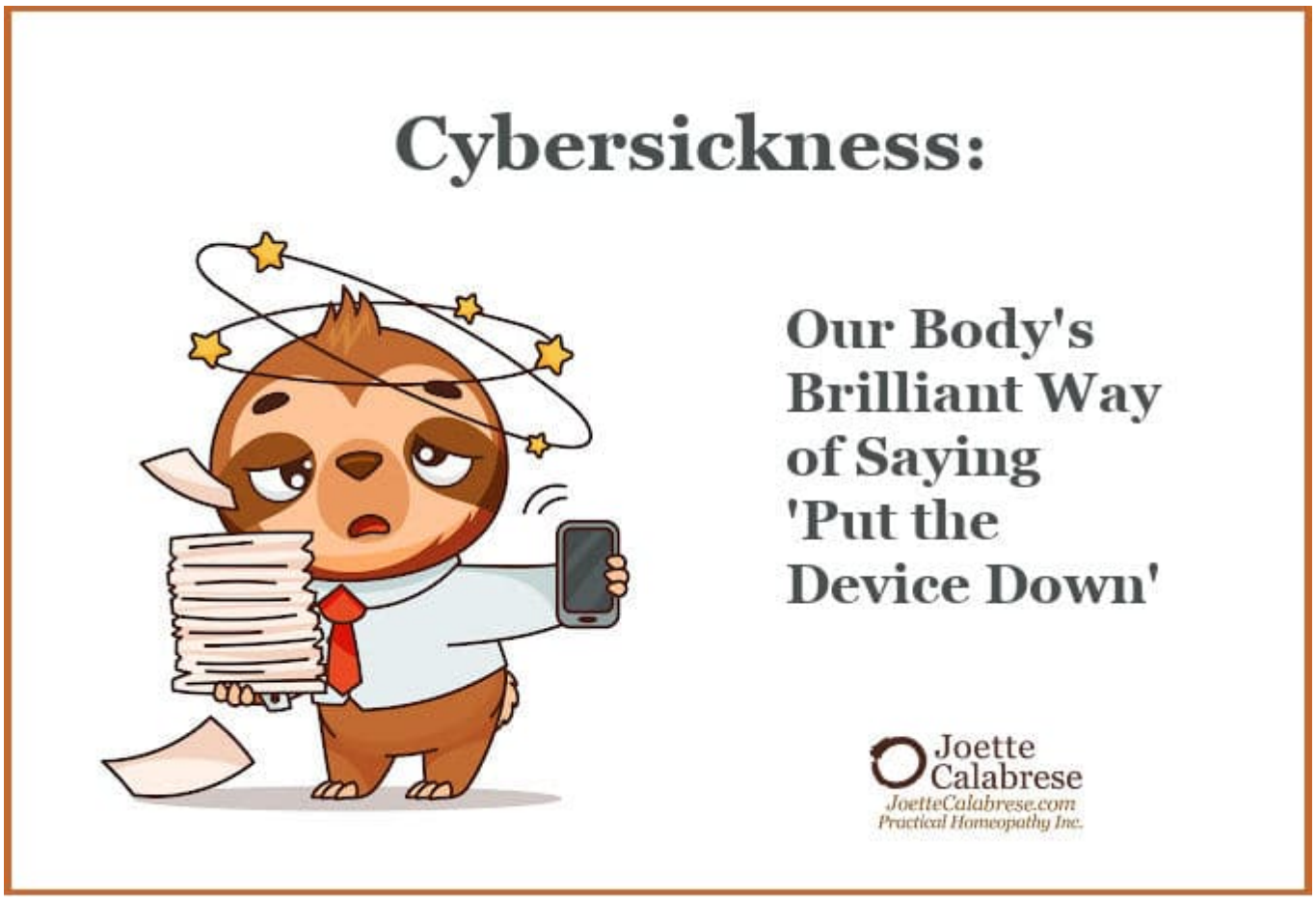
Cybersickness: Our Body's Brilliant Way of Saying 'Put the Device Down'



Before I begin this week's pre-planned blog post, our hearts go out to the victims of the California fires. The devastation is unthinkable. So many people are in shock and suffering great loss and grief. I offer these links to previous blog posts that can be of aid to those in need:

Homeopathic Remedies for When Disaster Strikes: Survivalist Guide to Homeopathy Free Infographic
Shock: Homeopathy Shock and Burns
Burns: Ready, Aim … Oh, No! Fire!
Smoke inhalation: Where There's Fire, There's Smoke

Shock, Grief and Anxiety: Practical Homeopathy® for Angst and Anxiety in the Aftermath of Hurricane Helene
PTSD: A Salute to Ignatia Real Medicine for Post-Traumatic Stress and More



Remember the old commercial that warned, “It’s not nice to fool Mother Nature”? Well, the advertiser may have been hawking margarine (which you know you’ll never find in my home), but the sentiment remains true just the same.

Cybersickness is much the same as seasickness, except your body is not actually moving. (It’s not nice to fool Mother Nature.)

Watching reels or fast-paced videos on an electronic device, playing video games with whirling graphics, and even scrolling through Word documents too quickly for too long can result in inner ear confusion. We all know how sensitive our inner ears can be. The slightest disruption can result in nausea, dizziness and vertigo that can last long after the electronics are put to sleep.

A case of cybersickness

One of my team members – we’ll call her Debbie to protect her privacy – experienced exactly these symptoms.

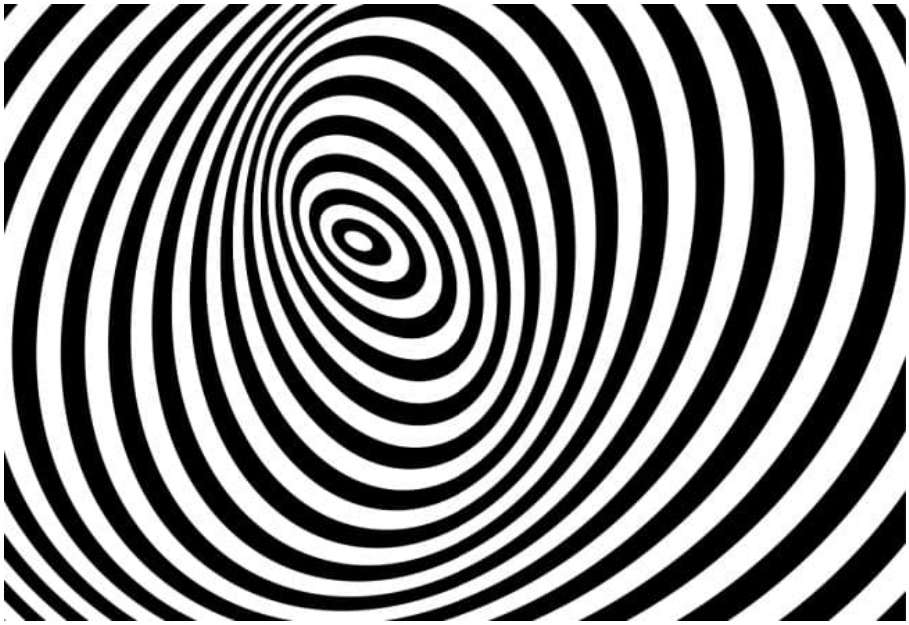
Debbie initially assumed a physical ear problem caused her vertigo. She felt it from the moment she woke up until she went to bed. Driving was even a bit difficult as the road wavered in front of her.

However, she felt no symptoms of an ear infection, so she was hesitant to employ the protocol for otitis media without knowing more. After all, homeopathy is medicine. We don’t

take it willy-nilly.

At first, Debbie didn’t put it together. She worked on long Word documents all day long. Adding insult to injury, Debbie would play a game on her phone to relax at night (not something I would advise, as you know). She didn’t realize she was only making her symptoms worse.

Then, Debbie came across an article on cybersickness containing information on precisely what she was experiencing: cyber vertigo (sometimes called digital vertigo).



Vertigo: A confused inner ear

Debbie’s constant, fast scrolling was simply too much for her inner ear to adjust. The bright colors flying across the screen of her “relaxing” game triggered a perfect storm of misinformation.

You see, her eyes were feeding her inner ear errant information that great movement was occurring. However, her body remained still, not offering confirmation of the movement or the ability to balance her equilibrium.

“Don’t do that.”

After reading the article, Debbie realized the old doctor joke had come home to roost. You know the one: The patient says, “Doctor, my arm hurts when I do this.” The doctor says, “Then, don’t do that.”

So, Debbie stopped scrolling at the speed of light and slowed her work pace to allow her eyes and inner ears time to catch up. She stopped playing her game and instead turned to more lofty ways to relax, such as listening to inspiring music or podcasts on ancient history.

I also suggest that those suffering from cybersickness nurture their equilibrium by looking at distant, natural vistas. Plus. It’s helpful to exercise visual perspective. Attempt to find a vista with an obstacle in close range, such as a tree in front of a pasture or a dune in front of an ocean view.

Cocculus indicus

Unfortunately, the damage was done. The mere cessation of the offending habits did not turn her condition around, so she turned to homeopathy. The chosen remedy was *Cocculus indicus* 30, twice daily until very much better. It worked in short order, perhaps within two weeks or so.

Once she was much better, Debbie stopped taking the medicine. However, she keeps it on hand in case another immersive Word project triggers the condition again. If that happens, she will begin the *Cocculus* schedule again, halting again when the symptoms abate.

In fact, annual subscribers to my Mighty Members private enclave might appreciate their once-a-year downloadable eBook bonus even more now. (If you’re unfamiliar with them, these eBooks contain every blog post I’ve written, organized by year, back to 2013.) You can imagine Debbie scrolling

through each eBook – comprising hundreds of pages – while compiling them for me. You can bet she works with her *Cocculus* at the ready.

(As an aside, let me mention these free eBooks are another good reason to consider joining our Mighty ranks. Imagine having a searchable copy of all my blog posts stored on your computer. You can access them even if you have no internet. Plus, they're printable, too.)

Screen addiction

Of course, avoiding excess screen time is a good place to start. Modern society spends entirely too much time attached to their screens. At a member's request, I discussed screen addiction last week in my Memo to Mighty Members.

Perhaps I've not mentioned this, but when you join my Mighties, you'll receive access to *all* my past Memos, with a searchable index to help you find conditions and medicines that pertain to your family and loved ones.

So, if you're interested in the homeopathic medicine to consider for screen addiction, join today and search for Memo to Mighty Members #241.

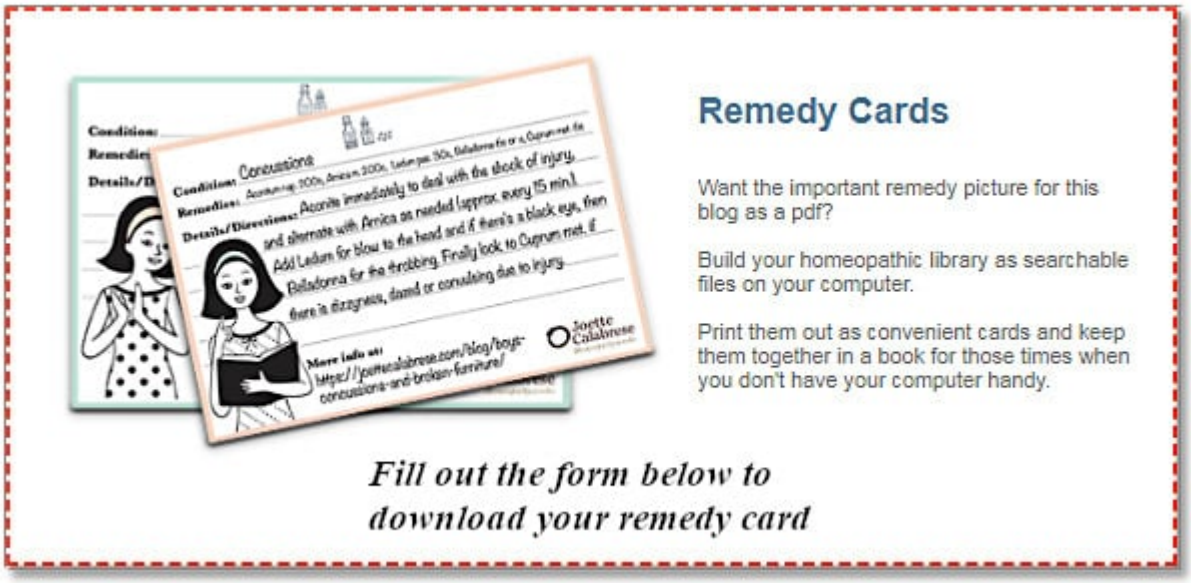
But if conquering the addiction fails to alleviate existing cybersickness, turn to Practical Homeopathy®. Debbie can attest that *Cocculus indicus* 30 has been shown to right the ship.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. And remember – all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



01.012.24 Cybersickness: Our Body's Brilliant Way of Saying 'Put the

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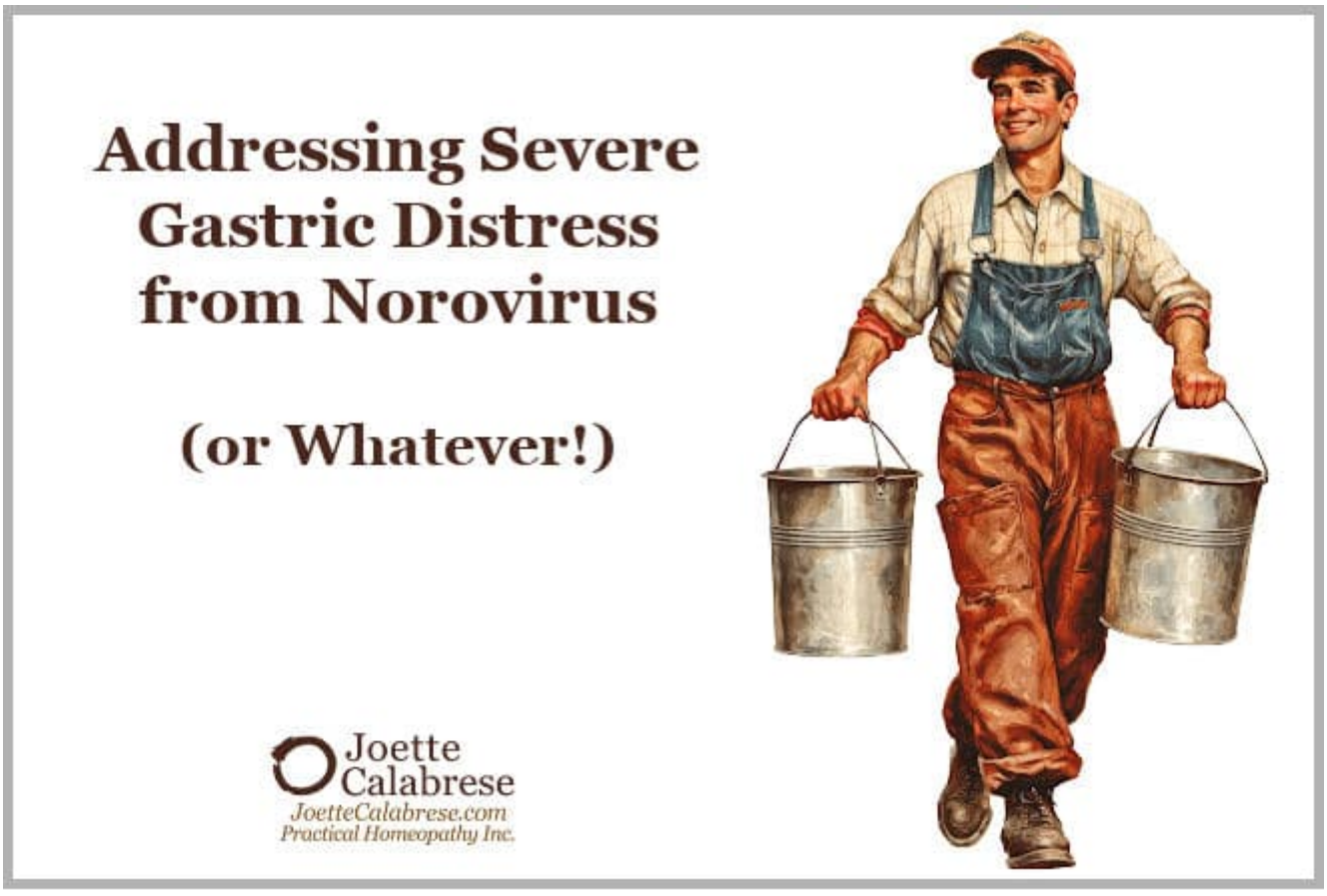
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Addressing Severe Gastric Distress from Norovirus (or Whatever!)



Blech. It’s winter, and they say that norovirus is going

around. It's hard to peruse a news source without reading something that blames it for all sorts of suffering. To make it even more scary and evil, it's sometimes called the "two-bucket disease." (I'll let you use your imagination on that one, but it's not because you feel like going to the beach to build sandcastles.)

Indeed, seemingly never-ending vomiting and diarrhea are the hallmarks of what many are suffering. Taking care of your family and yourself *before* an event is one of the best ways to protect against conditions.

What should we do?

Worry? Avoid crowds?

No. I don't worry, and you shouldn't either. Instead of going back to bed and pulling the covers over our heads, we who know Practical Homeopathy® can often go about our business. We need not succumb to fear because we have time-honored homeopathic medicines that have addressed gastric upset for over two centuries.

Does "norovirus" require a specific homeopathic remedy unique only to this condition?

Again, no.

In Practical Homeopathy®, we often make our remedy determinations by analyzing the *symptoms* rather than by the name of the virus or bacteria du jour. Nausea, vomiting, diarrhea, and accompanying aches and pains are universal symptoms that generally call for the same medicines.

BAM!

If the gastric distress hits quickly – like one minute you're fine, and the next minute you're not – that would be a time to consider *Aconitum napellus* 200 immediately at the onset, perhaps twice a day for a day or so. *Aconite* is our

medicine to remember for conditions with a quick onset.

Then, we can add another homeopathic medicine to address the precise symptoms impacting us.

Ugh, the nausea.

If the condition presents with nausea, a good consideration would be *Ipecacuanha 30* (*Ipecac*) employed according to severity. For instance, during the initial waves of nausea, one might require this medicine every few hours, reducing the frequency to twice daily as the condition improves.

If the nausea hits like a ton of bricks, one might consider alternating the *Ipecac* (for the nausea) with the *Aconite* (for the fast onset). This would be accomplished by utilizing one medicine followed in brief succession by the other medicine – perhaps five minutes apart.

What about a two-bucket situation with extreme exhaustion?

Perhaps vomiting ensues, accompanied by diarrhea and especially great fatigue. Now we can turn to a Banerji Protocol that I love: *Veratrum album 200* mixed together in the mouth with *Cuprum metallicum 6*. One might require this protocol every few hours in the beginning – again, according to severity. As the condition begins to shift and improve, then gradually elongate the time between doses.



This protocol helped me recover from "Delhi Belly" (dysentery) during one of my trips to the Banerji clinic in India. I was very sick, but this proven combination righted the ship. (You can read about it in my blogs, "Not Sensitive Anymore, but I Get 'Delhi Belly' " and "Disasters, Diarrhea, Dysentery."

Now, suppose one doesn't have access to the Banerji Protocol combination of medicines for the symptoms of dysentery – extreme weakness from terrible diarrhea and relentless vomiting. In that case, either the *Veratrum album* or *Cuprum* alone can often do the job.

How about just diarrhea alone?

Persistent diarrhea can also present with many acute gastrointestinal conditions. However, rather than discuss it here, I plan to talk more about this timely topic in my Monday Night Live tomorrow, January 6, 2025, at 8 p.m. EST on my Joette's Mighty Members site or our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and Instagram. Join me, won't you?

If you're reading this after the live event, remember you can always find my archived Monday Night Lives on Facebook

or YouTube. Better yet, my Mighty Members can view the archives on their dashboard, utilizing an exclusive searchable index that helps them find the precise condition, remedy or category they're looking for. How convenient is that?

So, until tomorrow night, please pass on the good news of Practical Homeopathy® to anyone suffering. Watching the suffering melt away will be a heady experience for you and a welcomed relief for them.

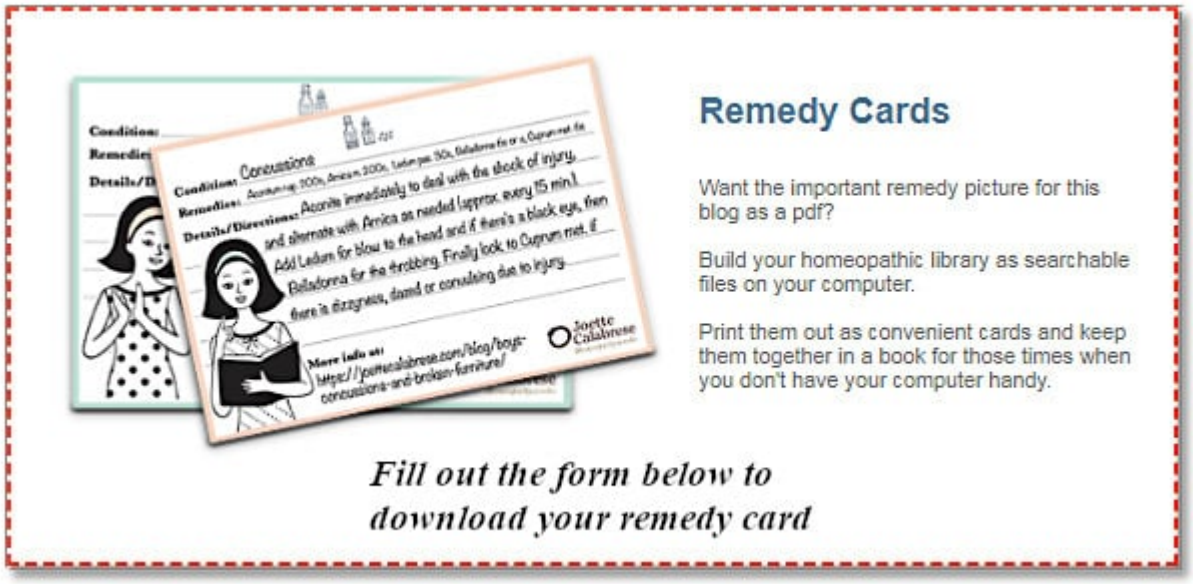
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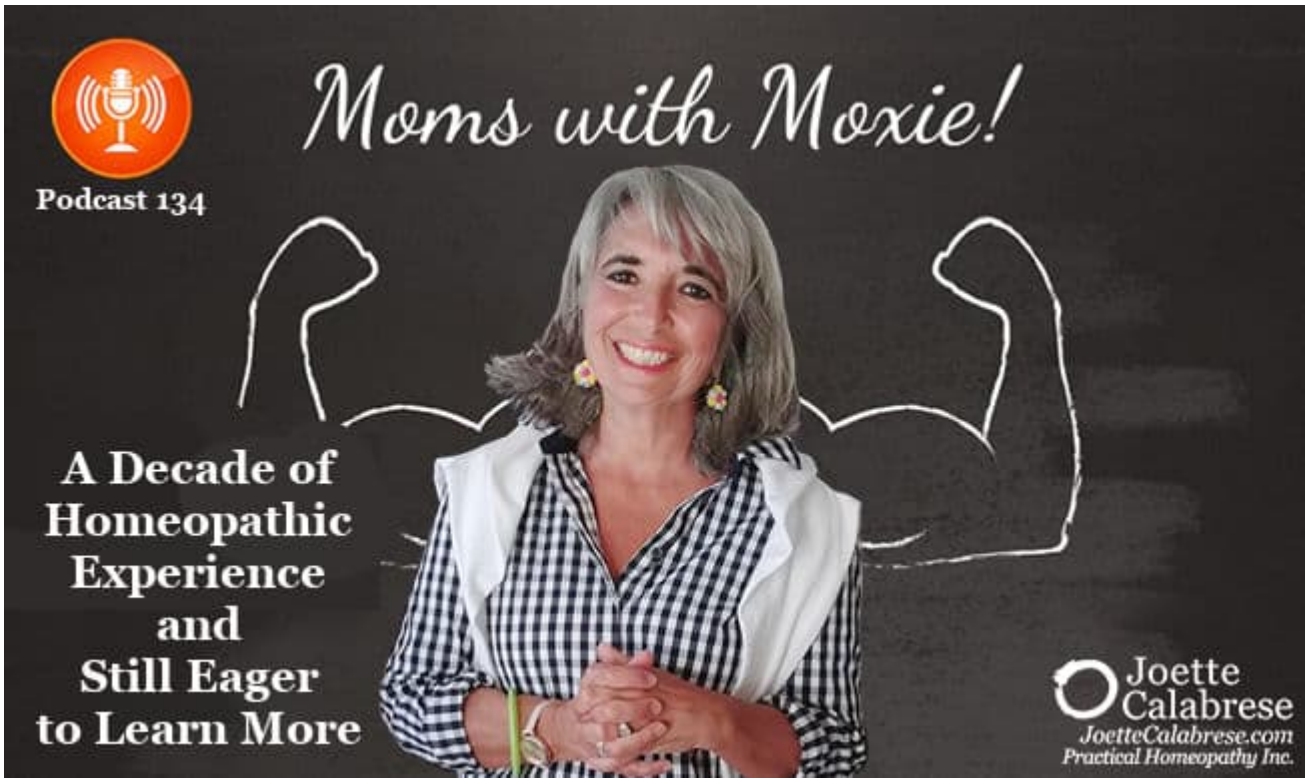
P.S. My course, Good Gut, Bad Gut, contains all things gut-related, including acute conditions like this and much more. If tummy troubles are typical in your family, I urge you to consider this valuable course. My students report that it gives them freedom from angst about getting sick.

Additionally, my magnum opus, The Survivalist Guide to Homeopathy, contains information for almost any eventuality. Presented in a hard-copy binder, you can use this guide even if the internet is down and you're left without electronic resources. This book is an indispensable addition to a home shelter or an emergency bug-out bag.

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.



Podcast 134 – Moms with Moxie: A Decade of Homeopathic Experience and Still Eager to Learn More



IN THIS PODCAST, WE COVER: A Decade of Homeopathic Experience and Still Eager to Learn More

00:58 Introduction

Podcast 116 – Moms with Moxie: A Close-Knit Study Group

The Academy of Practical Homeopathy®

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum I and II

03:23 What Has Beth Tackled With Homeopathy?

05:23 The Evolution of Beth's Gateway Study Group

A *Materia Medica*: Practical Homeopathy® for Busy Families

Joette Calabrese's Monday Night Lives on Facebook

Joette Calabrese's Monday Night Lives on

YouTube

Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind

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

07:20 Homeschooling With The Ultimate Cool Kids Guide to Homeopathy

08:44 Success Story: Allergies (Seasonal, Dairy, Cat Dander, Anaphylaxis)

Boiron AllergyCalm®

Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back

The Survivalist Guide to Homeopathy

12:58 Success Story: Hernias

Update: Hernias and Homeopathy

Get Back in the Game, Hernias and Homeopathy

14:43 Success Story: Heat Stroke

15:56 Curate Your Own Homeopathy Kit

18:14 Learn More in The Academy of Practical Homeopathy®

19:16 Closing Advice

ADDITIONAL RESOURCES MENTIONED IN THIS PODCAST:

Joette's Learning Center

PracticalHomeopathy.com

Joette's Study Group, Find Your New Study Group Friends

Joette's Mighty Members

Kate:

This is the Practical Homeopathy® Podcast, episode number 134.

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 re-taken 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: (00:58)

Hi, I am Kate, and I want to welcome you to the podcast. We're so glad that you're here today. I want to thank you for taking the initiative to learn about homeopathy because it's going to have a big impact on your life if you learn about it and you use it.

So, if you're new here, just jump right in. We want to welcome you, and we're going to get started.

Today, I have a special guest. Her name is Beth. She's joining me. And I met Beth through studying homeopathy.

Believe it or not, that's where I met all my closest friends, honestly, that I have now.

Beth and I are dear friends, and I'm so thankful for her, and I can't wait for you to get to know her a little more. You may have listened and heard her on Podcast 116 called, Moms with Moxie: A Close-Knit Study Group. And she'll explain a little bit more about that study group as we talk.

But for now, I want to welcome Beth to the podcast.

Beth:

Hey Kate, how are you?

Kate:

Good. It's so fun to be with you here today. I want our listeners to get to know you a little bit. I know if they've listened to Podcast 116, they may have heard from you. But for those who didn't listen to that podcast, can you just tell us a little bit about yourself?

Beth:

Sure, Kate. So, basically, I have been studying homeopathy for about 10 years. I started off as my daughter was a client of Joette's … and then my whole family. And then, I started studying it and teaching it. And I have a group that's just awesome, as you mentioned. And then I worked with you guys for a little while, and now I'm in The Academy. So, it's just awesome.

Kate:

We probably started using homeopathy about the same time. I think you were in the Gateway II study group that I was leading, and that's how we first met.

Beth:

Yes.

Kate:

And we've been talking ever since then.

Beth:

Exactly.

Kate:

So, you live in Florida, and I get to see you, and I come down there a couple times a year at least, which is super-fun. I love your family and your dogs. They're great. I've adopted them, or maybe they've adopted me.

Beth:

Yeah.

Kate:

So, I know you have a lot to talk about today. You have many things that you've used homeopathy for in those last 10 years. Just kind of give us a rundown about all the different things that you've used homeopathy for with your family, your friends, clients and so forth.

WHAT HAS BETH TACKLED WITH HOMEOPATHY?

Beth: (03:23)

Okay, so how long do we have?

Okay, so I kind of broke it down a little, like some of the acutes and then some of the more chronic things.

So, with friends and family, we've done everything from allergies, colds, flu, bites, injuries, stress, burns, stress from studying and things, loss.

And then more on the chronic side, we've addressed things from UC, which is ulcerative colitis to diverticulitis to allergies (like food allergies as well as animal allergies), back issues, torn ligaments, diabetes … I mean, it goes on and on.

Kate:

Yeah, I think when we were talking earlier, you mentioned other things, too: hernias and blood clots and anaphylaxis.

Beth:

Yes, that's right. We did. I've done anaphylaxis. That's been amazing. And then friends even more like asthma, vertigo, UTI. I've dealt with Alzheimer's with some family and aging. And then, I also had a practice for a little while and everything from miscarriages to pregnancies to gout, eczema, teeth issues. Yeah, it's been amazing.

Kate:

Yeah, and I'm sure there's many more you haven't written down because on a day-to-day basis, we encounter many things in our families and our friends' lives. And I know whenever we get together, Beth, we always just talk about homeopathy and all the different remedies and books and what we're learning, and it's very fun to have others that you can talk to about this.

So, tell us a little bit more about your study group for those who didn't listen to the other podcast and what you've been doing over the years.

THE EVOLUTION OF BETH'S GATEWAY STUDY GROUP

Beth: (05:23)

It's an amazing group. It's just, we've been together … it started maybe about seven years ago, and then, it's kind of

organically changed as needed. But we're online; we do Zoom. And we started off every Tuesday, and now we're every other Tuesday – kind of just changes depending on what we're doing.

Started off with me just teaching everyone Gateway and getting us kind of all on the same page. And then we've gone into other classes. We did Joette's *materia medica* through her Live. So, we've gone through the Facebook Lives [Editor's note: Archived Lives may also be found on YouTube here].

And especially during the "C" time, we did all the *materia medica*. So, we all bought her *materia medica* – Joette's. And then we went through the Lives, and it was great to connect the dots between what was in the book and then her expanding on them. So, we did that.

We've done Good Gut, Bad Gut. We're about to do Feminopathy. We're going to start that in January.

Kate:

And right now, you're going through some more Facebook Lives together. And I think that's an interesting way to study together because there's so much free information that you can go through together in addition to the courses. So, that's a great idea that you guys are listening to Joette's Facebook Lives and then talking about those in your study groups. That's great.

Beth:

Yeah, it works really well. We're behind, so we pick two or three. And then, the group is just amazing now even, or I don't have to teach everything. I haven't had to the last couple years. Everybody takes turns. So they listen, and then they talk about it, and we all give input, and it's just amazing. It works really, really well.

So yeah, it's just an amazing group of women. And it started off just some of my friends from homeschooling, and then their friends and then maybe some of my friends. And so that's a really nice group of people.

HOMESCHOOLING WITH THE ULTIMATE COOL KIDS GUIDE TO HOMEOPATHY

Kate: (07:20)

And I know that you've gone through what we're calling the "Kids' course," but the full name is The Ultimate Cool Kids Guide to Homeopathy. Tell us a little bit about that and why you went through it and how you did it.

Beth:

So, right when that first came out, I was so excited. I was like, I love working with kids. I homeschooled my kids. I taught second grade in homeschooling. And I offered a few friends that I would teach it if their kids would be interested. And the kids were just so great, and you know they pick up so quickly on information.

In fact, recently, there was an event, and there was a picture. So, this was … I don't know, five or six years ago that I did it, right? When did it come out? I don't remember. Anyway, there was an event, and there was a picture. And there was all these desserts. And one of the young girls – she's now in high school – that took the class with me was like, "Oh, they're going to need *Nux vomica*."

They remember. It's amazing.

Kate:

Oh, that's neat. I was actually looking at some of the videos from the Kids' course the other day, and I was reminded how interactive that is with the videos and sound effects, and I think it's very engaging. What are your

thoughts? And I think an adult would gain information from that as well.

Beth:

Absolutely. I think it's a really great class for anyone, and it's fun. The kids' class is fun – not that your other classes aren't fun, but …

SUCCESS STORY: ALLERGIES (SEASONAL, DAIRY, CAT DANDER, ANAPHYLAXIS)

Kate: (08:44)

So, let's get into some specifics on some of the things that you mentioned earlier. Pick out a couple of things and just talk to us about how you handled a couple of those conditions that you mentioned earlier.

Beth:

So maybe a big thing that people will deal with is allergies, and that can be a lot of different things. It can be just like a basic allergy that something's in the air, and you start sneezing … all the way to having digestive problems or even going to anaphylaxis. Right?

And so, with the acute, I love the Boiron AllergyCalm®. I think that's what it's still called. [Editor's note: AllergyCalm® was formerly called RhinAllergy®.] Anyway, that combination is really great for just those quick acutes when you're around someone, and they're sneezing a lot, and you can tell they're struggling. And people are more likely to take something that's in a package – unfortunately or fortunately, I don't know. So, I do use that for acutes.

I also carry around some other remedies like *Apis*, if I really need it. And I've also used the protocols from the Good Gut, Bad Good class on food allergies and food intolerances.

So, I have one son who really had issues with dairy, and I was able to address that. And now, he's fine. I mean, it's just amazing. I mean, for years and years, he couldn't.

And then even myself … I had terrible gluten allergies. And I did a couple of other things trying to get over it before I knew about homeopathy, but homeopathy was what finally got rid of that. I have no symptoms anymore, which is amazing. It does take time, but it's totally worth it because then, it's gone.

Also, my husband was allergic to cats, and we were able to treat that. And we had people here that I didn't know they had cats, and a few years ago, my husband would've really struggled with that, but nothing.

Kate:

You mean they came over with their cats?

Beth:

No, just coming over with the dander on their clothes would have set him off.

Kate:

Oh! Okay.

Beth:

I used to ask people, "I'm sorry, do you have cats? If you do, I can't have you sit on the furniture."

I would really have to be really careful. And now I didn't even think about asking because he doesn't react anymore. So, that was really amazing.

And then, I had an anaphylactic reaction. I was at a restaurant. I was eating a lot of stuff, so I don't know what it was, but something set me off, so I knew what I

needed for … I carried that around because I had had previous anaphylaxis. I was allergic to bees and venomous insects – which I am not anymore, which is just amazing.

So, I treated that with protocols, and then I had this anaphylactic reaction to some sort of food. But thankfully, I had the remedies with me, and I was able to take them. And I did exactly what Joette recommends.

There happened to be a walk-in ER place just around the bend. So, I drove over there, and I sat in the car. And I took the remedies, and I never had to go in. And it was just amazing because I have been in the hospital for that. And it takes weeks and weeks and weeks to get over those drugs that they give you.

Kate:

And that information is covered, I know, in Gateway II and also the Allergic?! course, and I'm sure there are other courses that it's mentioned as well … of course, Survivalist.

So, if you're interested in – that's something that your family struggles with – you can learn that information in those places.

So, what else, Beth?

Beth:

Stomach pain, diverticulitis … those kind of things that aren't necessarily there shorter term, and we wouldn't do a chronic allergy treatment with, but I've had really great success with those, too.

SUCCESS STORY: HERNIAS

Kate: (12:58)

I know someone in your family dealt with hernias, and that's a pretty major thing that people usually are recommended to get surgery for. And you've had some success with the homeopathic remedies.

Which, by the way, is it something that your family struggles with or someone who does? There's a blog called Update: Hernias and Homeopathy. There's one previous to that called Get Back in the Game, Hernias and Homeopathy. So, if you go to JoetteCalabrese.com – that's J-O-E-T-T-E-C-A-L-A-B-R-E-S-E.com – and you type in the top-right search box, just search "hernia". Those blogs will pop right up for you.

So, can you tell us about your experience with using the remedies for that?

Beth:

Yeah, we use the remedies, and we did some red light. We like to try to be healthy in general, right? And red light has been shown to be good, too. So, the combination of doing the natural modality of the red light as well as the homeopathy worked amazing. And it was very quick!

And where we were getting the red light, they were like, normally the red light helps, but it doesn't get you there. You still have to get surgery. So, I believe – obviously – that the homeopathy was the other thing that we did instead of doing a medical procedure.

Kate:

Since we talked about that recently (because I knew someone who had a hernia), and I mentioned it to some other people who've also dealt with that, and they've actually just used homeopathy alone. And it's reversed it, which is incredible.

You go to the doctor's office, and they say it's not … "You can't reverse this." But it has been, and your family is

proof of that. So, pretty incredible.

SUCCESS STORY: HEAT STROKE

Beth: (14:43)

Yes, definitely. Something else is we live in Florida, and it's hot. And I've dealt with heat stroke with homeopathy, and that's been amazing.

When we were with groups of kids for homeopa … I mean, for homeschooling, and we would go to the beach, and the kids are running around, and they don't want to stop, and they don't want to drink anything. And you have kids that get heat stroke.

And before homeopathy, there were a few times where people had to go to the hospital. But once we knew homeopathy – or I knew homeopathy – I was able to offer it and make suggestions. And it was amazing because it just works so quickly, and they didn't have to.

And then it's always funny. Then people question, "Well, maybe it really wasn't."

I'm like, "No, definitely was."

Kate:

Isn't that funny?

Beth:

Yeah. But it worked really amazing. I have a little bag that has all the remedies that can be used for heat stroke together, and I carry that when I go to the beach.

Kate:

Along with probably the remedies for stings from things that are in the ocean perhaps. Right?

CURATE YOUR OWN HOMEOPATHY KIT

Beth: (15:56)

Yeah, you know, as you get more comfortable with homeopathy, and you understand it more, that's what I've ended up doing is … I kind of make my own kits for things.

So, when my son was going on a mission trip to Hawaii, and I put together a kit, I looked up where he was going: What are the bugs and different things that are there? And thinking about, okay, he's going to be in a really hot setting. He is going to be working outside. What kind of remedies is he probably going to need?

Traveling remedies, right? Injury remedies. And I put together a whole kit just for him to take with him.

I also do that when they go off to college. Of course, that's really hard because they could run into a lot of different things. But the first year, I've really sent a lot of stuff. The second year I got better at it, but that's something that I like to do.

You can be more specific. I know what my son is more likely to deal with, and my daughter's going to deal with, or my husband. He's going to have more indigestion. My daughter's going to be more exhausted. My son's going to maybe have a little stomach thing. So, you can gear your kits towards that, which is fun.

Kate:

Do you send them with any instructions? Or do they just contact you when they're not feeling well, and you point them in the right direction?

Beth:

It's kind of a combination. Because I've been doing it so

long that they all understand (on a basic level) homeopathy, but they usually call me. I create a little spreadsheet, and I print it up that has little suggestions for what to take with what. And so, they can look it up and just take it.

But they do generally contact me just to make sure they're taking the right thing.

Kate:

Yeah.

Beth:

Because the cold and flu kit that I send them with – that I put together – but they're not going to take all of that. Right? So, they'll call and ask or text.

Kate:

Right. As kids do these days, most often text. A phone call is rare. Well, not for you. Your children call you more than most, I think. You get to stay in touch.

Beth:

I do.

LEARN MORE IN THE ACADEMY OF PRACTICAL HOMEOPATHY®

Kate: (18:14)

Let's transition to talking about The Academy because I know some people like to know what is it like and what kinds of things do you learn. And so, you are about a third of the way through The Academy of Practical Homeopathy® year. Tell us what it's like.

Beth:

It's great. It's a lot of work. No, it's really good. I

really enjoy it. I worked with you guys when we were first putting it together and the beginning of it. I wasn't involved in that much of it, but being on the other side is so interesting.

It's a really good program. It's really well put together, and it covers a lot of different things that some people might not have thought of as important, but they definitely are. And I can see how it all works together.

I'm not a history person. I am just not, but I am actually enjoying the history. And I sent that to Joette the one time I was like, "Thank you because I really would not have looked into that at all."

But it really is good, and it really does connect some of the things that we're also learning. Right?

CLOSING ADVICE

Kate: (19:16)

Well, good.

What I'd like to finish up with today is: I'd like to get your thoughts on some things that people can do to learn more about homeopathy, or what tips or ideas do you have for people who are learning?

Beth:

Just keep going along. Start wherever you can. If you don't want to buy classes, that's okay. Joette has a lot of information online and just keep listening to it and learning about it and reading about it and listening to it, and it'll be amazing what you pick up.

And then, I think following what she recommends really does work. And that's where – when I kind of had a practice there for a little while, well, I did – but following what she

specifically said:

Get the timeline and understand what's happening over time with them is good to be able to see. Have them pick out the main things that they want to work on, and you really can see it work backwards on the timeline, and it just encourages you to keep learning more and doing more.

So, watching people get healthy and be able to function in life better is just, it's priceless. It really is.

Kate:

I liked the idea that you had … where you told me that as you were learning more about the different homeopathic medicines, that you take notes. And I know you do that in a couple of different ways. Maybe you can share a couple of ideas for people who are wanting to study this.

Beth:

Yeah, so, I think anything that you want to learn more about, the first thing is knowing what your learning style is. One of my sons is definitely an auditory learner. If he just listens to it, he learns it. Where for me, I need to take notes, and that's how I remember it.

But then, also, I want to have good information that I can use later. So, when I do the *materia medica* class for The Academy, I take notes on what she says. I also check her *materia medica* – Joette's – and I write little notes in there. And then I also make the *materia medica* cards that come with The Academy. So, I'm basically creating my own *materia medica* written in my own words. And I think that will be really cool for me after we're done when I'm searching for information to help people.

Kate:

You also make spreadsheets sometimes as well. So, for those

of you listening, Beth is amazing with her notes. She's incredible. So, she knows where to find anything you need to know.

Beth:

Yes. I'm doing a spreadsheet on all of the protocols and more, so that as I'm going through, I'm creating that so I can really easily search.

I had a friend stop by yesterday. She needed some remedies, and we were talking, and I'm like, "Let me just look and see what else we have." And I can just search on a word, and I can find all kinds of information. So, I like to do that.

I also make little cards with PowerPoint that are the protocols, and then I have the protocols saved as little recipe cards like Joette started with on her website.

Kate:

Oh, my goodness. You do even more than I knew about.

Beth:

Yes.

Kate:

Wow. So, do you do the spreadsheets in Excel?

Beth:

I do. I use Excel, and I do the cards in PowerPoint usually.

Kate:

Beth, thank you so much for sharing all this information. It's a lot, and I'm sure we'll be talking again because you always have so much to talk about.

And I know your daughter. We're going to have a podcast

where we talk to her because she has her own story about using homeopathy and actually studying it as well. So, I look forward to hearing from her.

And I want to thank you for sharing this information today.

Beth:

Yeah, thank you. It was fun.

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.

The Perfect 2025 New Year's Resolution: Become Independent



Another year is almost behind us. Did you accomplish everything you set out to in 2024?

No matter how much you've learned about homeopathy, there is always more to discover … deeper dives in which to immerse yourself … more hacks to discover.

Whatever your current skill set, everyone's perfect New Year's resolution in 2025 should be to become independent in their homeopathic abilities.

"Why?" you might ask. "I've got Joette!"

True. As long as I am on this earth, I'll be spreading the word of homeopathy to anyone who will listen. But as long as you're dependent on me, you're not truly fulfilling your own destiny to be an autonomous resource for yourself, your family and your loved ones.

Where am I when you're up at 2 a.m., suffering from that ultra-pasteurized whipped cream dessert you knew would trigger your food intolerances?

I'm asleep.



I'm not doing live presentations at 2 a.m. I'm not writing blog posts at 2 a.m. I'm not reading emails at 2 a.m. I am off in dreamland, rejuvenating for another busy day ahead.

At 2 a.m., you're on your own, my friend. That's when your own deeper understanding of homeopathy should be ready to spring into action.

Granted, if you've been in a Gateway to Practical Homeopathy® study group, you have your study buddies to contact. Perhaps your virtual study group friend in London is awake and can help.

If you're a Mighty Member or have advanced to Mighties Plus, you can search through the old Musings, Memos and Monday Night Lives to find an answer. Maybe you can throw out an SOS on your private discussion board and get assistance from a wise night owl.

But why be satisfied with constantly counting on others for your health care? You can do this. YOU can be the one that others turn to.

I'm encouraging you to change your mindset. Being content with knowing where to turn for an answer may be handy, but knowing the answer yourself is the ultimate goal.

For instance, in my next Monday Night Live*, I'll teach you how to know what potency of a homeopathic medicine to use and how often to use it. The time to learn this information is now. (Well, Monday night.) Don't wait until you have a health condition at 2 a.m. to play catchup.

I've provided many free resources in my blogs and podcasts, but they do no good until you assimilate the information. Unfortunately, only a limited amount of time and space is available to discuss topics in those short formats.

If you or members of your family often have food intolerance issues, my course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind, would be a perfect deeper dive for you. I've created protocol courses that cover skin problems, women's issues, mental and emotional conditions and more. If you're unsure where to start, check out my helpful course selector on Joette's Learning Center.

But I urge you to glean; don't lean. Don't use me as a crutch. Grab tightly onto the promise of homeopathy that's practical, independent, autonomous health care. All it takes is your commitment to education.

I am happy to teach you everything I know. In fact, that's exactly what I do for my students in The Academy of Practical Homeopathy®, Mastery™ and my highly exclusive Mastermind group. My sincerest wish is that my students will glean enough to handle any eventuality without depending on me or others.

My friend, the ball is in your court. It's up to you to absorb as much as you possibly can, so you won't need me at 2 a.m. You'll know exactly what to do without leaning on others. You'll be independent, competent and confident.

Let's usher in 2025 with independence in mind. Stay hungry for knowledge. These are exciting times!

Warmly,



* Join me live to learn about potency and frequency on Monday, December 30, at 8 p.m. EST, 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. If you can't make it live, search for the archived recording on your favorite platform.

A Success Story: Atopic Dermatitis (Eczema)



“It’s a Christmas miracle.” Many folks use that expression to describe events that defy belief. You’ve heard it before. Statements such as, “Little Johnny cleaned up his room without being asked! It’s a Christmas miracle!”

To my taste, the word “miracle” is bandied around a bit too freely. I believe there was only one singular Christmas miracle. Besides that, most events that strain credulity generally have a logical explanation.

But – and it’s a big but – sometimes, events can seem like miracles, especially in the world of homeopathy.

A case in point: atopic dermatitis (eczema)





We have blocked out this young lady’s eyes to protect her privacy. However, her atopic dermatitis surrounded her eyes as well, both upper and lower lids.

Gabriella's dermatologist said she would never get rid of her atopic dermatitis (eczema). A second opinion from another dermatologist confirmed the prognosis. Gabriella was warned she might have to be hospitalized and would certainly have to use steroids and cortisol creams for the rest of her life.

If you've followed me for any length of time, you'll remember that synthetic steroidal lotions and potions are often one of the worst things one can do for skin conditions. They may seem to work temporarily, as they can suppress the symptoms. But they don't dislodge the condition. Instead, they usher in a heartbreaking vicious circle of damaged skin and even potentially other physical conditions arising from the suppression of eczema. (See my blog post, Itchy Skin.)

The future of Gabriella's skin was grim. However, her mom, Kayla, turned to homeopathy. Without getting into too many details, Kayla (with her homeopath's help) addressed Gabriella's condition with several homeopathic medicines. Unfortunately, the most commonly utilized medicines did not act in Gabriella's case.

Homeopathic medicines for eczema

I have taught previously about the first medicine I generally consider, Antimonium crudum 6, in previous blog posts. (See: I Was an Itchy Little Girl and Look What You Can Do for Free, Folks!

At this point, since nothing had shown success, they turned to me.

Now, there are times when we can give an absolute protocol – meaning, in 80 to 85% of the cases of *this* condition, *this* is the remedy that acts. But this case was a little different. This time, because they had tried the usual

medicine already with little to no success, we had to pivot.

I took Gabriella's case – fully – in November of last year, noting every aspect of this lovely young lady's condition. This case turned out to be quite specific, and it pointed to *Sulphur* as the tightest-fitting medicine.

You might notice I'm not including a Remedy Card for this medicine, as I don't want you to think that *Sulphur* is the answer for atopic dermatitis or that you should leap to *Sulphur* if *Antimonium crud* doesn't appear to act.

Sulphur is not something I would necessarily use in other cases. However, I felt I had to tell you what Gabriella utilized because I knew you'd ask if I didn't. I know you, my curious friend. (If you want to hear more about medicines for eczema – including *Sulphur* – you can listen to my Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch.)

Gabriella employed it for 6 months under constant observation, and, on my recommendation, she applied only tallow to her skin. This "after" photo was taken in September of this year, after about ten months. Indeed, *Sulphur* did the trick.



A powerful testimonial (just look at that smile)

To quote Gabriella's mom, "I am forever grateful for Joette's gift and knowledge. The last [photo] of her driving was a few days ago. She has no scars, her skin is luminous and flawless (not something many teenagers can say), and we are SO grateful!"

What a success story. And while it may seem like a miracle, we know it's not. It's homeopathy. It's Dr. Samuel Hahnemann's brilliance in discovering this gentle, natural medical paradigm. It's the masters who have practiced homeopathy throughout the last two and a half centuries (not the least of whom were my dear friends, Drs. Prasanta and Pratip Banerji).

It was also Gabriella's mom, the nurturing mother who wouldn't let her daughter suffer at the hands of conventional medical thought. Like you, she is an ardent

seeker of health care freedom.

Yes, the results may seem like a miracle, but it's proven reproducible homeopathy. Pass on the good news.

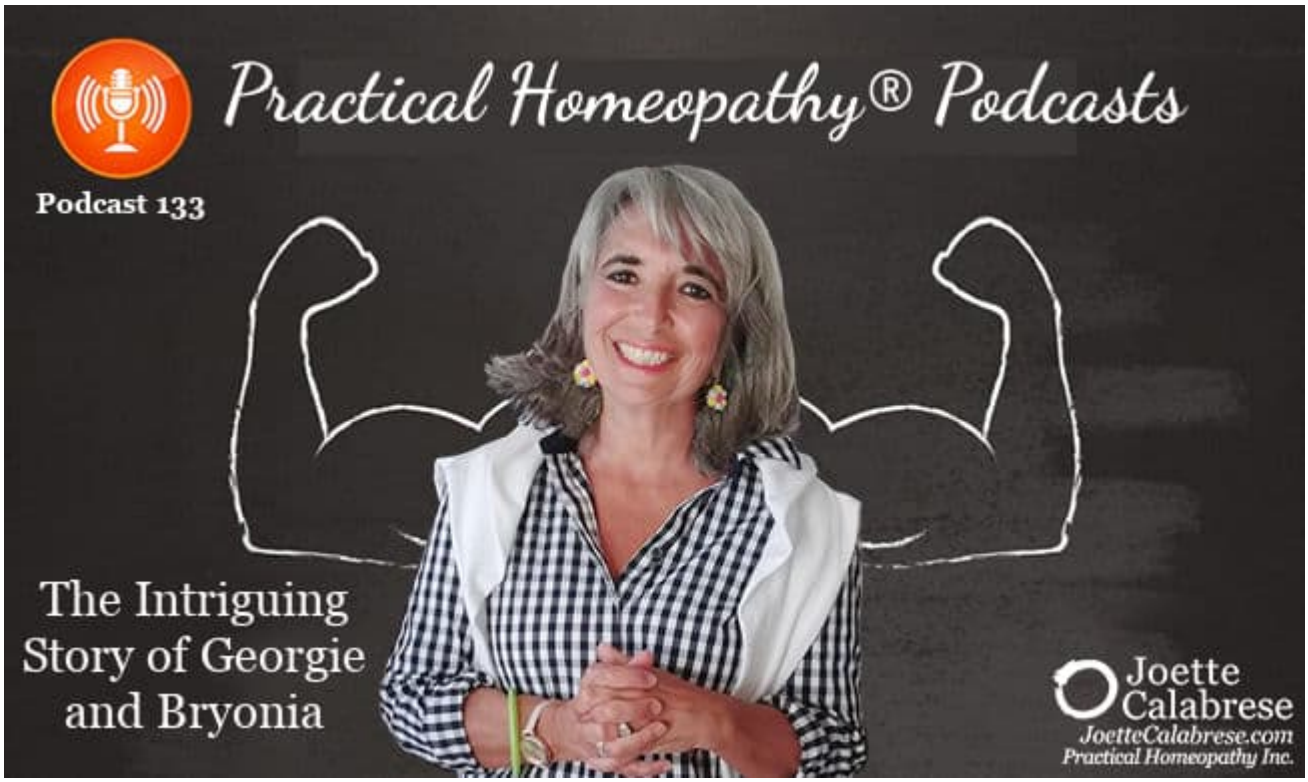
Warmly,



P.S. To learn more about how homeopathy can address atopic dermatitis and other skin conditions, consider my course, Skin, The Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy. Whether you're a sufferer yourself, a mom concerned for her family, a nurturing friend or a medical professional, this course will lay out protocols and commonly used homeopathic medicines that can change lives.

And don't forget, 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.

Podcast 133 – The Intriguing Story of Georgie and *Bryonia*



IN THIS PODCAST, WE COVER:

01:00 Introduction: The Story of Georgie

Joette's Mighty Members

04:35 Which Specific Homeopathic Medicine Might Have Helped?

Aconitum napellus 200

06:44 *Aconitum napellus* and *Bryonia alba*

08:56 Are These Medicines Always Used in Combination?

12:53 *Bryonia* Is More Valuable Than People Often Realize

Bryonia alba 30 or 200

15:12 Be Grateful for The Occasional Cold

19:07 Rest Is Important

21:26 Listen to The Masters

ADDITIONAL RESOURCES:

Joette Calabrese on YouTube (Monday Night Lives)

Joette's Learning Center

The Academy of Practical Homeopathy®

PracticalHomeopathy.com

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Joette's Study Group, Find Your New Study Group Friends

Kate:

This is the Practical Homeopathy® Podcast, episode number 133, 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 re-taken 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 TO THE STORY OF GEORGIE

Kate: (01:00)

Hi, I am Kate, and I want to welcome you to the podcast. We're so glad that you're here with us today. I want to thank you for taking the initiative to learn about

homeopathy, which will have a big impact on your life.

So, if you are new here today, we want to welcome you, and we're so glad that you've joined us.

On today's podcast, I'm joined by Joette. Hi, Joette!

Joette:

Hi Kate.

Kate:

Hi. And you have a story to tell us today, and I'm excited to hear it. So, let's just dive right in and hear about the story of Georgie.

Joette:

Yes, this is a story about Georgie. This is not my story. This is Dr. James Compton Burnett's story. He's the author of a number of books, but one book that I have read chapter by chapter over the past year or so to Joette's Mighty Members. And that's something you folks might want to consider joining because you'll hear me teaching and teaching and teaching there.

So, I read this book chapter by chapter, and one of the first chapters from this book: "Fifty Reasons for Being a Homeopath." Dr. Compton – James Compton Burnett – authored this book back in the 1800s. And he was a medical doctor – conventionally trained medical doctor – in London and the area around London.

And so, he worked in a large hospital, and he describes how – before he became a homeopathic physician, and he was still conventional – he worked in this large hospital. And there were a lot of people that were dying around that time from – I think it was around … it was in winter. There were some beds that were no longer available.

And so, there was a young man who worked in the hospital. My guess is he was the equivalent of an orderly. His name was Georgie, and he described him as a waif, I think … pretty sure that was the word he used – and that he was just a "fixture" in the hospital. And he actually lived in the hospital because he didn't have a home. And it was the benevolence, of course, of the administration and Dr. James Compton Burnett, that Georgie was able to live there and work there, and he was fed and taken care of.

Dr. Compton Burnett was in his office when he saw somebody – another orderly – pushing a gurney past his desk and he said, "Oh my goodness. Who is it now? Who just passed away?"

The man who was pushing the gurney along said, "Sir, I'm sorry. It's Georgie." And he had a tear in his eye because this man, Georgie, was quite loved by the staff at the hospital.

And it touched Dr. Compton Burnett deeply because of course he knew him and was fond of him.

Years later, after learning homeopathy, he recognized that the reason that – likely – that Georgie passed away – got very sick with pneumonia and passed away – was because he – Dr. Compton Burnett – had told Georgie that he couldn't stay in *this* room because they needed the beds. He had to stay in *that* room.

And *this* room was warm and cozy in the cold, damp winter of London. And *that* room, where Georgie had to stay, was drafty.

And he realized later that it was the draft in which he caught cold and ended up with pneumonia in short order.

And he reminisced – is it "reminisced" the word? I guess he suffered from his decision – from not having known that Georgie could have stayed in that drafty room – but once he

got sick, he should have been given a specific homeopathic medicine.

WHICH SPECIFIC HOMEOPATHIC MEDICINE WOULD HAVE HELPED?

Joette: (04:35)

Now, he didn't talk about this medicine right away – the one I'm going to mention – but he did talk about *Bryonia*.

Now, the first medicine I would think of is *Aconitum 200* because it's from a draft.

Kate:

Right. Yeah, that's what you would expect.

Joette:

I would expect it too … that it was a quick onset. It was from a draft: cold, dry air. Cold, even damp air. And I would've thought of *Aconitum*.

Now, he didn't say that though. He was thinking – Dr. Compton Burnett – was that the medicine was likely *Bryonia*. And had he given Georgie *Bryonia* – had he been trained in homeopathy – then he would've likely saved young Georgie's life.

So, here's the story. This is what I want you to know about *Bryonia* – and also *Aconitum,* for that matter.

Aconitum is the first step towards a quick onset of a cold – a chest cold, especially bronchitis or pneumonia, pleurisy, et cetera. Upper respiratory, lower respiratory infections, we think of *Aconitum* first, and then we can also use *Bryonia*.

Now, Dr. Compton Burnett didn't include *Aconitum* because he was emphasizing the importance of knowing how to use

Bryonia. The Banerji's have a protocol, which is *Aconitum* 200 mixed with *Bryonia* 30 for exactly this kind of a situation. And Dr. Compton Burnett was unfamiliar, of course, with the Banerji protocols. So, he would have used simply *Bryonia*.

So, there are a couple of points that I want to make with his story. One is what the uses of *Bryonia* and *Aconitum* are, and two, but there are many ways to skin a cat. We needn't go with only one way, or that Dr. Burnett's way was wrong, and the Banerjis were right, or vice versa. But rather, these protocols and these methods of using our medicines are developed by the use of these medicines and developed from the need for the medicine.

ACONITUM NAPELLUS AND *BRYONIA ALBA*

Joette: (06:44)

So, for *Aconitum*, I want you to remember a quick onset – at the moment, the first moment of an illness. By the time Dr. Burnett may have gotten to Georgie, it may have been he'd already developed pneumonia, perhaps *Aconitum* might've been secondary. I still think of it as primary, but he might've seen it as secondary. And the primary medicine was *Bryonia*.

So, here's a description of *Bryonia*. It is especially right-sided in the lungs. So, pneumonia on the right side, and the person finds that they must lay very still because any movement can cause coughing if it's in the lungs.

If *Bryonia* is needed for a headache, any movement of the head can cause more pain. So, it's worse from movement. The need for *Bryonia* informs us that the person is suffering anytime they move. They're better if they lay on the painful side. And I think that what that does is that perhaps the reason is because it holds the person in place and movement is less likely because they're firmly placed in that

position.

Worse from taking a deep breath. Why? Because it's movement of sorts. So, the person may breathe in a shallow fashion to avoid inspiring too much air and making the movement too grand. So, it is a medicine that is specific for a cough that is worse from movement. The person moves a little bit in the bed, and that causes coughing.

And I'm focusing mostly on respiratory because I'm hoping that we get this information out during the winter months, and my guess is we're going to be doing that. So, I want you to remember *Bryonia* as a wonderful remedy for chest infections.

And often when the cold travels to the chest, and the person actually has a cold travel to the chest, and the person perhaps has a history of that "Every time I get a cold, it goes to my chest." Often that is a call for *Bryonia*.

ARE THESE MEDICINES ALWAYS USED IN COMBINATION?

Kate: (08:56)

So, we're talking about *Bryonia*. We talked about *Aconite* and the Banerji Protocol of *Aconite* and *Bryonia*.

So, I'm curious, Joette, if a person has a cough or something that's developed into a cough and something in the lungs, would you employ the Banerji protocol of *Aconite* and *Bryonia*, or are there times where you simply use *Bryonia* alone?

Joette:

I'm glad you asked that because I hinted on it a moment ago, but I didn't fully explain it.

I think that the reason Dr. Compton Burnett did not consider *Aconitum* and *Bryonia* is because it had already developed.

Aconitum is for the *onset* of a cough, at the *onset* of pneumonia, at the *onset* of a cold that feels like perhaps it's going to travel down to the chest.

But *Bryonia* is when it's a little more ripened. So, if it was days later that the person got the cold, then turned into the sore throat, then it went into the chest, turned into a cough, hence, developed into bronchitis or pneumonia, then I would lean a little more towards what Dr. Compton Burnett suggested, and that is simply using *Bryonia*.

Whereas if Georgie had said to Dr. Compton Burnett, "You know what? I got a chill from sleeping last night in that drafty room, I don't feel so well today." That would be, my sense, a good time to use *Aconitum* either alone or in conjunction with *Bryonia* as the Banerjis would use.

Kate:

Okay, that's helpful. But I'm still curious because I know there's been times where you've mentioned go back to *Aconite* and *Bryonia* together, even when the person has been sick for a while. And I have actually found that useful when you've said that. Because like you just mentioned, I think of *Aconite* and *Bryonia* for the *onset* of an illness.

So, then when it's developed, and it's maybe four days into something, I tend to abandon the *Aconite* and *Bryonia* and go with maybe something else. But you've said, "No, go back to the *Aconite* and *Bryonia*."

So, I'm curious, when would you go back to the *Aconite* and *Bryonia*?

Joette:

Well, for one thing, *Bryonia* – let me just say this for a moment –*Bryonia* can have anxiety, but *Aconite* has *tremendous* anxiety. So, if the person is really anxious, fearful of

getting pneumonia, fearful of the illness growing bigger, fearful of dying, or thinking that this will be their demise – they've been through this before; they know what this is like, and they're pretty frightened – that would establish a tighter need for *Aconitum*. That's one.

The other is if the illness came on with a quick onset, and yet it's four days into the ripening of the illness, I might still consider using *Aconitum* mixed with *Bryonia*.

So, I don't know that I can give a hard and fast rule, but it's how the person is experiencing the disease. How the person is emotionally, physically; how long it's been; how fast it came on.

Quick onset is a very important key in determining homeopathic medicine – whether it's a slow onset or a quick. If it's quick onset, then I automatically think of *Aconitum*, especially if there's anxiety – a great deal of anxiety.

Belladonna is another great medicine for quick onset, but that usually develops into a fever – those kinds of … hot and high temperature.

But for cold or something like that, I might still revert back to *Aconitum*. It certainly won't do any harm, let's put it that way, by including *Aconitum* with *Bryonia* four days into the disease.

Kate:

Well, what's interesting is I seem to remember from reading about *Bryonia*, that *Bryonia* is usually something that comes on slowly.

Joette:

Slower. Right.

Kate:

Isn’t that funny?

Joette:

Yeah, they almost contradict each other sometimes. That’s what works best. Yeah, those combinations can work like that.

BRYONIA IS MORE VALUABLE THAN PEOPLE OFTEN REALIZE

Kate: (12:53)

I know when we were talking earlier, you had said that *Bryonia* is an underutilized medicine. Why did you say that?

Joette:

Because I don’t think that enough people know that it’s such a great medicine for a cold that goes to the chest. I don’t think they realize how valuable it can be for bronchitis, pleurisy, pneumonia, chest infections. That it’s such a great remedy for acutes such as that.

I don’t think people think about it because of its characteristic of worse from movement that they don’t think about it as a medicine specific for a broken bone. I mean, if you break your tibia and you move, that pain can be excruciating. That’s *Bryonia*. And we would use *Bryonia* in, perhaps, conjunction with *Symphytum* for broken bone or *Arnica* for the injury itself and the pain.

We might add other medicines, but when we see that it’s worse from movement: a headache, that is worse from … what kind of movement? Just moving the head the tiniest bit can be very painful. Or just moving the eyes when someone has a headache can be an indication for the use of *Bryonia*.

So, I do think it’s underused because people are just not as aware of it. It’s a good medicine to have in your repertoire.

Kate:

Alright. When you're talking about using *Bryonia* alone, would you use it in a 30th potency, a 200, a 6?

Joette:

Well, I would use it in a 30, most likely, for a cold or a cough. But I also would use it if it were a broken bone or a headache. If it's for a broken bone, then I might consider using it in a 200.

So, how often do we use these potencies, these medicines?

Well, it depends, of course. If it's something that is not very serious or is not plaguing the person at this moment in time, we might use it twice daily.

But at the onset of a cold or, let's say, that someone is developing pneumonia – they feel it coming on – I might use it more than twice a day. I might use it two, three times a day, maybe even four times in the very beginning. And then, as the next day progresses, if we see a little shift, then we might back off. Instead of three or four times a day, go to twice a day and then stay at that until it's finished.

BE GRATEFUL FOR THE OCCASIONAL COLD

Kate: (15:12)

I know you say that colds can often be tricky, and we want them to move along quickly and be finished quickly. But it's often one of the more difficult things to have come to a full resolution in a short amount of time, especially if we don't catch it at the beginning. Do you find that to be true?

Joette:

I not only find it to be true, but I'm grateful for it. And

this is what I mean.

I think that we have to understand, as humans, that we're supposed to get these kinds of things. We need to detoxify. And when the body is sneezing, it's getting rid of something that is unnecessary, or that is necessary to get rid of.

The nose is running, the throat is creating a lot of mucus. There's coughing to bring up the mucus that's in the chest.

Yes, there may be aches and pains and fatigue, but that's a sign that we need to do something different than what we were doing. And that is … we need to pay attention and rest. Just let it go. Let it roll off your back. It's not a, "Oh no! I'm sick!"

No, no.

"Oh, yeah. Okay. I could use a few days or so a week, maybe, to rid myself of something, to cleanse my body of something and then rejuvenate."

And I noticed frequently – not only in my own children but in my clients and students who report this to me – that when their children get sick …

Let's say, it's a seven-year-old, and everyone in the neighborhood's able to ride their bike. But this child can't seem to ride a bike, can't get the balance right. They can't ride. If everybody else is riding … can't ride, can't ride.

And so, then they get sick – the child gets sick. And shortly after being sick, the child has a developmental leap. Watch for it, mothers and grandmothers, and you will see this happen time and again. After the illness, there's a shift that seems as though it's necessary that they got sick in order to get to the next level of development. And now, after being sick, they can get on the bike and ride it.

Or "I can't read these paragraphs," says the third-grade

child. “I can only read one sentence. I can’t get through a whole paragraph.”

The child gets sick – whatever sick is – ear infection, conjunctivitis, strep throat, lung infection, whatever it might be … a fever. We actually expect and want these developmental shifts to occur as a result of simply leaving that child alone and letting the child get the illness.

And what I mean by that is we don’t want to give them Tylenol and aspirin and steroids and antibiotics and all the other things – all the newfangled, synthetic, patented stuff that comes from industry to suppress the symptoms.

Instead, we can use homeopathy, decent food (if the child or the person is even hungry. They may not even be hungry, and that’s perfectly fine). But we want to keep them hydrated with good bone stock broth that you’ve made at home or some fresh lemonade that you’ve made with fresh lemons, et cetera, or just salted water.

And allow the child to – or the adult to – simply finish the work of being a human ready to jump into the next developmental shift. And after that amount of time – after they’ve been sick – you will find that that child will have an awakening with being able to read. Now, the child can read a whole paragraph comfortably.

So, if this happens to children, might this also be happening to adults?

I think it does. I think we have shifts that occur when we allow ourselves to just take it easy and know that this is intended to happen. We’re cleansing, and we’re moving to the next level.

REST IS IMPORTANT

Kate: (19:07)

I also like what you said about rest, Joette. I hear your voice in the back of my head. Every time someone comes down with something that is affecting their lungs, and you say, "The lungs require rest. In order for the lungs to heal, you really need to rest."

And I've shared that with a lot of people because I think we as humans tend to just go, go, go – like you were insinuating – even though we're sick. But our bodies need this slowdown time in order to recover.

Joette:

Well, I've found time and again that if somebody has, say, a stomach upset from some bad food or they get an ear infection, and when it's over, they can pretty much resume their activities. Even though they may not be a hundred percent. They might be a little shaky in the stomach or their ear's a little bit uncomfortable (remains that way), and there's still some symptoms that linger on.

But when it comes to a lung infection, my friends, I can't urge you enough to know that you must stay down. Must stay down. Because just because you're feeling better within a day of taking the medicines doesn't mean, "Okay, I'm done. It's over." Because that's when, more often than not, if the person is not really ready to get up and get onto their daily tasks, the condition will recur, and sometimes it gets worse.

I will also say that's not only the same with lung infections, it's also the same with breast infections. So, a breast infection is also something we do not ignore. We take it easy and use the homeopathic medicines for it.

So, yeah, there are some commonsense ways to live, and we have to expect that we are going to be down sometimes. Yes.

And it's an opportunity to sleep, ponder, pray, listen to

great music: Mendelssohn, Beethoven. That's the time to go for the lofty. Sit in the sun. If you're up north, then you sit in the window, and you just take it easy. Fire in the fireplace. There's a nice little simmering sound on the stove with the bone stock simmering away. Take it easy and take stock of what is really important in life.

Kate:

Joette, thank you so much for that information. It was very helpful.

LISTEN TO THE MASTERS

Joette: (21:26)

Well, I just want to add one more statement, and that is that when we learn these medicines – especially when we have protocols – it gives us the sense that there's a certain order to life, a certain order to medicine. That there's a design that was determined before us. That these protocols – for example, *Aconite* and *Bryonia* – is a protocol that has been used clinically for well over a hundred years by the Banerjis. And so, the great minds, the decades of experience can be very calming.

Once you have a number of these protocols that you can press to service, it will give you a sense of confidence that only comes from something that's well-designed and well-ordered.

Thank you, listeners. It's great to have you here. I do want you to spread the word. Make sure that you are using this and learning as much as you can and teach others, and I'll see you next time.

Thanks, Kate.

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.

It's Coming! Meet Cold and Flu Season Head-On With Practical Homeopathy®



Death, taxes, and cold and flu season – those are the "inevitables," right?

My friends, you may find this hard to believe, but I don't fear cold and flu season. If I feel a respiratory condition coming on (especially if it comes on hard and fast), I turn to the Banerji Protocol of *Aconitum napellus* 200 mixed with *Bryonia alba* 30. That usually stops the illness in its tracks. (I've written about this previously in The Alphabet Soup of Viruses. Now, It's RSV.)

If it becomes apparent that the malady is a developing flu, many people have achieved a shorter downtime by utilizing Oscillococcinum® from Boiron.

When a respiratory condition becomes more serious

However, if a respiratory condition moves past mere congestion and into a respiratory infection, such as pneumonia or bronchitis, then there are other homeopathic medicines to consider.

When I rebooted my podcasts back in March of this year with Podcast 117 – Let's Catch Up and Learn About *Quebracho*, my first discussion was on one such medicine. Since then, I've received notes from my Mighty Members requesting that I teach other medicines that may fit the bill.

Today, I have two more homeopathic medicines to add to your cold and flu arsenal, along with *Aconite/Bryonia*, *Oscillo* and *Quebracho*.

Lachesis mutus

My first go-to would be *Lachesis mutus* 30, as often as every four hours on the first day and tapering off of that frequency to about twice a day until improvement is observed.

Let's look *Lachesis* up in a *materia medica* (a reference book containing all of the homeopathic medicines along with their keynotes and the symptoms they have historically addressed). We find that it is one of the premier remedies for dyspnea (shortness of breath), asthma (especially when worse during sleep or upon awakening), bronchitis, pneumonia, and emphysema.

The individual who may benefit from *Lachesis* feels a sense of suffocation … like they can't breathe.

It's also particularly useful for women in menopause or who have been hormonally burdened by birth control or have difficult menses. However, that does not mean it can't be used for men and children. It's a viable choice for them as well.

Lachesis is also associated with folks who may have strong, intense emotions. They may lash out, be mean-spirited or loquacious.

Another keynote of *Lachesis* is being worse on the left side

… perhaps worse from lying on the left side or feeling more discomfort in the left lung. There can also be angina or palpitations.

Naja tripudians

But as you know, with homeopathy, there is often more than one way to knit a sweater. Let's look at a second consideration: *Naja tripudians* 30. This medicine would also generally be employed every four hours on the first day, tapering off to about twice a day until improvement is observed.

Naja is similar to *Lachesis* in that it shares many of the same keynotes and conditions. One difference is that individuals who might benefit from *Naja* are not overly emotional. However, as with *Lachesis*, they may experience that same sense of suffocation.



So, how does one choose?

Perhaps these two medicines have such similarities because they are both homeopathically manufactured from different snakes (*Lachesis* from the bushmaster pit viper and *Naja* from the cobra). But not to worry! I wrote about this extensively

in Ooooh, I Love Toxic Substances! (When They're So Diluted They Become Medicines).

These two medicines seem to be utilized cyclically. In my practice, I have used *Lachesis* for years with excellent, reproducible results. Yet, during the global health issue of 2020 (you know what I mean), *Naja* performed much better. Some years, it's *Lachesis, and s*ome years, it's *Naja*.

Generally – and this is a big generalization – I often start with the remedy that is more commonly utilized (in this case, *Lachesis*). If I observe no shift within a day or so, then I consider pivoting. I might turn to *Naja*, or I might pivot to something that is indicated by fresh symptoms that have come to the surface since beginning the medicine.

When no protocol exists, there is no substitute for reading up on each medicine in your *materia medica*. Keep in mind, however, that not ALL symptoms or keynotes listed must appear in one sufferer before choosing the medicine.

For example, even though both of these medicines are considered "left-sided," that does not mean that if the right side is affected, these medicines should not be considered. A left-sided involvement would simply serve as a confirmatory symptom but not an exclusionary one.

Another example: An asthmatic individual may not present with intense emotions, yet *Lachesis* could still be their remedy.

This distinction is a real teaching moment. So, I will elaborate more fully on this important concept in my next Memo to Mighty Members.

Meanwhile, arm your well-curated homeopathy kit with both of these medicines for the upcoming cold and flu season. It's better to have them and not need them than to desperately need them and have to wait for an order to arrive in the

mail.

Preparation is key!

Pass on the good news of Practical Homeopathy®!

Warmly,

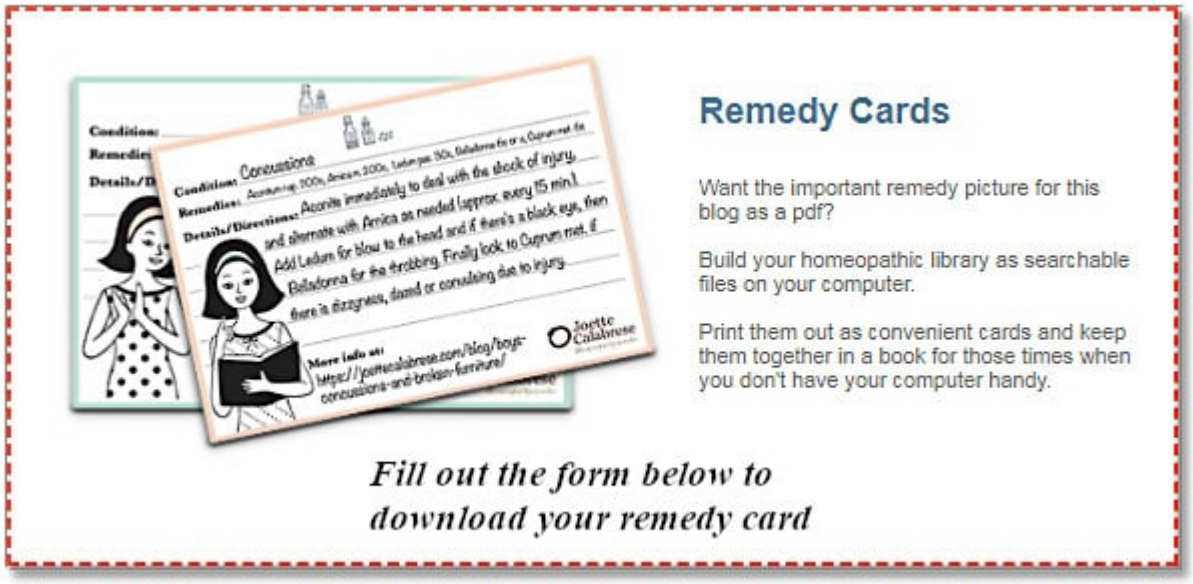


P.S. If you're tired of dodging side-effect potholes on the highway of conventional medicine, join the thousands of others before you on the pathway to health care autonomy through The Gateway to Practical Homeopathy®. For less than a nice dinner out, you can join like-minded folks in a study group destined to become your support structure for years to come. Learn how to use my brand of homeopathy – Practical Homeopathy® – for yourself, your family and your friends.

You'll be the hero; I'll be your guide. All it takes is your initial step through The Gateway.

Perhaps you could put it on your Christmas list or give it to another! A $68 gift card covers the cost of The Gateway, yet the benefits are priceless.

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



The Naughty List: Behavioral Problems and Practical Homeopathy®



No one wants to be on the naughty list (especially this close to Christmas).

However, not all childhood behavioral problems necessarily require homeopathic mediation. Some bad behavior will transform after a tincture of discipline.

Conversely, some behavioral problems are actual pathologies, and it's imperative to understand the difference.

Normal Childhood Misbehavior

When my husband and I raised our boys, we didn't want them to be disliked. We wanted others to enjoy their company, so we taught them certain behaviors considered acceptable by polite society, such as not interrupting when someone else is speaking, standing when an adult enters the room, saying hello and looking the person in the eye when being introduced … just to name a few.

If they forgot and slipped up, it was not pathological. It

was simply an inevitable reversion to typical childlike behavior – a teaching moment.

Homeopathy for Common Behavioral Problems

Yet, I have known other children whose extreme behavior might have warranted homeopathic intervention. Perhaps they are disruptive or can't sit still. Perhaps they have no interest in daily tasks such as bathing or eating. Maybe they even go so far as to strike others.

I've previously covered some of those behavioral problems in these free resources:

- Podcast 94 – Stramonium and The Swiss Family Robinson
- The Angry Child
- Is It ODD or Ordinary?
- Attention Deficit Disorder and Homeopathy
- From Fractious to Felicitous with Homeopathic *Chamomilla*

Today, I want to teach you how homeopathy can address more extreme behavior. It's a unique dichotomy in which a child may be an angel in one setting but a complete devil in another.

People generally either love or hate them. Because their personalities are so extreme, there is no in-between.

A Tale of Extremes

In a child like this, they often excel in one area and fail miserably in another. It's almost like dealing with two different people bouncing between extreme greatness and extreme failure, either intellectually or behaviorally.

For example, maybe the child is uncannily adept at math – two years ahead of his class, studying third-year trigonometry when the rest of his peers are only beginning

algebra. Yet, he is failing other classes because he can't read.

Perhaps another child is completely disruptive in school and on the brink of expulsion, but she is compliant and helpful in church.

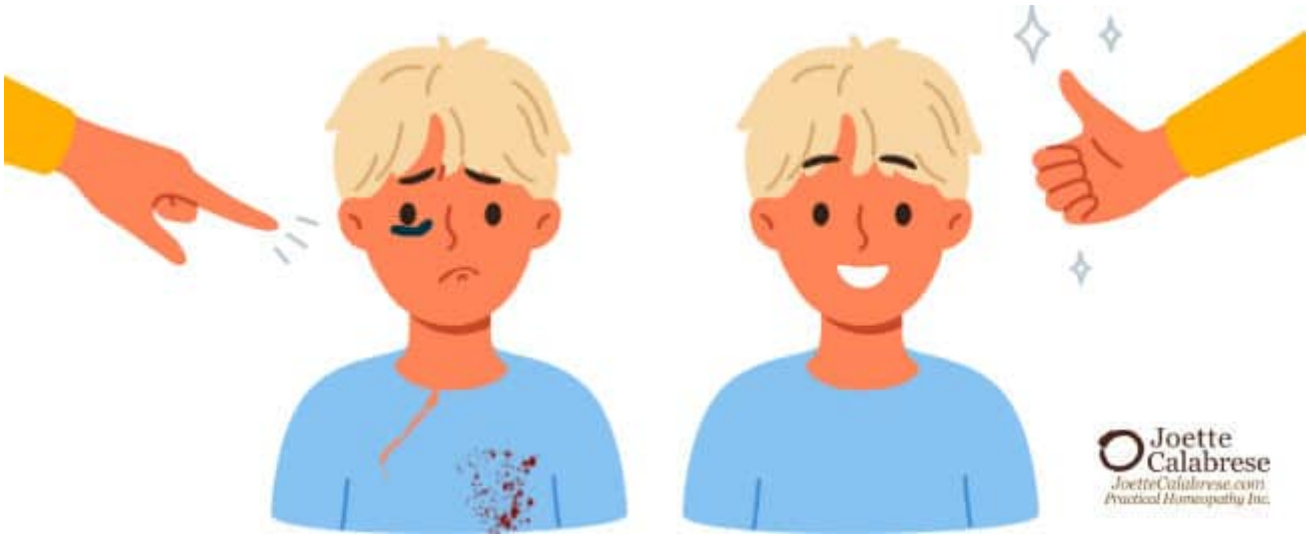
I grew up in close proximity to one such child who exhibited this type of extreme behavior. We'll call him Eddie. Eddie was forever getting into fights. He would come home after school sweaty, beat up, with torn clothing – a mess.

His mother would say, "What? Again?"

"Yeah, I just beat up that guy who was staring at me in class."

He was the poster child for intense behavior.

Yet, on the other extreme, he would then be so loving and kind toward his mother and to my mother and me (as we visited often). He would be so polite, soft and gentle that it was hard to believe it was the same person who just furiously initiated a ferocious fight!



He was on the naughty list – perpetually on the naughty list.

Knowing what I know now as an adult, I often wonder if homeopathy might have assisted him in becoming comfortable somewhere midway between the two radical extremes of his behavior.

I certainly can't be sure as I can't travel back in time. Perhaps this was just an idiosyncrasy of his personality. However, the swing between extremes happened often enough that this may have been a pathology worth addressing with homeopathic medicine.

Homeopathy for Extreme Behavioral Swings

In cases of extreme behavior *Anacardium orientale* 200, generally utilized every three days for two weeks or so, has historically shown transformative results. As always, halt the medicine when very much better.

Remember, we're talking about extremes here. Not just a garden-variety naughty child who needs slightly more discipline or a good night's sleep. This is only for pathology for which discipline does no good.

Again, careful observation is key. If no softening or balancing of the extreme behavior is noted after a few doses – even a slight improvement – then this may not be the correct remedy. It would be time to return to the repertory and pivot to a different homeopathic medicine.

Behavior is relative.

As an aside, I admit that I have a behavioral disorder – I often question what I am told. I'm suspicious of authorities' motives and whether their authority is rightfully placed. I don't fall in line.

Does that put me on the naughty list? I think not.

While we want our children to behave, I must admit that I

encourage adults to go against the grain. Don't behave as you're told. Be an unapologetic questioner in both your life and especially your and your family's health care.

Remember: Guts. Spunk. Moxie.

Self-reliance is one of the fruits of education. Whether you refer to it as *grit* or *mettle*, *resourcefulness* or *independence*, it is the character trait that helps us become lifelong learners, accomplished doers and brave thinkers.

The beauty of becoming an adult is you learn when rules are made to be broken. Don't give your autonomy away. It's a precious gift.

Pass on the good news of Practical Homeopathy®!

Warmly,



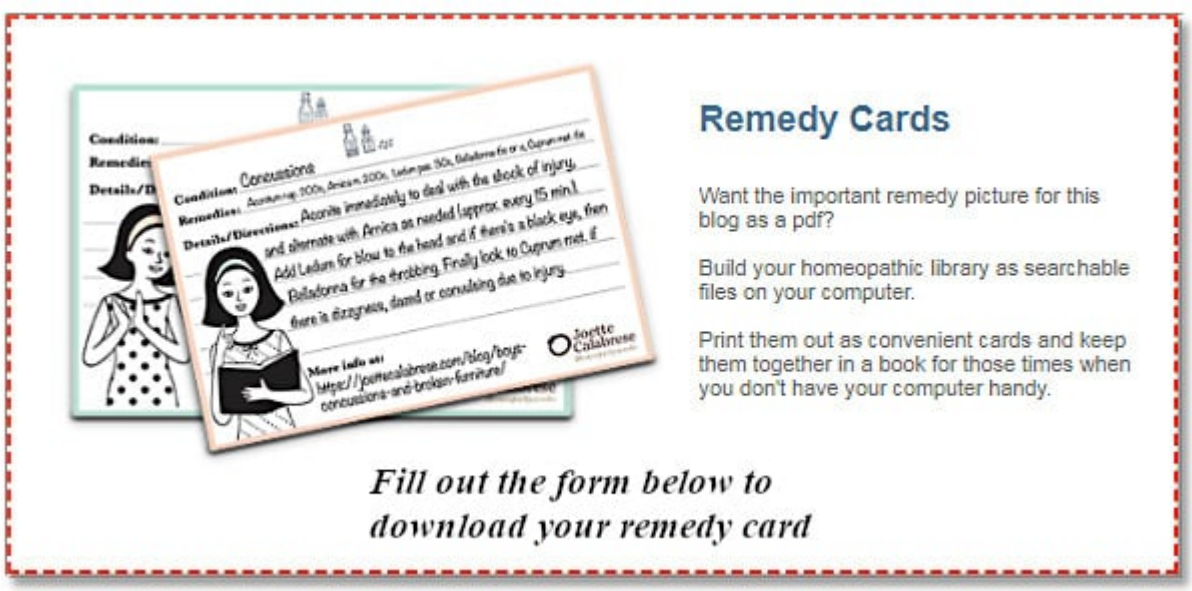
P.S. Take the first step on the pathway to health care autonomy by entering the Gateway to Practical Homeopathy®. This guided study group curriculum has helped tens of thousands of people just like you to learn more about Practical Homeopathy®, become the healers amongst their families and friends, and develop a network of like-minded friends for life.

My friends, the path before you is well-traveled.

Join a study group today to learn homeopathic information you can use almost immediately. I promise you will never regret enhancing your nurturing abilities with this

powerful, polite medical paradigm. Become the healer in your family. Simply click to learn more.

If you're ready for a deeper dive into homeopathy for behavioral problems, check out my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.



Podcast 132 – A Medic Firefighter with a Decisive Advantage: Practical Homeopathy®



IN THIS PODCAST, WE COVER:

01:00 Introduction: A Medic Firefighter

04:21 A Childhood Chock-Full of Health Conditions and Stymied Doctors

08:38 Searching for an Alternative to Conventional Medication

10:19 Side Effects From Conventional Meds Were a Call to Switch to Homeopathy

12:04 Proof of Efficacy: Without Homeopathy, the Symptoms Returned

15:44 It All Started With The Gateway to Practical Homeopathy®

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Gateway to Homeopathy II

Allergic?! Escape Allergies, Chemical Sensitivities, Food Intolerances, and More with Homeopathy: Practical Protocols to Get Your Life Back

The Academy of Practical Homeopathy®

18:44 Success Story: Avascular Necrosis

19:47 Success Story: Concussion

22:26 Success Story: Dental Surgery

25:15 Planning for the Future

The Academy of Practical Homeopathy®

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

JoetteCalabrese.com

27:14 Closing Advice

ADDITIONAL RESOURCES MENTIONED IN THIS PODCAST:

Joette's Learning Center

Joette's Study Group, Find Your New Study Group Friends

Joette's Mighty Members

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 132.

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 re-taken 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: A MEDIC FIREFIGHTER

Kate: (01:00)

Hi, I am Kate, and I'm so glad that you joined us today.

If you are new here, I want to welcome you and let you know that you are in for a treat. I have an inspiring guest with me today, and I can't wait for you to meet him.

If you've been with us for a while, I want to commend you for continuing to study homeopathy and helping those around you. You are inspiring in what you do.

So, on today's podcast, I want to ask you a question. Have you ever wondered if homeopathy really can uproot chronic illness? If so, this podcast is for you.

I'd like to introduce you to a sharp young man who has done not only just that but is now studying homeopathy to help others. In fact, he just graduated from The Academy of Practical Homeopathy® and will be starting the Mastery™ program soon. So, I'm very excited for you all to meet Nigel.

Welcome, Nigel, to the podcast.

Nigel:

Hey Kate, thanks for having me.

Kate:

We would love to get to know you a little bit. So, tell us about your life.

Nigel:

Alrighty then. Well, I'm a mid-20-year-old medic firefighter. I've been a medic firefighter now for about seven years. Got into it when my dad passed away. My brother convinced me to go through EMT, and then I ended up using that EMT to get my first job with a transport company.

Some other things that I've really enjoyed doing is the hobby farm that I've grown up on. Done a lot of outdoor stuff: shooting, construction and hiking. Those are some of my favorite activities. A lot of high activity, outdoors, lots of risk. I tend to end up injured.

Kate:

Oh, no!

Nigel:

Particularly with farm work. Lots of interesting injuries or just exposures to woods and stuff like that. So, that's really been useful to be a medic firefighter, put a lot of that into use.

So, yeah, that's basically where I'm at, what I do right now and the things that I'm interested in.

Kate:

Nigel, you're supposed to help other people in your profession, not have to use it with yourself!

Nigel:

Yeah, that's what most people think, and I've only had to use it on myself a few times, thankfully. But my siblings/friends had a lot of very interesting experiences, where out in the wild, people were getting bug bites, poison ivy, cuts – had some very, very unique stuff just in my close-knit group as we go through life together.

Kate:

Yeah. Oh, well, I wish you lived near me because it would be nice to have someone I knew in that profession, for sure. My family always tells me I tend to be accident-prone, but I don't think so.

Anyway, let's find out more about your upbringing and some of the chronic health conditions that you had that led you on this journey to healing and now to homeopathy.

A CHILDHOOD CHOCK-FULL OF HEALTH CONDITIONS AND STYMIED DOCTORS

Nigel: (04:21)

Yeah, so I've had a lot of health issues my entire life.

Besides the accident-prone self that I am, I have had chronic headaches since like 10 years old … food allergies out the window. I think the highest I ever got up to was 52 allergies. Ended up also becoming allergic to the cold – breaking out in hives and welts and stuff.

Kate:

The cold?

Nigel:

Yep. The cold … didn't know it was a thing.

Went for a cold plunge with some friends, and I came out glowing like a light bulb, looking probably pretty well

welted, all of 'em from head to toe, just welts. So, yeah, no, I found that out. That was a very interesting experience, but I've done a lot of natural care for that.

Growing up, I went to my primary care doctor, and, basically, he said he didn't have anything for me because of my headaches and the allergies that I had. He said he could prescribe pain meds but nothing else.

So, with that, my mom – because I was so young – took me to a naturopath/chiropractor. I spent the next – I want to say – 10 years working with them, trying to address my health issues and trying to get my headaches under control, get my allergies where I could actually eat food. ('Cause I had a super restricted diet.)

Ended up, once I got my EMT, I really wanted to join the military, and so, I'd been pushing myself, try and get myself physically ready, get some health issues addressed. And I took a year with my chiropractor/naturopath to really try to work on everything I could.

I basically said, "Sky's the limit for money. I want to get this addressed. I want to get where I feel better – good enough where I could join the military and go serve in a combat zone."

So, she laid out a very detailed plan. I was meeting with her every month. We did a whole lot of physical training, dietary changes, just trying to nail it down. What was my cause, right? That's the biggest question that we all ask.

And in nine months, I had gotten worse. And that's uncommon when you're an 18-year-old, and you've cleaned up your diet. You're working out, and you're getting sleep, and you're doing all the things that you're supposed to be doing. It's just very uncommon to have that experience where you get worse.

Kate:

Right. Absolutely.

Nigel:

Yeah. So, the doctor looked at me and said, “Look, I think you have a bigger problem than a dietary issue or an environment issue or a physical fitness issue. I think you might have POTS, but I don’t have the testing capability to do that. We got to send you to a cardiologist.”

And at this point I was trying to get out of the job that I was doing. I’d been working transport for a year at this point, seeing all these sick, injured people all the time, not being able to do anything for ’em.

And basically, I was explained that I probably would not be able to pursue any of the things that I wanted to do – military, fire department, or even construction at that point – because I was getting lightheaded, dizzy, all of that.

So, I ended up going to a cardiologist. Spent a lot of money at the cardiologist running tests and got a confirmation that I had POTS, which is, for everyone out there, postural orthostatic tachycardia syndrome.

That’s basically where you become hypotensive just by standing, and your body runs in a chronic state of dehydration. So, a lot of interesting things that come with that: the dizziness, the blurred vision, gut issues.

So, yeah, it was like the key. You know what? I finally found the issue that was causing all my health problems – what most people hope to have, hope to hunt down. And the cardiologist did a great job. He was a specialist for POTS. He ended up getting me on a medication.

SEARCHING FOR AN ALTERNATIVE TO CONVENTIONAL MEDICATION

Nigel: (08:38)

But in that time period of me spending all this time and money, my mom started looking for an alternative to the medication that my doctor prescribed for a lifelong issue … trying to reduce the exposure to medication because medications have side effects. And I'd been working in EMS at this point for a year and seeing all the laundry list of medical issues and how people just keep going up in medication. They start with one, and they get more as their issues just snowball out of control.

So, my mom was concerned. She was trying to find something that would address this POTS issue that I had. So, she came across homeopathy.

We had known a little bit about it just because of dealing with our chiropractic/naturopathic, but we had just kind of used it for acutes. *Arnica* was our main go-to. But outside of that, no real experience.

Came across a protocols for heart issues by the Banerjis. And after reading up on stuff, my mom suggested that I actually just start with some cell salts.

And this is about the time that the doctor gave me the green light for me to go through Fire Academy and pursue that … because I've been able to address my issue with the midodrine that he had prescribed me for the low blood pressure.

So, my mom started me on cell salts, and I made it through academy. I really didn't know anything about any cell salts or homeopathy – what I was doing – but I really appreciated my mom's support of me trying to make it through this process. I just kind of followed along.

SIDE EFFECTS OF CONVENTIONAL MEDS WERE A CALL TO SWITCH TO HOMEOPATHY

Nigel: (10:19)

But as I was going through academy and graduated from Fire Academy, which was about a nine-month process for me, I developed some side effects to the medication. They weren't there at first. They weren't originally a problem that I had, but they just started getting really bad.

One of them was leg cramps – very common side effect with midodrine – but they were getting bad – really bad for me. And I started working with my doctor – the cardiologist – trying to adjust what we could do, change some stuff.

Nothing was really working. If I dropped the medication lower, I got my headaches more frequently. And worse, if I took it back up to what it was, I got these other side effects.

So, my mom found the Banerji Protocols at this point. And once again made a recommendation that … try out some of these other homeopathics, more than just the cell salt that you're taking.

So, I started on *Crataegus*, *Hamamelis*, *Arnica* and *Lachesis* – all very good homeopathic medications for cardiac issues and blood pressure issues and vaso-vascular.

So, I started on that. And then, my insurance changed, so I had to stop with my doctor. My doctor was no longer covered, as my employer transferred over to a different group. So, I ran out of medication.

I ran out of the midodrine that I was on and realized I really didn't have another option. And all symptoms that I was looking for to come back when I stopped my midodrine, came back with far less. And I was taking the homeopathic medications, and I was like, ah, coincidence … maybe?

PROOF OF EFFICACY: WITHOUT HOMEOPATHY, THE SYMPTOMS RETURNED

Nigel: (12:04)

But I ended up just forgetting to order – reorder – the homeopathics, and some of those symptoms came back. So, I was like, I'm actually experiencing a difference with these homeopathics that I wasn't experiencing with the medication.

Not only did my symptoms go away of the POTS, but also I wasn't getting the side effects that were coming along with the midodrine. So, I was at this point, *sold* that what I was taking was actually doing me some good.

And I did that for about a year and a half, and then almost all my symptoms are gone – completely gone.

I don't take any of them on a regular basis anymore, which is unheard of for POTS. "You have it and you're going to be with it for life," is what I was told, and it just kind of gets worse if you don't manage it.

I have been ecstatic since then. So yeah, that's basically how I got with homeopathy and seeing what I was doing in the paramedic field and the fire EMS. I wanted to hopefully one day bring what helped me to the people I was caring for.

And that started me into looking into learning about homeopathy – trying to figure out what place to go to school, or even just find a homeopathic provider that could help me with other issues or help my family with other issues.

So yeah, that's the summation of my health issues and my journey to the start of homeopathy.

Kate:

So, what came next? How did you get connected with Joette and start going to school at The Academy of Practical

Homeopathy®?

PRACTICAL HOMEOPATHY® WAS THE ANSWER

Nigel: (13:44)

Yeah, so the starting of the investigation of our school with my medical experience as a paramedic, I was really looking for a college or some sort of licensing agency that I could go to, get some experience with homeopathy, and get someone to teach me how to use it.

So, I started reading up a whole bunch about it, trying to find a school that got me where I wanted to go.

I was already paramedicine. I already wanted to be – or hoped to be – a doctor one day. I was becoming very interested in this other medicine that I really just didn't know a whole lot about. And I was not finding a lot of expedient, clear way to education for homeopathy.

And back to my mom, she had found the Banerji Protocols in her search for caring for me, and I was really intrigued. And the Banerji Protocols look like and act like the protocols that I use in the back of an ambulance – where a doctor's done all the research; they've done all the studies; they know, "Hey, these symptoms – nine times out of 10 or eight times out of 10 – *this* is the medication that you're going to give, and *this* is what we want you to do."

And the Banerji Protocols was like an exact mimic of that. *This* is your symptoms; *this* is your issue; *this* is what you need to start with.

Kate:

Because the Banerji are doctors, and they're doctors and homeopaths. So, in India, you have to become a doctor – an MD – before you can become a homeopath.

Nigel:

Yeah. And just their clinical experience as a doctor, reading the X-rays, reading the test results, doing the cardiac exams, all of that information that I was used to seeing as a paramedic, and they had the information and science to back up why they were saying what they were saying. And that was really impressive.

IT ALL STARTED WITH THE GATEWAY TO PRACTICAL HOMEOPATHY®

Nigel: (15:44)

So, Joette was the only place that I could find that was giving any information and teaching more about the Banerji Protocols and how they used them. And I got a Gateway book, and I sat on that book for about a year just sitting there. I had flipped through it. I hadn't really started in on this journey yet. It's all just still been kind of self-study, but I was really looking for a degree or some way that I can move forward in helping people.

As I just continued in my paramedic journey during COVID, seeing people not have any other information out there and me not being able to give them other information … me not being able to give them any hope that there was an actual solution to their health issues. I really started honing down on I need to go someplace.

Right about this time, I came across a study group for the Gateway class, jumped into that, and I loved it. I loved the group of people that I got to hang out with and the broad spectrum of experience.

The guy leading it was a pharmacist for years – retired pharmacist. So, he had a lot of experience, a lot of medical experience. He had seen everything that I had seen in the medical field, of the medications and the complications that I was having. So, it was really cool to just have his

leadership as I went to the Gateway class.

Then I did Gateway II, and then I did a self-study with a couple of the other guys on the Allergic?! class. Really love that. Really got to put that into practice just with myself and my family with some allergies that we were dealing with.

Nigel: (17:29)

And because I had taken those little classes, I found out about The Academy of Practical Homeopathy®. And that was amazing! Like, hearing about it. And I was right there. And it was a nice, neat package of all the Banerji Protocols and the experience that they had translated to the U.S., put into a year format.

And, you know, it's The Academy. It's a lot of schoolwork; it's a lot of money. But at this point I've spent well over probably a couple – a couple – college degrees and medical expenses at this point, trying to fix my issues. And I had gotten my issues fixed with 50 bucks of homeopathic medication.

And I was like, well, if this could have prevented me from spending the thousands and thousands of dollars – if I can help someone else prevent them from spending thousands of dollars – I wanted it.

So, I jumped in, and I got accepted and that was really exciting. And then I just graduated about what, two months ago? Something like that? And I'm really looking forward to putting it into practice. I've got some great stories already of times that I've been able to help people, and it's just making me want to go farther.

Kate:

So, tell us some of those stories. Give us a couple examples

of what you've done.

SUCCESS STORY: AVASCULAR NECROSIS

Nigel: (18:44)

Ooooh, yeah, so I got a few good ones.

The most recent one was actually just a friend of mine or friend. They're having avascular necrosis, causing extreme pain. And avascular necrosis is where you're no longer getting blood flow to the bone, and it causes bone death – bone deterioration.

And he was just in a lot of extreme pain. And back during The Academy, I told him, "Hey, look, here's some homeopathic medications that might help."

And he took it and kind of sat on it. He sat on it for about nine months, and then he reached back out to me and was like, "Hey, what are those medications again?"

I was like, "Hey, yeah, this is what they were."

And he started them, and he is – like within 24 hours – his pain was gone. Gone.

He's like, "I'm still not a hundred percent – not back to full function – but the extreme pain that I've been dealing with for months is gone. And that's awesome.

SUCCESS STORY: CONCUSSION

Nigel: (19:47)

Then I had another friend, he reached out to me. He had been dealing with a concussion to the point where he couldn't work anymore for two months. And he'd been doing all sorts of stuff – doing what the doctor recommended: bed rest, avoiding lights. He couldn't look at his phone; he couldn't

drive. His life had been just utterly shut down by this.

And I ended up making some recommendations. And the first recommendations – as we waited for the second recommendation to arrive in the mail – they gave some relief. They weren't magically, everything gone.

But then, when the second one arrived, he started on that one. And 24 hours, he could function again. He was able to go back to work. And then he'd been out of work basically for two months at that point.

So, those are just some of them.

Kate:

That's incredible. Right? Two very powerful, dramatic examples of how homeopathy really changed these people's lives. That's incredible.

Nigel:

Yeah. The medications cost $40 … $60 in total.

Kate:

Yeah, the homeopathy.

Nigel:

Yeah, for the homeopathy. For the couple of different homeopathic medications, and that was it.

SUCCESS STORY: SEPSIS

Nigel: (21:02)

Or I had a septic case. We were out doing some volunteer work. We were going to be there for eight days or so, when they got a septic infection on their leg. And it was really preventing them from working and doing what we came to do.

And we were looking at going to the hospital.

And I had brought my homeopathic kit. And I was like, “Well, we can start with this.”

And it’s sepsis. It doesn’t turn around fast. But within a couple hours, we were able to address the main pressing issues, prevented going to the hospital, ambulance bills … $600 to $800, an ER visit’s a couple thousand. And we were able to prevent all of that *and* loss of time from our work that we were doing with the homeopathic kit that I had … that I had brought with me.

And there’s just relief! No expenses! So, just another really cool experience to be able to see and be a part of.

Kate:

Wow. I know I never leave home without homeopathy. I’m sure you’re the same because you never know what you’re going to encounter. And these medicines are so powerful.

Nigel:

Yes.

Kate:

It’s incredible. Before we move on, I know you’ve covered a lot, but I do want to hear about … there was a dental surgery that you had talked to me about earlier. Can you share that?

SUCCESS STORY: DENTAL SURGERY

Nigel: (22:26)

Yeah, so it was actually me. So, there’s a dental emergency. I developed a cavity, and it was causing me some extreme pain. They had to go in, drill it out, and in doing so, they

really came close to the nerve … if not hit the nerve.

Typically, when you're dealing with dental stuff, they prescribe you some medication – Advil or Tylenol, something like that, if not some other narcotics. But I started with some homeopathics beforehand.

Kate:

What did you use before? I'm curious to know.

Nigel:

I started with *Hypericum* and *Arnica*. And the reason why is because I was already in pain. *Hypericum* is great for pain. And *Arnica* … I knew that they were going to be …

Kate:

There's trauma …

Nigel:

… trauma going on. They're going to be doing the lidocaine. They're going to be drilling, holding my mouth open to be able to do the work. That's just kind of what I went with. And then, coming out of that, they gave the lidocaine so they can do this. So, it's numbed up.

And so, I immediately – as soon as I got out there – started taking some homeopathics, but I wasn't really focused down, or I just took some *Hypericum*, the *Arnica* again.

And about the two-hour mark past my dental care, I developed excruciating pain, and I really had to jump on it with something.

And I was like, well, I got to do something for this. Started rapidly taking some *Hypericum*, ended up also taking *Symphytum* and *Ruta* because the biggest part was the fact that I'd had my mouth open for four hours. It had locked up

my jaw and everything like that.

And within an hour or so, the pain was down to a manageable level. And I was able to go through the following week with just homeopathy taking care of it. No ibuprofen, no Tylenol, no hydrocodone or any other narcotic for the pain.

In my experience with the 911 stuff, is all these medications – particularly the narcotics – cause addiction. They cause other issues. You have to take other medications like Zofran to go along to prevent you from getting nauseous or vomiting with them. And it was just really cool not to be able to have to do that.

Or the alternative was that it was causing pain and do the root canal. That was going to be, potentially, if I could not get ahold of the pain with something else (because of them hitting the nerve, because they thought they had hurt the nerve). And I didn't want a root canal – cause lots of pain – potential for a lot of stuff to go wrong. So, I was really, really excited that I was able to take care of it with homeopathy and avoid a root canal.

PLANNING FOR THE FUTURE

Kate: (25:15)

Homeopathy has really impacted not only your life, but people that you know. And I'm excited for you to continue your studies in Mastery™ and see where you go from here.

Can you just briefly tell us what are your plans going forward?

Nigel:

Jumping into Mastery™ with Joette again to try and get a head start on me putting what I learned in The Academy into practice.

And I'm really hoping to be able to start reaching out and possibly help teach some of these Gateway classes to my friends and family and other people who are interested – coworkers – to try to give them some alternatives.

So, I just really want to be able to help people be able to help themselves.

Kate:

Nice.

Nigel:

And that's my goal. Mastery™ is right there with that and making it more proficient for me to do that.

Kate:

So, for those of you listening who have never heard of The Academy of Practical Homeopathy® or the Mastery™ Program or Gateway to Homeopathy, we're going to provide some links for you with this podcast on the notes … so on JoetteCalabrese.com, her website where the podcast will be located.

So, don't worry if you're in the car driving and you want to find out more, but you don't have anything to take some notes that those will all be there on the podcast notes on JoetteCalabrese.com.

So, The Academy, like Nigel was saying, is a year-long program. And then there's Mastery™, which is 11 months, which takes you from your foundational learning of homeopathy to now – like Nigel says – you're learning, going deep into repetorizing and case-taking.

So, I'm excited for where this is going to take you, and I look forward to hearing about your adventures in another podcast. Let's meet again. Let's get together.

As we end today. Nigel, give us some words of wisdom. What would you like to share with people or leave people with today?

CLOSING ADVICE

Nigel: (27:14)

I would say take courage. There's a quote that I really enjoy and let me see if I can get it real quick. It's by C.S. Lewis – big C.S. Lewis fan – and it's this, it says, "Courage is not simply one of the virtues, but the form of every virtue at the testing point, which means at the point of the highest reality."

And medicine health issues, they get scary; they get intense; they will test your metal and your desire to do good and your will to continue your life freely. And you're going to need courage to get through it to search out the right answer for you and your health journey.

So, those are my words of advice.

Kate:

I can tell you're a deep thinker, Nigel,

Nigel:

Thank you.

Kate:

Yeah, it's been great. Thank you so much for sharing your story with us, and I look forward to meeting with you again.

Nigel:

Alright, I look forward to meeting with you again, 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®.

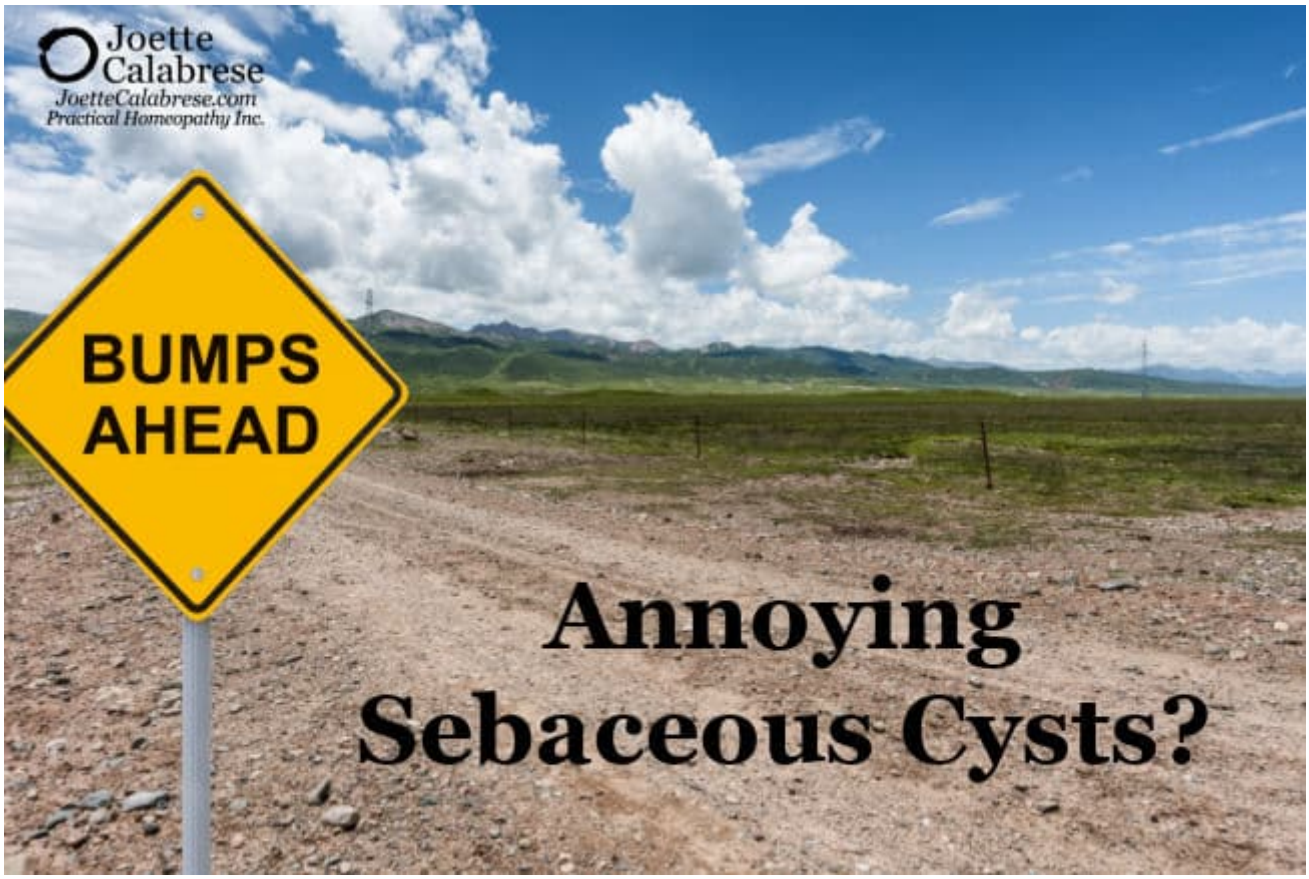
Kate:

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.

Annoying Sebaceous Cysts? Consider Powerful – Yet Polite – Practical

Homeopathy®

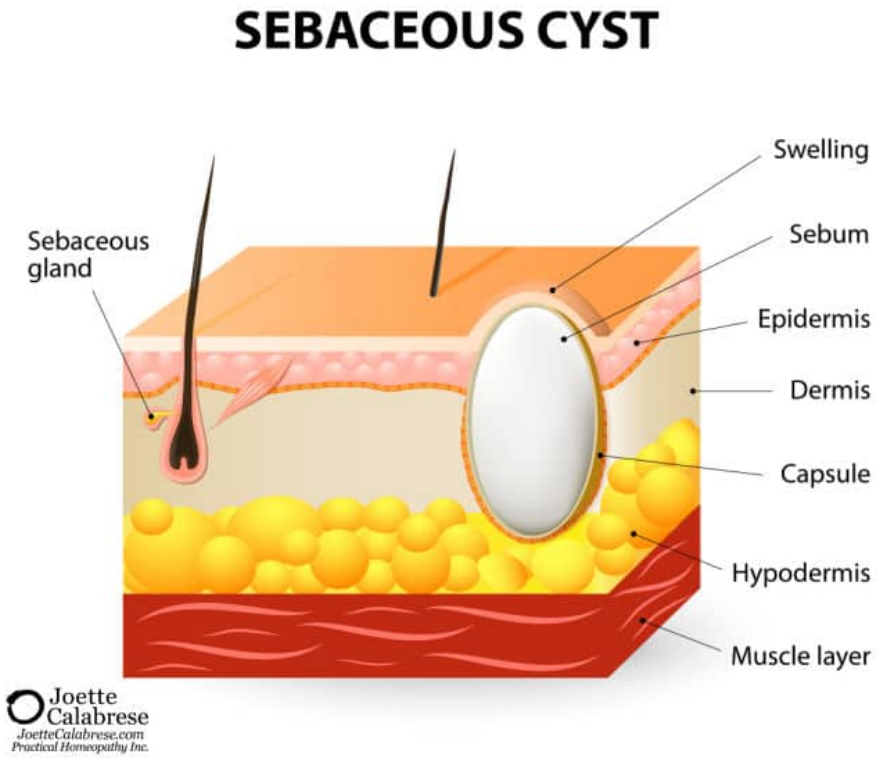


Let's continue our discussion on cysts. If you missed it, I taught about two homeopathic medicines clinically shown to address pilar cysts last week. This week, I will move on to sebaceous cysts.

What Are Sebaceous Cysts?

The term "sebaceous" can be a bit of a misnomer, but it is commonly used. More accurately called epidermal inclusion cysts, these lumps typically occur on the face, neck, torso or groin. While this type of cyst may be cosmetically annoying, they are often harmless. They generally grow fairly slowly as they fill with keratin, fat and skin particles.

A true sebaceous cyst (filled with sebum that results from a dysfunctional sebaceous gland or duct) is much less common.



Sometimes, sebaceous or epidermal inclusion cysts can remain stable for years. However, they can eventually burst and become infected.

If you're unfamiliar with sebaceous cysts, here are a couple of photos to help you identify them. Of course – as always with Practical Homeopathy® – when in doubt, get a medical diagnosis before choosing a homeopathic medicine. We choose our medicines by symptoms and the name of the condition. Choosing the medicine with the tightest fit to the sufferer's need is an integral step in successfully employing homeopathy.



The Homeopathic Answer to Sebaceous Cysts: *Conium*

My clinical experience has shown that *Conium maculatum 6*, twice daily has successfully acted. Keep in mind that this is not a protocol, so either a 6X or 6C may be employed.

Generally, sufferers have utilized this medicine until the cyst is pretty much gone. Now, it may not be 100% gone. It might just go down, go down, go down until one is left with something relatively small. If it stays like that, then I would just leave it.

These Medicines Are Often Organ-Specific and Location-Specific

As we've discussed cysts these last two weeks, please note that we are talking about cysts occurring on the skin (not in an internal organ). Location often matters as we repertorize conditions. Correctly choosing a tightly fitting homeopathic medicine is generally organ-specific (in this case, the skin) and sometimes location-specific as well (such as cysts on the scalp as opposed to cysts on the wrist).

Teaching organ-specific remedies is a big part of how I train my students in The Academy of Practical Homeopathy®. I

also use the same organizational method in most of my protocol courses.

For instance, if a cyst occurred in a female organ (such as an ovarian cyst), the sufferer's organ-specific education would be contained in my Feminopathy course.

Additional organ-specific information on cysts occurring on the skin – the largest organ in the body – can be found in my course, Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy. In fact, I just counted 13 references to various skin cyst symptoms in the timestamps for that course. It's a wealth of information for skin conditions of all types, from acne to shingles to vitiligo and everything in between.

Ganglion Cysts

For now, to conclude my series on cysts, I will discuss ganglion cysts in my next Memo to Mighty Members. (Those are the cysts on the wrist or the back of the hand. Remember, location matters.)

Unfortunately, you'll miss that information if you're not one of my Mighties. Why don't you join us? What are you waiting for?

Not only do Mighty Members get an extra weekly blog post in the form of my Memo to Mighty Members, but they also receive exclusive educational videos, a private discussion forum (where we all can be more candid than we can be on public social media), and an archive of my Monday Night Lives with a convenient searchable index! Plus, there's so much more. I don't mean to sound like an infomercial, but it's a great deal of value for less than the price of one fancy coffee and muffin each month. I look forward to seeing you there.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. Don’t forget 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.

