Podcast 148 – Moms with Moxie: From Freaking to Fabulous Success Stories

Looking for success stories? This mom has successfully treated allergies, sunburns, eczema, tailbone injuries, chronic shoulder pain, and more.

Nailed It! Natural Beauty Begins Within: Homeopathy for Healthy Nails

Some issues, while not true pathologies, can be aesthetically unsightly, e.g., ridged nails. Learn a helpful homeopathic medicine for healthy nails!

‘Are We There Yet?’ Travel Anxiety Meets Its Match With Homeopathy

Wave goodbye to travel anxiety. Learn Practical Homeopathy® for nervous travelers just in time for summer.

Podcast 147 – Top Summer Homeopathic Remedies to Have on Hand

Summer means travel, outdoor activities, heat and bugs. Here are the top summer homeopathic remedies to have on hand.

Tried Homeopathy Before With Little to No Success? Then, You Haven’t Tried Practical Homeopathy®.

Some folks may say they’ve tried homeopathy with little or no success, but they haven’t tried Practical Homeopathy®.

Flynn Fends Off a Cold: One Pup’s Feel-Better Tale



Hi Humans,

I'm Flynn, Joette's daughter-in-law and son's dog. You may remember me from Joette's blog post, Flynn and the Not-So-Fun Fireworks.

She asked me to share my recent experience with a cold. Well, my *almost* having a cold, I should say. My human daddy (Joette's son) learned so much by growing up with homeopathy that he was able to help me feel better in no time.

And it's a good thing, too. There were a bunch of squirrels that needed my supervision that day. (Such distracting little creatures, squirrels. I'm not sure why we have them. Do they serve a purpose?)

Anyway, my "dad" likes sleeping in cold air, so the other night he left the windows open. Well, sure enough, it got really cold in our room. I woke up coughing and feeling very lethargic.

Lethargy is not my usual game plan, so “Dad” knew something was up. But it was mainly the coughing that worried him. I couldn’t stop coughing … like, every few minutes. I just didn’t feel good at all.

Without even consulting with Joette, “Dad” knew what to do. After all, he was raised in a homeopathic household. He didn’t go to the pediatrician for his coughs and colds. Instead, his mother was the healer in his family, and now he and “Mom” are the healers in ours. (I heard Joette brag that Mom’s a fast learner.)

I am one lucky pup, aren’t I?

Homeopathy for pets: ColdCalm®

He gave me this yummy treat called ColdCalm®, a combination remedy created by the highly respected homeopathic pharmacy, Boiron.

After the first dose, wow, I got sleepy. “Dad” said that falling asleep after a homeopathic medicine was a good sign, so I immediately took a little nap.

Guess what? I stopped coughing!

Then, whenever I coughed again – maybe an hour or so later – he gave me another dose of these ColdCalm® tablets.

I normally don’t like the hard pellet remedies, so I make “Mom” and “Dad” force them down my throat. (I have to say, watching their efforts to get me to take them is pretty entertaining for me … even when I don’t feel well.)

But, darn it all, since Boiron makes ColdCalm in those soft, sweet, dissolving tablets, I really can’t resist just eating them up right away. Even though I generally like to make them work for my cooperation, I really do love those tablets and find myself happily eating them. Yum. They are sweet and softer on my old-man teeth.

In total, I think they may have given me about six separate doses before I felt completely better and no longer had a cough. (Although, I have to admit that I did consider coughing one more time, just to get another sweet Boiron treat.)

All in one day, I went from feeling really icky to feeling frisky again. The squirrels didn't stand a chance! I was right back at my window post, keeping careful watch on their antics. (Do squirrels ever get colds?)

Thanks to my humans and their keen observational skills and fast work with homeopathy, the cold was gone.



I've heard that this ColdCalm remedy is also effective for human colds. Maybe you should keep some on hand – just a thought.

Whoops. I've got to run. Joette is coming back to her computer, and I don't think she realized that I learned how to type. (Do you know who taught me? My Uncle Buster! Gosh, we miss him, but I'm hoping to follow in his pawprints.)

See you next time!



Joette here, my friends.

I've said this so many times, but it bears repeating. Learning homeopathy can keep you relevant in your children's, grandchildren's and even granddog's lives. By passing your homeopathy knowledge on to them, you further ensure that even *their* children and grandchildren will enjoy self-reliance in health care matters through Practical Homeopathy®.

We often hear about building generational wealth in the media. But what could be more important than building generational *HEALTH*?

Imagine … your great-great-grandchildren could be born into a world of health autonomy with the same gentle, efficacious, safe homeopathic medicines that have successfully withstood the test of time.

Now, *that* is generational health.

I was so uplifted and gratified to receive the following text from my youngest son, after he had successfully aborted Flynn's cold:

"This little guy woke up with a cough this morning and kept coughing. We gave him ColdCalm. He loves eating the sweet tablets, and he immediately stopped coughing."

You can't imagine what that meant to me. I have passed down generational health to my three sons, and they are continuing to utilize it in their young families. What more could a mother want?

You, too, can experience this feeling of accomplishment with

the added security of knowing your loved ones' health is well in hand, even when you're not there.

How? Simply pass on the good news of Practical Homeopathy® to your children and grandchildren.

Warmly,



P.S. Ask yourself these two questions:

- What do I want to do with my homeopathic education?
- When do I need this education?

Are your goals to achieve the skills and confidence to treat yourself and your loved ones efficaciously – now – and achieve health independence and freedom of choice – now?

Then, I encourage you to follow my well-worn pathway to achieving those worthy goals.

The path I lay before you is clear and well-traveled by many.

Over one million people follow, read, and study Practical Homeopathy on my website every week. Over 25,000 students have completed the Gateway to Practical Homeopathy® I and II study guides and have gone to study one or more of the Practical Homeopathy® condition-specific courses.

Over 500 of the most ardent students have graduated from The Academy of Practical Homeopathy® in the last four years, and the Class of 2025 is set to graduate soon as well.

Are your goals to achieve …

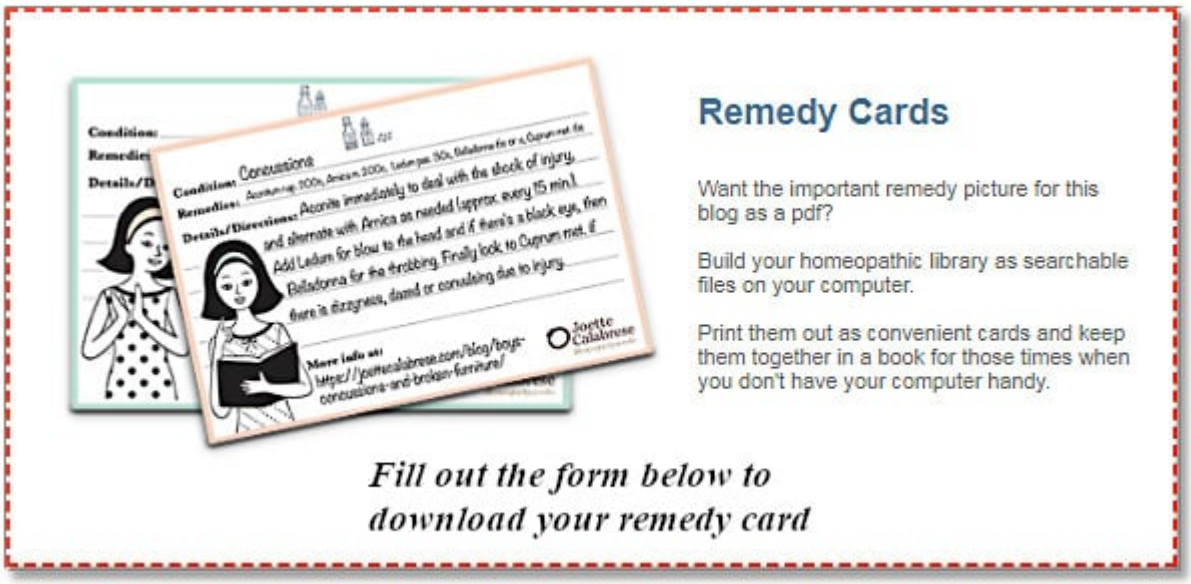
- The skills and confidence to treat yourself and your loved ones efficaciously … now?
- Health independence and freedom of choice … now?

Then, you're in the right place. This is my well-worn pathway to achieving those worthy goals.

Consider joining me and continuing on the pathway to health freedom and liberty for yourself and your loved ones. Start with the easiest and smallest step you'll ever take: Join my Founders' List. There is no commitment. This is simply the only way to learn more, see more, and hear more from actual students as they share their Academy experiences in their own words.

Now is the time, as our enrollment for the upcoming Class of 2026 is almost full. Don't wait another year to reclaim your health care autonomy. Watch these videos from recent Q&As I held, where I answered the questions of other seekers of knowledge, just like you. It may help you make your decision.

*Claims based on traditional homeopathic practice, not accepted medical evidence. Not FDA evaluated.



Podcast 146 – Absolutely Anyone Can Lead a Study Group: Let’s Peek Inside The Gateway to Practical Homeopathy®

ANYONE can lead a study group.
All you need is a passion for learning and my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum.

Homeopathy for Homesickness: Gentle, Natural Relief When Kids Travel Away From Home

Discover gentle homeopathy to relieve homesickness, allowing kids (and adults) to travel with ease.

Dry Eye Relief: When

Unexpected Change Comes, We Can Pivot

Homeopathic eye drops are no longer available in the U.S. However, we can pivot to another medicine to relieve our painful, dry eyes.

Podcast 145 – Calling All Parents: “How to Raise a Healthy Child in Spite of Your Doctor”

Let’s discuss the essential book: “How to Raise a Healthy Child in Spite of Your Doctor” by Dr. Robert S. Mendelsohn, M.D.