advice, as we close out this podcast, that you might have for the listeners.

Michele: My advice would be to listen to all of [Joette's Moms with Moxies](#) and [read her blogs](#). Some people have financial issues, and you could just do that.

I love the [Gateway to Homeopathy](#). I think it's a great way to start. If you're starting your journey with homeopathy,

there's so much knowledge in those. Then you could take the larger courses.

When I started out, we didn't have those, we just had the larger courses. So, now you have a great way to start! It's just such a blessing and a gift that Joette is able to share all this information to us moms out there who want to treat our families in a healthy, natural way.

Joette: As I hope you know by now, on my [blog](#), [podcasts](#) and [Facebook Live](#), I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising. But let me be clear. When it comes to more complex conditions, it's key that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my [courses](#) in which I walk students through each method with step-by-step training.

In these podcasts, I focus on those students of mine who have already tunneled in and learned how to take care of themselves, family, friends, and pets, and even livestock using homeopathic medicine. Many of these students began their education by participating in one of my [Gateway to Homeopathy study groups](#). And now, after taking one or more of my courses, they're well-trained to use my specific brand of homeopathy. I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn and iHeartRadio.

Thank you for listening to this podcast with Joette

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