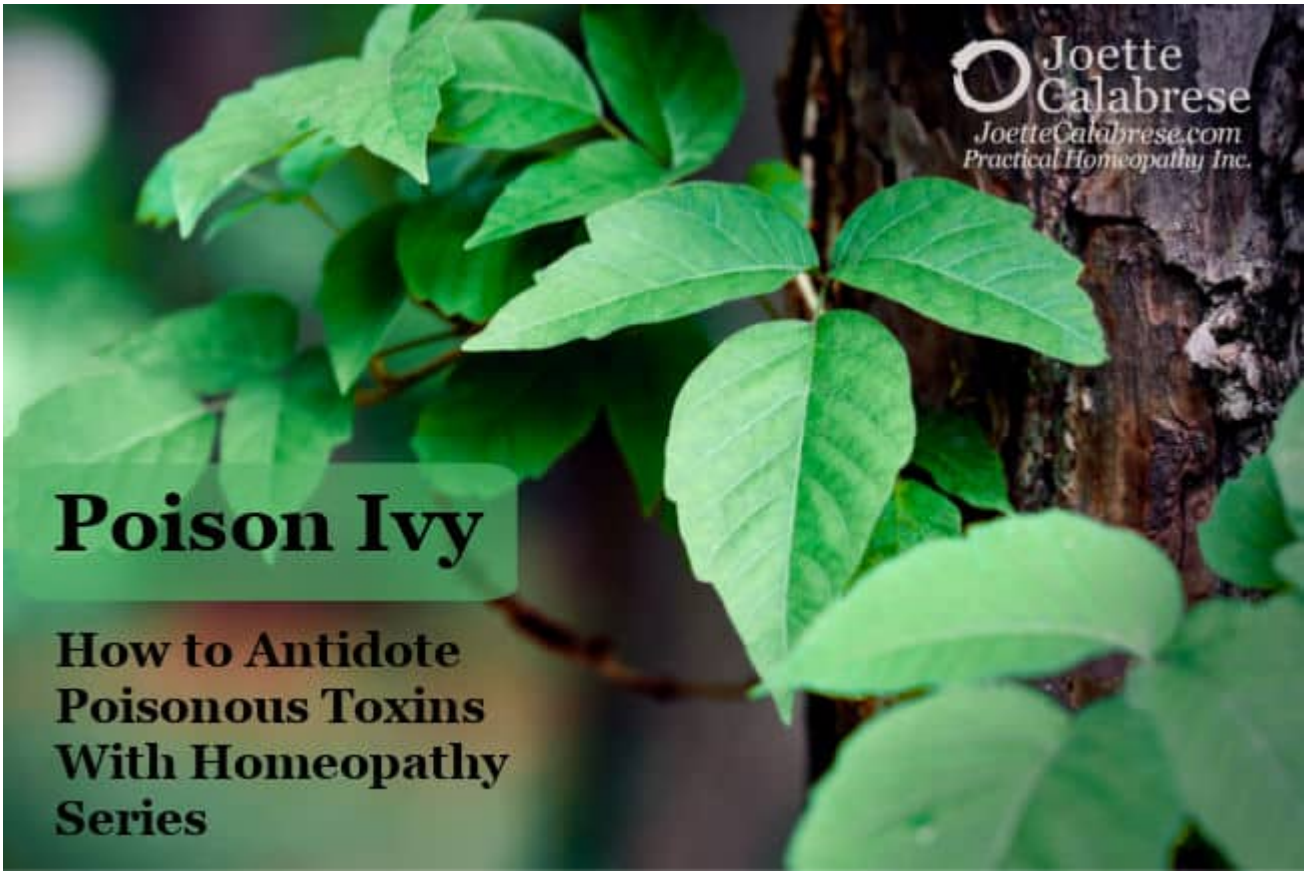
# Homeschool Hack: Foster Independent Thinking by Teaching Practical Homeopathy®

The Ultimate Cool Kids’ Guide to Homeopathy homeschool course is an investment in the most important life skill of all: self-reliance.

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# 10. Poison Ivy: How to Antidote Poisonous Toxins With Homeopathy




“Look at this beautiful vine!”

Just look. Don’t touch!

A too-close brush with poison ivy can ruin your whole day, week and even a month or more. Poison ivy can cause anything from a menacing eruption to an illness of chronic proportions.

## First, set your foundation.

If you missed the introductory and background information I previously provided, click here to read it before proceeding to the rest of this series.

Why? Understanding the methodology behind utilizing homeopathy to antidote a poison or toxin is equally important as knowing which condition-specific homeopathic medicine to consider.

## Poison ivy? Think *Anacardium*.

One of the most common remedies for poison ivy is *Anacardium*

*orientale* 30C. When administered every four hours for several days, the itching is often relieved, eruptions minimized, and the entire ordeal shortened.

There are other homeopathic medicines to choose from when afflicted with this scourge, and the correct choice can also depend on the location of the eruption as well as the nature of the pustules. If no improvement is observed after giving *Anacardium* 30 due time to act, I suggest you consider pivoting by trying a different medicine. You can find the most likely candidates in my previous blog post, The Perils of Summer: Poison Ivy and Poison Oak.

Now, if none of those do the trick, then I recommend you contact a Practical Homeopath™ for a consultation. They can choose a medicine that is more specifically suited to your overall picture.




## A prophylactic for repetitive sufferers.

Many people suffer from poison ivy yearly. Some are so sensitive to the plant that even *proximity* causes a problem.

Homeopaths have seen encouraging results utilizing the following prophylactic protocol: Four doses in one day of *Rhus toxicodendron* 30 at the onset of the season to help minimize

the intensity of the exposure.

This protocol should be repeated once a week for a month.

Interestingly, *Rhus tox* is made from poison ivy. We don't often use the homeopathic version of the gross substance from which the condition originates. However, this is an exception when those who are exquisitely sensitive to poison ivy use homeopathy prophylactically.

## Learn more from my Monday Night Live.

For years, I have been sharing my knowledge live on various social media platforms every Monday night at 8:00 p.m. ET. I began on Facebook, and I now simulcast to YouTube, X (formerly Twitter), Rumble and Instagram.

Of course, my Mighty Members participate through the Joette's Mighty Members site, their own private enclave securely hosted on my servers. After the public presentation concludes, I continue on with my Mighties to answer their questions and offer a little more candid take on the topic. (It's but one benefit of being Mighty. Consider joining us!)

Last season, I featured this topic in one such Monday Night Live episode: 06-17-24 Poison Ivy [Practical Homeopathy®]. I encourage you to listen for a more well-rounded discussion.

## Do toxins scare me?

In a word? No.

I used to think "detoxing" was a worthwhile pursuit. I doubt there's a detox program out there that I haven't heard about from one of my clients or tried myself. Trust me, I've tried most of them!

However, most of them increased my stress levels and contributed to neurotic thinking, yet they did little to improve my health. Most of these detox regimens make life more

complicated and more difficult. And ultimately, they don't work the way we hope they will.

I believe that homeopathy is a superior medicine when it comes to achieving our health goals without the stress. Homeopathy works!

## A free infographic on toxins.

To provide you with the knowledge that true solutions do exist to counter the ill effects of poisons, toxins and other substances that can create unwanted reactions, I created my course, Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way.

I also designed an accompanying infographic, titled "Toxins Don't Scare Me Anymore!," which lists eight common toxins and their corresponding homeopathic medicines. Click here to download your free copy and watch a short informative video about the course.

## My series on poisonous toxins is complete. (Or is it?)

With that, we have reached the end of our series, "How to Antidote Poisonous Toxins With Homeopathy." However, I've read your comments on each and every one of my blog posts. You've submitted some queries regarding other potentially toxic substances and poisons. So, I have kept a list, my friend. I'll be addressing many of your additional topics over the coming months.

For now, here's a list of substances that we've covered that can cause toxic effects in the body.

1. Cigarette smoke – *Natrum muriaticum* 6X
2. Carbon monoxide – *Carbo vegetabilis* 200C
3. Paint Fumes – *Arsenicum album* 30

4. Pesticides – *Arsenicum album* 30C
5. Medications – *Nux vomica* 200C
6. Bee venom – *Ledum palustre* 200C
7. Food poisoning – *Arsenicum album* 30C
8. Alcohol overuse – *Nux vomica* 200C
9. Sugary overindulgence – *Nux vomica* 30C
10. Poison Ivy – *Anacardium orientale* 30C

Be sure to read the accompanying posts for each substance for more specific information. Again, if you truly want to comprehend homeopathy better, there are no shortcuts to education!

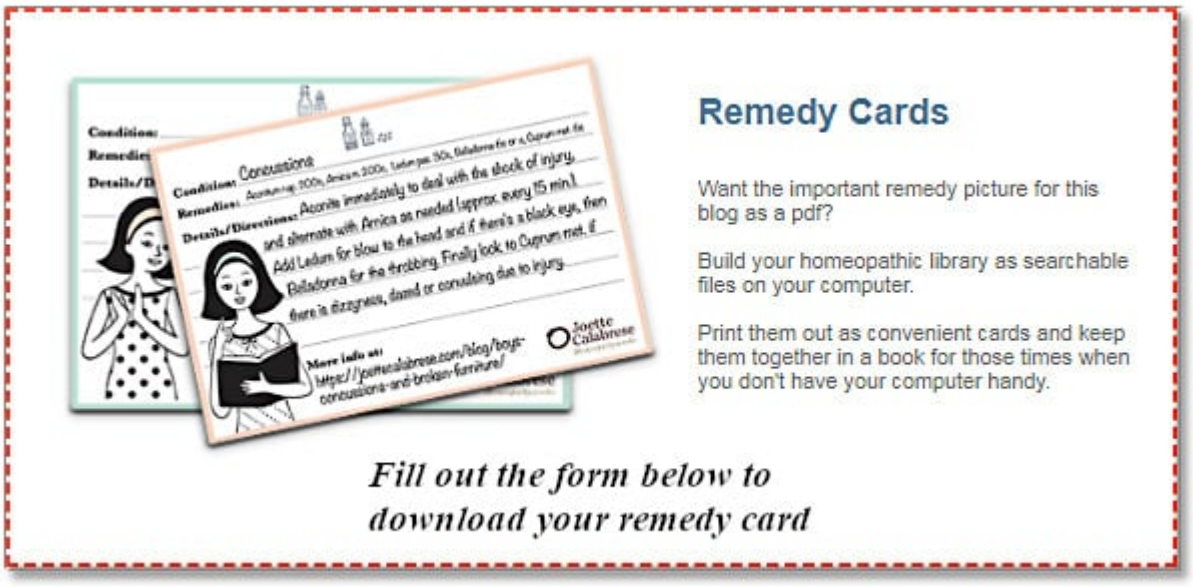
Pass on the good news of Practical Homeopathy®!

Warmly,



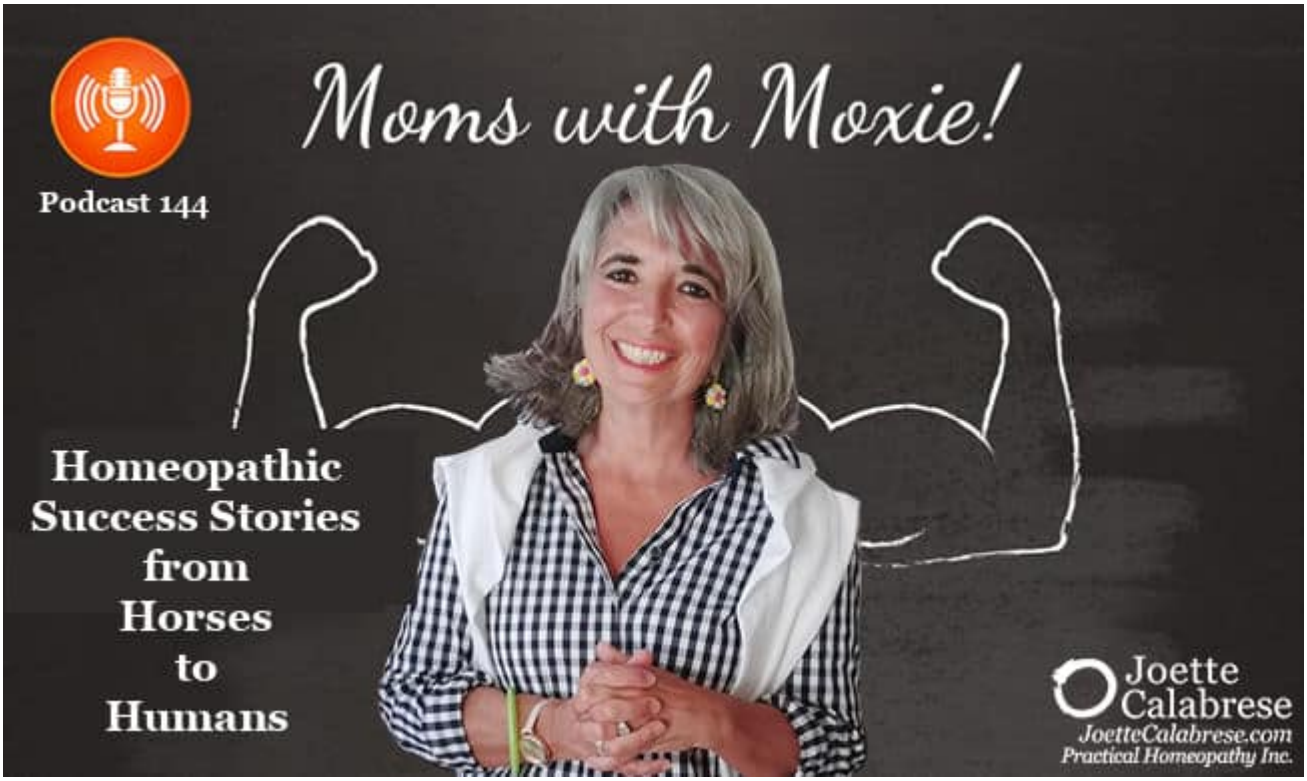
P.S. In answer to numerous requests, my social media updates are now featured on TikTok!

Unfortunately, my Monday Night Live events can't stream live on TikTok until I have more followers. Help me reach a whole new demographic by following me. Once my account reaches a critical mass of followers, TikTokers will be able to join my MNL events live, too.




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# Podcast 144 – Moms with Moxie: Homeopathic Success Stories from Horses to Humans




## In This Podcast, We Cover:

**01:00 Introduction: Podcast 144 – Moms with Moxie: Success Stories from Horses to Humans**

**04:28 Homeopathy and the Amish Community**

**07:15 Success Stories: Farm Animals**

**09:26 Success Story: A Pulsatilla Child**

**11:02 Success Stories: Emotional Conditions**

**14:21 Success Story: Umbilical Hernia**

**15:17 The Pathway to Learning Practical Homeopathy®**

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Gateway to Homeopathy II

Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy

The Academy of Practical Homeopathy®

## Additional Resources:

Joette Calabrese on YouTube (Monday Night Lives)
Joette's Learning Center
PracticalHomeopathy.com
Joette's Study Group, Find Your New Study Group Friends
Joette's Mighty Members
Find a Practical Homeopath® (for consultations or for educational study groups led by my Discovery Ambassadors)

**Kate:**

This is the Practical Homeopathy® Podcast, episode number 144.

**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: Podcast 144 – Moms with Moxie: Success Stories from Horses to Humans

**Kate: (01:00)**

Hi, my name is Kate, and I want to welcome you back to the podcast. Whether you're new here or have been using homeopathy for a long time, we are so glad that you're here, and I can't wait for you to meet our guest today. Her name is Jane.

Hi, Jane.

**Jane:**

Hi, Kate. Thank you for having me.

**Kate:**

Yeah, welcome.

**Jane:**

I’m very humbled.

**Kate:**

As am I. I look forward to hearing your stories. Well, actually, I’ve heard it, but those who are listening have not heard your story yet. And so, let’s just dive right in.

Tell us where you’re from and a little bit about yourself.

**Jane:**

Well, I’m almost 60 years old. I’ve been a physical therapist for over 30 years. I’ve been married for 30 years, born and raised on a farm in the Midwest, and after high school, I left during the farm crisis.

I went to California as a nanny, went to college to be a physical therapist, stayed in California and traveled for 10 years.

Then I came back home to help my dad and my mom when my dad was ill, started dating my childhood family friend, and we got married.

He had bought his family farm that he was raised on, and it’s an organic farm. So, we’ve been organically farming for many years.

We raised nine children. We have one child still at home, and we homeschooled them all through high school, and we have 12

grandchildren.

And gradually through those years, we transitioned from what the mainstream medical was to using more alternative medical, natural health, and now, homeopathy, which has been great.

We feel that we love the homeopathy because it helps empower us to take care of ourselves and our families. Doesn't mean we don't use mainstream medical when we need it.

My intro to homeopathy, since I lived in California, I heard of homeopathy, dabbled in it over the years, using *Arnica* mainly. That was the main thing that seemed to always come back to, like using it topically or with the pellets.

Probably 15 or 20 years ago, there was a mom's homeschool meeting which featured two homeschool moms, and it was about 40 minutes away from me. And they were speaking about homeopathy, but it was *classical* homeopathy. I loved it. I thought it was so interesting, but I just could not wrap my head around classical homeopathy.

So, I abandoned, basically, my journey with homeopathy at that time.

Fast forward about two or over two years ago, I belonged to a homeschool email group. And a homeopath, Wendy, on her journey, she introduced us to homeopathy. And she invited us to a Gateway I class in homeopathy – one of Joette's classes, the first class, I guess.

And I took that with my sister and two of my daughters. And basically, I was hooked.

Right away took Gateway II. Started using it right away. I still practice some physical therapy, and now I've integrated using homeopathy. And it's really helped my practice quite a bit as far as making suggestions to people: what they can use for homeopathy to help them with their own healing while

they’re healing from injuries that I helped them with, also with manual therapy and exercise.

## Homeopathy and the Amish Community

**Kate: (04:28)**

So, Jane, you have a very interesting story about the clients that you work with, and who you see, and how you integrate homeopathy with physical therapy. Can you tell us a little bit more about that?

**Jane:**

Yes. We live in a very rural area, and I largely serve the Amish communities in and around our state. And there’s one very close to us, about 10 miles away. So that’s the one I mainly serve.

There’s 200 families in that community, and then there’s three other communities outlying about 40 minutes away in different directions. So, they are very familiar and always interested in alternative medical. And they’ve been introduced to homeopathy in the past, especially their parents and the older ones, but they were unable to obtain it at some point from the companies they used to order from.

So, now they’re so happy to have homeopathy back. In fact, Wendy hosted a on-site, in-person Gateway I in one day at the Amish community for about 30 different women that attended.

That’s kind of catapulted my practicing and knowledge of homeopathy so quickly because of being able to use it so often and the experience.

**Kate:**

So, you’ve told me that when you go, and you have an appointment, that you talk about therapy, but you also educate about homeopathy as well, and you get sometimes lots of calls.

Give us an idea about how many people you help and how busy you are helping others.

**Jane:**

Well, I'm definitely as busy as I want to be, but I work about 20 hours a week. So, I see about 20, depending on how long it takes for one session of physical therapy and massage. But I often get many calls.

So, in the Amish community, of course, they have several children … many of them do. So, I see a lot of prenatal visits for physical therapy and massage. And with that being said, the pregnancy protocols, I give them information on that.

Several use the *Calc carbonica*, the protocol that they have for the eight months, and the *Pulsatilla* at the last month.

I have two daughters that had breach pregnancies toward the end. So even my own daughters, I mean, they use it all of the time.

But one of 'em, I consulted with the homeopath. She said she could start taking it at 33 weeks – the Pulsatilla – and each time it's been a hundred percent turning those babies, which might have in the past been a C-section.

**Kate:**

That's very exciting.

**Jane:**

Yes.

## Success Stories: Farm Animals

**Kate: (07:15)**

So, you are very busy, and you told me earlier, every kind of animal that you can think of on your farm. We were talking

earlier about horses and your children training horses, and how many horses did you say that you have?

**Jane:**

We have 12 here, and then we bring in horses that we train for 30 days at a time.

**Kate:**

And five babies on the way, huh?

**Jane:**

Yes, five babies on the way in May.

**Kate:**

Very fun. I bet you have some stories using homeopathy with horses or some of your other animals.

**Jane:**

One, this year in particular. We have about 60 ewes. We raise hair sheep, so they've been lambing. And in February, we had a little lamb that was kind of cold, and it was laying in front of the stove in a box. And it was very tiny; it was a twin. And it wasn't getting up and laying there.

And my 15-year-old son, for sure, thought it had died. Well, I went and got *Carbo veg*, and I popped it in its mouth, underneath its lip. And my son turned his back and turned around, and the lamb popped up and was then standing.

**Kate:**

Oh my gosh.

**Jane:**

*Carbo veg* is the corpse reviver.

**Kate:**

Yes.

**Jane:**

It really works.

**Kate:**

Yeah, I've heard that from so many people who have a lot of animals that the *Carbo veg* can turn an animal around from being deathly ill to just like you said …

**Jane:**

In literally seconds. He always kind of giggles when I get out my pellets, but that time he was just so impressed.

**Kate:**

So, are your kids learning how to use homeopathy as well?

**Jane:**

Oh, definitely. Yes. Yeah. Two of my daughters took Gateway I with me, and one of them is a massage therapist, so she actually uses it a lot. She makes some suggestions, and she is often calling me.

**Kate:**

So exciting to see our kids learn and then use the medicine. Yeah.

Any other animal stories?

**Jane:**

We had a horse with a cut leg, and we were using *Calendula* on that, and I think it was *Hyper/Ars*.

**Kate:**

For an infection?

**Jane:**

Yes.

**Kate:**

And that’s a combination of *Hypericum* and *Arsenicum*. That’s a protocol for infection.

And then the *Calendula*, were you using topically or …

**Jane:**

Topical. Yes. And *Symphytum*, I think we were using.

## Success Story: A Pulsatilla Child

**Kate: (09:26)**

Okay. So, I know you have a lot of stories, and it’s hard to narrow down which ones to share. But give us a few more.

**Jane:**

One is *Pulsatilla* again. So, the *Pulsatilla* child that Joette has talked about – you know, the emotional up and down.

I have a three-year-old grandson. My daughter-in-law and son live about three hours away. My daughter-in-law wasn’t ever sold on homeopathy, but didn’t ever really say anything. Right? I was always offering it, and when they’d get hurt, I’d use *Aconitum* and *Arnica* and things like that.

Well, one day, I mean, he was having meltdown after meltdown, and I offered *Pulsatilla*. They took it and gave it to him.

Boom. He calmed down in less than three minutes. That had never happened before.

Then, later that week, they texted me and asked me what the "P word" was that I gave him. And that is what converted my daughter-in-law. And I'm telling you, she was a hard nut to crack. And I gave them the book; they ordered kits. And she has been using it ever since.

She had a baby in January, had a breast infection. She used *Belladonna* every one to four minutes and then Hepar sulph and using that to heal two times a day.

And she said it – boom – it brought her right out of it. The last baby she had, she ended up going into the hospital a bit.

**Kate:**

You mean before she had homeopathy? Yeah.

**Jane:**

Yes, before she had homeopathy and her last child – the child before that. So, they could not believe it. So, they use it now all the time.

## Success Stories: Emotional Conditions

**Kate: (11:02)**

You have some situations where some emotional things have happened.

**Jane:**

Okay, so, I have friends that about a year and a half ago, our friend's husband committed suicide. He has 10 children himself, and he came from a large family. And they asked for help.

I went over … right over to their house the day it happened and took them *Aurum metallicum* 200. That really helped his siblings and his parents and his wife and his children. I actually had to water dose the *Aurum metallicum* right away and

then, ordered it as soon as I could get it.

And then later, they started using the *Ignatia* 200, two times a day. We keep in very close contact with them, and they still use the *Ignatia* to tend, you know, manage their feelings of sadness and as things come up.

**Kate:**

So, when you talk about water dosing, I just want to make it clear, what I heard you say is that you maybe didn't have that much of it. And so, you put some of the pellets in water, and that way, several people could take sips of that, and that would be considered a dose of that medicine.

**Jane:**

Exactly.

**Kate:**

Yeah. What a difficult situation. How amazing was it, though, that you could go there and help them in this way? And I can't even imagine. So, I hope they're doing okay, and I'm sure they …

**Jane:**

They are. They still have their ups and downs, but they are really managing the best they can.

**Kate:**

Jane, I know you have another story about a niece and what you've been helping her with.

**Jane:**

Actually, and I referred her on to Wendy because it was more complicated case that I definitely know my limitations as far as complicated cases go or things like that.

So, she had been working with Wendy coming off of all of her seizure and her anxiety meds. She's 25, has been on them for at least eight years. And it did take quite a while, but she's off of everything – and has been off of everything – for four months now, and only taking homeopathic remedies and checking in with the homeopath every month, I think.

**Kate:**

Wow. And I would imagine she's also keeping in touch with her doctor and just making sure that as she went off those meds that …

**Jane:**

Oh, definitely

**Kate:**

… in conjunction. Yeah.

**Jane:**

Yeah, they weaned her off those meds. She got their permission, and she goes in for her regular doctor visits as well.

**Kate:**

Yeah. Well, what a gift. Yeah, Wendy's a special person. That's great that she could work with her.

**Jane:**

I use homeopathy for myself as well, just because of my busy life and the way things go and things that have happened over the last couple of years, and my age.

I use my *Sepia* regularly, *Ignatia* when I need it for help sleeping, or *Coffea cruda*. And I use the combo remedy, SleepCalm®, sometimes.

So, those are all great tools that help me stay balanced in my own life.

**Kate:**

Yeah, those are good medicines. I love that. Sleeping can sometimes be such a problem, and what a gift it is to have something that you can use to help with that. We all know that if you're sleep deprived, it's just much harder to get through your day. So … yeah.

## Success Story: Umbilical Hernia

**Jane: (14:21)**

I have one more story that I should really tell about my husband. He had an umbilical hernia – very large, the size of a baseball, and we were able to reduce that. And he takes *Lyco/Plumb* combo. He completely healed it. And if he does lift too much or exerts himself too much, and it starts to come back, he just starts on the *Lyco/Plumb* again.

**Kate:**

Okay. And that's a combination remedy protocol, that's *Lycopodium* and *Plumbum*, mixed together.

If you want to learn more about using homeopathy for hernias, it's called "[Get Back in the Game:] Hernias and Homeopathy." So, that will be posted with the transcript from this audio as well.

[Editor's note: Also see "Update: Hernias and Homeopathy."]

**Jane:**

And that works with all hernias. I've used it for babies' hernias and hiatal hernias that were definitively diagnosed.

**Kate:**

I've heard many stories about this protocol working for hernias. Yeah, good job.

## The Pathway to Learning Practical Homeopathy®

**Kate: (15:17)**

So, Jane, it sounds like you've been very busy using homeopathy all the time with animals and friends and family. And what are your plans to continue studying, or what recommendations do you have for those who are listening who want to be able to help their animals or friends … just like you're doing?

**Jane:**

Well, my journey has been taking the Gateway I and getting hooked. And I've taken that three times! I've just had the ability to do that with Wendy, repeating it.

**Kate:**

Yeah.

**Jane:**

Gateway II, two times, and I've taken the Feminopathy class because that's a lot of the people that I see – the women and young women and even older women. So, that's been very, very helpful.

I would love to go to The Academy. And I don't know if that's God's will, and He is going to open those doors for me to take that this year or next year. We're praying about that. And yes, so The Academy would be the next step for me.

**Kate:**

So, for those who don't know, Joette has a Academy of Practical Homeopathy®. And that is a one-year school, online, and it starts in July each year.

So, if you're interested in finding out more about that, we will provide a link that you can sign up to get some emails and find out more information about The Academy.

It's a school where you can come in and learn more about Practical Homeopathy®. It has all the basics about homeopathy and going into case taking, and just really a full one-year education in what you need to know to help your family.

And for those who are interested in going on and helping others like Jane is doing – helping other people and seeing clients – that information will be provided with the transcript on Joette's website.

So yeah, that's a really good goal. And I would imagine until that time, you're going to keep taking, whether it's courses or sticking with Wendy and repeating those Gateway to Homeopathy classes.

Jane, it's been so fun talking to you. I know that you have many more stories that you could share. As we wrap up today, do you have anything that you want to share with the listeners?

**Jane:**

I just want to say I'm humbled to be here with you, Kate. And since I was introduced to Practical Homeopathy® and Joette and her website, I love homeopathy!

It has empowered me as a mother, and to bring health – not only healing back to me and our home – safely – and care for ourselves and our family and all the other people that we've been able to help.

**Kate:**

That's so exciting. Thank you so much. I appreciate your time and look forward to hearing many more stories about your successes with homeopathy. Thank you, Jane.

**Jane:**

Thank you, Kate.

**Joette:**

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.

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.

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:**

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.

*To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.*

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# 8. & 9. Alcohol and Sugar

# Overindulgence: How to Antidote Poisonous Toxins With Homeopathy

Not all substances that can have toxic effects are poisons. This week, we'll discuss two such substances: alcohol and sugar.

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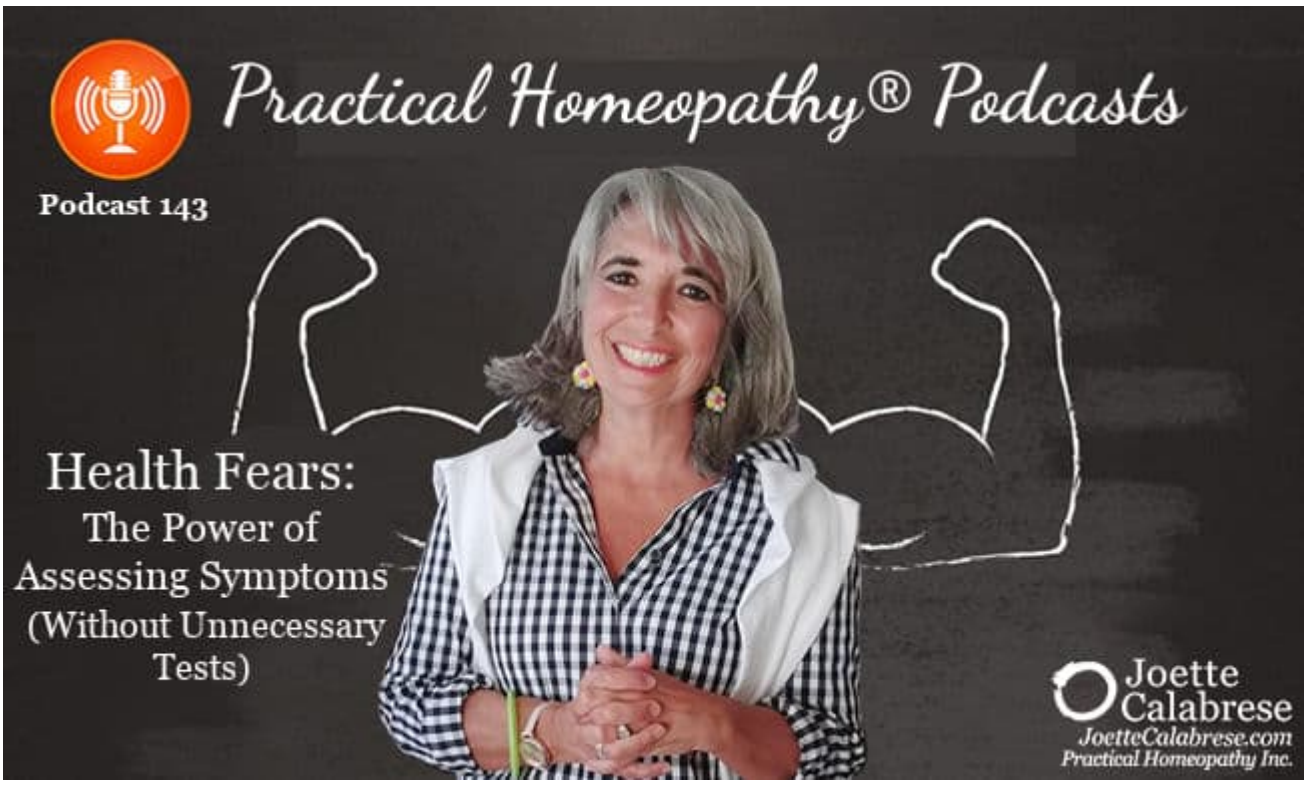
# Put Your Kids to Bed: 4 Remarkable Homeopathic Remedies for Getting Kids to Sleep Through the Night

When kids' bedtime rituals are unsuccessful, let homeopathy nudge them to sleep gently and effectively with these four medicines to consider.

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# Podcast 143 – Health Fears: The Power of Assessing Symptoms (Without Unnecessary

# Tests)




## In This Podcast, We Cover:

**01:00 Introduction: Health Fears: The Power of Assessing Symptoms (Without Unnecessary Tests)**

**01:19 When Should I Use a Remedy?**

**02:10 What Could Be Extrinsic?**

**10:30 Routine Tests Fuel Fear.**

**12:29 Using Symptoms to Determine Illness (Not Tests)**

## Additional Resources:

Joette Calabrese on YouTube (Monday Night Lives)
PracticalHomeopathy.com
Gateway to Practical Homeopathy®: A Guided Study Group Curriculum
Find a Practical Homeopath® (for consultations or for

[educational study groups led by my Discovery Ambassadors)](#)
[Joette's Mighty Members](#)

**Kate:**

This is the Practical Homeopathy® Podcast, episode number 143, 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

**Kate: (01:00)**

Hi, it's Kate! Joette and I are back for another podcast.

Hi, Joette.

**Joette:**

Hi, Kate.

**Kate:**

We're going to record this because we were just having a conversation, and we thought it was so good that you wanted the listeners to hear this. So, let's get into it. This is just off the top of our heads, and we're just going to have a

conversation about what to do.

## When Should I Use a Remedy?

**Joette: (01:19)**

Should I use a remedy for this? Should I not use a remedy? Should I ignore it? Should I live with it? Should I allow it to pass naturally, et cetera. I think that's kind of what the upshot of this conversation was. Wouldn't you say, Kate?

**Kate:**

Yes. And that's something that you talk about in your Mastery™ program because we have a whole lesson on "Is It Normal?" I think that is something that most people wonder and have fear about.

"Is this normal?" "I'm experiencing this thing, is it normal?" "Is it something I should be concerned about?" "Is it something I should take a homeopathic medicine for?"

**Joette:**

"Be tested for this?" "Should I be checked for this?" "Should I be worried about this?" "Can I assume that if it's (on a scale of 1 to 10), a 4, now that it's going to go to an 8, it'll progress that it could get worse." "I could die from this?" (Whatever "this" is.)

## What Could Be Extrinsic?

**Joette: (2:10)**

Alright, so let's go back to Kate, because you had mentioned to me that you had this sensation in your chest. And my first thought always is, what could be extrinsic? What could be from the outside coming in?

And, of course, diet matters, food matters, but that's not what I was thinking.

I was thinking that I know, Kate, that you were taking a medicine (a homeopathic) for appetite, right? To curb your appetite?

**Kate:**

I was, but I actually stopped taking that a while ago.

**Joette:**

Oh, okay. Okay. So, my first thought is in looking at that medicine – at any homeopathic medicine – if we have new symptoms, then my first thought is it's likely the medicine – the homeopathic medicine.

**Kate:**

That's a good point because I actually did stop taking that medicine because I had a new symptom. Now, I don't know for sure if it was from that medicine or not.

**Joette:**

We don't know. We don't know. All we can do is, yes, check it out. That's right.

**Kate:**

Yes. But I did stop taking it, and I haven't had that symptom since. So again, it could be, or it could not. But it wasn't a medicine that I absolutely needed to take.

**Joette:**

No, you were kind of testing it out. "Let's have some fun with this. Let's see if this will work for me and see if it reduces my appetite, et cetera."

So, that's always my first thought, is what's coming in. And if there is, whether it's a conventional drug, whether it's a vitamin, a supplement (which are, by the way, often synthetic)

or a homeopathic medicine, we do have to consider that. Because what we're doing is … we are – even if it's for good – to a certain degree  we're manipulating our bodies. And so, it would behoove us to consider that the manipulation is working. Perhaps in other ways we might get some good from it, but if we get other symptoms, even if they're mild …

This description that you were giving me today, the sensation you were having in your chest, it's rather mild, but it's new, and it's something you say, "Hmmm. I don't know. I've never had this before." That's my first clue that it could be something that you've been taking.

Now, even if you stopped taking that homeopathic – say, even four days ago – it doesn't mean that it's done. It also doesn't mean that it's still in your bloodstream, but it stimulates the body to make shifts.

As my mother used to say when we were doing something that she thought we should rethink and rearrange the way we're approaching a subject, she would say, "arrangiare te," which means arrange yourself. And so, in a way, well, she meant that we need to rethink things and to approach a concern, a problem, a condition differently. Rearrange it and rethink it and come to a conclusion.

In a way it's the same message, but what we've done is we've already arranged or rearranged, and perhaps that re-arrangement (by taking a homeopathic medicine, a supplement, a vitamin a drug, whatever else it might be) is now showing itself in a, perhaps, not so savory fashion.

Now, here's the upshot. If you had said to me, Kate, "I'm having this little sensation in my chest. It's not horrible, and it doesn't feel as though it's of imminent danger. But there it is, and I wonder what it is."

But meanwhile, you've been taking a homeopathic medicine that's helping you reduce your craving or your appetite, and

it’s *working*, then we have to weigh it out.

One of the best ways to weigh it out is to open up the *materia medica* and read up on the medicine that you’re presently taking,which I assume you did. I know you already did that. But I would encourage people that anytime take something, you really should know what you’re doing. You should know what the medicine represents. Read up on it and see if any of the symptoms that you’re experiencing are noted in the description of this medicine in the *materia medica*.

Now, we’re being intelligent, and we are arranging ourselves properly. So, I’m not slapping you on the back of the hand, Kate, because I’ve done the same thing myself … so many times that that’s how I’ve been able to come to this conclusion – not only in treating myself and my family, but certainly clients and thousands of students.

And that’s how I can come to a more comfortable conclusion and teach people that if on the other side of this, you’re finding that the sensation in your chest outweighs the benefit (or perhaps no benefit quite yet), in taking the homeopathic for the cravings and appetite – it’s outweighing in such a way that it makes you uncomfortable – it’s time to rethink. It’s time to reassess and decide, “I think I’m just going to stop this homeopathic medicine and see what comes of that.”

Or if it’s something you’re insistent upon, okay, instead of taking it twice daily, you might take it only twice a week and see what comes of it that way.

So, as I always tell my students, knowing how to use Practical Homeopathy® – in other words, knowing which homeopathic medicines to choose, their potency and their frequency – is the easy part because I give it to you. I just give it out!

The hard part is knowing what to do once you’ve taken it (or once you’ve observed someone else taking it) and knowing how to assess what’s next.

In other words, in a way, it's really case management. You're managing what's coming down the pike, and this is what gives us greater freedom and liberty in understanding how to treat, using homeopathy – using *Practical* Homeopathy®.

It gives us more wisdom; it gives us a greater depth of knowledge. And it puts us in a place where we can be a little more confident instead of just, "I don't know what's happening. I have no idea."

Now, having said all of this, I'm not going to tell you, we absolutely know. These are indicators. This is a way to assess.

I'm not telling you that we absolutely know. Because what if randomly out of nowhere, you have a sensation in your chest that's new, that has *nothing* to do with taking vitamin supplements or new homeopathic medicine or a drug. Now, what if it has nothing to do with that?

To be honest, we will not know. We actually may never know, but we'll have a better knowledge – a better understanding of it – from 30,000 feet above. Meaning, it's only in time will you recognize that this potentially triggered that.

Because you may try it again, and the same incidence occurs, and then, you halt the use of the medicine again. And then six months later, you try it again. And it's pretty clear that this medicine – this homeopathic medicine – causes this sensation in my chest. And is it worth it or is it not worth it?

And that's how we can truly judge whether or not we've chosen the correct medicine and the correct potency and frequency.

**Kate:**

Yes. One of the things that occurred to me was it could be a new food that I'm eating, and maybe it's something that I'm

allergic to, and it’s causing a sensation in my airways or my chest.

So yeah, you’re right. We have to look at all of the things that we’re doing, and I think one of the things that we see often is that people start to have this fear, right?

“Oh my gosh, it’s this new thing. It must be something terrible.” Right? Our minds go to that.

But what you’re saying is really step back, have that bird’s eye view – that view from above.

What are all these extrinsic factors? Am I doing something new? What might I try to eliminate, whether it’s a new homeopathic or a new food that I’m eating? And see if that makes the difference.

And instead of having that fear, and oftentimes, Joette, if we talk to someone about this, it brings us down. And that’s why we love our study groups and our homeopathy buddies, and they can help us think logically when we have this fear of something.

## Routine Tests Fuel Fear.

**Joette: (10:30)**

And what really fuels the fear is things like regular testing and checkups.

I met with a client yesterday, and she is actually improving greatly. Mentally, he feels really good. She’s had a little setback in one area. But mentally, which was one of the greatest concerns that I had, she was improving in great leaps and bounds.

But she went to the doctor and got blood labs and said, “You’ve got to look at these. I sent them to your assistant so you can look at them. Have you studied them?”

And I did look at them, and to me, her blood labs looked within the range of normal, but because the labs are written the way they are, they show a red highlight for any number that's outside of the normal numbers. And so, she was alarmed because it was red, so her LDL was high. However, her ratio was perfect.

Her A1C was high by a half point – not grandly – a half point. So, it was in red. There was another … what was the other marker? Creatinine, maybe. Everything that was off. And there were only three items that were off … were off by a fraction, nothing that I would ever consider dangerous in the least.

So, she was panicked. She thought, "Oh my gosh, am I eating too much butter? Am I having too much meat? My cholesterol is really … this is really serious stuff."

And these tests … first of all, these tests are not conclusive. They're a snippet in time. That whole vitamin D thing, I question it dramatically. And I also find that if you happen to eat a lot of butter and bacon and full cream and eggs before you have the cholesterol test, it is going to show that your LDL is on the high side, but that is meaningless.

## Using Symptoms to Determine Illness (Not Tests).

**Joette: (12:29)**

What really matters is tell me how you feel because we're using symptoms.

Now, here's the problem. Homeopathy has been teaching we use symptoms to determine whether or not someone is ill.

Whereas, conventional medicine has taught people that there are a lot of blind illnesses … that you could die without ever knowing that there was anything wrong. So, you'd better be tested on a regular basis.

And I think that that is – excuse my skepticism – but I think

it is a way to get people to get tested on a regular basis. Because every time you get tested and every time you purchase a medication, they can bill your insurance a couple thousand dollars, minimum.

And if you don't come in to be tested and you just live your life, and if you find something that needs to be rearranged, that you maybe make some lifestyle changes, they will not make a decent living.

And that's such a shame, isn't it? Don't we all want everybody to make a $2,000 "ka-ching" because they took your blood tests and now have alarmed you?

Excuse me again for my skepticism and my sarcasm, but I think a lot of tests – not all, but a lot of tests – are useless at best. They're superfluous. And what they cause is more harm than good. Because had she not listened to me … she may still not follow my directive. I told her I thought everything was fine. I think that she should stay with the food she's eating.

But if she goes back, if they call her in, she'll probably be on Lipitor. She'll probably be on the drug that's used for diabetes. They'll have her on drugs in no time. And all the headway that we made so far with her staying away from these drugs could easily be lost.

**Kate:**

So, you're *not* saying Joette that we should *never* go to a doctor or never get a test. But you are saying use reason, right? So, if there is an emergency situation, of course, we want to go to the …

**Joette:**

Well, what I'm saying is why would you go to a doctor to find out what's wrong when there's nothing wrong? That just blows my mind!

You already know you have this condition. You've had some depression for some time. You're off of the psychotropic drugs. You're using homeopathy once in a while for that depression. You already know that you have a skin condition that is being dealt with homeopathically. And naturally. Your energy is quite good. Your outlook is good.

Why test?

Let's put it this way … and I'm not telling you, dear followers, that you need to do this, but I'll give you *my* approach. I simply don't go to be tested. Because if I were to be tested, they would want to do a mammogram and a pap smear and lots of blood tests. They would try to prove to me that I needed this, or I needed that.

I'm looking for markers and cancer markers. And do I want to know if I have cancer markers? Do I really need to know that?

Why don't I just eat properly, live properly, get outside in the sunshine without sunscreen, eat the highest-quality food that I can obtain, live a decent life, and just go on with my life instead of spending time in waiting rooms and being panicked by the red letters and the red numbers on a blood lab report.

So, that's my philosophy. Not everyone would be comfortable with that.

Now, if I had something wrong and I was very concerned about it, and I had already made a lifestyle change that perhaps I'm not following through enough on, and I've already used a homeopathic medicine, and yet still I feel as though I absolutely must know what this is because it's sobering enough, then I might get something tested.

But my gosh, I'm going to be 73 in a few weeks. And I have to say, that should be happening to me now. Right? By this age, shouldn't this be happening to me?

This is not luck that I've gotten this far with this quality of health. It's not luck, my friends. It's I've educated myself. I was a very sickly young teenager. I was a very sickly 32, 34, 36-year-old woman. And all of that has completely turned around with what I have studied and learned, and that's what I want to share with everyone, should they be interested.

**Kate:**

That's great. Thank you for sharing, Joette. As always, really good information. And it, hopefully, will help to bring down the level of fear in some of your listeners.

**Joette:**

Yeah, nice conversation, Kate. Take care.

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# 7. Food Poisoning: How to Antidote Poisonous Toxins With Homeopathy

Food poisoning can be a self-limiting condition, but it sure feels miserable. Homeopathy offers solutions to gastric distress caused by bad food.

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