Pilar Cysts: 2 Homeopathic Medicines to Politely Address the Lumps and Bumps



If you are an Oranda goldfish, that big lump on your head is natural and normal. You look adorable. You can stop reading now.

However, if you're human and have a lump on your scalp from a pilar cyst, this blog post is for you.

What Exactly Is a Pilar Cyst?

While pilar cysts (also called trichilemmal cysts or wens) are most often found on the scalp, they can grow anywhere on the body where there is hair (legs, arms, face, etc.). Why? Well, pilar cysts originate in and around the follicle of a

hair, resulting from encapsulated old skin cells and keratin from the hair.

They are almost always noncancerous and generally not painful. Unfortunately, though, they can grow fairly large – as big as an orange – which would undoubtedly be physically undesirable.

Homeopathic Medicines to Consider for Pilar Cysts

I have no protocol for pilar cysts. However, in my clinical experience, pilar cysts can be met with a number of different homeopathic medicines, depending on the precise symptoms. Here I'll cover two of the most commonly used:

1. *Graphites* 30C would be a good consideration if the cyst presents with a sticky exudation. Of course, one would want to study in a *materia medica* to determine if *Graphites* is a good fit. This homeopathic is most often used twice daily, until very much better.
2. If there is a slight pricking or burning sensation in the cyst, a better match might be *Hepar sulphuris calcareum* 30C, also employed twice daily, until very much better.

In fact, I have a client currently engaged in this schedule for their pilar cyst. It's too early for me to present before and after photos from the case. Remember, when dealing with a chronic condition, we must always add a "tincture of time."

So, instead, this stock photo will help you recognize what a pilar cyst looks like.



What Are Boils?

Again, pilar cysts are generally not fearsome. However, in rare instances, they can become infected and cause pain, redness and inflammation. With enough manual tinkering, the cyst can even rupture, releasing pus. At this point, one might consider the cyst as more of a boil (a bacterial infection within a hair follicle).

I've written on boils before, so I suggest reading my blog post, Double, Double, Boil and Trouble: Treat Boils and Cystic Abscesses with Homeopathy, as an out-and-out infection is dealt with slightly differently than a simple benign cyst.

These Aren't the Only Homeopathic Medicines to Consider

Next week, we'll take a closer look at sebaceous cysts, which are addressed with yet a different remedy. In my course, Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy, I teach quite a few additional medicines that could also be considered, depending on the type of cyst and the overall picture of the sufferer's condition.

Now, don't let the wealth of choices confuse you or leave

you with the wrong impression that homeopathy is inconsistent. As always, there's more than one way to knit a sweater in this efficacious medical paradigm. In the absence of a proven protocol, we have hundreds and hundreds (literally thousands) of remedies we can draw from to meet specific symptoms head-on.

That's why I find homeopathy so intellectually compelling. It's a heady experience to determine the tightest fitting remedy and observe it in action.

Pass on the good news of Practical Homeopathy®!

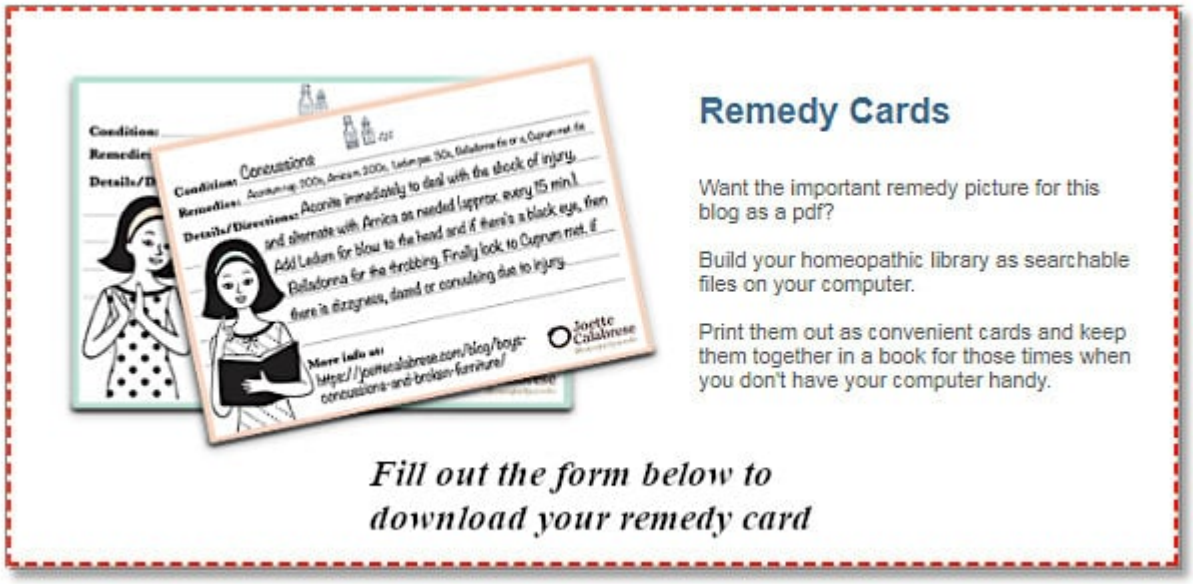
Warmly,



P.S. Remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on protocol course purchases, such as Skin: The Ugly Truth. (If you need assistance getting your course discount, email contact@practicalhomeopathy.com for more information.)

Plus, you'll receive an extra weekly blog post in the form of my Memo to Mighty Members, bi-weekly Mighty Musing videos with more homeopathic instruction, a searchable database of my Monday Night Lives, and so much more.

Join now and grow your homeopathic education in a safe, secure environment with like-minded folks who will become your favorite online support system.



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Podcast 131 – Practical

Professional: A Homeopathic Veterinarian Empowers Her Clients



IN THIS PODCAST, WE COVER:

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The Academy of Practical Homeopathy®

02:23 A Small Animal, Holistic Vet

On a Roll Housecalls

03:33 Veterinary House Calls (and Homeopathy)

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ADDITIONAL RESOURCES:

Joette's Learning Center

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

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

Joette's Mighty Members

The Academy of Practical Homeopathy®

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 131.

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 HOMEOPATHIC VETERINARIAN

Joette: (01:00)

Hi, Janie.

Janie:

Hi Joette.

Joette:

Is that your trailer that you're in? Is it a trailer or an RV?

Janie:

It's a truck. It's a Ford E-450. It's 26-foot long. I have a DOT number.

If you'd have told me 30 years ago, I was going to be a truck-driving, practice-owning, holistic vet, I'd have told you, you were nuts!

Joette:

Yes.

Janie:

You can see the remedies in the background hanging.

Joette:

I see that. So, you have them hanging.

Oh, so much to talk about here, Janie. I've got so much I want you to tell us about. Please pronounce your last name because I don't want to ruin it.

Janie:

Well, I go by Dr. Janie, and it's Wilson. But I'm married to a Schreibeis.

Joette:

Schreibeis.

Janie:

But I’m Dr. Wilson.

Joette:

Okay. That makes it super easy

Janie:

Easy to pronounce. Yeah.

Joette:

Yes. Hi, Dr. Wilson. It is such a pleasure to get to know you better. You’ve been in The Academy for one year, right?

Janie:

Well, when it started this summer, yes. We’re on Week 13, something like that.

Joette:

You’re moving along into it now. You haven’t gone a full year. You’ve gone … yes … you’re into Week 13. It’s very exciting to have you.

So, I wish that I could describe to people – and I’m going to try to do that with your help – what I’m looking at here. But tell us what you do.

A SMALL ANIMAL, HOLISTIC VET

Janie: (02:23)

Well, I mean, I do a lot of things. But, so, I’m a small animal, holistic vet. I graduated from Purdue 30 years ago. They just had their 30-year reunion – I couldn’t go. And I, just a few weeks ago, celebrated 10 years of my practice. It’s called On a Roll Housecalls.

Joette:

“On a Roll.” ROLL because you’re on wheels.

Janie:

I am! I thought that was clever. And I’m on a “role” … doing what I’m supposed to be doing.

So, I have a 26-foot truck that is my vet office. I have … in the background, you can see I got digital X-ray. I have an ultrasound – point-of-care ultrasound. I have it back in the back room.

I can do blood work, like a 12-panel in 12 minutes.

I have two different lasers.

I have homeopathy. You can see in the back there. That’s my favorite … favorite modality to use.

But I’ve done some Chinese herbs, western herbs and nutritional food supplementation. Not synthetic …

Joette:

Different than, yes, than synthetic. Big difference.

VETERINARY HOUSE CALLS (AND HOMEOPATHY)

Janie: (03:33)

Yes. And so, I can do house calls – obviously in the truck. But I’ve gotten so busy with my holistic practice that if I’m driving, I’m not seeing patients. So, a lot of times, I stay parked, and they come to me where I am in my office. That way, I can get a lot more patients seen.

I live in southeast Indiana. They’re coming from Kentucky, Ohio, Indiana, and I even had one come from Tennessee. So …

Joette:

When they come in, Dr. Wilson, do you have a waiting room?

Janie:

No.

Joette:

So, in other words, you're seeing one at a time, and they need to maybe stay in their car and wait a while? Or they can sit there, perhaps, and sit off to the side a little bit. Is that how you work it out?

Janie:

Well, outside the truck … the truck is parked inside a storage unit.

Joette:

Okay.

Janie:

So that way it's protected. And there's kind of an office. I call it the kitchen. There's a little table and chairs, and people can wait there. But the way I schedule it, there's not tons of people coming in.

Joette:

Yes, yes. You know how long it takes to see each patient.

Janie:

Yeah. Which is a lot longer than what I call "fast food medicine." So, you know, a new patient …

Joette:

By the time you palpate, and you do a couple of tests, and you ask the questions, et cetera, then yes. Then it can be a

lot longer. Certainly. Certainly.

Janie:

Yeah. It’s at least an hour visit for a new patient.

Joette:

Yes.

What are your follow-ups like? How often do you follow up and for how long are each of them? Generally.

Janie:

My clients can text me. So, a lot of it’s that way through texting. We’ll check on them; see how they’re doing. We will plan a recheck if needed, if things aren’t going the right direction. It just kind of depends, but …

Joette:

But on an average, that’s about how it works. And how many patients are you seeing in a day?

Janie:

That also will depend on if these are well-checks, puppies or if it’s a chronic. Again, people are finding me because I’m doing my best to get to the root of the problem. And they’re coming to me with seizures or skin problems or thyroid issues or whatever it is. That takes a lot more time.

Joette:

Yes.

Janie:

It could be five or six to 10 in a day.

Joette:

Yes. Yes. And so, when you say small animals, will you take goats?

Janie:

I’m more of a …

Joette:

Cat/dog?

Janie:

Yeah, cat/dog. Cat/dog, yeah.

Joette:

Okay. So how about smaller? How about a bird?

Janie:

I have seen about every kind of species in the past when I worked for other people, and the last bird I saw bit my finger. Right before I had to play. I’m a guitar player, and I had to play at a concert somewhere. And I’m like … I X-rayed my own finger because I was afraid it was broken! So, that was about the last time I saw a bird.

ORGANIZING HOMEOPATHIC MEDICINES

Joette: (6:50)

What a great story.

So, Janie, I have to say, I’m looking at your door that’s open, and you’ve got a hanging … kind of a vinyl, almost like a – not quite shoe holder – but maybe a shoe holder. And you’ve got the remedies in there. So, you must have them in alphabetical order.

Janie:

Want to go see?

Joette:

Let’s go visit. I would love to be able …

Janie:

We’re going to a little, so this is the back room. My technician, Erin, is amazing, and she keeps me organized.

So, they’re in alphabetized. These are like her jewelry or hair ties, things like that.

Joette:

Yes. It’s an excellent method. Yes.

Janie:

So, we’ve got them in order by potency and alphabetical order.

We have one in the bathroom, too. So, that’s more the 30 potencies.

Joette:

Yes. Yes. So, you use a lot of 200s?

Janie:

Yeah, I would say.

Joette:

And you’re using Banerji protocols. And probably before you even came to our Academy, you were using some Banerji Protocols too. Is that right, Janie?

Janie:

I was. I bought the Banerji book because I've listened to you for years – probably seven or eight years. I found you on Facebook, and just … I was like, "Oh my gosh! You're my people!" Your teachings, your philosophies, everything just resonated.

So, I'm building a practice, but I'm trying to soak in everything. All your Lives I could watch. Or I'd look things up on the blog, and then I'd apply it to my practice. And I tried Banerji Protocols before I probably really even knew what I was doing. But it had success.

And so just to be able to be a part of your Academy this year is just a dream come true. And I've learned so, so much, just in …

Joette:

I love it. Janie, I love … it's people like you with great curiosity. And I mean, you don't go to sleep at night, right?

Janie:

There's no time for that.

Joette:

No, I know.

ISN'T IT HARDER TO TREAT AN ANIMAL?

Joette: (08:59)

So, people always ask me this question: Isn't it harder to treat an animal because they don't tell you how they feel?

I have my answer for that, but I'd like your answer because you are the expert in this on a day-to-day basis. Tell the listeners how they can expect to get the right remedy if

they’re not having answers being given to them verbally.

Janie:

Well, it’s the symptoms. And I can ask a good history of the owner. Well, that’s being a vet, period. The dog’s not telling me anything, so I have to go off of history, symptoms, blood tests, things like that. That’s what I have.

Joette:

Observation.

Janie:

Observation.

Joette:

It’s a keen sense of observation.

Yes. And the longer you do it, I’m sure your observational skills become even more keen.

Janie:

Yep.

Joette:

Yeah. Because you may have missed it five years ago, but this time, you’re not going to miss that again.

Janie:

Right!

Joette:

Yeah. It’s fascinating.

Janie:

Well, I've learned what to look for.

Joette:

Yes. When you know what to look for as a vet – even as a conventionally trained vet – and you know what to look for as a trained homeopath, when you mesh those two together, that really is a recipe for better success than one would expect without being able to ask a question that's answered verbally.

Janie:

Yeah. I feel like having this additional knowledge just gives me such a leg up on everything for treating my patients. And I'm just so thankful to have this medicine. I believe it is God's medicine, and I've used it in my family so much, especially here lately.

And as a vet, I want to empower my clients. I don't want them to need me all the time for this drug or that drug, or an antibiotic, or this or that. I want to teach and empower them.

So, when I get a new young mom with a puppy that comes in, I tell her about you. And I make her write it down in her phone or whatever, because we use homeopathy right away with certain things.

And so, if they haven't heard of it – which a lot of my people *have* because again, we're kind of run in the same circles, so they seek me out because I do these things – but I recommend they get a homeopathic kit to just have on hand.

And some of my new puppies, my clients can just text me. And then it has saved emergency room visits because I'm like, "Get your kit out. This is what you need."

They're panicking in the moment. So …

Joette:

Yes.

SUCCESS STORY: BEE STING

Janie: (11:49)

Like a bee sting. I had a little puppy got stung by a bee. She's panicking. I'm like, "Now you've got your kit. Get your kit out." And we did *Apis*, and she's like, "Within five minutes, it was like it never even happened."

Joette:

Yeah. There's no other medicine quite like that.

Janie:

Exactly. And knowing that I'm maybe stirring the curiosity of these moms to not just for their dogs, but for their families. That's what I'm excited about.

Joette:

Yeah, you want them to have the power over their lives that they thought they didn't have.

Janie:

Yeah.

Joette:

I wish people could see what I see right now in your background. It looks like an ER.

Janie:

Yeah.

Joette:

I mean, it’s perfection. It looks like a medical room. Not only does it look fresh and clean and shiny and organized, but it looks like you’ve got every piece of equipment, any vet or doc would ever want.

Janie:

I do. And more. I do laser therapy, and we can do dental cleanings in here as well.

Joette

Really?

Janie:

Yeah.

IT ALL STARTS WITH THE FOOD!

Joette: (13:01)

So, what are the most common – I’m sure you were figuring I would ask you this question – what are the most common conditions that you treat? I mean, generally speaking, top five or 10. (Maybe let’s go with five.)

Janie:

Skin, gut. Same as people.

Joette:

Yeah, just the same as people.

Janie:

They’re eating the same junk food that we are. So, they’re getting the same diseases, the same gut issues, the same leak – whether it’s leaky gut, whatever …

Joette:

Irritable bowel.

Janie:

All the same stuff. We're seeing the same cancers. We're seeing diabetes. They get heart …

Joette:

Anxiety.

Janie:

Oh, anxiety's huge. Huge!

Joette:

Yes, yes, yes, yes. Well, it's generational. When you think about the generations of dogs before – especially if they're bred – how many generations they've had before them that have been injected and treated, injected … foods, et cetera, et cetera. Canned food. Yes.

Janie:

Yeah, exactly.

Joette:

So, what do you recommend as a general diet? I'm sure that you adjust it somewhat accordingly, but …

Janie:

Well, I feed raw.

Joette:

You're talking my language, Janie. Yes.

Janie:

Okay. I have one dog. He's a little Chiweenie; his name is

Rudy. He was our child replacement when our daughter went off to college. We needed, needed a new dog.

So, he's 10 pounds; so he's not very big. So, I know, especially these days, affording these kinds of foods are harder because just even our food at the grocery store is difficult. But he gets raw that comes already balanced and everything.

Joette:

So, it's got some organs in it.

Janie:

Yeah, organ meat.

Joette:

It comes frozen.

Janie:

Yes. Organ meat is huge. It's so important.

Joette:

For animals … dogs. Yep.

Janie:

Yes. My heart patients: I recommend they feed hearts.

Joette:

So, you must be a Weston A. Pricer.

Janie:

I have become that way. Yes. And my daughter, daughter-in-law, son and new grandbaby are that way as well. And I've got them using homeopathy for the baby.

Joette:

Doesn’t it make your life easier that it’s just … everyone gets it?

Janie:

Yeah.

Joette:

Everyone gets it. Yes. Yes.

So, do you have a local pet store that carries this raw meat that’s mixed for animals?

Janie:

No, it’s all online. They ship it on dry ice, that kind of thing.

Joette:

Yep. Yep, it’s an excellent idea. And then you stock up; keep it in the freezer; defrost it the morning of; then, that night they get it probably. Right? Or defrost it the night before, and there it is.

Janie:

Yep. He looooves it.

Joette:

He loves it! Well, that’s fabulous because I had a dog – and you’ve probably heard me talk about Buster – who was raised … it was a home birth. I mean, we had his mother with us.

Janie:

Oh, my.

Joette:

He was born. That litter was at home. So, he was not tinkered with. And they were raised on raw milk, raw eggs from our own chickens. The milk was from down the road. I gave them raw meat and organ meats.

And then a switch flipped in him. He did not want that when he got much older. It was very hard for him. He would not eat it. And so, I would still mix in the raw egg yolks. I would still mix in some raw milk. I would put in a little bit of meat with the organ meat and flesh. But he was really fussy, and he would only eat this – I've forgotten what kind of kibble it was.

It *killed* me to give him kibble. I did *not* want to do that. But he wasn't eating, so I just ended up doing it.

My guess is you have a better solution than what I came up with

Janie:

Gently cooked. Sometimes when they're older, they just can't handle the raw.

Joette:

Well, that is what I did. I would gently cook it. You're absolutely right. I would put it in a little bone stock and just – yes – and simmer it a little bit

Janie:

In Chinese medicine – and I'm no … by no means a specialist in Traditional Chinese Medicine – but "old and cold." That's what happens. They get old and cold, and so …

Joette:

They need warmth. They need the warmth.

Janie:

They need the warm food. So, a lot of my senior dogs, I recommended more gently cooked.

Joette:

Okay. Well, then I don't feel too bad about it. I put very little of that kibble in, and we thought it was pretty decent. But it was still kibble. Really did not want to put that in there. But it encouraged him to eat the rest so that it didn't … and I did gently cook it. I'd forgotten that that's exactly what I had done.

So, well, I feel a little bit better about that. He did live to 18 and a half for …

Janie:

That's amazing.

Joette:

Yeah. Poodle and Bichon. So yeah, it is good. It's good. Yes.

So, this has been fascinating, Janie. I don't want to take too much more of your time. I wanted people just to get a feel for how you work. Can people contact you and work with you online through Zoom or other medium?

Janie:

So, I will say I'm pretty busy already just with my local practice. And currently, even if I were – and I was doing telemedicine consults even before COVID (I think post-COVID, that became more of a thing) – but it's harder for me to schedule because I'm already booked out several weeks in advance. But it's something I'm considering. But timing is hard. I am busy.

So, I guess if you're in this area and are willing to drive to Southeast Indiana where I'm at, I'm happy to …

Joette:

Well, I hope you inspire other vets by them listening to this story and that other vets can be inspired so that we can get more and more vets on this path. This is important work.

SUCCESS STORY: ORAL TUMORS

Janie: (18:48)

Yeah, and I had sent you the before and after pictures of those two patients of mine that had oral tumors.

Joette:

Yes, thank you. Again. Yes.

Janie:

Oral tumors. That was the Banerji Protocol for oral tumor that I used.

Joette:

Yes, ma'am.

Janie:

And again, I know homeopathy works. I know it does. I know it's amazing. But when it does, I'm like giddy. "Oh my gosh!"

Joette:

I know. I know. I know when it's something that dramatic.

I'll tell you, Janie, after all these years – I've been doing this for 36 years – and I have to say that when I see

a case such as that shift, it still gets me excited and happy. I should just take it in my stride. But you *can't*because when you see someone turn from such a paltry state to robust health, it's a heady experience.

Janie:

It was a 12-year-old black lab who … he basically just wanted palliative care. And I had, I guess, just learned and got from the OHM pharmacy, the remedy for the oral tumor. And I had it in a liquid on the truck.

I asked him, I said, you know … He was willing to try it. And in like six weeks, it totally shrank. And I had to find out from his wife at the bank! He didn't tell me! But she's like …

Joette:

Sometimes people, they believe in it, and *we* don't. [laughter]

Janie:

We bought that dog better quality time. And even just looking at the dog, you can see the before and the after, just a return to better health and not in pain – as much pain – and quality of life.





And then in the second one, it was another dog. Completely shrank in six weeks. This oral tumor that was deforming the nose and the eye … it was starting to affect the eye, and it completely shrank. And that was on Maggie.





The first one was Fancy, was her name. But Maggie lived

another year and a half ‘til almost 15.

HOMEOPATHY PROVIDES BETTER QUALITY OF LIFE

Joette: (20:55)

And that’s what we’re looking for is quality of life. Do we want them to live eternally? Not on this earth. We want everybody to go at their right time, but we don’t want them to suffer on the way there.

Yeah. It’s quality of life. Yes.

Janie:

They can live with it.

And we didn’t need the diagnosis. We didn’t need the biopsy. We didn’t need this and that, and spend thousands and thousands of dollars on the tests.

I mean, that can be done. We can refer you if you want to do that. But it acted, and it was just incredible. So …

Joette:

Then suddenly those kinds of things begin to look – not in every case. Certainly, there are times when we do need tests – but sometimes we can start looking at it as these tests being superfluous.

How much do we really need this test? Let’s give this a go. See how this protocol acts.

If we don’t see a shift and we need to still need to know more, okay, now we can potentially look at another possibility.

But to be able to have a first-line protocol and be able to move right ahead into it right away is really very freeing.

FREEDOM OF CHOICE FOR CLIENTS

Janie: (22:03)

I always give clients their options. I can always refer to a specialist, or we can do these things.

And I always give informed consent about things because that seems to be lacking somewhat these days.

And then a lot of them don't or can't spend the money on things like that. And they're willing to give it a try. And now they're just, they're believers.

Joette:

They're hooked.

Janie:

Yep.

Joette:

They're hooked. And they'll soon have a bag contained in their closet, a hanging on the door with all of their remedies, all organized.

Well, Janie, it's been a privilege, really. I've so enjoyed this and thank you for agreeing to this.

And I'm hoping that it inspires not only other vets, but just people in general to see that someone professional, such as you, is counting on this to such a degree. So, thank you again for meeting with me today.

Janie:

Well, thank you, Joette. It's my pleasure to meet you.

Like I said, I've just admired you for so long, and just to be a part of your Academy is amazing. I'm learning so much.

Joette:

I love it. I love it. Take care of yourself and all of your dogs and cats and small animals, and I'll see you in class.

Janie:

Okay, thank you.

Joette:

Alright, bye now.

Janie:

Bye-Bye.

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®.

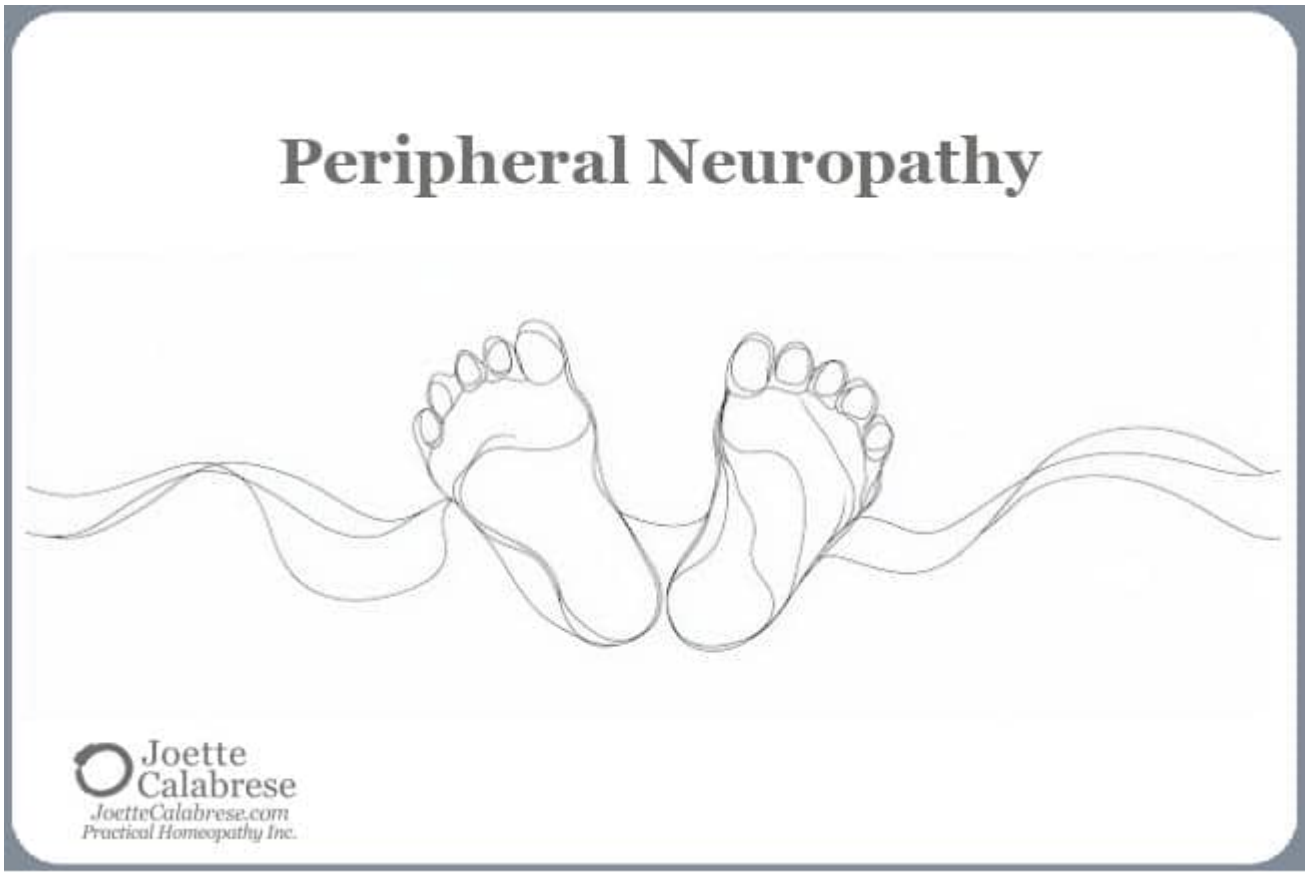
Kate:

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apps.

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

Peripheral Neuropathy: 2 Homeopathic Medicines for The Agony of ‘Da Feet’



From the moment we get out of bed in the morning, we are on our feet. Poor things. They’re stuck receiving very little attention from the rest of our bodies while mercilessly residing at the business end of the punishment from our daily movements.

Enter peripheral neuropathy: the equivalent of our feet screaming in protest.

Neuropathy of the feet can cause pain, tingling, numbness, loss of motor skills and imbalance.

One of my Mighty Members recently wrote to my team inquiring about this condition. (That's just one benefit of being a member, my friends. My Mighties have a direct line of communication with my team for sharing success stories and personal anecdotes or requesting more education on specific conditions or homeopathic medicines.)

Regarding peripheral neuropathy, I must warn: There is such a broad range of differing ways the condition presents that I really can't educate on any sufferer's specific set of symptoms without taking the full case. However, I'm happy to begin your education on the condition with some general knowledge I've derived through my clinical experience.

Cocculus for Peripheral Neuropathy in the Soles of the Feet

For instance, if the symptoms are more felt in the soles of the feet, historically, the use of *Cocculus indicus* 6C – twice daily, until very much better – has resulted in improvement.

Now, keep in mind this is not a protocol. So, by all means, this is not hard and fast information. However, upon repertorizing the symptom, this is one of the most prominent homeopathic medicines that would make the most sense for the greatest number of people.

Plus, clinical experience is often gold!

Graphites for Peripheral Neuropathy in the Toes (or for Numbness when Walking)

Another common symptom of foot neuropathy is tingling or

pain in the toes. For that presentation of neuropathy, I would most likely consider a different homeopathic medicine. This time, my repertorizing would lead me to *Graphites* 6C – twice daily, until very much better. Again, this is not a protocol, but it would be at the top of my list to consider.

Another common symptom of peripheral neuropathy – and a specific rubric found in the repertory – is numbness of the feet when walking. Once again, *Graphites* 6C, employed twice daily, until very much better, is a strong consideration.

By matching specific symptoms to the appropriate homeopathic medicine, I've observed enough foot pain melt away, allowing the sufferer's feet to transform from angry to content!



Repertorizing a Condition When There Is No Protocol

However, if you are not well-versed in utilizing a repertory, I refer you to my previous blog post, You Can't Judge a Book by Its Cover. That post is by no means all the information you would need to become proficient in harnessing the wealth of information in a homeopathic repertory, but it's a start.

To thoroughly educate my students on how to wield the repertory expertly, we spend a great deal of time learning and practicing. If homeopathy is your passion, join us. Your newfound homeopathic competence and confidence will benefit you, your family, your community, and even future generations.

Meanwhile, continue to enjoy my free blog, where I will educate you on a new topic each week to whet your appetite for this intellectually delicious topic – Practical Homeopathy®.

My Mighty Members can look forward to continuing the topic of foot pain in my next weekly Memo to Mighty Members. This coming Thursday, I'll tackle yet another suggestion from one of my Mighties: Morton's Neuroma, a tumorous growth of nerve tissue in the foot.

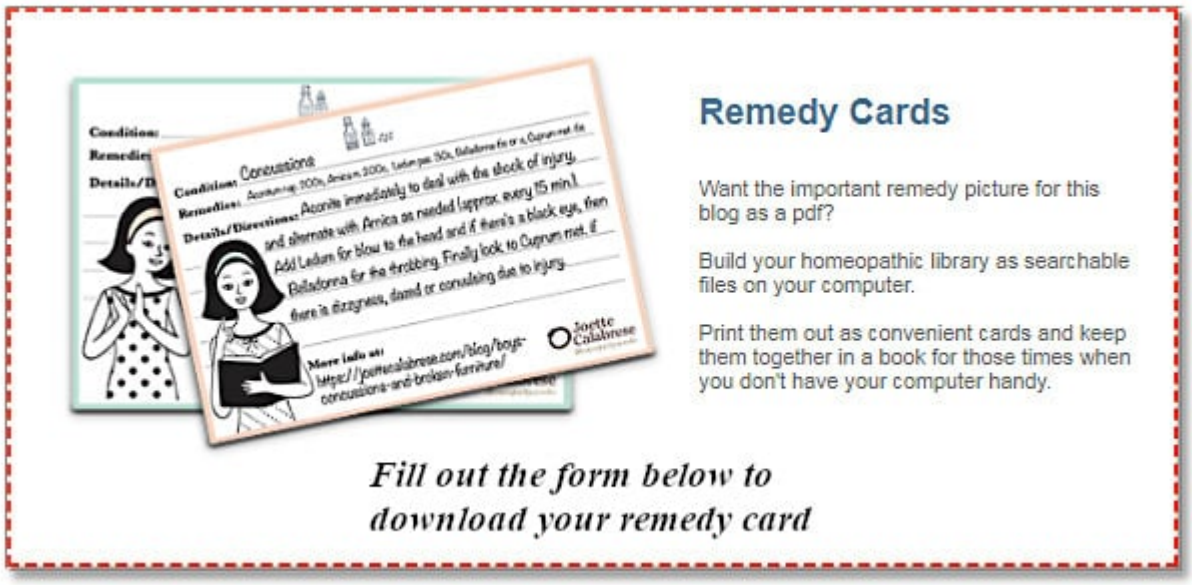
Pass on the good news of Practical Homeopathy®!

Warmly,

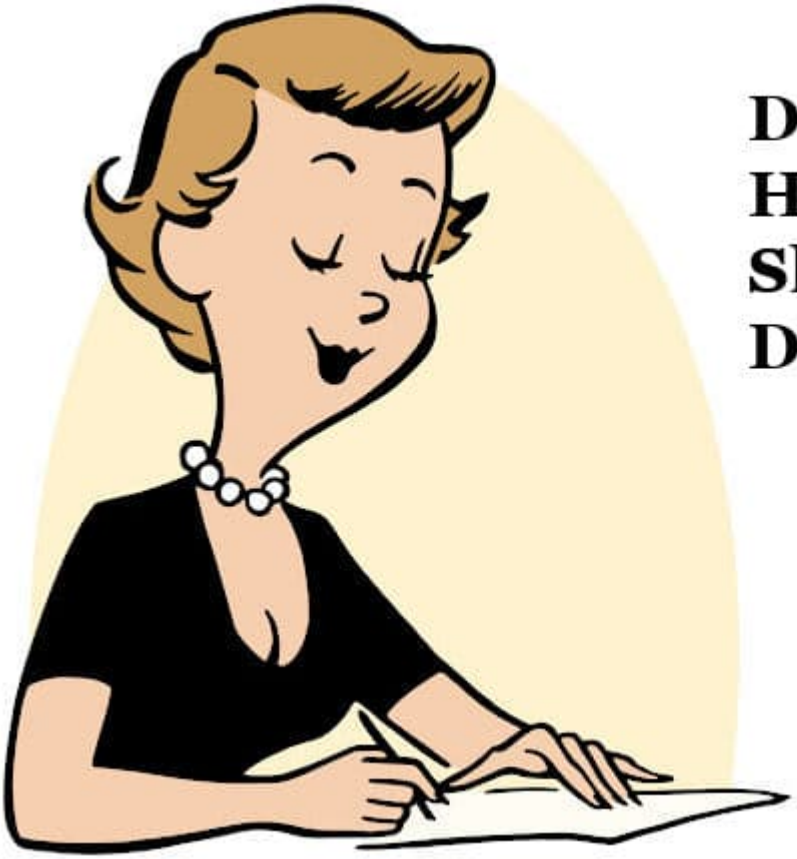


P.S. If you're new to homeopathy, why not enter this gentle, efficacious healing paradigm through the gateway … the Gateway to Practical Homeopathy®: A Guided Study Group Curriculum. This self-contained study group curriculum allows you to learn with others (whether online or in person) in the same way I initially learned homeopathy. Learning together will skyrocket your education much higher than learning alone.

Plus, ask any of my former Gatewayers; you'll make lifelong friends who will support you in your homeopathic endeavors for decades to come. Take control of your family's health with a study group curriculum that costs less than a nice dinner out. What better investment can you make than that of your family's health-care autonomy?



Does Homeopathy Show Up on Drug Tests?



Does Homeopathy Show Up on Drug Tests?

Joette Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

Remember when early radio and television shows closed by saying, “Keep those cards and letters rolling in?”

Well, believe me. Cards, letters, emails and phone calls roll into my office every day. In fact, my team receives scores of correspondence from readers and students alike – most of them containing questions.

Now, many questions are too specific to an individual’s unique experience for me to answer without taking the entire case.

Additional questions, unfortunately, involve relatively obscure topics that wouldn’t interest a broad section of my readers. It’s not that they’re not good questions. It’s just that I endeavor to serve as many folks as possible with each post.

Often, requests for information are just too detailed to get into a short format, such as my blog or my Memos to Mighty

Members. But I do carefully consider each question and request for information that comes my way.

Does Homeopathy Show Up on Drug Tests?

Recently, one of you wrote in asking whether anything in homeopathic remedies could potentially show up on a workplace random drug test.

I can tell you right now that I know people who use homeopathy and have drug tests for their employment on a regular basis, and nothing improper has ever shown up on the tests.

I even had a client some time ago who was utilizing homeopathic *Cannabis sativa* 30C for inability to concentrate and passed his employer's drug test with no concern!



Now, I'm not going to say homeopathy absolutely won't ever show up on a drug test *someday*. An extraordinarily sensitive test to identify nanoparticles of a gross substance may be invented making this answer outdated.

But as of right now, I don't care if a person is taking one of our more commonly utilized medicines, like *Arnica* 200C or homeopathic *Nux vomica* 200C. It doesn't matter.

Our medicines are so diluted that very little of the original gross substance remains in each homeopathically prepared remedy.

In fact, that's one of the points that naysayers make *against* homeopathy. They say there's nothing in it.

That's, of course, not true. It's just that *they* can't readily identify the molecules – at least not with the usual ways of testing – because each medicine is so highly diluted.

The whole point of homeopathy is that the substance is no longer in its gross form. For instance, when we employ homeopathic *Belladonna*, we are not utilizing it in its natural state—deadly nightshade. My goodness, no.

Instead, homeopathic *Belladonna* has been highly diluted by the manufacturing pharmacies to precise specifications (see Answering Questions: X or C). There's nothing in our homeopathic medicine that would resemble a relationship to the toxic downside of the gross substance from which they are derived.

Homeopathic medicines are *that* dilute.

Homeopathy may be used with confidence. Our medicines are on such a higher plane – a completely different level. With homeopathic medicines, there are no side effects. They're not narcotic. They're not synthetic pharmaceuticals. They're not addictive.

Although, I may have to amend that last statement. Indeed, homeopathy *can* be addictive. Because it's a heady experience to help someone, many of my students can't stop amassing knowledge and collecting remedies. So, I suppose the successful use of a polite, natural, gentle, efficacious medicine can be very addictive.

But good news: The ardent desire to keep healing one's family autonomously won't appear on a drug test either.

My friends, pass on the good news of Practical Homeopathy®!

Warmly,



P.S. My friends, if you are new to homeopathy – even if you've used homeopathy before with mixed success – the Gateway to Homeopathy: A Guided Study Group Curriculum was developed to provide a much-needed foundation as you develop your knowledge and hone your skills.

I promise this endeavor will not fatigue you. This kind of thinking – the thinking behind my Practical Homeopathy® – won't mire you in complex, over-intellectualized methods or esoteric thinking.

Instead, its simple and clean approach will likely amaze and *energize* you. It will empower you beyond your wildest imagination. It will invigorate you and nourish you for the rest of your life. It will galvanize you into knowing something you've suspected all along – that you can treat your family *yourself*.

I urge you to step through the Gateway and begin a journey to healthcare autonomy that no other paradigm can provide. All it takes is one click.

Podcast 130 – Courageous Couples: Now I Feel Ready as a Mom … of 10!



IN THIS PODCAST, WE COVER:

01:00 Introduction: Now I Feel Ready as a Mom

04:21 Finding Friends and Learning Practical Homeopathy® Through the Gateway

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

05:32 The Academy of Practical Homeopathy®

06:45 Meet the Other Half of Our Courageous Couple

07:10 The Biggest Benefit of Homeopathy in His Mind Is …

09:54 Success Story: Dog and Cat Allergies

10:50 Success Story: Food Allergies

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

11:32 Success Story: Cataract, Acne and Brain Fog

Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy

Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions

13:47 Success Story: DVTs, Blood Clots, Varicose Veins

14:58 Success Story: Wasp Stings

The Survivalist Guide to Homeopathy

16:41 Success Story: Fear of Loud Sounds

18:33 Success Story: PTSD

20:28 Success Story: Colds and Flu

22:05 Closing Advice

Free Blogs

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Joette's Mighty Members

Joette's Learning Center

The Academy of Practical Homeopathy®

ADDITIONAL RESOURCES:

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

[Joette Calabrese on YouTube]

Kate:

This is the Practical Homeopathy® Podcast, episode number 130.

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: (01:00)

Hi, I am Kate, and I want to welcome you to the podcast. We're so glad that you're here. I want to thank you also for taking the time to learn about homeopathy. It's such an important medicine. It's going to have a huge impact on your life. So, if you're new here, we want to welcome you.

On today's podcast, I have a lovely, precious woman. Her name is Franicia, and I know that you're going to love her. It's just amazing stories that she has to share with us today. So, I want to dive right in because there's a lot to cover. So, I want to welcome Franicia to the podcast.

Hi Franicia!

Franicia:

Hi Kate.

Kate:

It’s so great to be here with you. I would love for the listeners to get to know you. So why don’t you tell us a little bit about yourself?

Franicia:

Thank you. Well, I am a mom of 10 beautiful children and my husband Tim. I look forward to joining us briefly later on. And we live in Florida. We used to be a military family, retired now, and I’m originally from the tropical island of Saipan, the U.S. territory.

Kate:

Wow, that’s so interesting. Where is Saipan? You have to tell us.

Franicia:

Saipan is a 30-minute flight from the island of Guam in the Pacific.

Kate:

Oh, okay. And you lived there until you were how old?

Franicia:

I lived there until I was 17, and then I went to the Naval Academy Preparatory School, and then the Naval Academy in Annapolis, Maryland where I met my husband.

Kate:

That’s very interesting. And for those of you listening, you can’t see Franicia, but she’s this very petite woman, and she’s also very strong. So, were telling us the other night when we were studying together that you have some degrees in … was it you’re a black belt?

Franicia:

Yes, I’m a black belt in karate (aikijutsu).

Kate:

Wow. So anyway, it’s just so ironic because you’re so petite and tiny and cute. So, watch out for Franicia.

Thank you for sharing that. And I’d like to also hear a little bit about your story and, how you were introduced to homeopathy and your journey.

Franicia:

Well, as most of us were introduced to homeopathy through health issues, I had been studying herbalism, and I had significant health issues. And I tried Arnica – like most of us have – about a decade ago. Didn’t know what I was doing.

Then somebody gave me a Hyland’s kit, tried to help me with mastitis. Again, I didn’t know what I was doing. And then a church friend heard about Joette and wanted to start a study group. I wasn’t able to join. It wasn’t on Zoom, though I had asked at the time – that was around 2019.

And then, about a year or so later, a friend really wanted to help us with some significant health issues, and she thought the best way that we could learn how to use the remedies – because we didn’t understand – was by studying Gateway.

So, she became my first Gateway leader. And I only had a bandwidth of about an hour cumulatively in a day for my

brain to understand anything, let alone homeopathy.

FINDING FRIENDS AND LEARNING PRACTICAL HOMEOPATHY® THROUGH THE GATEWAY

Kate: (04:21)

Again, those of you who don't know Franicia, she had some serious health issues and really struggled for quite a while. And so, learning this was a huge undertaking for her.

And so, what she's referring to when she said "Gateway" is the Joette's Gateway to Practical Homeopathy® study guide, and that's usually done with a group of people. It's pretty neat because you study with a group of people – though you can do it on your own – but these people usually end up staying together and become a wonderful resource going forward in your life. Some of my best friends are people that I met through this study, and I'm sure that's the same for you.

Franicia:

Yeah, very much. That was so wonderful because it is a very dear friend, who you know. Noreen was my first Gateway study group leader. And then I wanted to learn more, and I looked online and found you, Kate … you and Michelle …

Kate:

Yes!

Franicia:

… and been hooked ever since. I took the Gateway courses many times from the two of you and then took all the protocol courses and then now – so thankful to the Lord for the opportunity to be part of The Academy of Practical Homeopathy®.

THE ACADEMY OF PRACTICAL HOMEOPATHY®

Kate: (05:32)

So, The Academy is the yearlong school, which provides students with a whole, complete foundational education in homeopathy from the unique perspective, actually, of Practical Homeopathy®.

So, you've been starting that, and it's been a couple of months. And I would actually love to know what you're finding the most interesting or something surprising from The Academy.

Franicia:

Oh, wow. Interesting or surprising? I love the way that Joette answers all our questions in APH in a very intimate setting. I had heard about it, but just to actually see how it's being handled … I think it's really awesome. It's just learning from somebody who's a master at Practical Homeopathy®. It's so wonderful. You hear about how great it is, but you don't realize until you're actually a part of The Academy. It's more than just studying the protocol courses. It's so much more.

Kate:

Awesome. Well, thank you for that.

I know you have a lot of stories to share, but before we dive into those stories, I wondered if Tim could join us for just a minute, and I would love to pick his brain on a few things.

MEET THE OTHER HALF OF OUR COURAGEOUS COUPLE

Franicia: (**06:45**)

Yeah, sounds great.

Tim:

Hi, Kate.

Kate:

Hi. Thank you for being here.

I wanted to speak to you and have you speak to those men who are listening to this. Because we don't often hear from men, and we are seeing more and more men studying homeopathy now, which is really great. I wanted to ask you a few questions and get your perspective, if that's okay?

Tim:

Yeah, absolutely.

THE BIGGEST BENEFIT OF HOMEOPATHY IN HIS MIND IS …

Kate: (07:10)

So, I wanted to start by asking you what is the biggest benefit that you've seen from you and Franicia learning homeopathy together?,

Tim:

Well, one of them is the ability to get away from some of the pharmaceuticals that can be toxic and also expensive. We've been able to treat a lot of ailments with homeopathic remedies, even for me personally. And I've been able to get off of a medication that was affecting me in some pretty significant ways.

And then for Franicia, she's had some pretty significant health challenges, and I feel like I've gotten my wife back in the past three years largely because of the effects of homeopathy. So, very thankful for that.

Kate:

Yeah. What made you decide to learn homeopathy?

Tim:

I think seeing those benefits and wanting to be able to support Franicia, and also understand how to use homeopathy for myself, and how we're using it … how Franicia was recommending that use for me. And also to be able to help my children and to be able to help Franicia if she's feeling poorly.

There've been some times where I've been able to repertorize things for her and help her. And I see my responsibility as husband and father to provide for my family and to protect them as a provider and protector. And a lot of times that seems like I need to do that financially. I want to do that spiritually. I want to do that medically as well. And so, wherever I'm able to, I try to learn more and be that provider and protector as much as in my power.

And so, I really encourage men if they have that opportunity to learn to just at least get that baseline, that Gateway I and II can provide. But also, if they don't have that bandwidth to do what they can to support their wives if their wives are interested in learning. Because homeopathy, it can be very empowering for kind of independence and kind of confidence and peace of mind for the family.

Kate:

Well said. Thank you so much. I know you have to get back to what you were doing, so I'll let you go, and I want to pick Franicia's brain some more about some of the success stories that you guys have seen, so thank you.

Tim:

Okay, sounds good. Thank you.

Kate:

Okay, Franicia, you have a lot to share. You have given me a list of all the ways that homeopathy has helped you and your family and those you know, and it was a long list! And you said that's just a small portion of the list that you have, so I can't wait to dive in.

So, go ahead. Start. Tell us how homeopathy has helped you and your family.

SUCCESS STORY: DOG AND CAT ALLERGIES

Franicia: (09:54)

One of the great ways that homeopathy has helped our family is that one of my daughters is allergic to or *was* allergic to a number of things, and specifically dogs and cats. And she was using a remedy at one point. It was helping her dog allergy, among other things.

And then I studied the Allergic?! course and heard about the cat allergy protocol. And within two doses … she took it, and her cat allergy was gone.

This was really significant because we were exposed to cats, where you can get adjusted by a chiropractor at either her office or her home, where she has her cat or cats. And I used to have to change my clothes when I came home, and she used to have to take a shower every single time because she was getting allergic reactions with her eyes, with her lungs, and now we no longer have to do any of that.

So that's just been very helpful for her with that specifically.

SUCCESS STORY: FOOD ALLERGIES

Franicia: (10:50)

Another way in which she has gotten benefit from the remedies with her allergies is that she used to have certain

food allergies. A bunch of us actually have. We've a number of our family members used to be very allergic to wheat or specifically gluten, and some had dairy intolerance.

And now my daughter can eat dairy when she was very allergic before. She's able to have gluten. A number of us are able to have gluten without having a significant muscular issues or a reaction with their tongue, certain gut issues. Some of us have to still calm it down and not take it too much, just like Joette has mentioned.

SUCCESS STORY: CATARACT, ACNE AND BRAIN FOG

Franicia: (11:32)

And while my daughter, who had removed a bunch of her allergies through the use of some of these remedies, we started noticing in the very beginning that she has a congenital cataract. And her vision went from 5% to 80% vision. And she was seeing black and white in that eye, and then she was able to see in color. So, now she's using glasses to kind of help her with her eye, but she never got to use that eye before.

Kate:

Wow, that is incredible. I didn't know that. How did you find what remedies to use for that?

Franicia:

So, it all started out with Gateway. We took the Gateway course. And actually, she was trying to find an acne remedy, and she found a bunch of remedies that matched her. And so somewhere in Gateway, and eventually we learned that some of the remedies she wanted to use were in Allergic?! and Skin as well. And she was able to take the teenage acne protocol, which was awesome for her skin.

And that very evening after her taking the teenage acne protocol, the redness in her skin went down, and then the burning sensation went down, and then eventually, her face started to clear. And so, she's been on and off that protocol for the last two or more years – maybe two and a half or three years. And so, it's just been so phenomenal.

Kate:

And your daughter and some of your other children have started learning homeopathy as well, which is so exciting. I know, oftentimes, you'll tell me that one of your daughters looks up what you need or one of the kids needs, and she finds it, and that's very exciting.

Franicia:

Yeah, very much. That's very exciting as a mom because they not only learn how to use the remedies where they can help out and be able to help me out with a bunch of things.

My other daughter was able to use a different remedy for her acne, too, and that helped her with her studying because it fit. It's in the Mindful course of the college student remedy or when you have exhaustion, the intellectual fatigue. And so that was able to help her with the brain fog, the fatigue, and also a bit with the acne. It took a bit longer with her, but the brain fog was helped first, more so than the acne.

SUCCESS STORY: DVTs, BLOOD CLOTS, VARICOSE VEINS

Kate: (13:47)

I would like to hear next about the person who you helped with DVTs, blood clots, varicose veins, et cetera. Can you tell us about that?

Franicia:

Yeah, so there was a person who I helped who had had multiple DVTs in their calf and ankle, so blood clot issues and also had varicose veins. I mentioned the fact that there was also varicose veins because the protocol for that is the same thing. And it was just so amazing because this person had been hospitalized many times due to their DVTs.

They were getting side effects from the medication. They were getting fatigue and weakness, digestive issues, and they were able to be able to wean off of and get off their medication and doing really well and no blood clots. And it doesn't even appear as if the person has varicose veins in their legs anymore. It was very prominent when you would see it before.

Kate:

And from what you said, this person was really struggling. I mean, this was very serious. And so to have this of a recovery from this is amazing.

Franicia:

Yeah, very much. Life-changing.

SUCCESS STORY: WASP STINGS

Franicia: (14:58)

Another thing I love about homeopathy is that now I feel ready as a mom. And my son, or one of my boys, came to me and said he got stung by a wasp. This time, a lot more. He said they were actually biting him, and then stinging him. And there were about five of them.

And he was in so much pain. I think his pain scale was between an 8 or a 9. And his eye started to swell a little bit. But there was so much pain. And I was able to find a good frequency from the Allergic?! course.

I even opened up my Survivalist binder. And you can find different remedies, which was awesome.

It was so amazing to see how his pain around his eye reduced down to zero in less than an hour, just giving him *Apis* according to the frequency that's mentioned in the course. And then the pain was gone.

He felt fine, but as he slept in the night … the next day, he woke up, and he looked like Rocky. It looked like someone punched him in both eyes, and his eyes were swollen shut. And so those pictures, as you see, as I wanted to know, "Oh my, how should I give him these remedies?"

Sticking to the protocol with the frequency, and it was helping, even if there wasn't pain, there was swelling. And to see that swelling just reduce so much before lunch and then, especially, by the evening times, it's amazing.

Kate:

Those wasp stings are super painful, super painful and scary. So yeah, I don't know what I would do without homeopathy. I just got attacked recently by a swarm of wasps, and it was not fun.

Okay. What else would you like to share with us?

SUCCESS STORY: FEAR OF LOUD SOUNDS

Franicia: (16:41)

Let's see. I have a young boy – one of my little boys – who was very affected by loud sounds, thunder, lightning. Joette writes about in her blog how you could use the *Phosphorus* remedy and with fireworks. And I had that remedy ready, but I didn't get to use it quite yet. I had it.

And he covered his ears one birthday of his. We were singing Happy Birthday. And having 10 children, I've never seen this

before – where a kid will cover their ears as you sing Happy Birthday. It's a very happy moment.

And when he would see the Blue Angels fly above with the jets; he was so scared with fireworks. He wanted to stay inside. Everybody else was fine with it.

Well, this past July 4th, we were over at a friend's house, and they had a big gathering. And he was in the pool, and he was sticking his fingers in his ears. I didn't know that one of the neighbors was going to have a fancy display, and it was so loud. It was beautiful. But he was just trying to play around. But he was bothered by the fireworks, so he was covering his ears. And I decided to give him *Ignatia*.

And it was amazing because in less than a minute, he started taking out his fingers from his ears. He was splashing around and playing. And then he said something I never thought I'd ever hear him say because he was only a few years old at the time. And he said, "Mommy, I want to go to the fireworks."

So, he got out the pool, and he ran out. And I have a picture where he's staring, and he's loving it, and he's watching the fireworks go off. And later that evening, the fireworks went off again. There was a new set, and he was telling me how much he loved the fireworks. And he didn't need another remedy. He was like, "I love it now."

Kate:

Oh, wow. I love hearing these stories.

Do you have anything else? I think … oh, speaking of someone that's afraid (but it's a shock more so), do you want to tell us about the PTSD?

SUCCESS STORY: PTSD

Franicia: (18:33)

Yes. That was just so phenomenal for me.

So, my husband was almost killed by a terrorist during a terrorist attack in Chattanooga, July 16th, 2015, in Chattanooga, Tennessee. And though it had been many years since a terrorist was outside of his building and tried to kill him and, unfortunately, killed a number of men there, that greatly affected our whole family.

And I was very much frightened by the event, and I was very concerned about safety and security. We were living in Texas at the time that I learned Gateway. And we were living near cartels, and I just had fear about safety and security. So, we were going to a new church, and I saw that they were near the border, and it wasn't in the best area. This was El Paso. And I started getting very nervous.

And after learning Gateway, Joette teaches to carry *Aconite* 200 because you never know when you're going to need it, if you feel that fright or shock even after so many years. And I'm so glad I had that, too, because I was getting almost like a panic attack. I was very concerned, and I was wondering if we were going to have lots of guards at this new church because I didn't know. I was just coming up all these thoughts.

I was very concerned, but I took a dose. And I had this great calm I had never experienced in all those years. And then it started to come back to a little bit. I took a second time, and I was fine for that Bible study.

I was fine after that. And I was never concerned when we went to church. And I could care less if there weren't any guards at every door like I was hoping – which doesn't happen at churches – but that really gave me my life back after all those years of having that kind of PTSD.

Kate:

That is life-changing, isn't it? I know that you have so many more stories, but maybe let's just end with, let's talk about how you and your family respond to colds and flu.

SUCCESS STORY: COLDS AND FLU

Franicia: (20:28)

I spoke to my children, and I said, "What's one of the greatest things that you're so thankful for from homeopathy?"

And they mentioned their own key stories. But almost all of them said the same thing that I felt – and my husband, too – is how we can manage colds and flus. Because sometimes you have body aches or you don't feel well. You have headaches; however you might feel.

It's so awesome because we have it in Gateway. In Joette's blog, she teaches about that awesome combo from the Banerjis, *Aconite* and *Bryonia*. And then, of course, Boiron has come up with their *Oscillococcinum*.

Those are some of our top remedies, and that has replaced our use of a bunch of herbs that we used to use. And even when a time when some herbalists weren't sure if you should use elderberry a few years ago for certain illnesses that came up. They're like, they're not sure if you should have certain types of herbs.

It's just so wonderful that this has been a main staple. It's been phenomenal. On top of adding other remedies for cold and flus that we've been able to tackle so many things that we could hear in the lungs. Or when my voice was hoarse, and I was losing it. I took the *Aconite* and *Bryonia* combo, and my voice came back. I mean, just so many things. It's just wonderful.

Kate:

These are really great examples of how homeopathy can be so powerful. And you have so many more, so we'll have to have you back some other time to share more.

So, I imagine with 10 children, you have a lot of opportunities to use homeopathy.

Franicia:

Yeah, I think so.

CLOSING ADVICE

Kate: (22:05)

So, as we finish up the podcast today, would you just share a couple of tips – things that you've learned and maybe would be helpful for those who are listening?

Franicia:

Yes, I would love to. I definitely want to encourage anybody who's listening: Learn from Joette as much as you can. There's a lot of free information: her blogs. Do the Gateway courses – many times. Once, is not enough.

And join Mighty Members, if you can – especially, Mighty Members Plus, where there's a special Q&A.

I encourage you to also purchase the protocol courses and take them just the way Joette says. She says to take them at least four times. It sounds impossible. It's doable. It can happen because it's not enough to just *get* a protocol. But within the protocol courses, Joette explains how to differentiate between sometimes two protocols for the same condition. Or the need to be able to take certain remedies that you don't want to take it just for anything. And so, she fleshes it out. She really teaches you really well.

And lastly, if you can, join The Academy of Practical Homeopathy® and beyond. I know beyond that's Mastery™ and then Mastermind. Because you learn so much about these remedies and it's just life-changing for yourself, your family, and the people that God puts in your path.

Kate:

Yeah. And you had something else.

Franicia:

Oh, I do. I wanted to add that Joette has a lot of golden nuggets of wisdom. And if she says something more than once, definitely do it.

And so, she mentions all the ways you can learn from her. I encourage you to learn from good study groups. But Joette likes to mention that we should buy remedies and start with kits.

And especially focus on your family's needs because you never know when you might need them. And that's happened for us. Plan for emergencies because you won't be able to use remedies if you don't have them on hand.

And lastly, I know if I encourage a lot of people, not just Joette, but Joette says to take good notes. And I want to add onto that is if you can, try to take any electronic notes that are searchable and printable if you can, because you can print those notes. But also, if you're looking up something you've studied or a need or a symptom – whatever it be – you could type it down, and you'll be able to find it through your notes and be able to use it.

Kate:

Oh, this has been so fun. I look forward to talking with you some more. And I know those who are listening will really enjoy hearing your stories. So, thanks for being with us,

Franicia.

Franicia:

Thank you, Kate. This was an honor. I'm very thankful to the Lord for this opportunity.

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.

‘Spurred’ on to Homeopathy by Painful Bone Spurs: 2 Remedies to Remember



After a month of skeletons poised on neighbors’ lawns, I was “spurred” on to write about bone spurs.

Most often, bone spurs show up on shin bones and knees. However, an exostosis can also show up in the mouth on the maxillary or mandible (upper or lower jaw bones), and a calcaneal spur can occur on the heel bone. If you’ve never had one, they’re often painful and unsightly.

Homeopathy offers a few medicines for consideration, but in my clinical experience, two remedies are most commonly utilized.

Bone Spurs

Generally, a common homeopathic choice for exostoses occurring anywhere on the body is *Calcarea fluorica* 12X or C (also known as *Calcarea fluorata*). Either X or C will work; since it's not a protocol, it doesn't matter. *Calc fluor* has been historically shown to dissolve bone spurs over time.

Heather, a young girl with a prominent bone spur on her shin, once came to me in my practice. The bump was embarrassing in her daily life but also affected Heather's athleticism. Because the spur was quite tender to the touch, her athletic pursuits held excruciating potential. The fear of that pain caused her not to play as aggressively as she could.

The homeopathic solution took some time – about six months – but her healing was complete. Heather utilized *Calc fluor* 12X, twice daily, until she was very much better. In fact, the bony prominence completely disappeared. Indeed, once again, *Calc fluor* was clinically proven right before our eyes.



Calcaneal Spurs (Heel Spurs)

Bone spurs in the feet, such as calcaneal spurs, may feel especially painful on the first movement in the morning. The pain may improve slightly as the movement continues. However, it can possibly regress if the foot is overutilized. For instance, walking or standing too long may cause the pain to increase.

For this type of bone spur, I generally elect *Symphytum officinale* 200C (or CK) mixed with *Rhus toxicodendron* 30C. (These two separate medicines can be taken at the same time by mixing them together in the mouth. Alternatively, the remedies may be purchased already mixed together during the manufacturing process if one has access to OHM Pharma.)

This Banerji Protocol, generally utilized twice daily until very much better, pulls double duty. *Symphytum* is our go-to medicine for bone conditions, while *Rhus tox* addresses the function of the ligaments and muscles around the heel spur.

Win-win!

When to Stop

As with all homeopathics, knowing when to stop utilizing the medicines is crucial. You often hear me say, “Until very much better.” But what does that mean?

When the condition is so much better that it’s no longer obvious or at the forefront of your mind, it’s time to stop. The condition is very much better.

It’s the same principle adhered to by folks who use conventional pharmaceuticals. They wouldn’t take an Advil if they didn’t have a headache. They wouldn’t take cough medicine if they didn’t have a cough. They wouldn’t take Tagamet if they didn’t have indigestion.

Remember: Homeopathy is also medicine. It is only taken when

necessary to address a condition. Homeopathy is not a vitamin or a supplement. We don't take medicines ad infinitum. If the condition reappears later, one can always restart the homeopathic schedule that was previously successful or pivot to another medicine more tightly fitting the current symptoms.

I address this subject more thoroughly in my blog post, When to Stop. I urge you to make that post required reading. It will help improve your ability to make these judgment calls as you observe the homeopathic medicine act.

Remedy Cards

Be sure to scroll down to receive your free Remedy Cards documenting these two homeopathic medicines for bone spurs.

If you've not yet begun collecting my Remedy Cards, get cracking! Many of my blog posts, like this one, contain Remedy Cards at the bottom of the post that you may download for free. Print them out and start developing your own Remedy Card Rolodex. The next time a condition I've covered strikes, you'll be prepared.

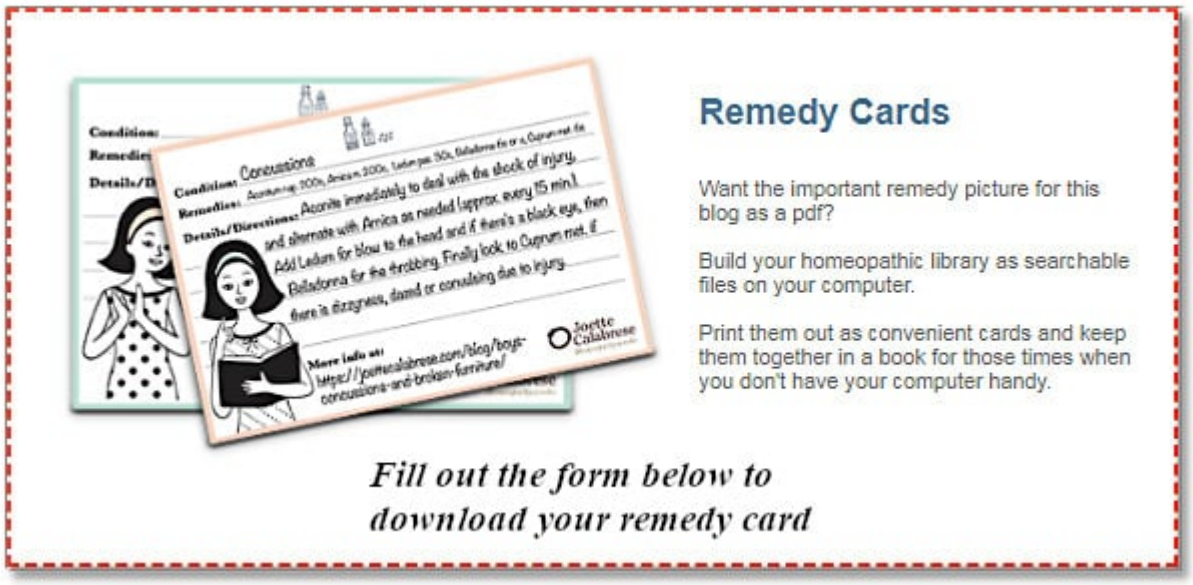
Better yet, join my Mighty Members, where we've done all the work for you. Members can download digital booklet collections of the Remedy Cards organized by year as a bonus gift.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. 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.



X-Ray: An Effective Homeopathic Medicine for Radiation Exposure



X-Ray: An Effective Homeopathic Medicine for Radiation Exposure

Joette Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

An X-ray here, and an X-ray there. One at the dentist. One at urgent care after a severe wrist injury resulting from a fall. One at the chiropractor because of chronic back pain.

What's the harm?

Well, we all know that damage from repetitive X-rays can accumulate and cause deleterious effects in the human body. We're not designed to experience medical radiation exposure over and over again.

Most of the time, as wise medical consumers, we can simply say, "No, thank you." Yet, on occasion, getting an X-ray seems to be an unavoidable part of receiving a diagnosis.

Can Homeopathy Address Radiation Exposure?

Of course, it can!

I previously wrote about tackling radiation exposure from war in my blog post, The Fear du Jour: Radiation, being prompted by the media's determination to scare us that a nuclear bomb could be imminent.

At the time, I mentioned that the same homeopathic medicines in that article might also be choices to consider for combatting the side effects of medical radiation but that I would share more information later.

So, let's get into that promised "more information," shall we?

First and foremost, I'm not dismissing all X-rays. X-rays can be diagnostically useful, giving us good information. However, we should think twice about submitting to them often.

Think about it: If an area of the body is already compromised – say, a bone, a joint, or even soft tissue is compromised – do we really want X-rays to be aimed right at the impaired area over and over and over to monitor its progress?

It's a double-edged sword. Sometimes, we do need that information; yet other times, too much information can be counterproductive and downright costly – financially, emotionally and physically.

However, if an X-ray is necessary, we may consider employing homeopathic medicine to mitigate the potential tissue damage.

Homeopathic *X-Ray* for Radiation Exposure

I think you'll be able to remember the name of this homeopathic medicine, as it's straightforwardly called "*X-ray*." (How's that for easy?)

As this is not necessarily a specific protocol, there are many ways to utilize it. However, as a prophylactic, I've generally used *X-ray 30* once on the night before the appointment and once just after the image is taken. Then, I'd repeat the dosage once a day for a few days afterward.

Do we know whether or not it's acting? To be honest, I don't know how we could substantiate its efficacy because, again, we're using it as a prophylactic.

A Successful Case in Point

However, I will offer this story from my clinical experience: Years ago, I had a case of a woman with chronic fatigue. I had been taking her case for quite some time, using other medicines as indicated. She was improving slightly, but not much.

Finally, I asked, "Just give me your hunch. Is there anything about your life that could have instigated your condition?"

My friends, it's incredible how often people intuitively know why they're suffering.



She said, "You know, I've thought about the fact that I've

had lots of X-rays," and then she went on to tell me this story: She had adopted a child who had multiple health conditions. In order to adopt the child, the child was required to receive X-rays regularly – frequently. (If memory serves, it was once a week or so).

Because the baby was a newborn, this mother held the baby during the tests. So, Mom received the X-rays right along with the baby – X-ray after X-ray. I remember when she told me the number of X-rays she had been exposed to – something like 30 X-rays over a short period. – I said, "Holy cow!" I had never heard of anything like that before.

Well, that was precisely the clue I needed. We used *X-ray* 30, twice a week for a couple of weeks and her fatigue melted away.

So, homeopathically prepared *X-ray* has proven effective in my practice for illnesses resulting from X-ray radiation exposure. Consequently, it's reasonable to extrapolate that it will also serve us well as a prophylactic.

Of course, X-rays aren't the only radiologic medical procedure. Many cancer patients receive radiation as part of their conventional therapy. To be able to discuss this topic more candidly, I will cover the most likely homeopathic medicine to address that specific type of radiation exposure in my next Memo to Mighty Members.

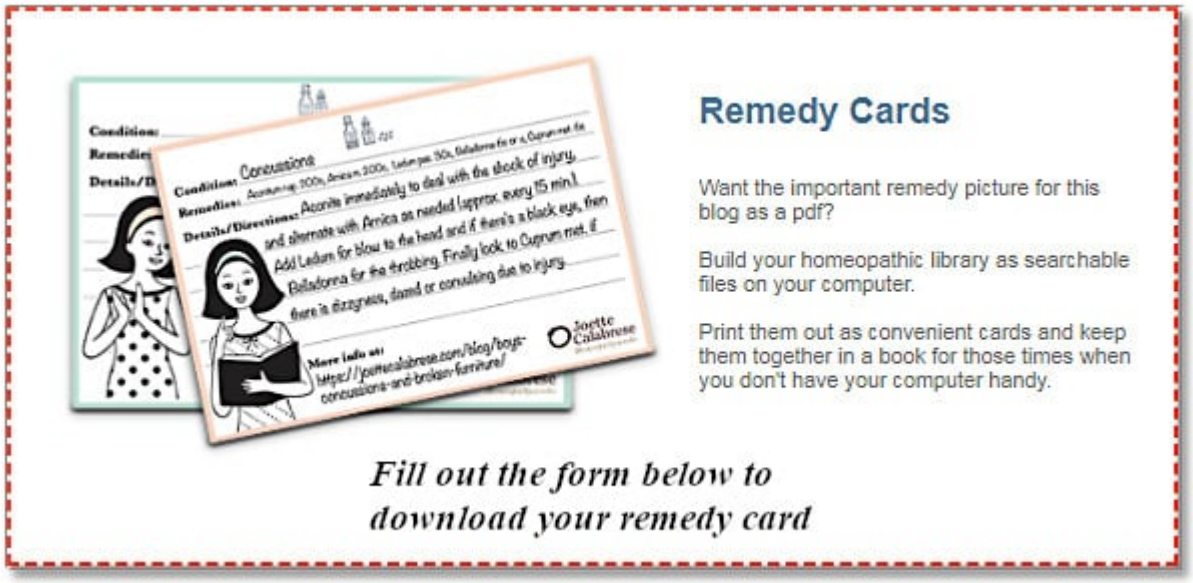
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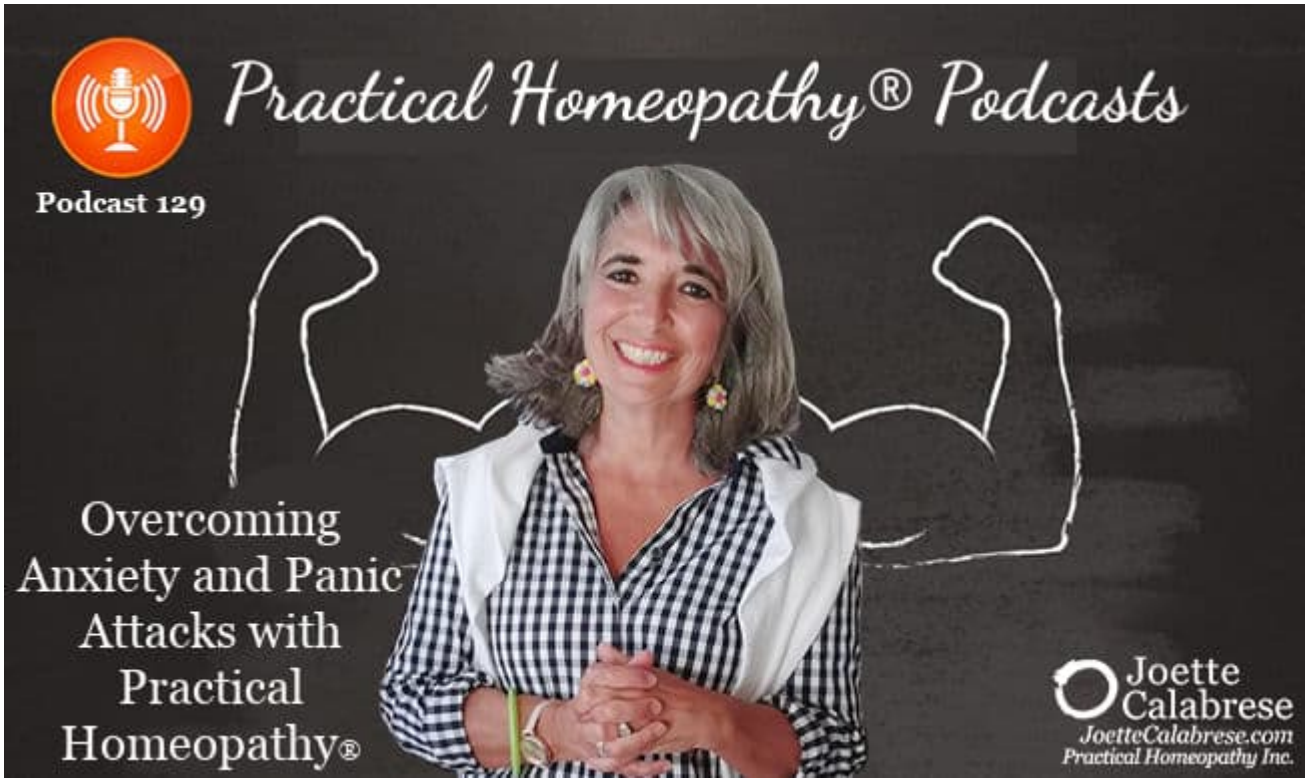
Warmly,



P.S. If you're curious to learn more about homeopathic *X-ray*, including a hint on how it is manufactured, [A *Materia Medica*: Practical Homeopathy® for Busy Families] is the perfect addition to your homeopathic library. With entries for over 150 of the most commonly utilized homeopathic remedies, this reference will enhance your ability to choose the most tight-fitting remedy for common conditions. And it's written in plain English – my English – with stories and illustrations to make learning more accessible for busy families like yours.



Podcast 129 – Overcoming Anxiety and Panic Attacks with Practical Homeopathy®



IN THIS PODCAST, WE COVER:

01:00 Introduction: Overcoming Anxiety and Panic Attacks

01:44 Downside to the Conventional Approach (Pharmaceuticals)

02:52 With Homeopathy, It's Over

Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions

04:57 Bam! *Aconitum napellus*

13:47 *Aconitum* During Labor

14:50 Fear: *Argentum nitricum*

19:07 When to Pivot

21:37 Check Your *Materia Medica*

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

Free online materia medicas

24:15 *Arsenicum album*

26:09 Our "A" for Anxiety Medicines All Start with the Letter "A"

27:00 The Ladder of Learning

A Dog with Anxiety? There's a Homeopathic Solution

Anxiety: When the Elevator Flies to the Top

You Mean Summer is Over: When Back to School Results in Anxiety and Panic Attacks, Homeopathy Saves the Day

Must-Have Memorial Day Medicines for Hay Fever, Overindulgence and Anxiety

Joette's Mighty Members

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Joette's Learning Center

The Academy of Practical Homeopathy®

ADDITIONAL RESOURCES:

Joette's Study Group, Find Your New Study Group

Friends

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 129, 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: OVERCOMING ANXIETY AND PANIC ATTACKS

Kate: (01:00)

Hi, I am Kate, and I want to welcome you to the podcast today. We're so glad you're here. I want to thank you for taking the initiative to learn about homeopathy, which will have a big impact on your life.

And if you are new here, we want to welcome you.

Today's podcast: Joette is going to share some tips on how to overcome anxiety and panic attacks. So, let's get started.

Hi, Joette!

Joette:

Hi, Kate.

Kate:

It’s so exciting. This is a huge topic because I know anxiety can be so debilitating. So, I’d love to hear your thoughts on how to address this homeopathically. It’s really the only way that I know of that can really calm down anxiety and panic attacks. What are your thoughts?

DOWNSIDE TO THE CONVENTIONAL APPROACH (PHARMACEUTICALS)

Joette: (01:44)

Well, there are psychotropic drugs that someone could use, and that can calm down a certain amount of anxiety, but then you pay for it in another way.

There’s no such thing as a synthetic drug of commerce that is as simple as, “Oh, just take it and you’ll be just fine.”

No, there’s always a downside, and the downside can be pretty sobering. We don’t want to get into a situation where someone depends on a synthetic drug.

So, one of the ways that we can look at this – or actually the *main* way to look at this – is that, with homeopathy, the homeopathic medicines *correct* the problem. They don’t just cover it up for the next opportunity that the panic or the anxiety attack presents again.

Whereas, with conventional drugs, you are assigned to those drugs for months, years, decades.

In homeopathy, after using the homeopathic medicine – sometimes only a couple of doses, sometimes only a couple of

doses here and there over a period of weeks or months – it's over.

WITH HOMEOPATHY, IT'S OVER

Joette: (02:52)

Now, what do I mean by "over"? It means there are no more panic attacks. They simply don't occur. And it's not because it's been suppressed or stuffed down into the person only to come up (like pressing down on a water balloon) so that it bulges up somewhere else.

No, it uproots the condition. It stops it. It ends it so that then it becomes a mere memory – even a dim memory in your thinking – so that you can get on with your life.

So, I talk about this all the time – a problem with anxiety or panic attacks, either one. I mean, we're going to be talking about both today. But I talk about them in my blogs, which you really ought to take advantage of. They're free. You can access them on a regular basis anytime you'd like.

In my courses, we have a course called Mindful Homeopathy in which I go into greater depth of exactly how to utilize these medicines. Although, I'm going to give you good information today, even without perhaps taking an entire course.

Because here's the thing: When someone has anxiety, it is such a huge roadblock that it seems as though nothing else can be taken care of in that day. Nothing else matters. It doesn't matter that you have to tend to the children. It almost doesn't matter that you're supposed to be sleeping. It almost doesn't matter that you're supposed to be having fun with your family. It takes such precedent over your life that it colors everything. It's as though you're putting on a pair of glasses that give you a completely different perspective. But that's the downside of life.

The upside is we have homeopathy, and homeopathy is the only medicine that I'm aware of that has the ability to resolve this.

BAM! *ACONITUM NAPELLUS*

Joette: (04:57)

So, let's start with one medicine that I've talked about so many times because it was such an influence in my life and in many others' lives. And it's so ubiquitous. It's a common medicine that is used in so many people's lives … that's what I mean to say. And that medicine is *Aconitum napellus*. The short version is *Aconite*, but it's *Aconitum napellus*.

Now, here's the thing. I don't leave home without it. I keep it in my little makeup bag in my purse at all times. I would never leave home without it. Why? Not because I get panic attacks. I used to, many years ago, until I started to use this medicine (and another one we're going to be talking about). Those years, those times are over for me. I can live a very comfortable life because I don't have to worry about anxiety or panic or over-worry, et cetera.

So, I keep it in my purse because the thing – and this is what I want to make clear to you today – the thing about *Aconitum* is that it's often one minute, you're fine, and the next minute, it's BAM, and you're hit with this terrible panic or this terrible anxiety.

And the reason I keep it in my purse is because if I'm in an automobile accident or someone else is in some kind of an accident, one minute, everything is just fine. You're just running through life, and then, all of a sudden, BAM, you're hit with something. It could be an automobile accident. It could be falling off of a bicycle.

It could even be – it doesn't *have* to be – an injury. It could be you're feeling just fine and all of a sudden, BAM,

it feels like you're coming down with something. "Oh, my gosh, my chest feels very full. Two minutes ago, I didn't even notice this. Now, it's all of a sudden." So, it's a quick onset, a fast onset of a sense of impending doom: that sense of, "Oh my gosh, something really bad has just happened."

Sometimes it's because something bad really did happen, but many other times, we can't even put our finger on it. "Why do I feel like this? It's only a cold." Or "Why do I feel like that? I don't even have a cold. There's nothing going on except that I feel this sense of impending doom, this panic like I'm really in serious trouble here."

And years ago, when I was poking through *materia medicas*, which is, of course, the material of our medicines, which is an anthology of our homeopathic medicines and a description of them. (We have many *materia medicas* authored by many great homeopaths.) I came across this sentence that really struck me.

In fact, it struck me so strongly that I wrote down the date that it really hit me. Because someone I know – as well as myself – had suffered a shock earlier in life and found that ever since that time, it's as though it was stuck.

And so, this is what I wrote. Actually, I wrote, "Joette discovered this particular line, August 14th, 1996."

It took me a few years to actually embody this idea. And this is what this sentence read (and I'm reading from "The Desktop Guide" by Roger Morrison). This author has a way of putting things eloquently. He says, **"*Aconite* can release a shock or fright that has been held in the body or mind for a lifetime."**

That's a powerful statement, my friends.

If the person has had panic attacks for the last 15 years of

their life, for example, or anxiety –even low-level, background music ("Musak" as I used to call it when I used to have it years ago) – ever since a specific event.

They were caught in an earthquake. They got stuck in an elevator for several hours. Somebody attacked them and they were fearful of their life. They had a very frightening experience during birth.

Aconitum can uproot that.

So, we're not going to just *guess* that that's what happened. But if we could say, "Oh my gosh, yes, there was a significant event in my life 15 years ago. And just around that time, it seems as though I've had this anxiety for no apparent reason … or *for* an apparent reason."

And so, what do we do with that?

Okay, *Aconite* fits the picture. Now, what do we do? Well, we use the remedy *Aconite napellus.* I prefer 200C, although a 30 could be used – 30C could be used, 30X could be used, 200X. But my preference, because it's so readily available in today's world, is *Aconitum napellus* 200C.

And during an event of panic or even just simple low-level anxiety, the person takes a dose.

Now, some people may say, "What do you mean during an event? I have this all the time!"

Okay, then you just take it. It's often best used before bed. Doesn't have to be. What if it's a true anxiety attack at noon? Does that mean we have to wait to take it before bed? No, we take it as needed.

We take a dose, and then, we check out how do we feel even two hours later, 12 hours later, 24 hours later. And we kind of test how do we feel. "Oh, my goodness. You know what? I kind of forgot about it."

Now, sometimes one dose will do it. I know. Sounds strange, doesn't it? But perhaps, instead, it might need to be used once a day, every day for a few days.

We're always looking to back off of the medicine because this is not something that I want you to get hooked on.

Kate:

And it's not a supplement.

Joette:

It's not a supplement or a vitamin. This is a medicine that is intended to uproot the condition. And over a period of time – it could be just one dose, could be three doses over a period of three days, could be five doses over a period of five days – you should find that you've just forgotten about being anxious. It just doesn't show up.

A lot of times people don't even realize. Life just goes on, and they don't think about it any longer. That's the way this medicine can act.

Kate:

So, if someone was having a panic attack and they took a dose of *Aconitum* and then it subsided and things felt a little better. And then, in another 30 minutes or an hour, all of a sudden, they started feeling that panic coming back on … could they take another dose of the *Aconite*?

Joette:

Yes, they could. I would not encourage taking it much more frequently than, say, once every hour or so. But if it doesn't act in a dose or two or three doses, then over a period of a few hours, it's likely not the correct medicine. And I'll tell you what I mean by that in a little while.

Before I go into that – choosing a second-choice medicine – I want you to also think about this as a medicine that is really great when someone has a fear, an extreme anxiety before surgery or *after* surgery. Because surgery is a shock to the system and the person intuitively knows that they're about to go through something that's like a world war on their body.

Surgery is a big deal. People take it very nonchalantly these days, but I disagree. I think they should not be thinking of it that way.

If one is absolutely in need of surgery, then it can be a wonderful thing. Surgery can be very useful in the hands of a good surgeon. However, surgery is often overused. A tonsillectomy – I could keep going – all kinds of skin conditions that are surgically removed, hysterectomy.

Many of these are superfluous. These are conditions that can be treated homeopathically more often than not, and so those surgeries are superfluous.

But let's say you don't know that. You haven't even even thought about the possibility of being able to treat tonsils that the ear, nose, throat doctor is eager to remove. Perhaps you don't know that you don't really need a hysterectomy for fibroids. Perhaps you don't know all that, but yet you're still afraid.

So, this could be an entrée into the world of homeopathy by simply saying, "I am really scared of this surgery." Or after the surgery, "Boy, I had this terrible anxiety." *Aconitum napellus* 200C before bedtime (often) or during a panic attack for a few doses (meaning could be over a couple of days – three or four days – and see how you feel.

And my guess is, more often than not, if you're following what I'm saying here and you know that *Aconitum* is the right medicine (because we have others from which to choose), if

you feel pretty confident that this is a good descriptor, then *Aconitum napellus* 200C often will work very nicely for most people.

ACONITUM DURING LABOR

Kate: (13:47)

How about right during the birthing process: when you're giving birth, and you have that fear? Would *Aconite* be the remedy for that?

Joette:

I'm so glad you asked that, Kate. Thank you.

Yes, it's one of our best medicines for when the mother is going through labor, and she's saying, "I'm really anxious. I feel like something's wrong. Something's wrong with the baby, something's wrong with me." And to her, it feels as though she's *intuiting* this.

Now, she may be. But it's more often likely if everything looks proper according to the midwife (or to her family members) that she's really just fine, but she's feeling anxious. Then, a dose or two of *Aconitum napellus* 200C, administered a few minutes apart perhaps, will calm her down, and she'll be able to move forward and to get to the task at hand. So, it's a great medicine for during labor and after labor.

FEAR: *ARGENTUM NITRICUM*

Kate: (14:50)

Let's talk another medicine. Now, if *Aconitum* doesn't act, what might you consider next?

Joette:

Well, there's a common sense in people – especially women, I don't hear it from men; I hear this from women – who have this inexplicable fear of going over bridges. They've always driven over bridges, but something in their life perhaps changed. Maybe they had an event that was frightening. Maybe they were sick from something or whatever the reason is. We don't even have to know the etiology. But we do know that now this person (or perhaps all their life) has this fear of traveling over a bridge.

Aconitum is certainly something that could be considered, but I actually prefer to use a different medicine when it is specifically for fear of going over bridges. And that's *Argentum nitricum*. Short version is *Arg nit*, but the long version is *Argentum nitricum*. Again, I like a 200C. Could we use a 30? Yes, we could. If that's what you've got, then that's what you use.

So, *Argentum nitricum* 200C. Perhaps, if it's not something that this person suffers from regularly, just thinking about bridges will make them quake. Perhaps it's only when they're traveling. And they really don't want to go over that bridge, but they know that it's the only way they're going to be able to get to their children's house, so they must do it.

Then the moment they start thinking about it, and the anxiety starts to build, and the fear starts to quake, then, that's when they utilize the remedy *Argentum nitricum* 200C. Right as soon as it begins, because why would you suffer it if it was needless?

So, you use the *Argentum nitricum*. It may need to be used again that day. Maybe once or twice a day for a few days, perhaps leading up to the road trip that's forthcoming.

And then, now, we watch and see if they're better. Then you stop. They've gone over the bridge.

What we normally see is that they can still go over the bridge. They still have some angst, but it's not so overwhelming that it's incapacitating. And then they can breathe comfortably after having gone over the bridge. And if it remains that they still have the anxiety, another dose of *Argentum nitricum* might be in order.

But now they've finished, and it's over with. Now, say two weeks later, they're going to have to go back again, and they start thinking about it again. What we should see is a slight lessening of the condition, meaning there's less intensity to the anxiety. It's not nearly as great as it was before taking *Argentum nitricum*.

It might also – number two – last a shorter amount of time.

And number three, there's a larger space between each time that it occurs. In other words, the next time they have to go over a bridge, they might not be so anxious. But the *fourth* time they have to go over a bridge, now it's happening again.

So, what we're looking for is any one of those three criteria being met. If two of them are met, or if all three of them are met, then we know we are definitely onto the right homeopathic medicine to treat anxiety from going over bridges.

So, the first rule is less intensity, the second, lasting for a shorter period of time, and the third, a larger space between each time the person suffers from this anxiety.

Now, having said that, *Argentum nitricum* covers many other conditions that have to do with fear, but I'm just using this as an example. There are many other worries. There's claustrophobia; there's a tremendous sense of heights – fear of heights – that's really big. (Bridges often represent heights, but they also represent being hemmed in.) Anxiety about being alone, anxiety about their health, et cetera.

All of those kinds of conditions can also be related to *Argentum nitricum*. I just use this one as an example because it's so common

Kate:

And fear of flying in airplanes, also can be …

Joette:

Yes, fear of flying an airplane. Thank you. Yes, yes. Same idea. In a way, it's a fear of heights. It's also feeling hemmed in, feeling as though they have no control over anything. Yes, you're absolutely right.

Kate:

And it could also be the medicine that helps someone for panic attacks and anxiety attacks as well, in general.

WHEN TO PIVOT

Joette: (19:07)

That's right.

Sometimes when we use a medicine, let's say we think this really does sound like *Aconitum napellus* would be the remedy that would help me the most. And it's used for a few times, and it works nicely. And then the fifth or sixth time it's needed – say six, eight, 10 months later – it's not working so well anymore.

So, what is the person experiencing *now*? And I'm really emphasizing that word "now" because it might be different.

You might think at first blush that "this is just what I had six months ago, and it's back again. Oh, no."

Instead, you might actually say, "You know what? It really isn't quite the same. It really isn't panic any longer. It's

more about that fear of heights. I have to get on a flight, and I'm just so uncomfortable about it. I can't really put my finger on it."

And then they think something has shifted. What has shifted? The homeopathic medicine, Aconitum, likely shifted this person to a different way of experiencing the panic, but a slightly perhaps milder version of it. And then we can consider going to *Argentum nitricum*.

In other words, just because *Aconitum* worked in the beginning – and it helped to a certain degree, but it has now stopped helping – doesn't mean it's the only medicine. I mean, if I were to crack open my repertory right now, and we looked under anxiety, we would probably see about 80 to 100 medicines that could be considered.

All I'm doing right now – and what I try to do on a regular basis on my blog and this podcast, in my courses and The Academy, et cetera, et cetera, Joette's Mighty Members – is to get people to see that there are certain homeopathic medicines that are more commonly found useful, so that it can make it a little bit easier to come up with a medicine that could be of help. It's not a hundred percent my friends, but it's a great place to start.

Kate:

What's interesting, I think about *Argentum nitricum* is that it can also be used for fear of having a panic attack. So …

Joette:

Yes, "the fear of …." Absolutely. Fear of being alone, anxiety about even looking at a tall building, even looking at a bridge, just *thinking* of a bridge – not unlike some people get squeamish and have a sense of "ick" when they look at a snake. Just the sight of a snake on a computer screen can send them into a frenzy.

This is the same idea only this is for heights and flying, et cetera, et cetera.

Kate:

Or before you're going to the dentist, in your …

Joette:

Yes! Yes.

Kate:

Anticipatory … yeah.

CHECK YOUR *MATERIA MEDICA*

Joette: (21:37)

Yes. And so, what I always urge folks to do before they even use a homeopathic medicine is to go to your *materia medica* and read up on the medicine. See how it fits. Look at the medicines that I've discussed here and see if they fit properly into this person's demeanor.

So, what do you do? You simply go to JoetteCalabrese.com or PracticalHomeopathy.com and scroll down to "Shop." And there, you'll find my *materia medica* that you can purchase.

Kate:

Right! It's under "Books and CDs."

But also, you had mentioned earlier that Mindful Homeopathy course, and that is located under "Shop" in "Courses."

So, you'll find that there, and we'll put some links, for you who are listening, to all of these different resources so you can access them easily. They'll be on with the podcast notes on the website as well.

Joette:

That's right. So, you can go online and just look at *materia medicas* – old-time materia medicas that are very valuable. They're authored by the great minds of homeopathy: Dr. Phatak (P-H-A-T-A-K), Dr. Boericke (B-O-E-R-I-C-K-E).

So, these are online free sites where you can read up on the homeopathic medicine that you're thinking about taking. And I urge folks to do this.

Again, I love that Kate said, "These are not supplements, these homeopathic medicines." They're not regulated by Food and Drug Administration under supplements. They're regulated as *medicines* – as drugs, even though they're not synthetic, and they don't have side effects, and they are not owned by a particular company.

They're made from natural substances with no additives. And again, no side effects.

So, this is the medicine that you've been waiting for. This is the medicine we all thought we were getting when we used to go to a doctor and ask for something to cure us.

Conventional drugs do not cure, my friends. They hold the symptoms down. They hold it at bay, and eventually it can cause more trouble than what was ever intended.

And often people don't make that connection. The doctor who prescribed the drug – I can guarantee – will not make that connection that the drug he or she prescribed is now causing the newest condition because it seems unassociated. But we know that it is if we simply read what the side effects are of each of the conventional drugs that a person is taking.

ARSENICUM ALBUM

Joette: (24:15)

Okay, we're going to leave with one last one. So, let's look at *Arsenicum album*.

Arsenicum album and *Aconitum* are very closely related. They are related because it has a quick onset. *Arsenicum* can also have a quick onset.

But *Arsenicum album* often has the sense of panic or anxiety related to poison, such as bad food. I mean really bad food, chicken that was tainted. Or a drug that someone took, whether prescribed, over the counter or even street drug.

Arsenicum album can also come about when there's another kind of poison, such as an animal, poison – if someone has been stung by an insect, and they're having anxiety or panic.

So, *Arsenicum album* is similar in that there's a sense that they're not going to survive this. They feel as though they're going to die. Same thing with *Aconitum*. They feel as though they're going to die. So, does all of them … feel as though they're about to die.

But *Arsenicum album* is different in that the person has a kind of a physical appearance. They get restless. They often pace or they fidget or they're loquacious. They talk and talk and talk and talk and talk and talk … the anxiety. Others can observe it. They're also fastidious. If there's anything untidy about the surroundings that they're in, they must tidy it up. They cannot stand anything that's out of order. So, they will try to tidy things up in spite of being anxious.

There can also be a prominent physical aspect to *Arsenicum album*. There can be diarrhea. There can be nausea. There can be burning – burning in the stomach, burning in the throat. So, that, too, can be very good indicators to help you choose or differentiate between *Aconitum*, *Argentum nitricum* and *Arsenicum*.

OUR "A" FOR ANXIETY MEDICINES ALL START WITH THE LETTER "A"

Joette: (26:09)

And these are our anxiety ("A") remedies, all starting with the letter "A": *Aconitum*, *Argentum nitricum* and *Arsenicum*. These are our anxiety medicines.

If you or anyone in your family suffers from anxiety attacks, panic, et cetera, it is time to get ahold of these medicines and give them a try.

Whatever you decide to do. Whether you decide to take the first, second or the third – there are many others as well, but let's start with these three – stay with it. Don't shift around. Don't flip over from one to the other. "I don't know if this is working fast enough. Maybe I need to go to the next one."

There is a tendency to do that when we're in a state of anxiety, but I urge you to just give the medicine its due and then move to another one, if there truly is no improvement with the first or the second or even the third, for that matter.

THE LADDER OF LEARNING

Kate: (27:00)

Okay, good.

And if you want to know more, there is some blogs that are on your website, Joette. And I just want to mention them. And we'll, again, put the links in the podcast notes for those who want to read up on the medicines in another format.

One is called A Dog with Anxiety? There's a Homeopathic Solution. Another is Anxiety: When the Elevator Flies to the Top. And the third, You Mean Summer is Over: When Back to

School Results in Anxiety and Panic Attacks, Homeopathy Saves the Day.

Oh, I just remembered one more. The blog is titled Must-Have Memorial Day Medicines for Hay Fever, Overindulgence and Anxiety.

So, there, you can find the information that Joette covered and much more on those blogs.

So, as we finish up the podcast today, Joette, can you tell the listeners what might be their next steps if they are trying to learn more about these medicines? Or maybe they're new, and they don't know where to start, what would you recommend?

Joette:

I would recommend that you strongly consider joining Joette's Mighty Members. It's a very inexpensive first step.

If you're already a member of Joette's Mighty Members, you might want to go to Joette's Mighty Members Plus, which is even more information. And this is information that I'm not willing to give to the general public. Because you're a member, and you pay a small monthly subscription, I give you information that I will only tell my dear students who are in my Academy or in my other forums, as well as in the Mighties. I'm not willing to share anywhere else.

Then another possibility is to join a Gateway study group. There, you're going to learn from someone who guides you through the studies – the methods that I use. And you'll learn it with other people, and that is invaluable to be able to work with others – other people from all over the world.

You meet on Zoom, or you can meet locally as well. That's a great way to meet people of like minds.

Then, there are also my courses. And there, you'd go to Joette's Learning Center, and you'll find my courses. Scroll down and determine which course is best for you. If you purchase it as a group member, you'll get a substantial discount.

Now, let's say you've used all of these methods, and you've also been on my blog for these 14 years that I've been producing the blog, and you've been listening to this podcast, and, and, and. I want you to remember that there's always the Practical Academy – The Academy of Practical Homeopathy® – which is a very specific academy where I personally teach my students for a year-long program. And, should they choose to go to the second year, go into the Mastery™ program where I teach you the methods that I've been using for the last 36 years of my professional life and how I've been able to help tens of thousands of people.

So, there's a ladder that you can climb. You can stop at rung one. You can stop at rung four. You can go all the way to the top and go through The Academy and the Mastery™ program.

And so, with that, I wish you the best. I want you to have, my friends, sprezzatura. It's a beautiful Italian word, which means knowing how to do something or presenting something that is really seemingly quite complex – or is actually quite complex – but presenting it in a way that is with beautiful nonchalance.

I want you simply to know *Aconitum* for this situation, *Argentum nitricum* for that situation, *Arsenicum album* for this other situation. No one will have to know all the time and effort that you've put into learning these three medicines. What they will see only is this perfection of this medicine in your hands.

Kate:

Thank you, Joette. That was so helpful.

Joette:

Thank you, Kate. It was great.

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.

Stop Biting Me! Preventing Annoying Mosquito Bites with Homeopathy



Insult to injury. There's no better way to describe it.

After the recent flooding from heavy rains and storm surges in the Southeast, it was only a matter of time before mosquitoes moved in, bringing aggravation, discomfort and other potential ill effects with them.

Eating garlic – lots and lots of garlic – has long been advised to prevent annoying mosquito bites. Does it work? The mosquitos will stay away, but so will everyone else!

Preventing Annoying Mosquito Bites with Homeopathy

While I don't often teach homeopathy as a prophylactic,

Staphysagria 30 has historically been shown to act as a deterrent to bugs.

Now, before you order a pallet of *Staphysagria* tubes, let me quickly remind you once again: Homeopathy is a medicine, not a vitamin or a supplement. Therefore, we don't want to take a preventative medicine day in and day out for an extended period of time.

However, if going into a bug-infested area, one might consider employing *Staphysagria* 30 the night before and in the morning right before entering the fray.

If one is currently living at ground zero of Bug Central, the use of *Staphysagria* may be continued for up to a week or so.

The great thing about homeopathy is that we know when we are not utilizing the correct medicine by observation. If the medicine helps, we know we've chosen correctly. If it doesn't help at all, then we know we need to go back to our repertory and pivot to another potential choice.

Observe to Recognize if a Proving Occurs

A tipping point occurs if we start to develop symptoms of a different condition than we've previously experienced. This is called a proving.

A proving can occur when we use a remedy incorrectly or too frequently, bringing to the fore the symptoms that the medicine is intended to correct. I detail this development more thoroughly in Podcast 49, Shedding Light on Provings and Aggravations. I encourage you to listen because this area of homeopathy can be a bit less straightforward than our usual discussions.

You see, my friends, I try to distill homeopathy down to the simplest terms: If this is the condition, then *this* is the

protocol. However, when a medicine doesn't act as expected, then case management comes into play. Becoming skilled in case management requires more nuanced education than a mere blog post can provide. I address provings briefly in my Gateway to Practical Homeopathy® study group curriculum. However, my students in The Academy of Practical Homeopathy® and Mastery™ delve deeply into case management and how to deal with potential provings and aggravations.

A Testimonial for *Staphysagria*'s Usefulness Against Bug Bites



One of my team members recently found *Staphysagria* helpful in avoiding bug bites by accident. After the recent hurricanes, she and her husband spent days in the yard cleaning up the blown leaves, fallen trees and branches. When the task was finished, my poor team member was practically eaten alive by bugs (mosquitos, chiggers and other anonymous creepy-crawlies).

Her husband, on the other hand, had not one single bite!

That's when the answer suddenly dawned on her! Her husband had been on a regular schedule of *Staphysagria* for another condition. She had not. The *Staphysagria* was not only working to resolve his initial condition but also was protecting him from the critters that had relentlessly made a meal out of her!

Win-win!

How to Deal with Existing Bug Bites

Should this blog post arrive a little late – if you already have bug bites – homeopathy naturally provides answers for that, too! Please see my earlier blog posts, Conquer Summer Pests: Address Most Bug Bites with 2 Homeopathic Medicines, Watch Out for the Chiggers and Emergency Remedy Series: Bites Makes Me Itchy. You Too?

Tomorrow night, in my Monday Night Live for October 21, 2024, I'll continue this discussion and hopefully answer any remaining questions you may have.

Until then, pass on the good news of Practical Homeopathy®!

Warmly,

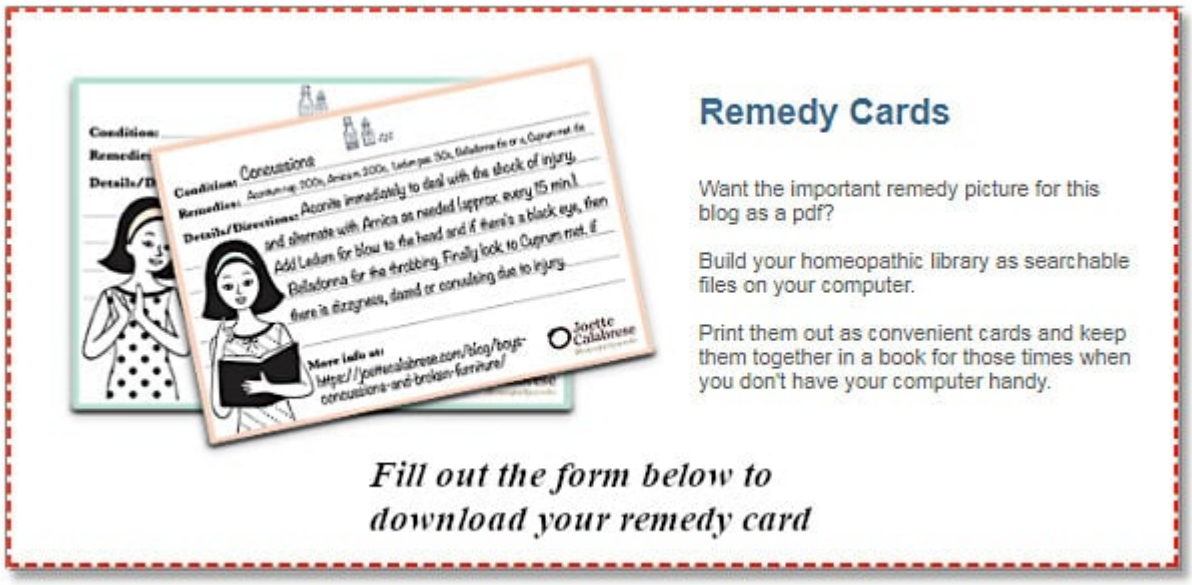


P.S. I previously shared my homemade personal bug spray recipe in the Home with Homeopathy Tip #86. If you weren't a subscriber during that time, I've made all my Lockdown Year tips available in my Free Resource Library. Once you sign up for access, scroll down to the "Daily Home with Homeopathy Tips – Email Archive" section and click on Day 86.

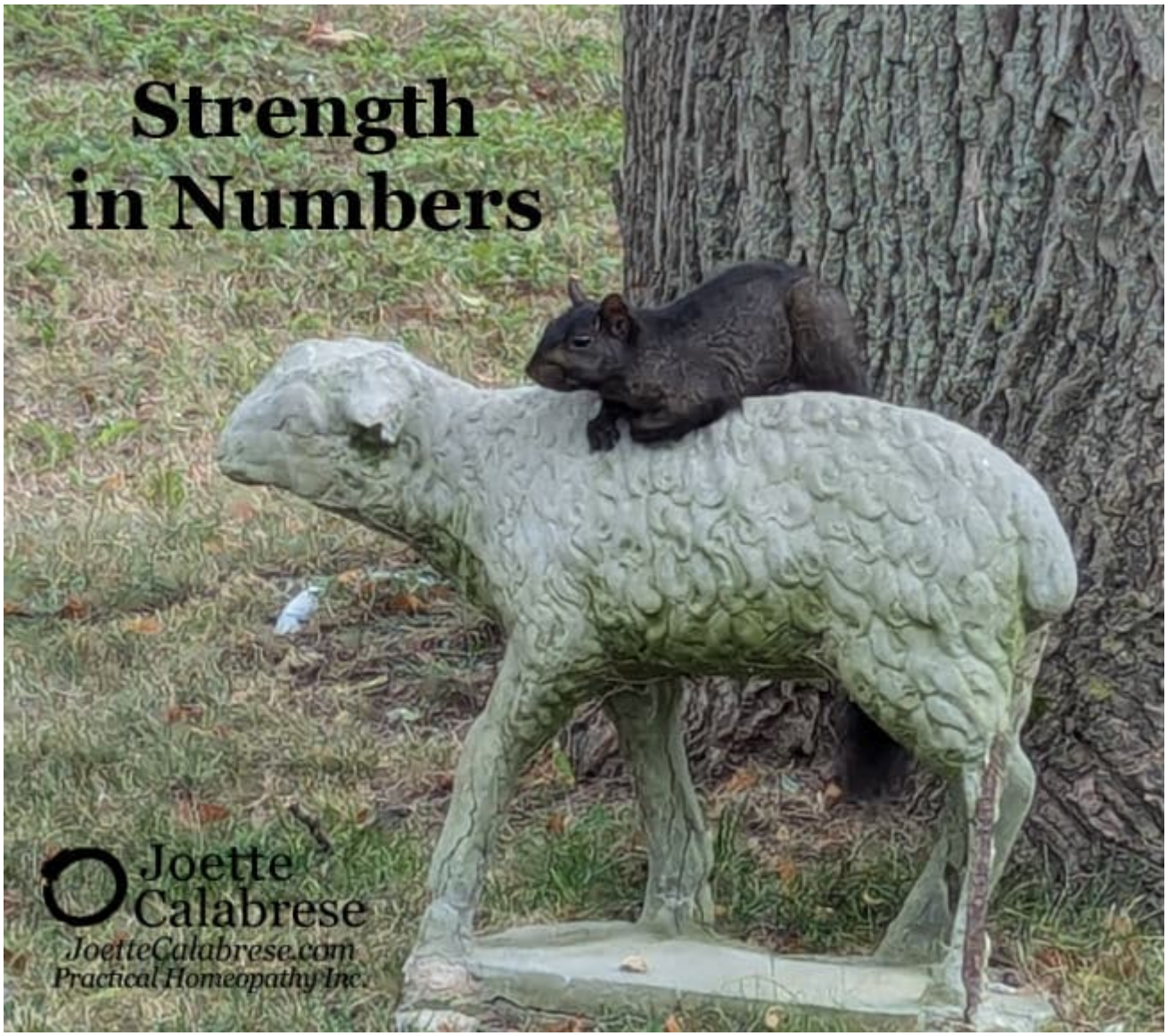
Joette's Mighty Members may also check out Memo to Mighty Members #55 for another recipe from my personal files for Joette's Bug-Be-Gone – a less toxic way to kill creepy-crawly bugs that sneak into your home. Scroll down the page of your private Mighty Member site to the archives of my previous Memos and search for "Bug-Be-Gone" or "055". If this recipe works in Florida (the bug capital of the world), I'm relatively confident it will perform well in other

locales.

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



Strength in Numbers: Gateway to Practical Homeopathy® Study Groups



We've all heard the old adage, "Never swim without a buddy." Well, I'm going to borrow from that sentiment a bit to say: It's also best to study homeopathy with a buddy. Indeed, there is strength in numbers!

Certainly, you *can* study homeopathy by yourself. It's certainly better than not studying it at all. However, over the course of my four decades in homeopathic education, I have found that the best method to learn more about this powerful yet gentle paradigm is to surround yourself with like-minded study buddies.

How can you do that? Why, by joining one of my Gateway to Practical Homeopathy® study groups.

Strength in Numbers

I recently thought about the concept of strength in numbers, as I noticed that my garden lamb had attracted his own squirrel buddy.

The photo above was taken at my cottage. The squirrels in this area are black, unlike the dishwater brown color they are in most places in the lower 48. In fact, one of our regular furry visitors has a black body and a blonde tail. It cracks me up!

But when I saw this little guy riding on the lamb, I thought of the value of having support from a friend. Sometimes, we need extra strong support … something "concrete." (Do you see what I mean?)

Now, before you ask (as my neighbors have), I fell in love with that little concrete lamb the moment I saw it at the garden shop. Something about it spoke to me. Perhaps it was because it reminded me of Sicilian graveyards in the U.S. When a baby is interred, instead of a crucifix, sometimes they place a little lamb at the baby's grave marker to represent the Lamb of God. It's precious.

That's what it looked like to me.

But the little squirrel buddy on the lamb's back beautifully illustrates how much we lean on each other in times of difficulty.

Study Buddies to the Rescue

It's super-common for our Gateway study group members to contact one of their study buddies for help – someone who might be thinking more clearly at the time.

For instance, one of my Gateway groups has members in both the United States, Great Britain and Australia. When an American mom in that Gateway group panicked in the middle of

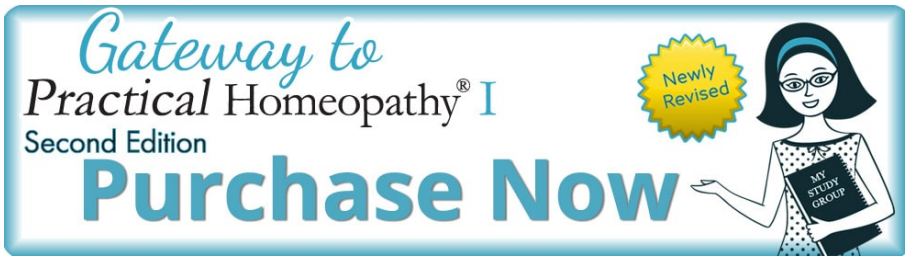
the night, her British counterpart was already awake—five hours ahead of her—and could provide calming assistance in determining the correct medicine.

I have heard this story countless times. But don't take my word for it. Listen to a study group member yourself as she explains her experience in Podcast 118 – Moms with Moxie: Freaking Mom Helped by Homeopathy Study Buddy.

Even when you *know* what to use, sometimes you might not have the medicine you need on hand. Right now, in storm-ravaged areas of the country, Gatewayers are turning to each other to share medicines.

My friends, even though our mantra is health freedom, self-reliance and autonomy, we can't always do it alone. From time to time, we may need a concrete lamb on which to rest our weary bones. It's fortifying to have a support system of like-minded friends who are as invested in homeopathy as we are.

Gateway to Practical Homeopathy®



That's the beauty of the Gateway to Practical Homeopathy® study groups. Join an existing group (check out my Facebook page, Joette's Study Group: Find your new Study Group Friends) or start your own group. The curriculum explains how to lead a group in detail. Everything you need is right there.

So, what are you waiting for? Join us and pass on the good news of Practical Homeopathy®!

Warmly,



P.S. Speaking for myself, my family and my team, our hearts go out to all those affected by Hurricanes Helene and Milton. If you've not yet read my recent blog post, Practical Homeopathy® for Angst and Anxiety in the Aftermath of Hurricane Helene, I hope it can provide some much-needed assistance.