6. Bee Venom: How to Antidote Poisonous Toxins With Homeopathy Series

Homeopathy can antidote bee venom, ameliorate symptoms, help the body return to health, and teach it to deal with future bee stings better.

Podcast 141 – Practical Professionals: The Gospel of Medicine – Homeopathy Is the Purpose That God Has Given Me

Meet Johnelle, a Gateway teacher and evangelist for homeopathy, who considers spreading health freedom as her life's purpose.

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5. Pharmaceuticals: How to Antidote Poisonous Toxins With Homeopathy Series

Let me teach you how to counteract the toxic ravages of

pharmaceuticals, whether from prescriptions, over-the-counter meds or street drugs.

The Mysterious Case of the Disappearing Varicose Veins: 1 Protocol, 2 Benefits

Here’s a real-life resolution of varicose veins that appeared to happen by accident. Homeopathy knew what it was doing, even if the user did not.

Podcast 140 – Joette Interviewed on ‘Trending With Timmerie’

Listen in to my recent appearance on the podcast “Trending with Timmerie,” as I discuss homeopathy and answer listeners’ questions.

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4. Pesticides: How to Antidote Poisonous Toxins With Homeopathy Series



Let's continue our series on antidoting poisonous toxins with homeopathy, shall we? This week, we're discussing a toxin whose removal became a cause close to my heart decades ago back in Buffalo: pesticides.

In 1988, without warning, the city sprayed our neighborhood's elm trees with a billowing cloud of noxious pesticide. I shared a deeply personal aspect of this story with my Mighty Members in Memo #216. (If you're a Mighty Member, you can search for that Memo in the archives on your member dashboard.* If you're not yet a member, I encourage you to consider joining us for our more candid conversations.)

Don’t mess with a mom.

That was the day I became an anti-pesticide activist and started a movement: Mothers and Others for Pesticide Alternatives. Initially, I was the only member, but that didn’t stop me. I initiated a campaign in Buffalo, New York, to eliminate herbicides and insecticides on public green spaces. I met with the CEOs of organizations, presidents of the local universities, met with the mayor and city council members, was featured in the local newspaper and on the local news over the seven years I fought for my principles.

After years, my efforts paid off. My campaign resulted in Buffalo becoming the first U.S. city to take a stand – via the city council – against harmful pesticides in public spaces by halting all spraying of public lawns, including school grounds, parks and hospital lawns.

Believe it or not, almost to a one, the groundskeepers trying to shut my efforts down would defend their pro-chemical stance with, “It’s just dust!”

Oh, nay, nay, my friends. Pesticides are far from innocuous dust. If you don’t believe me, read my article, Pesticides: The Steep Price of Perfection.

Pesticides are toxic chemicals.

Years ago, one of my students had a kitten who played on a neighbor’s lawn. Unbeknownst to her, the grass had been treated with toxic lawn chemicals. By the way, nearly all lawn chemicals are toxic.



Within hours after her fun time rolling around on the grass, the kitty was restless and bumping into furniture, taking sips of milk followed by diarrhea. Suddenly, he collapsed on the floor, shivering with cold. To my student, it appeared as though her charge was in a coma.

This was a classic indication of pesticide poisoning … and also for the use of *Arsenicum album 30C*, twice daily until very much better. Given the severity of symptoms in this case, it would have been prudent to give it every 15 minutes for the first hour until improvement ensued. However, as my student reported, only one dose was needed.

The keynotes of homeopathic *Arsenicum* are restlessness, frequent sips of water alternating with extreme fatigue and/or collapse, particularly after a bout of diarrhea. There's also coldness and disorientation, particularly after exposure to a poison.

My student remembered the indicators of this vital remedy, and the cat began improving within minutes of the first dose being administered.

The vet was gobsmacked, saying that most kittens don't survive pesticide poisoning when the symptoms are that severe. At best, she told the owner, it would normally take weeks before

a poisoned cat recovered, if at all.

My student reported to our class that it took only six hours before the cat was back to his kittenish play!

Arsenicum album is a remedy that wears many hats. It will uproot sensitivity to other chemicals, as well. As I mentioned in last week's blog post, Paint Fumes: How to Antidote Poisonous Toxins With Homeopathy Series, *Arsenicum* would be a first consideration for adverse reactions from paint fumes as well as other exposures, particularly if these keynotes of *Arsenicum* are present.

Its action can sometimes be seen within a few minutes, and then its long-term action can often be witnessed weeks and months later.

Read more about homeopathic medicines for pesticide exposure in my blog, 3 Homeopathic Remedies for Pesticide Exposure.

Then, don't be afraid to express your preference for living toxin-free. I just added this sign to my son's yard earlier this week.



Learn as much as you can.

Like anything worthwhile in life, there are no magic shortcuts to learning homeopathy. Granted, Practical Homeopathy® is much more accessible and easier to understand than the more enigmatic classical homeopathy, which can require years for a student to become moderately proficient.

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



So, as you collect this information on antidoting toxins, don't forget to read the introduction and background information I previously provided. Learn how to administer homeopathic medicine, set your expectations and even when (and how) to go to the Emergency Room. These are essential details for any case.

You've got this!

My friends, I don't want you paralyzed with fear over the toxin du jour. Certainly, avoidance of poisonous chemicals is advisable. But if you happen to walk past a treated lawn, there's no need to send up a flare and call 911! No, we have homeopathy; we have autonomy; we have health freedom. So, Stop Stressing About Toxins, and learn what medicines to have on hand for peace of mind.

I have created an infographic entitled “Toxins Don’t Scare Me Anymore.” Click here to download it – for free. Put it on your refrigerator to remind you there is a solution.

Homeopathy is often able to address the issue at hand. So, pass on the good news of Practical Homeopathy®!

Warmly,

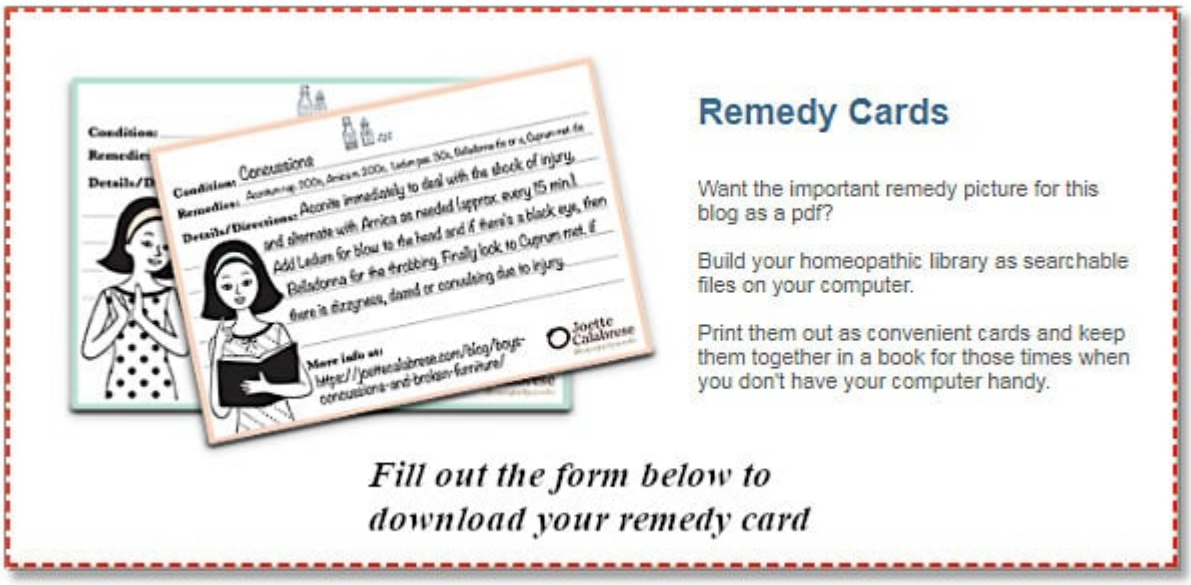


*You must be logged into your Mighty Member account for protected links to take you directly to your Memo to Mighty Members dashboard.

P.S. My course, “Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way,” is designed to teach you my methods for addressing ailments arising from toxicity the safe, gentle, side-effect-free way.

Learn this now, and you’ll know how to avoid the costly quagmire of detox detours, as well as the medical conveyor belt of pharmaceutical “solutions.”

And remember – all my Mighties (Joette’s Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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3. Paint Fumes: How to Antidote Poisonous Toxins With Homeopathy Series



Nothing can revive a home or office more than a fresh coat of paint. However, paint fumes can cause miserable and often deleterious side effects.

Because oil-based paints contain chemicals such as benzene, formaldehyde and toluene, their fumes can adversely affect almost anyone and cause serious health issues over time.

Granted, water-based paints and acrylics are generally less aggravating. While they may not emit the same level of dangerous fumes that cause health problems, even the smell of water-based paint can be problematic for sensitive people.

How toxic can paint fumes be?

The symptoms of paint fume poisoning can be:

- Headaches
- Dizziness

- Nausea
- Irritation of the eyes, nose and throat
- Breathing difficulties
- Coughing
- Lightheadedness
- Allergic skin reactions
- Fatigue
- Memory loss
- Long-term health problems, such as liver and kidney damage, cancer and respiratory problems

Looking at that list, I realize why the first four letters of the word paint are "pain." It should serve as a good reminder to adequately consider the pain and illness that toxic paint fumes can cause.

Protection from direct inhalation of the fumes is undoubtedly the best avenue. "An ounce of prevention is worth a pound of cure," as they say. But what if you can't avoid exposure? That's when homeopathy comes into play.

But first things first …



If you missed the introductory post in this series, "How to Antidote Poisonous Toxins With Homeopathy," I strongly urge you to read it now. The background information I provided

will enhance your understanding as you proceed with the rest of this series.

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

A case of toxic paint fumes

In my practice years ago, a chemically sensitive woman (we'll call her Martha) in her 50s came to me complaining that she became weak, cold and anxious anytime she was exposed to the smell of fresh paint. She could detect fresh paint many months after it had been applied.

Martha had developed extreme sensitivities. She could identify paint fumes long past the time others could.

I found *Arsenicum album* to be effective in this case. Martha chose to employ *Arsenicum album* 30 once or twice each day (depending on the severity of her symptoms) until she felt very much better. Over a period of many months, indeed, the previously weakened Martha grew stronger and less sensitive.

Granted she might not consider a new career as a painter, but she no longer reacts adversely if she happens to come across a freshly painted room. She can live her life with freedom.



Rethinking Detox

Protocols for other poisons and toxins are provided in my course, Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way. By learning about this gentle, efficacious, and time-tested medicine, you can give yourself and your family the freedom to cope with a toxic world.

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. Don't forget that **my social media updates are now featured on TikTok!**

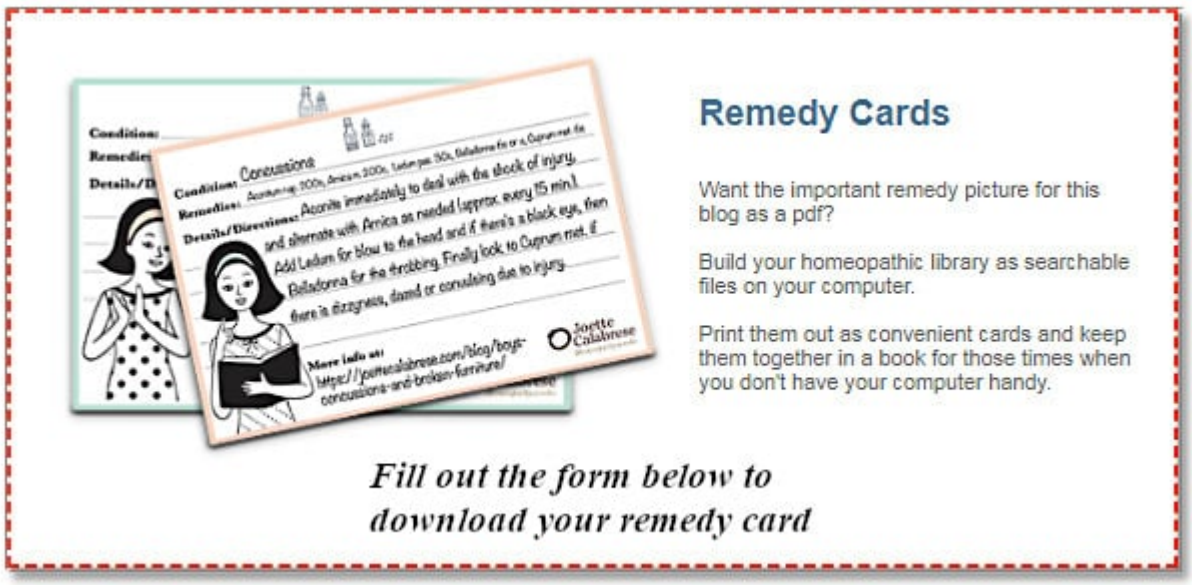
Unfortunately, my Monday Night Live events can't stream live there until I have a certain number of followers.

So, **can you help me**? By following me on TikTok @joettecalabrese, soon you and other TikTok users will be able to join my MNL events live, just as users of the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and Instagram already do.

Of course, the best way to watch my Monday Night Lives is through their Mighty Members dashboard.* Members can stay online after my public presentation to enjoy an exclusive, more candid Q&A regarding that evening's topic.

If you're not yet a Mighty Member, learn more about our community by clicking here.

*You must be logged in for this link to take you directly to the latest Monday Night Live.



Podcast 139 – Cavitations Healed! What Dentists Think Prevention Is: Fluoride, Pastes, Rinses, Flossers, Brushes, Scrapers and Sealants

IN THIS PODCAST, WE COVER: 01:00 Introduction: Cavitations Healed! What Dentists Think Prevention Is

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Pain From Out of Nowhere? Practical Homeopathy® Counters Polymyalgia Rheumatica



We're taking a break from my series on antidoting toxins today to discuss myalgia, a 25-cent word for muscle pain. According to Johns Hopkins, this condition can "involve ligaments, tendons and fascia, the soft tissues that connect muscles, bones and organs. Injuries, trauma, overuse, tension, certain drugs and illnesses can all bring about myalgia."[1]

Speaking of Johns Hopkins, as an aside, let me remind you that it was Dr. William Osler, a founding father of Johns Hopkins, who said, "The person who takes medicine must recover twice, once from the disease and once from the medicine."

What a revolutionary observation from a conventional physician, well-respected as an expert diagnostician. In fact, Dr. Osler went even further by saying, "No individual has done more good to the medical profession than Samuel

Hahnemann."

Had I been born in the late 1800s, I think Dr. Osler and I would have gotten along just fine!

But I digress.

Polymyalgia rheumatica

There are several different types of myalgias. Today, I'd like to address polymyalgia rheumatica, a condition that causes pain and stiffness in large muscle groups, such as the shoulders, neck, hips, thighs and back.

Cold, damp weather can exacerbate polymyalgia rheumatica – precisely like the weather they're having up north right now. (And, I suspect, one of the reasons so many snowbirds come to our warmer climes during the winter).

The condition is usually worse in the morning but, generally, may improve with movement during the day. (If you've been reading my blogs for some time, which homeopathic medicine does that symptom bring to mind? If you don't know, keep reading. The answer will come.)

Perhaps you've not heard of polymyalgia rheumatica. Symptoms of polymyalgia can be quite similar to the more well-known fibromyalgia. However, they are clinically different. For instance, sufferers of fibromyalgia experience pain throughout the body rather than only in large muscle groups.

Pain from out of nowhere!

Pain in the joints, tendons, bones and muscles can come on unexpectedly. BAM!

Let me give you an example from my practice. One of my clients (we'll call her Nancy) was fine until she attended a party one day. The party was chock-full of junk food that Nancy just couldn't resist. She ate some bad stuff and a lot

of it!

The very next morning, BAM! Nancy awoke with rheumatoid arthritis that lasted for almost a year. She was convinced that evening of junk food gluttony had done her in, particularly since she had experienced food intolerances in the past. But interestingly, her previous symptoms were related to swelling of her lips, tongue and throat – not muscle pain.

So, does that mean we're risking a disease every time we eat ourselves silly at a Christmas party, a Superbowl party or an Easter picnic? Of course not. But for Nancy, it was her personal tipping point.

Don't assume.

Now, in Practical Homeopathy®, we don't generally need a condition's etiology – the cause. However, knowing what triggered the condition can sometimes be significant. For example, "Ever since that car accident, I've never been the same." Or, in Nancy's case, "I've never been well since eating that food."

However, the reason for the suffering need not be our first concern. I encourage my students not to go down unnecessary rabbit holes trying to postulate a cause for their suffering. If you know what it is – the exact moment the suffering began – fine. If you don't, don't assume!

Clients and students say to me, "It must be Lyme," or "It must be heavy metals," or "It has to be parasites." No. We never start determining the appropriate homeopathic medicine by leaning on assumptions. If we have exhausted the logical approach first with no results, then perhaps we can make some assumptions. But until then, "Just the facts, ma'am."

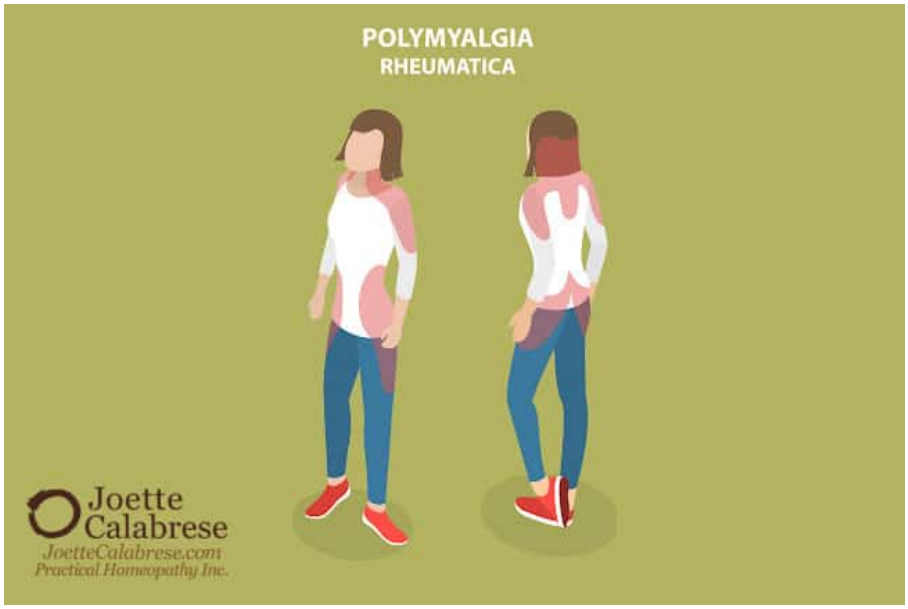
We need the name of the condition (from a conventional diagnosis) and/or the symptoms being experienced.

Assumptions often lead folks to choose the wrong medicine.

I can't tell you how many times a sufferer has said, "I tried homeopathy once with no success. I used the protocol for eczema and got no relief." Then it turns out they didn't have eczema; they had psoriasis. Or …

"The arthritis protocol didn't work for me! Homeopathy doesn't work." Then it turns out they didn't have arthritis; they had polymyalgia rheumatica.

Do you see where I'm going with this? They're blaming homeopathy when it was their assumptions that were wrong. This is so common.



Homeopathy works!

So, let's talk specifically about how we would approach a diagnosis of polymyalgia rheumatica with Practical Homeopathy®.

For the muscular, tendon and bone pain of polymyalgia, homeopaths have historically called for *Symphytum officinale* 200C mixed together in the mouth with *Calcarea phosphorica* 3X. (If one cannot purchase it in a 3X, *Calc phos* 3C will do, or even *Calc phos* 6 will suffice.) This mixture would

generally be utilized twice daily until very much better.

Because movement throughout the day can lead to improvement in the pain (better from movement), *Rhus toxicodendron* 200C is also generally added to the schedule.

Hypericum perforatum 200C may be employed as an SOS medication – meaning, when pain is acute and debilitating, one may need a few doses of this dependable homeopathic to nudge the body in the right direction.

Choose the most appropriate homeopathic medicine for the specific condition.

I'll let you in on a little secret: This protocol may also be effective in cases of fibromyalgia as well. To see the similarities, read my previous blog, "How I Cured My Fibromyalgia With One Simple Medicine."

If the diagnosis is instead arthritis, then turn to my other blogs, such as "Symphonic *Symphytum* for Pain" or "Ouch, My Back, Joint and Bone Pain Is Killing Me!" Or listen to my Monday Night Live from April 12, 2021, entitled "Arthritis. Joint pain. Muscle and Ligament Pain. Overused Joints and Muscles."

Better yet, my friends, if chronic pain is bedeviling you, consider a deep dive into my course, Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good.

Not only do I cover specific protocols for polymyalgia rheumatica, fibromyalgia and arthritis, but I also instruct on headaches, frozen shoulder, shingles, back pain and various organ pains – just to highlight a few. (And remember – all of my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.)

I'll discuss this subject further on Monday, March 10, at 8 p.m. EDT, within my Joette's Mighty Members site or on our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and Instagram. Join me!

Pass on the good news of Practical Homeopathy®!

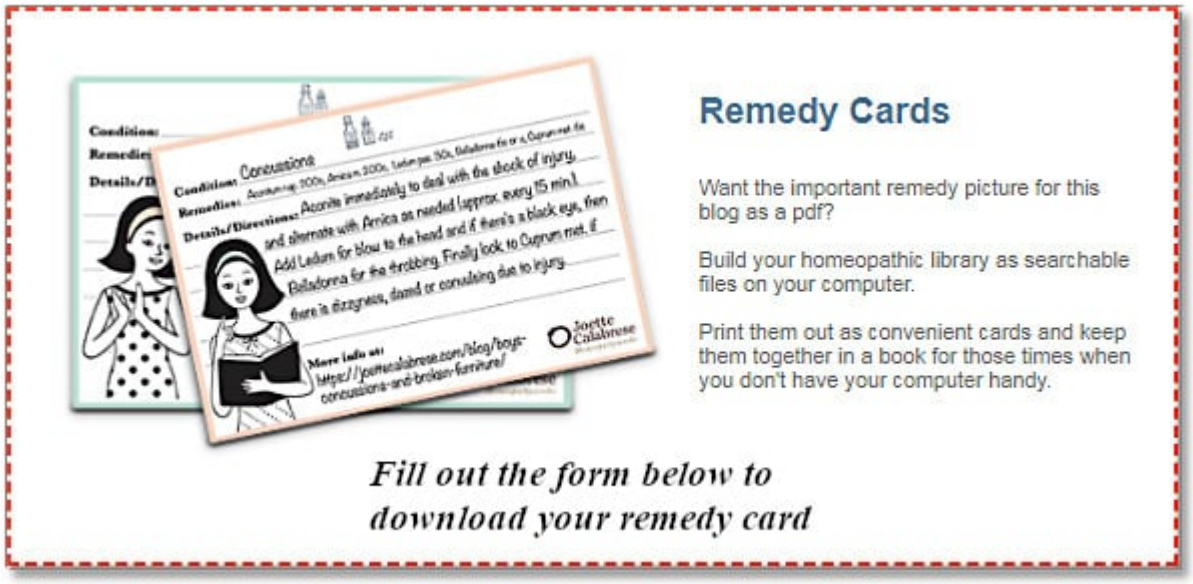
Warmly,



P.S. If you're not quite ready to consider a course, joining a Gateway to Practical Homeopathy® study group may be just the learning opportunity you're looking for. It's the same way I began my studies – except you'll benefit from my years of teaching experience. The curriculum, which I recently revised to reflect my current teaching methods, is easy to follow. Plus, you'll make lifelong, like-minded friends who will support you throughout your *genuine* health care path.

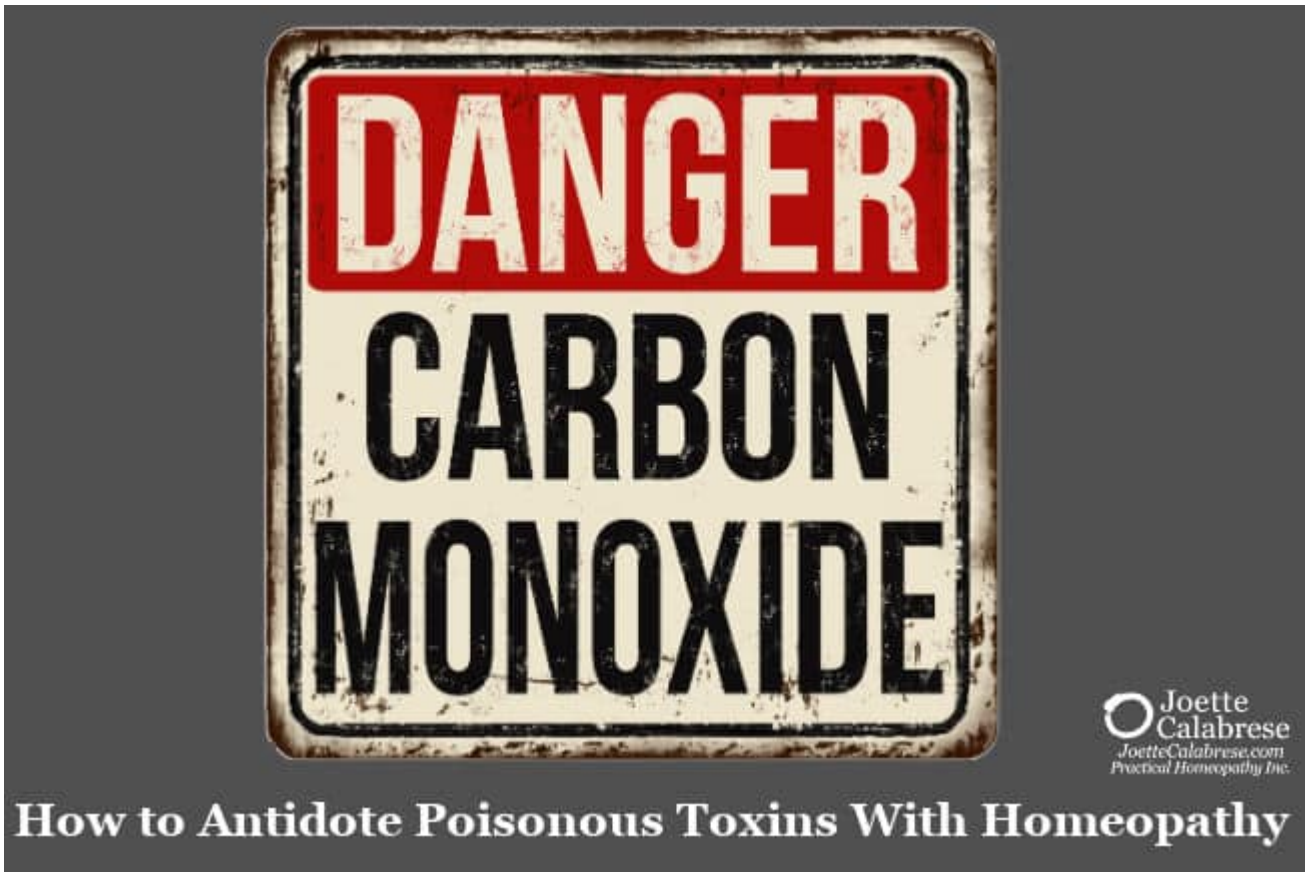
I offer something for every level of interest in homeopathy. So, join me today and learn how to become your family's trusted health care provider!

[1] https://www.hopkinsmedicine.org/health/conditions-and-diseases/myalgia#:~:text=What%20is%20myalgia%3F,can%20all%20bring%20about%20myalgia



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2. Carbon Monoxide: How to Antidote Poisonous Toxins With Homeopathy Series



Carbon monoxide poisoning often creates a pathology that can last for months – even years – after the initial poisoning.

Obviously, severe exposure that causes unconsciousness may require a trip to the Emergency Room. However, as we've discussed, much good can be done by administering a well-chosen homeopathic medicine on the drive to the hospital.

As has been my experience, often the homeopathic will act quickly enough to perhaps eliminate the need to go inside and seek treatment. (Hear about one of my many experiences in the ER parking lot in Podcast 21: When to Use a Doctor; When to Trust Yourself.)

First things first: No shortcuts!

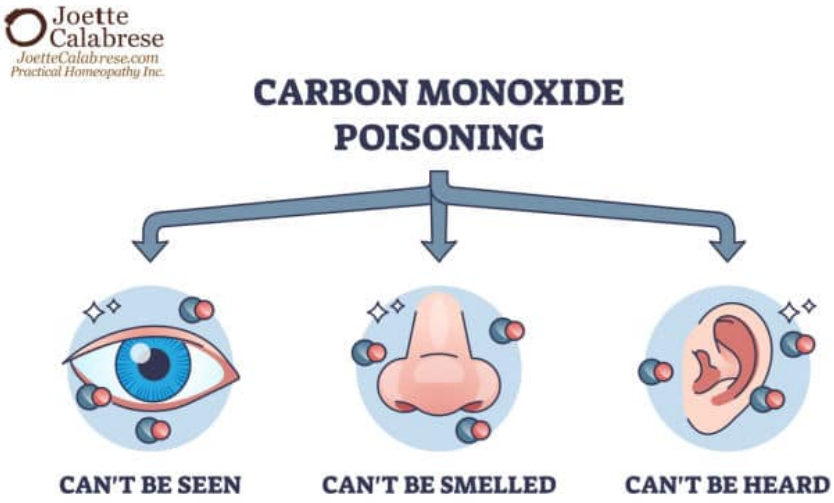
But before I continue this ongoing series, "How to Antidote Poisonous Toxins With Homeopathy" …



[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.

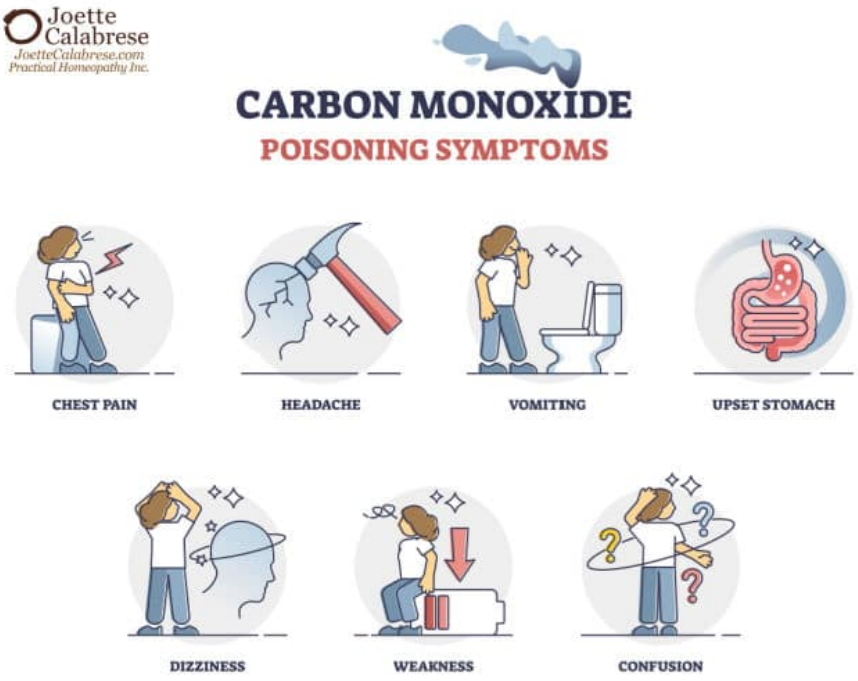
Carbon monoxide poisoning is stealthy



Carbon monoxide is odorless, colorless, tasteless and deadly. That's why an entire industry of carbon monoxide detectors has burgeoned over the last few decades.

Even with an alarm, damage can be done by this highly toxic and poisonous gas. However, as usual, homeopathic medicines can gently assist the body return to homeostasis.

Symptoms of carbon monoxide poisoning



Carbon monoxide poisonings often create a pathology that lasts for months, even years after the initial poisoning. Breathlessness, fatigue, general weariness, or weakness can be easily mistaken for chronic fatigue syndrome. However, if the illness can be traced to carbon monoxide poisoning, it can be resolved homeopathically – even when the poisoning occurred in the distant past.

Let me share a case in point with you.

Consider *Carbo Vegetabilis*

A woman contacted me some years ago for crushing chronic fatigue and nauseating lightheadedness.

As we talked, I connected critical information to a well-known homeopathic medicine. She reported that she had never been well since an incident nearly 20 years ago when she stayed in a cottage heated by a faulty kerosene room heater. It was in this cottage that a near tragedy ensued.

Neighbors found her – unconscious – as a result of carbon

monoxide poisoning and, luckily, dragged her outside to safety.

She escaped from a near-fatal incident, but the pathology had only shifted gears and grown into a chronic condition that impacted her life enough that she was unable to work.

Carbo vegetabilis has been used for decades to antidote the ill effects of such an occurrence.

After she took *Carbo vegetabilis* 200C, twice daily, she was free of her heavy lethargy, nausea and light-headedness.

Indeed, her condition was resolved within days of taking the remedy!

It was a stunning recovery.

Homeopathy works sometimes even beyond our expectations.

(You can learn more about the restorative power of the homeopathic medicine *Carbo veg* in "A Tale of Two Kiddies.")

Rethinking Detox

This protocol for carbon monoxide poisoning is provided in my course, Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way.

If toxins concern you and your loved ones, this course will help you avoid overreactions and eliminate fear. By learning about this gentle, efficacious, and time-tested medicine, you can give yourself the gift of education to cope with a toxic world.

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Warmly,



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