# Podcast 128 – Moms with Moxie: The Body Can Repair Itself, Given the Correct Stimulus




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**Kate:**

This is the Practical Homeopathy® Podcast, episode number 128.

**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: THE BODY CAN REPAIR ITSELF, GIVEN THE CORRECT STIMULUS**

**Kate: (01:00)**

Hi! I am Kate, and welcome back to the podcast. I'm so glad that you're here joining us today to learn more about homeopathy. I can't wait for you to meet our special guest today.

Actually, for those of you who have listened to some of Joette's podcasts, you may have already heard our next guest on Podcast 60, but she is going to share so much information.

Really, if you are at a desk or somewhere where you can take notes, you want to do that. And if not, you can always catch

up later with the podcast on JoetteCalabrese.com where the transcript is also available. So, don't worry if you're driving; you can take notes later or read the transcript.

So, with that, I want to get started … dive right in. Lisa, welcome to the podcast.

**Lisa:**

Thanks, Kate. Lovely to be here once again.

**Kate:**

Yes. I can't wait for you to tell us what's been going on since the last time that we talked. So, tell us a little bit again for those students who may not have heard Podcast 60, who you are, and a little bit about your story.

**Lisa:**

Love to. My name is Lisa Heinrichs. I am a Practical Homeopath®. I am a wife; I am a mother; and I solely use homeopathy for my family. I am located in Sylvan Lake, Alberta, Canada. And so, my journey began actually with Joette when I was reading in a Weston A. Price magazine years ago.

And she had said, "We need to be the healers in our family. We need to be able to take care of them." And that resonated with me very deeply because I had always been interested in health and wellness.

I did not have a family at the time, which was … I do have an advantage over some people because I was able to start fresh with my kids and know that I didn't want to raise them using medications … unnecessarily, of course. Because there's a time and a place. I always say that. Okay?

So, I listened to Joette. I got all of her recordings and her little books and just dove right in. Got myself a Top

100 homeopathic kit and just was practicing on anybody who would let me.

**DIVING RIGHT IN AND GOING TO CLASSICAL HOMEOPATHY SCHOOL**

**Lisa: (03:09)**

So, fast forward a couple of years, I decided that this is what I wanted to do. Loved it. And so I started to research schools. I wanted to go to a Canadian school. I wanted to go to a reputable school, obviously, and found one in Ontario that I went to.

So, I went to this school. It was the only option. Joette did not have her school then. And most of the time I was simply just doing my best to get through it, as we call it. And some of us have mentioned in The Academy, classical school is kind of like busy work. It's like, why are we doing this? But we have to do it, and I'm sure we'll get to the meat of it soon.

So, I just plowed through, and I did actually very well because I like school. I like learning. But it was also very slow going, and it was lonely. I had a tutor, sort of, that I can call on if I needed to, but I was essentially by myself.

**THE ACADEMY OF PRACTICAL HOMEOPATHY®**

**Lisa: (04:02)**

So, when The Academy of Practical Homeopathy® came out, I put a pause on my classical school, and I went immediately into The Academy to the pioneer year, I think. Hey, is that we're calling it? The "pioneer year"?

**Kate:**

I think so, yes.

**Lisa:**

So, I went into APH. And we were essentially forced – in a very good way – to be in study groups with other students so we could study together and work together, which is great.

And so, a lot of these ladies that I met in the first year, I followed into Mastery™ and then, now, into Mastermind. And these people are my friends and it's just … I cannot tell you how important it is to stay linked together.

And I'm so grateful for Joette and the team who came up with "You need to have study buddies," right? What a great concept!

**Kate:**

Yes. Study buddies!

**Lisa:**

No, as I was doing – I just got to say this funny thing – because as I was doing my passport renewal, it was like, "Oh, you have to give a couple of references who you've known at least two years." And I'm like, "Oh, these people could be my references!"

**Kate:**

Awwww.

**Lisa:**

So, I cannot imagine not having these people in my life because I think no matter how much you think you know, you could always learn more. And these women are in it, right? And are sharing, and it's … I love it.

**GOING INTO PRACTICE**

**Kate: (05:26)**

What is going on in your life now, Lisa? What does it look like? How are you applying all this knowledge that you gained in school?

**Lisa:**

Well, as soon as I graduated from The Academy, I opened up a practice. And so before, when I was in classical school, you weren't allowed to see people. You were not allowed to treat people … nothing.

But at the same time, I was taking all these courses from Joette. So, I would secretly be helping people and be learning as I went with taking classical at the same time.

So, when I was ready to go into practice, I already had a network of people who knew me, who knew *about* me, and so it was quite easy to start up.

So, I see clients Monday to Friday. Also, I'm very active on my social media, so I take a page out of Joette's book when she just shares the information. She freely gives it away. So, every other day I am sharing a reel. I'm sharing tips. I do a free blog to all my subscribers every other week.

And so, I really stay active. I really try and stay on top of everything. And I really am so passionate about promoting homeopathy, and how you can use it, and how you can exchange it for your OTCs (your over-the-counters). Right?

That's kind of my focus right now, which I love. It's like my stress relief. Go check me out.

**Kate:**

Well, a little tidbit that people probably don't know about you is that you have a passion for acting, and you've done some acting. And so, really, you're very animated and creative in the social media things that you share. So, I know we enjoy them.

**Lisa:**

Right. Yes. That was my first love … was theater. So, yeah, I get to be on the stage writing my own scripts. It's lovely. Okay. And using it for good!

So, yes, that's what I am doing right now. I'm in practice and balance between home life and work life.

**TAKING ACADEMICS INTO PRACTICE**

**Kate: (07:22)**

What are you seeing from what you learned … now, taking that to practice? I know we were talking a little earlier about some things that you're noticing that Joette taught, and now, you're seeing it. So, what are those things?

**Lisa:**

Because I have been with Joette for so long – I would say, like, gosh … 13, 14 years now … something like that – everything that she has said, now, I see in practice with everybody. Things people say; the things people do. It's like, "Oh, oh, okay, this is just … I've "arrived" because …

So, lemme just say, lemme just really stress this because it's so important to be … you know, we're all starting out. We're all learning. But never stop taking classes, taking courses, stay with the people who have taught you. Read! Read, read, read, read, read. Because you need that confidence moving forward because it's so easy to get knocked off balance.

I would not be the confident prescriber I am if I didn't have Mastery™, if I didn't have Mastermind. Right? And learning from my colleagues now is so important. Because when people say to me – and what Joette had always said – people say to me, "I don't see change."

**A TINCTURE OF TIME**

**Lisa: (08:38)**

“I don’t see change. Really, Lisa. I don’t really see anything.”

It’s water off the duck’s back. “Okay, well, let’s just look.”

And 99% of the time, there is change, but it’s so subtle. It’s so gentle; they don’t even notice it. And human suffering, like Joette says, we forget it. We forget our sufferings as we get better, which is a beautiful thing.

But the homeopath has to be completely in control because they took good notes, took a good case, used the correct remedies because of what we’ve learned. And generally, we see lovely changes just giving it time.

Lemme also say this too, about the time thing … because I will say at the beginning of every case (if it’s a fungal case or if it’s a skin case) I will say, “Give me a year.”

Now, it won’t take a year to see change, but I need a year so that it takes the pressure off of the client; it takes the pressure off of me; and it takes the pressure off of homeopathy.

We have to give it time. What is it? A tincture of time.

**Kate:**

Yes, that’s what Joette says.

**Lisa:**

Yes. And I was actually learning about that phrase, too. It’s an old English phrase. (I think so. Somebody’s going to correct me, I think probably. But that’s okay. So, that means they’re listening.)

One of the biggest things that I will always remember in my mind is when I was working with a fellow who had toenail fungus.

I always make sure to get my clients to take pictures. Okay? You need pictures for skin cases, fungal cases, warts. Anything that you can see, take a picture of so we can measure change. Okay? It might be subtle, but it's there. So, I always say, "Take a picture. Show me these pictures." And they have it in their files.

He messaged me at two months when we had our follow-up. "I don't see any changes."

I'm like, "Okay, well, it does take time. It does take time."

Now, this is a guy who had been on medications for 20-odd years … trying to deal with this. TWENTY years.

He gave conventional medication 20 years. Now it's been two months with me. Two months! And I was a student then, too, right? Everything was very cost-efficient. And yet he said, "Okay, I'll give it another two months."

Okay.

Gave it another two months, messaged me back before our next follow-up and said, "I don't see change. I'm going to cancel our appointment."

And I said, "Okay, I'm sorry that it did not meet your expectations. Would you mind just sending me one picture of your foot now?"

I use this as an example all the time, Kate, because there was *drastic* change. Drastic.

**Kate:**

Really?

**Lisa:**

“Okay,” I said. “I understand, and I’m not trying to get you back, but do you see that there’s a change?”

**“Yes.”**

And yet, not enough – not fast enough. He left. He stopped.

**Kate:**

I wonder how much change there was in that 20 years. You know?

**Lisa:**

Right? They were *bad*.

Anyway, so that’s the kind of things. It’s just like for me, it’s like … and like Joette said – here’s another thing – “You are going to lose people. You’re going to lose people, and you just got to move on. It’s just how it is.”

Right? Thick skin … rhino skin, right? That’s what you sort of have to have doing this, right? Yeah.

**SUCCESS STORY: SEVERE ABDOMINAL PAINS**

**Kate: (11:47)**

So, share some more with us, Lisa. I’m sure you have a lot of stories. Can you share a few more with us?

**Lisa:**

Oh, yes. I would love to.

Okay. The first story I want to share with you is about a client, and we’ll call him Bill.

Now, I was actually supposed to see Bill's son first, but his situation was so intense that he asked if I could see him first.

Now, with Bill, he had been suffering with extreme abdominal pain to the point where he had to take time off of work, and he had a very important job. Not only was it an important job, but he's also providing for his family. So, it's a big deal if he can't go to work.

His pain was at a 10 out of 10 every single night, and he had been to every specialist and tried everything. He had been through the wringer to try to bring himself – get himself – some relief. The last specialist he told me about, he said that this specialist … when they were trying, these doctors, they're trying to help him and going through every single test.

And the last test was about … he told him that we want to do a, oh, gosh, it was an MRI on his stomach, and we want to see if there's sufficient blood flow to the abdominal area. I'm like, "It sounds a little desperate like they're grasping at some straws there."

And he said, 'Yeah, yeah, he totally is, right? But at least they're trying. I got to give them that, right?"

So, he comes to me, and so you can imagine there's a lot of pressure on me. Right? It was Thursday. This is a Thursday I talked with him, okay? And I had his schedule, and I knew exactly what he needed to do. But again, this is a lot of pressure because he's in excruciating pain; this is his first time using homeopathy; and it's a Thursday; and he needs it immediately because he is in so much pain.

So, he's paying for drop-ship like the airplane – which is very expensive from the pharmacy – because he can't have pellets. He has to have it in liquid, too, right, because he has such an extreme sensitivity to dairy.

So, I called the pharmacy. I make sure – like, if anybody knows me, they know I'm thorough. After the case, I order these right away because – and thank God – I had been studying for so long, it didn't take me long to figure out this case and what he needed. I immediately wrote it up, immediately made the order, called the pharmacy: "Will it get delivered tomorrow?" Because after tomorrow, we've got the weekend, and he's just, like, he's in so much pain. This is insane, right?

"Yes, it will be delivered tomorrow, overnight, drop-shipped."

Awesome.

And so, then he gets them the next day. "I got them."

Great.

I don't hear from him over the weekend, and it's like …

**Kate:**

You can't see her right now, but she's making a face like thinking, "Oh my goodness, what's going to happen? What's going to happen?"

**Lisa:**

Right? He messages me … 'cause he is so polite. He messages me over the weekend … after the weekend … Monday, and said, "As soon as I started taking them, I felt immediate relief."

I was like, "Oh, thank God." Like, I was so grateful.

And I've worked with him since, now, because it was a long way back. It was a long way back because of the drugs … because of the drugs that he had to be subjected to for years and years and years and years and years. And we can talk about that ad infinitum … how it's the drugs that is

causing this.

But anyway, I digress at this moment.

And he wrote me a testimonial, and I was just telling you, Kate, that I've yet to read it. But when people write test…

I only ask for testimonials when it's been kind of an extreme case. And the people who give me the testimonials, it's very lovely. And it's when they've been through something that everything else failed them. But homeopathy.

Homeopathy.

**Kate:**

It's really sad that people have to go through all those other things to get to homeopathy. I wish more people knew about it in the beginning so they didn't have to go through that suffering.

So, those of you who are younger and listening to this podcast really commend you for studying this and learning more about it. It will save you so much in time and suffering and expenses.

**Lisa:**

Oh, yeah. So much.

I'm so grateful. I always prayed for wisdom. Before I had babies, I always prayed for wisdom, and this is it. This is it! We don't use any of that. We don't use that. We use homeopathy.

And my kids know homeopathy, right? It's beautiful thing. Yeah. Again, again, again. And in Podcast 60 will talk about how modern medicine saved my son's life. So, I will always be grateful for that. But mismanaged acutes? Ooof.

**SUCCESS STORY: TORN MENISCUS**

**Lisa: (16:30)**

But anyway, let's move on to the next one. Do you want to talk about the next one? My next one?

**Kate:**

Yes, let's.

**Lisa:**

This one is more so, so important to keep studying and keep learning. If you really want to get it, right, you have to keep learning and understand how these medicines work.

So, the next story I want to tell you about is a case of a torn meniscus. Now, this woman I was working with, we'll call her Flo, had other things going on like we normally do. How often?

And so, as we're working on other parts, everything's falling into place. She's doing great, but it's this knee, right? And at first, she didn't even know what it was. So, I'm using all of the pain remedies and torn meniscus remedies that we learned about in the pain course – great course. (They're all great.) But that one specifically is where it talks about the torn meniscus, and what to use and what to try, and that it takes a long time, right? It takes a long time.

We were getting nowhere. The pain was, as she said, "12 out of 10" with what we were using. But she refused to give up.

She had faith in homeopathy. She'd seen it work in other areas of her life. She had faith in her practitioner – me, that I would find something. It took time. It took time.

Now, because of the training that I had through Joette in

how to study *materia medica*, repertory, I was able to find the remedy that she needed within – she said, oh gosh – days? The 12 out of 10 went to zero, ZERO out of 10.

**Kate:**

Wow. Wow.

**Lisa:**

I was like, what!? Now, because she stayed with it and trusted her "detective," I was able to solve that case. And she's good. No pain, still to this day. If she gets a twinge, she'll take the remedy, and it's gone.

**Kate:**

Wow.

**Lisa:**

I know. Amazing.

**Kate:**

So incredible. Yeah. So thankful for these medicines.

**Lisa:**

Yes. And she is older, right? She's older. She's probably late sixties, early seventies. Doesn't matter how old you are, right? **The body can repair itself, given the correct stimulus.**

**Kate:**

Yes.

**SUCCESS STORY: BEE STINGS AND HIVES**

**Lisa: (19:00)**

Oooh, oooh, oooh! This one's fun. So, this is a friend of mine. We're calling her Sally, and Sally uses homeopathy all the time. I help her all the time – her and her family and her animals. She just can feel free to message me and say, "Lisa … okay…"

Because tried it! So, she doesn't call me and say, "Lisa, what do I do for this?"

She'll say, "Lisa, I've tried this, this, this and this, and nothing's acting."

And I said, "Okay, give me the symptoms."

"Okay, it's burning. Yeah, super itchy."

I should back up. She had a bee sting – several bee stings. She has hives, and she had several bee stings.

And she had done the *Ledum*, right? She had done the *Apis*. She had put the *Calendula* on. Can't remember what else things she's tried … just other things she was trying to try. I think there's, like, her cousin said, "Put a copper penny on it," or something! She did everything. I said, you [inaudible] with me before that.

And so, I said, "Okay." I'm thinking in my brain, *remedies*. Because that's what we do. The more you learn, I love it! It's like one of the other APH students or graduates had said, "It's like a superpower." And sometimes it feels like. I loved that.

**Kate:**

I love that analogy. Yeah, that's great!

**Lisa:**

This is what I do day in and day out, right? I'm immersed in it, like Joette says. I just am. I'm immersed in it. I don't

have a whole lot of a social life. When you see those reels, those are like my late-night socials. That's what I do. That's my social.

Anyways, back to the story. So, I'm thinking about remedies going on in my mind, right? Okay, what this and this and that. And I said, "Are you restless?"

And she sends me back a meme of an ostrich dancing up and down, dancing up and down, losing his mind.

And I went, "Oh! You need *Arsenicum album*?"

And she's like, "Okay, I'll try it."

Totally worked.

She said, "What potency?"

I said, "What do you have?"

"200?"

Now, normally, I probably would've gone a little bit lower to start, but that's what she had.

So, you use what you have, right? Give it a go.

She said, after the second dose, brought it all the way down. All the way down. And she had to go to a party where there was a vet there. And the vet is very, very medical. She didn't want to show up freaking out about these bites because she would be quite restless and be told, "You need to take this antihistamine," or "You need to take this med. You just need to."

She wanted to prove that homeopathy could do it.

And I said, "You could just say nothing."

She's like, "No!"

So, she did. She went there. She's like, "Oh, no, I'm good. I don't need anything. I have my homeopathy."

So, love it. Love it. So that was a fun story.

And again, it's like you have the symptoms. If the obvious remedies aren't doing it, then you go to the next one. You'll always find it. You will find the one. There's got to be the one.

I always say that too, right? When Joette would pick up the *materia medica* and be like, "The answer is in here, or the repertory. The answer is in here. I just got to find it."

The more you learn, the more you get into practice, the more you see that's what starts to happen. You don't get the obvious ones anymore. Right? Those are the patterns, too.

**A HOMEOPATH IS A DETECTIVE**

**Kate: (22:04)**

That leads us to being a detective. You mentioned that earlier, that that's what your job is. You are a detective.

**Lisa:**

I'm Miss Marple.

**Kate:**

These are great stories, Lisa. I am thrilled with what is happening in your life and what you're accomplishing. And can you just share with us some final thoughts as we wrap up the podcast?

**CLOSING ADVICE**

**Lisa: (22:27)**

Yes. You know, the biggest thing that I'm seeing, that I'm

hearing right now from people, is that – and again, I'm going to quote Joette because she would say, "People will say, 'I didn't want to use the drug. I didn't want to use the antibiotic. I just didn't know there was another way.' Well, now you do!"

So, I ran into a mom. This is one of many kind of encounters that I see. And she said, "You know, I take for granted that my family and I … we're in good health. So, when my daughter had an ear infection, I didn't know what to do."

So, in my mind, of course, I'm going through the remedies for ear infections: *Chamomilla*, *Hepar sulph, Pulsatilla*, *Calc Phos*. And she's telling me now, "Well, I didn't know. So, we went to urgent care." And they're saying, "Well, here's your antibiotic. They have to take this antibiotic."

And she's thinking to herself, this mother, "But I don't want to use this. I know there is another way. There's got to be another way."

And for me, that's my tagline. **There is another way, and this is it.**

And I said to her, "Yeah, you're in good health now. But mismanaged acutes will lead to chronic illness later in life. You have to learn this stuff if you want to take care of your family. If you'll want to avoid those chronic conditions later in life, it is so important to learn this medicine. You have to start somewhere. You can't just learn by osmosis and have the book next to you. You have to … Yes, it's a lot of work. I know! I've done it! It is, but it's so worth it."

Imagine being that mom now – being like me, where when people told me that they went to the hospital because of croup, I was like, "Really? People go to the hospital because of that? I just used *Spongia*. Worked like a charm. I don't get it."

Learn this medicine. Learn this medicine now. Just start now. Buy a book. Just start reading now.

**Kate:**

And if you want to know where to start, Joette's blogs are free and a great resource. And she also published a *materia medica* book called "Practical Homeopathy for Busy Families." This is great to own because you can study the homeopathic medicines and how to use them. And Joette also shares some homeopathic protocols throughout for various conditions.

So, if you want to go a bit further, the Gateway to Practical Homeopathy Study Guide is where you can learn about homeopathy in a group. And you can put together a group, or you can join another group. It's a six-week guided curriculum with a discussion guide.

And of course, Joette has many courses, so check those out on her website, such as Antibiotic Alternative; the Skin Course; Good Gut, Bad Gut; and many others.

Now, I know Lisa mentioned a little earlier in the program about The Academy of Practical Homeopathy®, which is a year-long immersive educational curriculum allowing you to take your pursuit of excellence in homeopathy to the next level.

It's a more formalized education. You can help your loved ones, church members, and even the broader community by opening a practice should you desire after going through this year-long study.

And if you want to, you can go on from there for a second year called Mastery™. It's an immersive postgraduate education involving extensive repetorization and casework. And I know that you went through that, Lisa, and you did a great job.

And all this information will be linked in the podcast notes

on the website if you want to know right where to go.

Lisa, thank you so much for sharing all these stories with us and your life and what's going on, and how you've applied the knowledge that you've learned. And it's so wonderful that you're able to help so many people. So, thank you for sharing.

**Lisa:**

Thanks for having me, Kate. Such a pleasure.

**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.*

Lisa Heinrichs, PHom M, is a graduate of The Academy of Practical Homeopathy® and Mastery™ programs. She is also a member of Joette's Mastermind group. You can find Lisa on social media @heinrichshomeopathy.

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# Practical Homeopathy® for Angst and Anxiety in the Aftermath of Hurricane Helene




From the coasts of Florida through the mountains of the Carolinas and Tennessee, the entire southeast is reeling from the recent hurricane. The scope of damage is gut-wrenching.

For countless residents, the angst and anxiety in the

aftermath of Hurricane Helene is unbearable. Practical Homeopathy® offers assistance to stabilize emotions so that those affected can more effectively pull themselves up by their bootstraps to try to rebuild.

Homeopathy offers several approaches to mental ailments stemming from disasters of this sort. Let's discuss just a few:

## Angst and Anxiety From Bad News

Angst and anxiety from bad news is a specific rubric in homeopathic repertories calling for *Gelsemium sempervirens*. Symptoms might include severe fatigue, anxiety about the future, and having so much to do one doesn't know where to begin. The most appropriate potency choice would likely be a 30, twice daily, until very much better.

## Sadness, Grief and Feeling Utterly Overwhelmed

Then again, should the symptoms include sadness, grief and feeling utterly overwhelmed, *Ignatia amara* 200, twice daily, would be a better choice.

## Depression

However, my friends, in some cases, the mental outlook of the sufferer may turn into frank depression from the mortifying effects of the event. Should they feel as though no matter what potentially may happen, life just doesn't seem worth the effort, then *Aurum metallicum* 200, every two to three days, may provide the gentle nudge that the body needs to right the ship. *Aurum* can often be particularly helpful when headaches ensue after the trauma. As always, halt the use of *Aurum* when very much better.

## Choose Carefully and Observe

Should a sufferer use all of the homeopathic medicines at the same time? No. Pick one – the tightest fit to the symptoms presenting – and observe for a few days. Should the medicine act, stick with what works! However, if it provides no improvement whatsoever, try the next closest-fitting medication in the same manner. Observe carefully, as symptoms generally may not simply disappear quickly, but instead, melt away over a period of time.

## Homeopathy Is Subtle, Not Manipulative

And that brings me to an important point about our medicines: Homeopathy is not manipulative. Folks who take allopathic drugs expect a pill to change their outlook immediately. However, that means the body is being slammed by a synthetic battering ram, provoking a forced change, and that's not what we want.

Instead, homeopathy is subtle. It gently works with your body's natural defenses to politely encourage homeostasis (balance and stability).

We may see homeopathy work quickly for acute illnesses and injuries, such as hives or a fever. However, for chronic conditions and emotional or psychological conditions, the change will often be more gradual and subtle. One day, the sufferer realizes they are going about their day, almost forgetting that they could barely cope a few days prior.

## Sudden Shocks

Now, some of you may be surprised that I didn't mention *Aconitum napellus* 200, twice daily for a few days, as I have

previously taught in blog posts such as Wartime Suffering. So, let me clarify the difference between it and the other medicines I discussed.

*Aconite* would be a choice for quick-onset shocks. For instance, BAM! You get hit by a Mack truck (or witness someone being hit by a Mack truck). That's a call for *Aconite*. You can read more in my blog, Emergency Remedy Series: *Aconite* in My Purse.

Hurricanes, on the other hand, are slow-motion disasters in the making. There are usually days of anticipation and frantic preparation, followed by hours of impending doom and fear, resulting in weeks (months or years) of stress, grief and logistical nightmares. That's when *Gelsemium, Ignatia*, and *Aurum metallicum* are a tighter fit. However, if none of the aforementioned medicines act sufficiently, one may choose to try *Aconite*.




## Worried About Reactions to Mold?

As victims begin to put one foot in front of the other to regain their lives and livelihoods, they certainly don't need the additional challenge of faltering health. Should reactions to mold present a hindrance to clean-up, perhaps my blog post, Water Damage and the Worry of Mold, may be of assistance.

Pass on the good news of Practical Homeopathy® by sending this blog to anyone you know who has been affected by the storm! Whatever we can do to ease their minds will go a long way.

Warmly,



P.S. If emotional problems persist or the symptoms mentioned in this post do not reflect your concerns, perhaps it's time for an in-depth course. Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions was designed to help a broader spectrum of conditions, certainly more than I can discuss in a short blog post.

And if you want to be prepared for the next cataclysm, consider owning a copy of The Survivalist Guide to Homeopathy. I consider this to be my magnum opus. It's a hardcopy binder filled with discussions of homeopathic medicines for injuries, emergencies and illnesses when help may be unavailable. I truly believe it deserves a place in every homeopathic library *before* disaster strikes.

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# The Best Method for Utilizing

# Homeopathic Medicines — Liquid or Pills?




Here's a tricky little riddle for you: When does a well-chosen homeopathic medicine not act?

Answer: When you don't properly utilize it!

I have a keen sense of stating the obvious, don't I? But let's face it, if you don't own the required remedy, or you own it but don't utilize it properly, even the most carefully chosen medicine will not act.

I receive questions all the time asking for the best method for utilizing homeopathic medicines. I don't find the subject that perplexing. However, given the number of varying opinions out there, it might not be very clear to a

newcomer. So, let's clear it up.

**Differing Methodologies for Utilizing Homeopathy**

1. **Powders**

   Historically, homeopaths utilized homeopathic medicines in a powder form. My Joette's Mighty Members* learned about that as I read from and commented on Dr. James Compton Burnett's highly educational and inspirational book, "Fifty Reasons for Being a Homeopath."

2. **Pillules or Tablets**

   A majority of today's homeopaths prefer utilizing the medicines manufactured in pills, the tiny little pillules that come in tubes from homeopathic manufacturing pharmacies. Some combination medicines, such as ColdCalm® and cell salts, also come in another dry form, meltaway tablets. Either way, this category of medicine is utilized sublingually, meaning simply popped under the tongue so that the medicines can be absorbed into the bloodstream through the tissues under the tongue. Easy!
   Each product's label clearly states the number of pillules considered as one dose. Keep in mind that each manufacturing pharmacy may require a different number of pills. Pay attention to the label!

3. **Dissolved in Liquid**

   Other homeopaths prefer dissolving the dry pills in water – a "water dose." This methodology involves placing a dose of the appropriate homeopathic medicine in a bottle containing 15 ounces of water. Allow the pillules or tablets to dissolve by stirring or shaking

(if a water bottle was used). When it's time for me to administer a dose, I take one capful (about one tablespoon), making sure to shake the bottle ten times before each dose.

4. **Manufactured as Liquid**

   Some protocols may call for the medicine to be manufactured in liquid form. Do not confuse this with the method of dissolving dry medicine in water. No, this type of homeopathic medicine is created by the manufacturing pharmacy to unique specifications – either in a water base or an alcohol base. The form is similar to that of a mother tincture; only the gross substance is diluted and succussed to a specific homeopathic potency.

**Follow the Leader**

Generally, the medicines I teach in my blog posts are utilized as dry pills. If there is an exception – such as with *Mag phos* for cramping – I will note it in the post and on the free Remedy Card.

Many of the Banerji Protocols also require dry pillules. However, certain of their protocols may also involve a remedy in liquid form. In their case, this would mean using a homeopathic manufactured in liquid form (as opposed to dissolving dry pillules into a liquid at home).

Joe De Livera (also known as Joepathy) prefers to utilize a water dose (dry pills dissolved in water). He offers specific protocols for creating those water doses.

My belief is to follow the leader. When a homeopath shares how their protocol has been best utilized, I do what they say.

So, even though I generally use dry pillules, what if Joepathy prefers *Arnica montana* pillules dissolved in water for a specific condition? Then, that's the way I'll do it. Thank you, Joe.

If the Banerji Protocol calls for a medicine manufactured as a liquid, then that's what I will do out of respect for their well-proven methodology.

I'm not here to argue with success. My fellow homeopaths, who also have decades of clinical experience, should be respected.

Besides, homeopathy to the uninitiated can seem complex enough. Why would we choose to add another layer of uncertainty? Do what the homeopath suggests, and don't reinvent the wheel.

**Utilizing Homeopathic Medicines by Stretching Your Inventory**

Some students have asked if it's okay to dissolve their medicines in water to save money by "stretching" their existing inventories.

I ask them, "Is playing with the protocol that has been clinically shown to act reallllllllllly necessary?" (Yes, I put a lot of "Ls" in my use of the word really … for emphasis.)

A new tube of medicine is around ten dollars. If money is tight, give up a fancy coffee. Cancel a streaming service. There are so many ways to save ten dollars so that you can purchase the meticulously manufactured homeopathics from a pharmacy rather than improvising yourself.

However, I'll grant you one exception:

Alfred was experiencing terrible vomiting. *Arsenicum album* had always helped, but he only had two pills left. It was

Saturday night, and there were no stores open. What is he going to do? Well, in that case, he's obviously going to try to stretch that remedy until he can procure more.

I've mentioned time and time again that you should keep your homeopathic medicine kit up-to-date and ready for any eventuality. But okay, in an instance like this, I can see the need to stretch the medicine by creating a water dose. (And you'll have learned your lesson for next time.)

Will the stretched water dose be as efficacious as utilizing the protocol? Who knows. But it's probably better than nothing until you can get the necessary medicine.

**Trust Our Homeopathic Pharmacies**




My friends, I trust our manufacturing pharmacies. They follow exquisitely detailed regulations, both from the homeopathic pharmacopeia and from the FDA. I have no desire to play junior chemist at home and gamble on the results.

Consequently, I teach my students to follow the protocols exactly as written by the masters. Generally, the protocols I teach involve dry pills administered sublingually. However, if the protocol calls for a water dose, create that as directed. If the protocol calls for a medicine manufactured in liquid, purchase that.

Let's keep it simple and pass on the good news of Practical Homeopathy®!

Warmly,



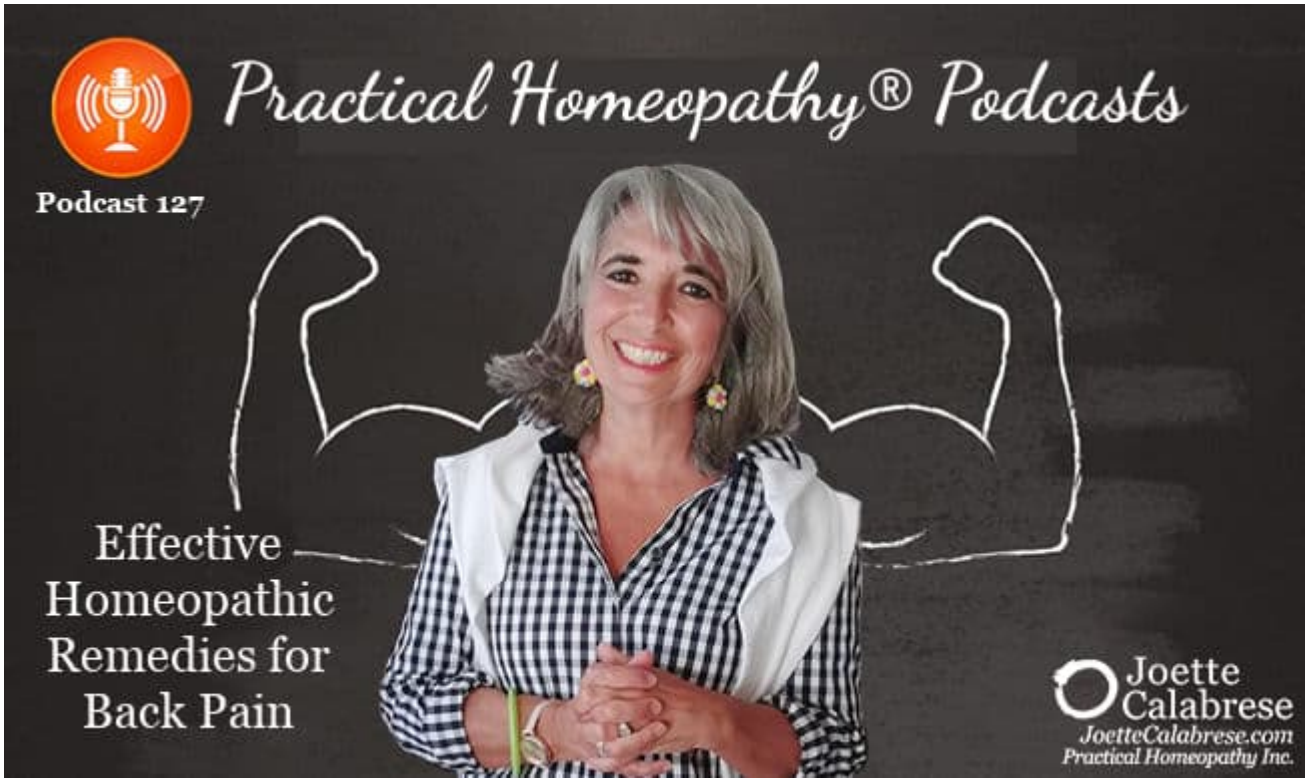
*If you're not yet a Joette's Mighty Member, you're missing out on additional educational material I share only in our private enclave. There, I can be more candid and discuss topics I might not be comfortable discussing publicly.

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

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# Podcast 127 – Effective Homeopathic Remedies for Back

# Pain




**IN THIS PODCAST, WE COVER EFFECTIVE HOMEOPATHIC REMEDIES FOR BACK PAIN:**

**01:00** Introduction

**02:29** Back Pain Caused by Kidney Issues

**03:29** Back Pain From Dehydration

**05:18** Homeopathic Remedy for Back Pain: *Rhus toxicodendron*

**07:26** Homeopathy Is Not a Supplement

**08:27** Homeopathic Remedy for Back Pain: *Symphytum officinale*

**09:46** Homeopathic Remedy for Back Pain: *Arnica montana*

**10:51** Homeopathic Remedy for Back Pain: *Bryonia alba*

**12:14** Homeopathic Remedy for Back Pain: *Mag phos*

Advanced Disease and Back Pain

**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 127, 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**

**Kate: (01:00)**

Hi, I am Kate, and I'm here today with Joette.

**Joette:**

Hi Kate and friends.

**Kate:**

Hi. We want to thank you – all of our listeners –for taking the time to be here with us today. This is so important, and we commend you for taking these steps towards deepening your knowledge with homeopathy. This will help protect you and your family and your loved ones. So, welcome!

**Joette:**

Knowing how to use these medicines will keep you not only on par with what's going on in your family on a day-to-day basis, but as you age, it keeps you relevant.

"Grandma, what do I do for a back that aches?" "Grandma, my ear hurts. What should I do?"

That's where we want to be. We want to be in that position as we age.

**Kate:**

All right, so today we're going to talk about back pain. So, Joette, let's just dive right in. Tell us about what we can do when we have the pain in our back. And maybe it's something that's just mildly irritating, or maybe it's something debilitating that stops us from our daily lives.

And I also want you to talk about thinking outside the box and what might be causing the back pain. Because sometimes, it truly might just be muscles or something with our spine,

but it could also be some other things. So maybe let's start there.

**BACK PAIN CAUSED BY KIDNEY ISSUES**

**Joette: (02:29)**

Yeah, let's start with that because it could be the kidneys. If you know where your kidneys are – and you should know where they are – it's the rather lower back right around the waist on either side. And … could be kidney stones. Could be kidney colic (which doesn't really tell us much of anything. It just tells us that there's pain in the kidney or kidneys). Could be a kidney infection, and that's something that we don't play around with. You want to make sure that that gets attention right away.

But you can also get back pain – I know this is going to sound strange to some people – from eating foods that are not good for you. Some people are so sensitive to wheat that if they eat a sandwich, they get back pain. And that doesn't mean that they've had it all their lives like that. Could have just been developed since they were given antibiotics. Because antibiotics are often the cause of food intolerances – subsequent food intolerances – after their use.

So, it could be any of those.

**BACK PAIN FROM DEHYDRATION**

**Joette: (03:29)**

And interestingly, years ago, I was in my thirties, and I was nursing one of my babies. I don't remember which one it was. And so, I did not drink enough water. I know I didn't because you lose your thirst sometimes. And when you're nursing, you really have to pay attention to drinking a good amount of good water.

And so, I went to the chiropractor, and he adjusted me. And I was going about twice a week, and the pain was really … wasn't excruciating, but it certainly was a nuisance-plus.

And so, every time I went to him, he would adjust me, and I would feel a little better. And it was fine, but then I'd have to go back again. It was going on like this for weeks, many weeks. And then, one day, I got a newsletter that I used to subscribe to.

In those days it was snail mail. And in the newsletter, it said, "Back pain. Are you sure you're not dehydrated?"

So, I thought, "Wow, that's awfully simple." And so since I'm nursing and perhaps the reason … maybe that *is* it … because I don't drink much water at all."

So, I started to … I actually flooded myself with water for a day, which is not a good plan to do on a regular basis. But for that first day … and by the second day of drinking a good deal more water, the pain went away. It was simply melted away and never came back. After having suffered from that for many weeks, if not months.

So, we want to always look at what is the simple way of looking at something. If your garden looks wilty, you might want to water it. If the tomato plant looks like it's not doing so well, perhaps it's not enough water. Perhaps it's the shade, that you planted it in the wrong place. Perhaps it's crowded by other tomato plants.

Whatever the reason is, let's use common sense first. And then we can move from there to, "Okay, what can we do homeopathically?"

**HOMEOPATHIC REMEDIES FOR BACK PAIN – *RHUS TOXICODENDRON***

**Kate: (05:18)**

Good. So, there are *many* remedies that we could think about for back pain, but maybe just talk about a few of them so our listeners have a place to start.

**Joette:**

Of course, it depends on which part of the back. Is it lumbar? Is it cervical? What started it? At what point did it begin? You want to try to think of that because sometimes it's as simple as, "Well, ever since we started sleeping on that new mattress, I've had that problem." Or "Ever since that plane flight when my neck was crooked, and I fell asleep there, it's been uncomfortable or stiff or painful ever since."

So, we do want to look at the possibility of the etiology, meaning what could have caused this in my day-to-day life?

**Kate:**

And sometimes it might even be that "Oh, I tripped, and I just stepped the wrong way and moved my back and just did something to those muscles when that happened." And we really need to think about that because in the day – the day that we're having that pain – we may not remember that that happened.

So, it's always good, like you said, to look back and what was happening or what happened the day before. "What have I been doing? Have I been drinking water? Have I been all of a sudden exercising? What's going on in my life?"

**Joette:**

Are my exercises more rigorous? Am I eating more wheat? And again, I don't want you to think that wheat is a bad food. But for some people, it is. It's like a poison of sorts. So, you want to take that into consideration as well.

So, what I find is that often there are two or three main

remedies here that are most commonly used.

One of them is when the person gets up in the morning, and their back is stiff … or it's more painful, or they feel crooked, or they feel old. Those first few steps are very uncomfortable, if not frankly, painful.

And then once they limber up … "I must stretch. I have to stretch. And so, if I don't stretch, then my back bothers me." That generally is a call for the remedy *Rhus tox*. And so, it's *Rhus toxicodendron* … for short, it's *Rhus tox*. And we can use that in a 30 or a 200, and we can use that a couple of times a day until the pain goes away.

**HOMEOPATHY IS NOT A SUPPLEMENT**

**Joette: (07:26)**

Now, let me also say this: that when I say we use a medicine twice a day, it's not like a supplement or a vitamin where you take it forever. No, these are medicines. Homeopathy is medicine.

So, when we take a medicine for a specific condition, when the condition is resolved (or at least quite nearly resolved), we don't keep taking it. We stop and allow the body just to carry on from where it was before and allow the medicine also to carry on.

Now, if it comes back again, we're not going to say, "Oh no, it's back again!"

Instead, we say, "Oh, cool. Oh, this is really great. It's back again. I know exactly what to do because I did it last time. I go right back to my *Rhus tox* 30, twice daily, until the pain is resolved once again."

So that's the first medicine.

**HOMEOPATHIC REMEDIES FOR BACK PAIN – *SYMPHYTUM OFFICINALE***

**Joette: (08:27)**

The second medicine that is very common that can be used even alongside *Rhus tox* is *Symphytum*, S-Y-M-P-H-Y-T-U-M … *Symphytum* 200C. And that, too, may be used twice daily. And that is an overall muscular and bone and joint pain. So that covers a lot of different kinds of conditions related to the back.

And sometimes, we can actually use *Symphytum* 200 mixed with *Rhus tox*, meaning taking them in the mouth at the same time, twice daily.

I don't know that we need to go that far. If what I've described is that feeling very old and wretched on first movement and then getting better as the person limbers up. If that is there, then *Rhus tox* is probably the medicine for that particular condition.

**Kate:**

So how would one know if they should use the *Symphytum* AND the *Rhus tox*?

**Joette:**

I would use *Symphytum* and *Rhus tox* mixed together when it feels like *Rhus tox* is sort of helping, but it's not doing enough. It's a little improved. It was a screaming 8 every day. Now, it's down to a 5, so it's not moving it along enough. Then, I would add *Symphytum* 200 along with *Rhus tox* 30.

**HOMEOPATHIC REMEDIES FOR BACK PAIN – *ARNICA MONTANA***

**Joette: (09:46):**

Now, there's a medicine that is very useful for back pain

from having picked up something that's too heavy, lifting the sofa, or working too heavily in the gym, or digging in the garden too vigorously. Then we're going to use something like *Arnica*.

And *Arnica montana* can be used in a 30 or a 200 … and that's from having been overused, maybe even abused. So, when we abuse the back by overusing it, then *Arnica montana* 200, twice daily, is an excellent medicine.

Now, let me also point out that *Rhus tox* sometimes comes into play in this kind of a situation as well.

But, in general, if someone has overused their body, overused their back, too strenuous an exercise program, et cetera, we often use *Arnica* 200 all by itself, twice daily, until very much better.

If there's no improvement in somewhat short order – days, maybe even a week or so – then it's time to reassess and look at something else.

**HOMEOPATHIC REMEDIES FOR BACK PAIN – *BRYONIA ALBA***

**Joette: (10:51)**

Now, there's another medicine that I favor for back pain, and that is, again, when the body is overused. And if *Arnica* doesn't help, then we go to *Bryonia*.

Now, *Bryonia* has a very distinct kind of pain. It's the kind of pain that hurts only on movement – not first movement and better on limbering up, like *Rhus tox*; not overall pain, like *Symphytum* – but rather pain that is very specific.

Every time the person moves, it hurts. And a movement could be as simple as coughing. The person coughs, "Oh my gosh, there's that pain." Or when they get up out of bed, there's pain. And they continually have pain throughout the day. It

does not relieve from limbering up.

So, that's *Bryonia*. And I like *Bryonia* in a 30 and, again, twice daily.

And these medicines, what's so lovely about them is that what I'm describing here is kind of for an acute situation, having slept on the plane the wrong way, or having overexerted themselves in the garden, or et cetera, et cetera. But these medicines are just as valuable for a chronic condition. This back pain could have been going on for weeks, months, maybe even on and off for years. It matters not. These are still the same medicines, the same frequency, the same potency.

**HOMEOPATHIC REMEDIES FOR BACK PAIN – *MAG PHOS***

**Kate: (12:14)**

Joette, what about *Mag phos*? Could that be useful for back pain as well?

**Joette:**

Yes. *Mag phos – Magnesium phosphoricum* [*Magnesia phosphorica*] – is particularly valuable when we find that the person wants to have heat exerted or pressed up against the back. And the more pressure exerted with the heat, the better the person feels.

So, someone might say, "I feel a tremendous pain in my back, and if you would just hold that hot water bottle right there and press it really hard, that could help me feel a little more comfortable." That is a call for *Magnesium phosphoricum* [*Magnesia phosphorica*] or *Mag phos*.

And that can be used in a 6 or a 30 and used two to three times a day if it's a chronic condition. If it's an acute, you could take it every 15 minutes for the first hour and,

after that, every hour that follows that.

**Kate:**

Yeah, and then you would gradually space that out as the condition improves.

**Joette:**

Just like any medicine, you don't take it "just because." You take it … well, actually, I should say, there are a lot of drugs that are given "just because" you hit a certain age.

So, let's put it this way, if you're going to be taking a Tylenol for a headache, you're not going to take it twice a day, every day forever more. It's a medicine. It's a drug. It's intended to take care of the condition and move you on to your life.

That's the same as homeopathy, generally speaking – and there are extenuating circumstances occasionally. But generally speaking, we're going to use the medicine until it's no longer needed. And then we're going to open it up and use it less frequently … less frequently. Still okay? Okay. Even less frequent than that.

So, instead of maybe three or four times a day, you're going to go to twice a day. And as it improves, okay, now only once a day.

Okay, now how is it? Okay, it's gone. Great. Then we stop. We halt the use of the medicine, and then we resume it as needed in the future, should it arise again.

**Kate:**

There's also a blog that you had written in 2023 called "Advanced Disease and Back Pain." So, that's another good reference for those of you who want to read more about back

pain and see some of this information written down in a blog.

So, today's podcast was short and sweet, but I think we covered a lot of remedies, and I'm sure this is going to help you or someone that you know. So, thank you so much Joette for the valuable information that you shared today.

**Joette:**

Thank you, my friends. Thanks, Kate.

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

**Kate:**

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

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

# Is Homeopathy a Supplement? No. It's a Powerful (Yet Polite) Medicine.




Remember the noteworthy recovery my oak tree made after I gave it *Arnica* and Bioplasma®? If not, be sure to read Homeopathy Is Not a Placebo: Ask My Oak Tree.

My tree's reaction – without having any predisposed beliefs about homeopathy – proves that this medicine is not a placebo.

**So, Is Homeopathy a Supplement?**

However, despite how I used these medicines for an extended

time with my tree, homeopathy is not a supplement. We would not give it to our families regularly as we might give "plant food" to a dieffenbachia.

Indeed, homeopathy is a medicine and should be respected as such. It's intended to be used judiciously.

**But What About Cell Salts?**

My friends, cell salts are made the same way that all homeopathic remedies are made. Consequently, they are medicines, too.

However, folks often use them more as supplements. They are not.

If a person is low in calcium phosphate, they may consider supplementing their food with the cell salt *Calc phos* 6X. But that concept is grossly oversimplified. It's a medicine. If we think of it as merely a supplement, then we will use it incorrectly.

**I've Changed My View Over Time**

Decades ago, it was my contention that some homeopathy could be used as a supplement. In fact, I used to add *Calc phos* 6X to my kids' daily glasses of raw milk. Why? Because they were growing, and *Calc phos* is specific for growth in children. Maybe it's why my kids' teeth and skin were so good. I don't know. But I wrote about it in a blog post.

However, reading that 2013 article now, it definitely sounds as though I was using a cell salt as a supplement back then.

But like most of us, hopefully, I've learned and grown over the last four decades—especially with my mastery of homeopathy. Now, I'm more apt to think of using cell salts as a medicine instead. I use them to correct a specific condition, not "just because."

For instance, if one always felt cold, had thinning hair, dry and flaky skin, and delaminated nails, then utilizing the cell salt *Silicea* 6X might be considered – but only until very much better. It should not be used as a daily regimen ad infinitum.




**Bioplasma®**

Bioplasma is a combination remedy from Hyland's that combines all twelve of the cell salts into one product. I often receive questions from students thinking that Bioplasma is an exception and may be used as a supplement.

No. It's still homeopathy, and homeopathy is still not a supplement.

In my experience, the downside of using Bioplasma willy-nilly is that all twelve cell salts are most likely not needed at one particular moment in time. If an individual uses unnecessary medicines, there is a potential for a proving.

**What Is a Proving?**

A proving may occur when we use a remedy incorrectly or too

frequently. More often than not, a proving occurs when you take a remedy again and again and again without a specific condition being treated – as you would a supplement. When a proving occurs, the symptoms that the medicine is intended to *correct* are then brought to the surface as a new symptom the sufferer has not had in the past.

Provings don't scare me, as I discussed in Podcast 49 – Shedding Light on Provings and Aggravations. However, why flirt with that experience if it's not necessary? Tight-fitting choices of well-chosen, specific medicines for specific conditions are the way to go.

**Uses for Bioplasma®**

However, Bioplasma is valuable, as I like to say, "when in doubt." If a sufferer is not quite sure what the precise condition or symptoms are – or if they overlap between several cell salts – then Bioplasma can be beneficial.

I used to use Bioplasma quite often, but after decades of experience, I no longer have those moments of doubt. Now, I target each symptom or condition with a laser focus rather than a broad-spectrum "when in doubt" solution.

Bioplasma is also handy if one is out and about without any other homeopathic medicines nearby. If Bioplasma is available, it can often provide some support until the proper medicine can be procured.

It's not a panacea, though. It's not going to fix everything. But it can help support the body until a more targeted medicine can be employed.

And, as you saw with my oak tree, I also find it quite advantageous for plants.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. My Gateway to Homeopathy II contains an entire lesson on cell salts. But you can't get to Gateway II without first studying Gateway to Practical Homeopathy® I.

Join a study group now and be prepared. Fall and winter are just around the corner, yet you'll be ready for colds, flu and injuries from school activities. My friends, there is no time like the present to become competent and confident.

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# Homeopathy Is Not a Placebo: Ask My Oak Tree




If a tree falls in the forest and no one is around to hear it, is there a chance it’s been crying out for homeopathy?

Ask my oak tree.

One of the most consistent arguments against homeopathy is that there is so little of the original gross substance remaining in the diluted and potentized medicine that it must be functioning as a simple placebo.

Okay, here’s a question for those naysayers: If homeopathy is merely a placebo, then why does homeopathy act on plants that are incapable of expectation bias?

Again, let’s ask my oak tree.

Now, lest you think I’ve gone ‘round the bend, I realize that trees can’t talk. Luckily, a photo is worth a thousand

words.

**Homeopathy for Plants**

Six years ago, we bought a cottage with a beautiful old oak tree in the yard. Our neighbors said the tree was at least 120 years old, according to their parents and grandparents. So, this old oak was a sturdy, resilient tree that had most assuredly been around to witness a thing or two.

However, as you can see from this “before” photo, it was suffering.




I was never quite sure what caused the tree to decline, although consensus seems to point to the next-door neighbors’ installation of a pool. Of course, I’m not an arborist, but judging from the tree’s canopy, the digging and/or leaching chemicals in the gunite or shotcrete probably distressed its roots. And it had been showing signs of distress for years before we moved to there.

No matter the cause, I knew the tree had been crying out for homeopathy, and I think I heard it.

I looked at the circumstances as a vascular injury to the tree. Consequently, I utilized *Arnica montana* 3C (one of our leading homeopathic medicines for heart and vascular issues).

I also called upon Hyland's Bioplasma®, a combination remedy comprising all 12 of the cell salts vital to overall wellness. (I'll talk more about Bioplasma in an upcoming blog post.)

If I didn't have Bioplasma, I would add *Silicea* to the tree's water. *Silicea* is one of the 12 cell salts and is known for addressing a lack of hardiness.

**Method for Providing Homeopathy for Plants**

How did I administer the medicines to the tree? I simply dissolved a couple of doses of each in a large pitcher of water and poured the medicine around the base every week for about four months. I've kept up with this regimen every summer and fall for the last six years.

If homeopathy were a placebo, my oak tree might have continued to fail until it died. However, over time, it began to thrive once again. I took the following photograph six years after the first photo – almost to the day. What a difference!




This example also serves as an excellent analogy for how

homeopathy addresses chronic conditions in humans.

This was a 120-year-old tree that had been in decline for some time before I came along and heard its cries for help. We can compare that to an adult who has experienced a chronic condition – say, allergies – for many years. The sufferer may say, "I started using homeopathy six weeks ago; why have my allergies not been eliminated quickly?"

While a well-chosen homeopathic medicine employed as an SOS for an acute condition may surprise us with how quickly it can act, it takes time to see a shift in a chronic condition. Chronic conditions don't appear in a day and likely won't resolve in a day.

Like my tree, it often takes time to halt the momentum of decline and then make the complete 180° turn to robust health. But it does happen. I see results every day in the feedback I receive from clients and students.

And you can see the results with your own eyes in my tree. The difference before and after homeopathy is gobsmacking, isn't it?

My dear friends, I assure you, I did not explain to my tree that it was receiving homeopathy in its water. I did not offer it any blog posts or read to it from the *materia medica*. My tree was not swayed by my confidence or influenced by faith that this medicine could work. As much as I love that tree, it's not much of a deep thinker or conversationalist.

However, homeopathy acted just the same – without any medication prejudice from the placebo effect.

**Homeopathy Is Not a Placebo**

If my oak tree's experience is insufficient to convince the naysayers, there's more. Once again, I offer this

fascinating explanation of a scientific experiment conducted on duckweed plants from the Homeopathy Research Institute. It's hard to cry "placebo" after viewing the short video "Using Duckweed to Investigate the Effectiveness of Homeopathy."

Pass on the good news of Practical Homeopathy®!

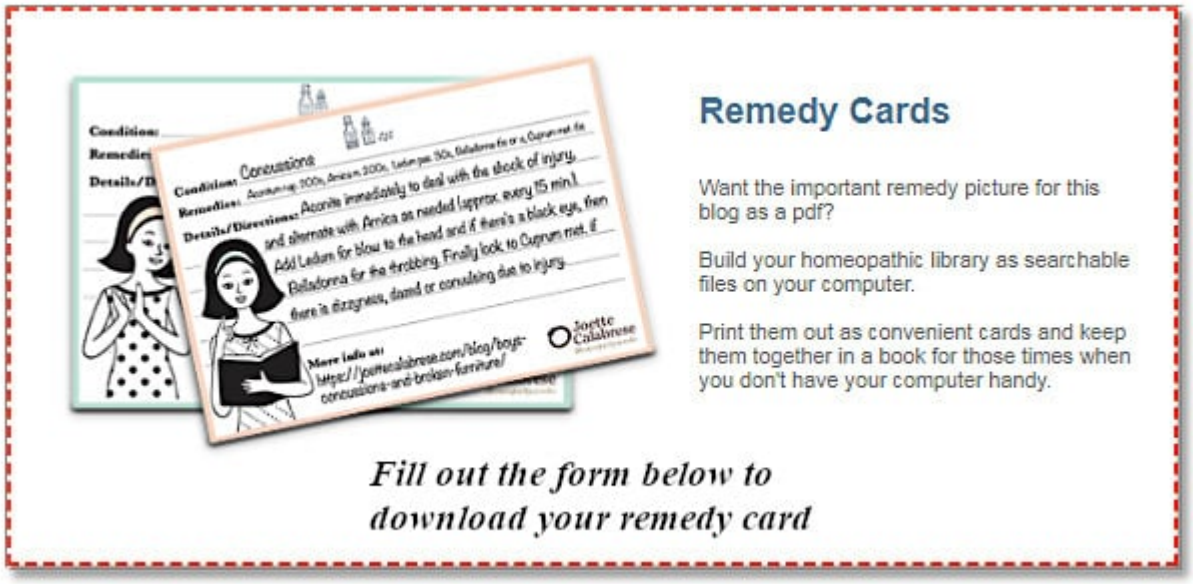
Warmly,



P.S. A Gateway to Practical Homeopathy® study group is the perfect way to learn more about homeopathy. Gather up some friends and start a group yourself. Or join a study group led by one of my experienced Ambassadors. As students and graduates of The Academy of Practical Homeopathy®, my Ambassadors have unique knowledge to launch your studies to the next level.

Purchase your study group curriculum, and then log into your dedicated Gateway to Practical Homeopathy® I, Second Edition portal. In the Welcome section, you'll find a list of the next Ambassador-led study groups organized by starting date. Plenty of options enable you to find the time best suited to your schedule.

And don't stop there! If you've already taken Gateway I, be sure to continue with Gateway II. In this second part of the Gateway series, I delve much more into the cell salts. There are also valuable lessons on colds, influenza, seasonal allergies and common emergencies.




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# Podcast 126 – Moms with Moxie: From a Mom Just Like You to a Successful Practical Homeopath®!




**IN THIS PODCAST, WE COVER:**

**01:00** Introduction

The Academy of Practical Homeopathy®

**02:04** What Brought Kirsten to Homeopathy? Pediatrician Pushback and Pizza

**05:43** The Gateway and the Garden Injury

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

**06:44** Success Battling Cellulitis (with the photos)

Nailing MRSA with Homeopathy

**08:00** The Photographic Proof of the Efficacy of Hyper/Ars

**10:00** The Watershed Moment: Where Had These Medicines Been All My Life?

**12:21** Success with Celiac Disease and Reducing

Pharmaceuticals

**15:48** Success with Rheumatoid Arthritis

**17:18** From Mom to Practical Homeopath®

**19:13** Learning Practical Homeopathy® Is Doable

**ADDITIONAL RESOURCES:**

Joette's Learning Center

Joette's Mighty Members

Joette Calabrese on YouTube

**Kate:**

This is the Practical Homeopathy® Podcast, episode number 126, 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**

**Kate: (01:00)**

Hi, and welcome back to the podcast. We're so glad that

you've joined us today. We love that you're here and are so excited about your homeopathy journey. So, thanks for being here.

Today, we have a special treat. Joette is going to be talking to a special guest, so I'm just going to let her take it away.

**Joette:**

Thanks, Kate. So, I'd like to introduce Kirsten Decca.

I've gotten to know Kirsten pretty well through the last few years because she's been a student of mine for some time. She joined The Academy – and we're going to hear all about that – and then, she went into the next year, the Mastery™ program. And now, she's in our Mastermind program, and I really wanted you to hear her story.

So, welcome, Kirsten.

**Kirsten:**

Thanks, Joette. It's a pleasure to be here. Thank you for having me.

**Joette:**

Yeah, this is going to be good today.

So, I'm interested in knowing – as many people are – a little bit about your life, what you do and what brought you to homeopathy.

## WHAT BROUGHT KIRSTEN TO HOMEOPATHY? PEDIATRICIAN PUSHBACK AND PIZZA

**Kirsten: (02:04)**

Okay. Well, I'm a mom of six. My husband and I live here in the northwestern part of Florida. My husband is retired Air

Force, and we have moved up here kind of out into the country. We have a little homestead, and we raise chickens, and we have dogs and some goats and horses.

My journey to homeopathy is interesting. I have a background in health care. I'm a licensed physical therapist assistant. Although I'm retired, I haven't been in a clinic for probably, oh gosh, over 20 years now. But I've always loved anatomy and physiology. I'd like to say health care, although I feel different about what it actually is now.

But my dad was actually a pharmaceutical rep, so I was raised with drugs. They were everywhere. It's just what we did. In fact, I didn't really know that there was even another way. If you were sick, that's just what you did.

You took a pill. Or actually, we used to have – I don't know if you remember Kaopectate®, Joette. You remember?

**Joette:**

I do.

**Kirsten:**

So, we used to have it everywhere. And I don't know why I thought it tastes good, but we would just drink it. We would go sneak it out of my dad's samples and take Kaopectate. I don't know how we ever went to the bathroom. But anyway, so to say that drugs were commonplace is just an understatement.

I went to school to be the physical therapist assistant. I had played sports for years and years, had gotten injured and had had multiple surgeries. So again, drugs, drugs and more drugs during surgery after surgery.

And then I didn't really question until probably most of us … when we had children. So, I had my kids. And then, I had a son that began displaying some behavioral issues. And we

just noticed something was different, and he was diagnosed with Asperger's.

So, that really kind of started me on my journey of questioning kind of what I had done. Was anything that I had done contributed to this? And so, I started reading, educating myself, and then I started asking questions at the doctor's office, which that did not go over really well, and I began to get pushback.

And so that even pushed me further in questioning. "Okay, why is this an issue? These are my kids. You would think they would welcome it." I really expected the doctors to pat you on the head and go, "Good job!" But that was not the case.

So, we started deciding not to do certain things, and I began to get kicked out of doctor's offices. And I started doing my own research. And for my son … we started changing diet; we added herbs; we did all those things. And we did see some things get better, but we just never saw it go away. And if you stop doing those things, issues came back.

So, then I had a friend who was kind of on that same journey – gluten-, dairy-free. She was actually a client of yours, Joette. She introduced me to homeopathy, and I thought I saw her one day eating pizza.

And I thought, "Oh my goodness, she has given up! She's just decided she's going to go out and enjoy food." I just couldn't believe it. I knew her diet was very restrictive.

And I said, "What are you doing? Why are you eating pizza?

"And she's like, "Homeopathy."

And I thought, "What are you talking about?" And I probably wasn't really nice about it. I probably was like, "What is that? It sounds crazy."

[00:05:30] So she just very nicely smiled, does what you tell people to do, you know? Just leave your little seeds and walk away.

And I just over time asked her a few more questions, and she invited me to a Gateway.

**THE GATEWAY AND THE GARDEN INJURY**

**Kirsten: (05:43)**

So, that's really where I started … was that Gateway class. And I did that Gateway class and started to implement those medicines for my kids, for other people. And that's really, I began to see some things change.

And then fast forward just a little bit of time (that was 2019). So, spring of 2020 (where we all know there were some crazy things happening), and I hurt my foot.

I love to garden. And I was tilling some manure into the garden and left something out and was walking around in flip-flops at night and shoved this tool right between my toes.

And I did all the things. I took *Ledum*, and I took *Arnica*. I took a few other things, but I still didn't really know. I was not proficient. I didn't really know what I was doing. So, I called my friend and said, you know, "What else do I do?"

And she helped me. But it continued to kind of get infected, and it got pretty nasty. And I developed cellulitis.

**SUCCESS BATTLING CELLULITIS**

**Kirsten: (06:44)**

And I had called some friends of mine that were in the medical profession. And they said, "You've got to go in.

You've got to go in. You need IV antibiotics." But I did not want … at that time, I was like, "This is not a time I want to go to the hospital. I'm just going to really try this on my own."

And I tell people, it was my "burn the ships" moment. I was like, "This is do or die for me. I couldn't tell somebody else not to go, but *I'm* not going. And so, I'm going to figure this out."

Well, amazingly, it wasn't super painful. It looked like it should have been, but I was still kind of able to move around on it. And it stopped.

So, it looked bad, but it wasn't progressing. It wasn't getting any worse. And I think it was your article, Joette, that I came across. It was on MRSA because it looked very much like MRSA to me.

**Joette:**

Yes.

**Kirsten:**

And so, when I read that, I was like, I need to do *Hyper/Ars* [*Hypericum perforatum* 200 mixed with *Arsenicum album* 200], and I added *Pyrogenium*.

And when I did that, within 24 hours, I saw a shift. I saw the redness go down; the swelling go down; normal color started to return. And I knew I was on the right track. And within a week of that, it was completely gone. You wouldn't have even known I had had an infection.

**THE PHOTOGRAPHIC PROOF OF THE EFFICACY OF HYPER/ARS**

**Joette: (08:00)**

It's an amazing story because I've seen the photographs of

it.




**Joette:**

Cellulitis is nothing to play around with. You either go in and get the antibiotics and do what you're told to do at an ER. OR you know what you're doing homeopathically.

And you knew what you were doing. Yeah.

And I'm sure that you questioned it because we all do when we're not well. "Uh-oh! Am I doing the right thing? Let me believe I'm doing the right …" And then you go back, and you read up on those remedies. "Am I sure this is the right remedy?" (After taking it.)

I’m sure that went through your mind that day.

**Kirsten:**

It did. And this is where community comes in. The friend that was helping me came to my house, and she continued to reassure me. “You’re on the right track. It’s okay. I think you’re all right,” for those moments of doubt. So, that was really important too.

**Joette:**

But that’s not empty reassuring, I must say. What she was doing was … she was reading the symptoms: where the symptoms were, like, just *before* taking the homeopathic and where they were shortly *after* taking them. Because we can learn how to read symptoms and determine, “Is this improving?” Because if it isn’t, we really do have to perhaps go to traditional medicine. Once you have an understanding of this – as she did, and that I’m sure you do now as well – you can read what’s going on … what the body’s telling us.

**Kirsten:**

Right. And she was seeing the pictures too. So, I think I was just … there were those times where you’re like, “Oh, am I going to do a good enough job to make this work?”

And thankfully, it did work. And I’ve seen it work time and time again. *Hyper/Ars* is incredible. I’ve seen infections just be able to melt away.

**Joette:**

Yeah, it’s a Banerji Protocol: *Hypericum* 200 with *Arsenicum* 200. And the Banerjis call it *Hyper/Ars*, and so that’s what we call it in our study. So, yeah … it’s mixed together.

Yeah, it’s pretty amazing for these kinds of conditions. And then you use *Pyrogenium*, as well … 200, right?

**Kirsten:**

Correct.

**THE WATERSHED MOMENT: WHERE HAD THESE MEDICINES BEEN ALL MY LIFE?**

**Kirsten: (10:00)**

So, that was really when I decided, "Okay, these medicines … they work time and again, and this shouldn't have healed." I thought this. Conventionally speaking, everybody thought I was crazy, and this *worked*.

I *know* they'll work. There's no reason why this should have healed without these medicines. I decided I needed to learn more. And when The Academy became available, I applied. And that's kind of how this journey started.

**Joette:**

It starts with a watershed moment for most people. Something happened to their child; something happened to them; something happened to their parent or even their livestock and animal. And that's when people say, "Wait. Wait a minute. I've got to find out more."

And it's someone like you, Kirsten, who's – and this is one of my favorite words – autodidactic, likes to learn on their own. And so that's how you started. But then you found, as you said, then, the next step is joining a group of people in Gateway to Homeopathy so that you're with others who think similarly or at least are looking to study in the same fashion.

**Kirsten:**

And that was really the first thing I did is I did Gateway again, and then I taught it again.

**Joette:**

Then *you* taught it!

**Kirsten:**

Then I taught it. That's right. And then that was really what I did before starting The Academy.

**Joette:**

So, you had a good head start.

**Kirsten:**

Yeah, I was really wanting to learn. It was amazing. I just couldn't believe … where had these been all my life? I'd done all the things, and why did I not know these?

And so, I felt – and I still feel – I've got a limited amount of time. I'm not 20; I'm 50. So, I want to really continue to learn these so I can know them well and help people, my family and my community.

**Joette:**

Some people say they get angry when they realize, "Wait a minute. I mean, we're grateful that we've got this great medicine. But wait, you mean to tell me that all these years [just like you said], this has not been out there for me to see or to know about or to be able to use? My parents didn't know … my grandparents. This has been around since the late 1700s. What? We don't know about this?"

**Kirsten:**

Right. And then, when you start learning the history behind it and *why* we don't know, it makes you even more angry.

**Joette:**

Yes. Yeah, it’s an interesting history. Medical history is pretty darn interesting.

**SUCCESS WITH CELIAC DISEASE AND REDUCING PHARMACEUTICALS**

**Joette: (12:21)**

So, tell us what else you’ve done. You have another story? We love stories.

**Kirsten:**

Oh, gosh. Well, I have some really neat ones. Since going through APH and Mastery™, I’ve had a chance to work with some clients and had some really great results.

I think one of the neatest stories and probably one of the most difficult, I have someone close to me that has a daughter that has Type 1 diabetes, asthma, and now has actually been diagnosed with Addison’s disease.

So, that has been difficult, but so rewarding. And I think this is hopeful for people that even if they have to be tied to some sort of pharmaceutical – like, we’re never going to get away from insulin. That’s going to always be in our lives.

And because of that Addison’s disease, we’re going to have to have some measure of steroid replacement. But I will tell you the amount of medication we’ve been able to get away from for this child since helping her has been incredible.

She was diagnosed with celiac; she had chronic constipation, she had eczema. And those are all gone.

For a Type 1 diabetic, to not have food choices is really difficult. And this child could not go anywhere where there was gluten. We couldn’t bring food into the house. She would get sick and throw up.

And she can eat anything she wants now!

So, to have brought that kind of freedom and quality of life to someone is just incredible. So, are we going to still have to be tied to some medication? Yes, but the pharmaceutical needs have gone down drastically. And her quality of life has gone up immensely. Her mom told me that she said, “Mom, what did we do before homeopathy?” That’s really incredible.

**Joette:**

So, obviously, it’s not just for her. It’s for parents and someday for her own children. And the ripple effect is grand.

**Kirsten:**

It really is. And her insulin needs have gone down. She is on the smallest dose. They didn’t even know … it’s hard to titrate kids with Addison’s. So, she’s on the lowest dose of steroid that you can even be on. And she’s going through puberty! So, her needs should be going up, but the needs for her pharmaceuticals are not.

So, to say that this has been just really incredible in her life is an understatement.

**Joette:**

Beautiful. Great story. Love it. And so, what that gives us is a great deal of hope, but it also tells us that we can move a case along. We can move someone along quite far without saying it’s a hundred percent “cure.”

If we can give someone their life back. Someone, let’s say, with rheumatoid arthritis. They might still have deformance of their hands, but they no longer have pain. And now that woman can knit, and now that woman can prepare meals for her and her husband.

And so, those are the kinds of things we know. It will take it as far as it can take it, but meanwhile, the quality of life has been improved greatly. Good story.

**Kirsten:**

It really has.

**SUCCESS WITH RHEUMATOID ARTHRITIS**

**Kirsten: (15:48)**

Funny you talk about RA. Actually, one of my first cases was a rheumatoid arthritis case. And this person came to me because they were having to switch. They had been on biologics for years, and they were having chronic infections. They really were not feeling well.

I don't think at the time, necessarily, that she put that with the biologics … you know, understood that maybe that was coming from the biologics. But even the doctor said, "Yeah, it's going to lower your immune system. It can have these side effects."

After we talked about it, and I said, "I'll work with you, whatever you want to do." But she decided she was going to have to switch medications, and she wanted to get off.

So, I said, "Okay, if that's what you want to do, and your doctor's on board, well, let's just give it a go." So, we started the protocol, and she has not been back on these medicines since – and it took three months. In three months, she was completely …

**Joette:**

That's what I was going to ask.

**Kirsten:**

Three months. That's it! I was amazed. I really didn't know that it would work that fast. She was amazed. I was amazed. Just such a great outcome.

**Joette:**

So, again, it affects you, your children, your family, her, her family, and then her friends and her neighbors and her church mates, et cetera, et cetera. And it has that effect that *that's* how this information needs to get out there … is through word of mouth. And that's exactly what we're doing today. It's another way of getting the word out how important this medicine is in the hands of mothers and grandmothers.

And now, you're a practitioner.

**FROM MOM TO PRACTICAL HOMEOPATH®**

**Kirsten: (17:18)**

You know, that was never my intention. I thought I would go into this, and I was just … wanted the information for myself and my family. And then Mastery™ came along. And I thought, "Well, if I'm going to do it, I want to do it well. So, let's learn how to do it even better."

And so, I sort of fell into that. People come to you. They know that you're out there, and they want help, and they say, "Would you be willing to help me?"

And what are you going to do? You're not going to say no. And really, it is, for lack of a better term, it's *addictive* to help people. There's no feeling like being able to help someone heal when they've been suffering for years. It is just a wonderful feeling.

**Joette:**

That's kind of our mission being on this earth is to help

others. Being part of it; you bet.

Well, Kirsten, I can't thank you enough. People need to know that you can start from scratch and move all the way into being able to help your family and your friends and then move on to even practice. And that's, of course, what you've done. And this has been over a span of what, how many years would you say …

**Kirsten:**

Goodness.

**Joette:**

… when you first met with your friend and who recommended homeopathy …

**Kirsten:**

Oh, that was 2019.

**Joette:**

Five years.

**Kirsten:**

So, it's not been that long.

No, and I really am just a mom. I never had any intention on going back to school. We're in the company, as you know, Joette … there are some really sharp cookies in The Academy and in Mastery™, and I'm humbled to just rub shoulders with them. There are some quite, just intelligent practitioners.

I really came into this just as a mom, but it's amazing what you can learn and what you can do to help someone. And it's just been a pleasure.

And I tell other students, you just trust the process. Trust

the process. It’s a process. You don’t realize what you can accomplish, and anybody can do it.

**LEARNING PRACTICAL HOMEOPATHY® IS DOABLE!**

**Joette: (19:13)**

Yes, anybody can learn some of the protocols. But when someone is able to put it together in the fashion that you have because you are studious – I have to say that, Kirsten – and you’re myopic about it. You become very intense and have studied. I know! I can see you! I’ve seen you in class through the years, and I can see what kind of person you are. And it takes someone with a certain amount of dedication as well to be able to get to this point.

So, I hope that this has inspired many others because this is doable. It is doable! Anybody can do a few of these, but only certain kind of a person who’s willing to put the effort into it can do as much as I think you’ve accomplished.

So, there you have it.

**Kirsten:**

Thank you.

**Joette:**

Yes, you’re welcome. My hope is that we’ve inspired you to have a little more control over your life, my dear listeners, and less anxiety and a whole lot more confidence when it comes to taking care of your family and even moving forward in a new career.

It’s my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

**Kate:**

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

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

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# Spasmodic Dysphonia: Robert F. Kennedy Jr.'s Rare Voice Condition. Can Homeopathy Help?




I present my message with my voice, whether talking to clients, teaching my students, creating videos, podcasts or holding live events. I cannot imagine the frustration of discovering my voice has become strained or strangled, as though my vocal cords were in a vice.

But that's what happens in cases of spasmodic dysphonia.

**Spasmodic Dysphonia in the News**

I was recently asked about this disorder by a student who was curious as to whether there were specific homeopathic medicines that might help Robert F. Kennedy Jr., the most famous sufferer of this condition.

However, I have encountered this condition twice in my clinical experience. One case did not improve because, in my estimation, I still needed to gain a greater level of experience to address it adequately.

However, the second case I tackled was successfully

resolved.

Spasmodic dysphonia is a twenty-five-cent term for uncontrollable spasms in the muscles that open and close the vocal cords, causing the vocal folds to either slam shut or open involuntarily.

We don't think of our ability to speak as dependent on muscles, but that's exactly what creates and controls our unique voices. Spasms in those muscles controlling the vocal cords can render our speech unintelligible.

Even though the condition is not life-threatening, how life-altering it must be!

**Is the Etiology of Spasmodic Dysphonia Important?**

No clear-cut, across-the-board cause has been attached to spasmodic dysphonia as of yet, but there are several areas of suspicion. It might be genetic, or a prior illness may trigger it. Even though the vocal cords themselves are often healthy, it is currently considered to be a neurological disease (related to the brain). Because of this neurological component, some clinicians believe the condition to be related to emotions – especially grief and sense of injustice – while others attribute it to trauma.

However, Robert F. Kennedy Jr. is quoted as saying, "For years, people asked me if I had any trauma at that time. My life was a series of traumas … so there was nothing in particular that stood out."

But as you'll recall from reading my blog, in my brand of homeopathy – Practical Homeopathy® – we often do not need to know the etiology of a condition. We utilize the name of the condition and the symptoms.

Of course, I cannot speak directly to Robert F. Kennedy Jr.'s unique situation, given that I have very limited

knowledge of his particular case. But *without having taken this case* and with only the little bit of information I have garnered from his public descriptions and my observation of his presentation, I did a little research for my own edification.

**Repertorizing the Condition**

To arrive at a well-considered homeopathic medicine, we always research the condition and associated symptoms in a homeopathic repertory, such as Dr. Robin Murphy's "MetaRepertory, Fourth Edition," a primary reference book I use as I teach The Academy of Practical Homeopathy® and Mastery™.

As I repertorized spasmodic dysphonia for this blog post, the medicine that most stood out to me was *Causticum*.

Why? Well, RFK Jr. has been fighting the powers that be for decades. He began with environmental causes and now is leading the charge in his latest health crusade (ahem … It starts with a "v," and I think you know what I mean).

*Causticum* is not only related to aphonia (which is the complete loss of voice, and thereby, includes dysphonia, as well), it is also closely associated with those who have a strong sense of duty, are sincere, idealistic, intense, incensed and concerned about the environment. They fear something bad will happen and – here it is – they'll harbor great anger over injustices towards themselves or others.[1]

Now, I may be reading too much into this, but these seem like his dominant personality traits.

*Causticum* also applies to hoarseness and paralysis of the esophagus (throat muscle dysfunction).

If I had this condition, what would I do? I would utilize *Causticum* 200C every third day over a period of weeks, and

then observe to see if any – and I do mean *any* – improvement was noted. If even a slight improvement ensued, I would continue with this schedule. If no improvement whatsoever was noted, then I would re-repertorize to pivot to another medicine or consider a different potency or frequency.

This is how Practical Homeopathy® works.

From an interview in the LA Times[2]: " 'I feel sorry for the people who have to listen to me,' Kennedy said in a phone interview with The Times, his voice as strained as it sounds in his public appearances. 'My voice doesn't really get tired. It just sounds terrible. But the injury is neurological, so actually the more I use the voice the stronger it tends to get.' "

His is certainly one voice that should remain strong!

To that end, I have a not-so-secret wish that he will stumble upon this blog post and consider the potential of homeopathy. As we know, homeopathy often shortens the duration of acute illnesses or injuries and reduces suffering in chronic conditions. It gives the body a natural, gentle, polite nudge, helping it return as much as possible to homeostasis.

How marvelous it would be to have a political leader in the United States who could attest to the efficacy of homeopathy as leaders in many European countries, India and South America can and do.

But until that day, it's up to us to pass on the good news of Practical Homeopathy®!

Warmly,



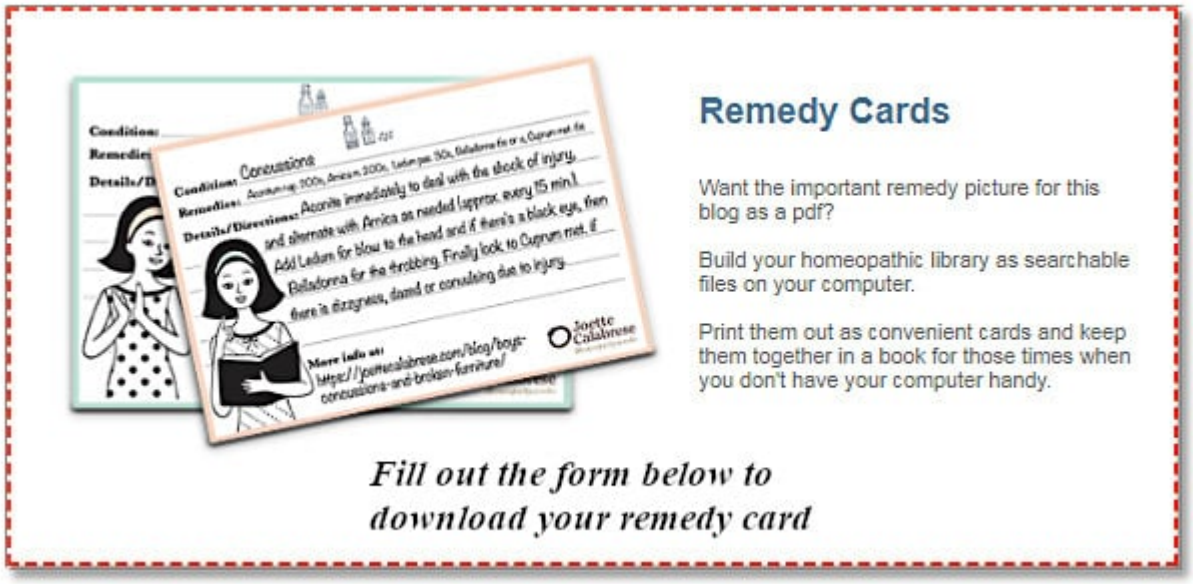
[1] "Desktop Guide to Keynotes and Confirmatory Symptoms" by Dr. Roger Morrison

[2] https://www.latimes.com/politics/story/2024-04-08/rfk-jr-voice-condition-spasmodic-dysphonia

P.S. Homeopathy should not be erudite or elusive – at least not my brand of homeopathy, Practical Homeopathy®. But it does take some study to utilize at home on your own.

If you haven't yet joined a study group, click here to learn more about my Gateway to Practical Homeopathy® study group curriculum. Once you join a study group, you will meet your new best friends who think like you. As of this writing, we're almost 20,000 strong!

I can assure you that joining a study group will boost your confidence in using homeopathy, and the friends you'll make will be there to support you when you need them most. Together, we will bring homeopathy to every family across the globe. Health autonomy is true freedom. Take the first step through the gateway.




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# Powerful *Arnica montana*: Widespread Utilization of Our #1 Homeopathic Medicine Is Increasing




Do you know what I find heartening, encouraging and validating? Many folks are utilizing homeopathy without even realizing it. Homeopathy is beginning – just beginning – to become ubiquitous in drug stores, and it's a beautiful thing to see.

Now, I'm not saying drug stores carry the entire line of Boiron's little tubes. But I bet you'll be able to find *Arnica montana* just about anywhere you look.

**Homeopathic *Arnica montana* is becoming ubiquitous in many circles.**

In fact, not too long ago, my husband and I were walking on the beach when we found a tube of *Arnica* 200. Before you say, "Well, Joette, it's probably one of your tubes that you left down there accidentally," let me tell you, we found

this tube nowhere near where we live.

So, I decided to investigate.

As it turns out, *everyone* is apparently beginning to recognize *Arnica montana*'s power. How do I know? Well, a few feet down the beach, we ran into Paul.




Paul Pufferfish, shown here, had misplaced his tube of *Arnica* and had come up on shore to retrieve it. It seems Paul had bumped his head on the bottom of a boat, and boy, did he have a massive bump on his head from the blunt force trauma.

### ***Arnica montana*: the go-to homeopathic for head injuries**

His seahorse-eopath Shirley had recommended *Arnica montana* 200 as an acute SOS medicine for Paul's likely concussion. She knew it would also help him with the pain of the trauma and suggested he utilize it every 15 minutes or so at the onset, tapering off as his symptoms eased and stopping when he felt very much better.

However, because of Paul's stupor after his head injury, his little fin accidentally dropped the tube of *Arnica*, and it washed ashore. Unfortunately, Paul Pufferfish does not have a Boiron account, so he couldn't order more. So, he decided to look onshore.

With a pounding head – darn those boats anyway – he shimmied out of the waves to look for his *Arnica*. Thank goodness that's when Perry and I came along.




Recognizing that Paul needed a dose of *Arnica* right away, I reunited him with his tube and poured out a single dose for him. (Homeopathic medicine tubes are decidedly tricky to handle with only fins. Thanks to our opposable thumbs, we humans have no excuse for not utilizing homeopathy whenever we're in need!)

Paul threw the little pillules into his mouth and winked at me in a friendly fish thank-you way. He seemed to be a little breathless as a result of being out of the water for

so long, so he didn't stick around. So, I didn't see how quickly the medicine acted on his head injury. But I have no doubt that within a few doses, he was very much better.

**Don't miss your free Remedy Card regarding *Arnica.***

Scroll down and download a free Remedy Card containing information about *Arnica* for head injuries. Unfortunately, the ink will probably run if you live in the ocean. But if you're a human, like me, you can keep a recipe box filled with all the free Remedy Cards I offer in various blog posts.

Next time you walk on the beach, you'll never know what you may find or who you may meet. All I know is that I'm thrilled that homeopathic *Arnica montana* is becoming so popular in so many circles. It's become the gateway medicine to a more expanded use of homeopathy!

**Speaking of a "gateway" …**

My Gateway to Practical Homeopathy®: A Guided Study Group Curriculum is the perfect entry point for newcomers to homeopathy. In addition, because of the wide breadth of experience that each study group contains, it's also great for folks who have used homeopathy before and are hoping to increase their proficiency.

You can start your own study group with friends. The curriculum lays it all out for you.

Or, to augment your learning, join a group with an experienced leader. Once you've purchased the study guide, log in to your "Gateway to Practical Homeopathy® I, Second Edition" portal page through The Learning Center. On the Welcome page, you will find a list of my Ambassadors – students and graduates of The Academy of Practical Homeopathy® – who are now leading study groups.

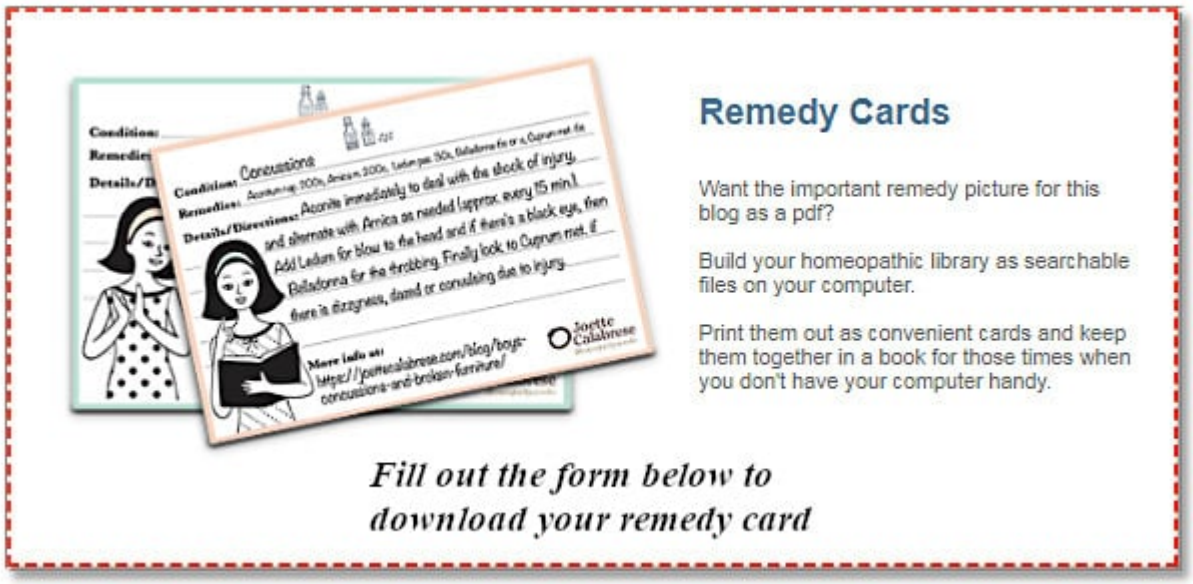
Pass on the good news of Practical Homeopathy®!

Warmly,

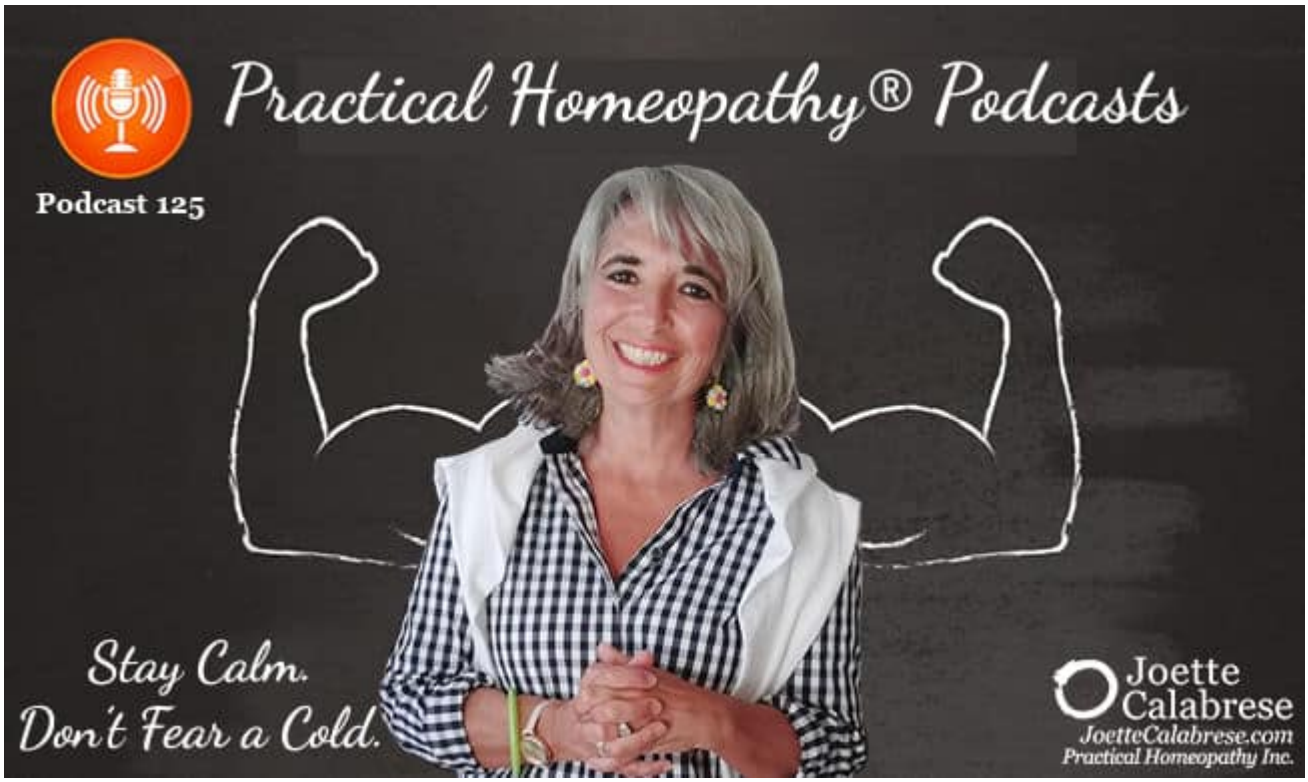


P.S. I've written about Arnica many times before. Check out my blog, [When in Doubt: *Arnica*](https://joettecalabrese.com/blog/when-in-doubt-arnica/), to learn more. https://joettecalabrese.com/blog/when-in-doubt-arnica/ And learn how *Arnica montana* is made into a homeopathic medicine in this short video: https://www.youtube.com/watch?v=8KeNMha0F9g

P.P.S. When you enter the promo code **Joette** at checkout on BoironUSA, Boiron applies a 20% discount on your purchase. I might add that this is *not* an affiliate program offering me a kickback. The discount is given to *you*. For my Canadian friends, the discount code for Boiron Canada's website is **Joette20CA**.



# Podcast 125 – Stay Calm. Don’t Fear a Cold.




**IN THIS PODCAST, WE COVER:**

**01:00** Introduction: It's Called a Cold for a Reason

**02:20** What Is the Terrain?

**03:22** The Immune System

**06:00** Lean Into a Cold as an Opportunity To Cleanse

**09:40** Stop Worrying. A Cold is Natural. Plus, We Have Homeopathy, if Necessary.

ColdCalm®

*Oscillococcinum®*

*Aconitum napellus 200* and *Bryonia alba 30*

**14:53** Managing Expectations

**18:26** Stay Calm. Don't Fear a Cold

**19:18** Become the Wise, Calm, Relevant Caregiver in Your Family

**ADDITIONAL RESOURCES:**

Joette's Learning Center

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Joette's Mighty Members

The Academy of Practical Homeopathy®

Joette Calabrese on YouTube

**Kate:**

This is the Practical Homeopathy® Podcast, episode number 125, 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: IT'S CALLED A COLD FOR A REASON**

**Kate: (01:00)**

Are you concerned about getting sick or your kids going back to school and being exposed to something that makes them sick? Well, let's examine that today on this podcast. We're

so glad that you joined us. I'm Kate, and I'm here with Joette.

**Joette:**

Hi, Kate.

**Kate:**

Hi! I want to start with the basics. Joette. It seems like every year, especially in the fall, people can expect to get a cold. What do you think about that?

**Joette:**

Well, it's called a cold for a reason, in my estimation. It's because, generally, it's the shift in weather. The weather gets cold, or, even if you're not in an area where the weather gets cold, there's a shift – an environmental shift. And it has been commonly understood that if someone gets a chill that they, you know, "Put your hat on, or you'll catch your death of cold!"

Well, I believe that that can be so. You can get quite sick if you get a chill … especially after you've been perspired or children running around in a playground or a park or something. And then they get a chill, And often, that's what can lead to this.

So, I believe that it does have something to do with the environment. But now, I also believe that it has to do with immunity. Now, when we say "immunity," I don't mean immune from bugs necessarily.

I believe it has more to do with the terrain.

**WHAT IS THE TERRAIN?**

**Joette: (02:20)**

What is the terrain? Well, it's making sure that there's *strength* in that terrain. And the terrain is upon which the person is depending to get through those times when their body might need to make a shift, like releasing toxins, et cetera.

So, let me be more specific. I believe that if germs are ever-present – and that's the way people see them – then why is it that people only get germy colds and flus at a certain time of the year? Pretty much it's only in the fall, sometimes in the winter – January, February. (I'm talking about those parts … I'm talking about the U.S., but also in Europe, et cetera.)

When that cold comes – that cold weather comes – and now are the germs more virulent? Do they get excited and start hopping onto people? Or are the germs always there, and those who have a good immune system are able to fend them off?

**THE IMMUNE SYSTEM**

**Joette: (03:22)**

Well, if that's so, then why are we even looking to germs? Why are we not looking to the immune system or the ability to be able to withstand an onslaught of this or that? Why not just count on that to start?

So, the way that I look at it is that if we are taking care of ourselves, we're eating good food – and I mean real food, food that's made at home. Doesn't mean we can't go out to dinner occasionally, but *homemade* food where there are no ingredients listed on the package. Because if you're reading ingredients, it means you're already buying something that someone else has manufactured, and that is no longer *whole*. So, whole food – a beef roast put into the oven with carrots and onions and potatoes – and that's dinner. *That's* what I'm

talking about. Eggs – well sourced – for example, cooked in butter. Yes, butter.

And so that's step one.

Step two is making sure that your family and you are getting enough sleep and good rest. Going to bed early; getting out of bed early; sleeping in a room that's clean with the windows slightly ajar, even in the cold weather (windows should be ajar so that there's fresh air seeping through); keeping hands clean and the body clean and the home clean. Also, when we can, outside in the sun every day for half an hour – without sunscreen, my friends. We do not want to put chemicals on our bodies.

So, what we want to be doing is treating our bodies with respect and treating our children's bodies in the same way by following simple measures. Drinking water – pure good water regularly, every hour … a few ounces *every hour* of good water; exercise, moving – raking the leaves, cleaning out the garage – doing purposeful work combined with exercise is a great way to keep the body moving properly; reading only what's good; watching only what is pure and lofty; and eschewing those areas of life that are downtrodden and bring us down.

*Now* we approach the cold season with an immune system – whatever we might want to call it – with an "ability," (let's say it that way) for the body to be able to withstand something that might occur.

**LEAN INTO A COLD AS AN OPPORTUNITY TO CLEANSE**

**Joette: (06:00)**

Now, I actually believe that a "cold" (air quotes) … that a "cold" is really just a cleansing. It's a release; it's an opportunity.

And so, instead of fighting it and being afraid of it and figuring that we've got to fight this: "This can't be! I'm not … I can't have a cold! My child can't have a cold!" Just lean into it and take care of yourself or your child's body.

Go to bed, drink plenty of water again. Often, it's a great idea to put some Celtic salt in that water because that's what we perspire … some Celtic salt in that water that's drunk every hour. Make some good bone stock and drink that and take it easy.

And instead of fighting it, lean into it. It's an opportunity to cleanse.

And so how do we know that it is even a cleanse? Well, usually the first feeling when someone gets a "cold" (air quotes), they sneeze, or they feel a little scratchy throat (probably because the mucus is releasing down the throat and causing some irritation). And then, they get fatigued.

What does fatigue mean? It means that we need to lay down and sleep.

What does all the release of the mucus mean? It means we blow our nose and replenish it with good quality water, bone stock, et cetera.

And we take it easy and allow this process to happen.

We've lived with this bouillon cube – this concentration of ideas, this whole constellation of ideas that getting (air quote) a "cold" is a bad thing and that we must do everything we can to avoid it.

We take drugs; we take synthetic vitamins; we don't take care of our bodies. We push ourselves through it. We get injections because we're so afraid it could turn into something like pneumonia.

And it's an entire constellation of ideas that has been put

upon us for a very long time – really a hundred years, approximately, maybe even less than that – that teaches us that there are some really big, ugly bad germs that are out there to get us. And know my friends, it's just nature.

I use this analogy regarding your garden.

If you look at your garden, and you go out into it, and it looks like the tomato plants are withering, and they're not robust, do you inject the plant? Do you give the plant pesticides, herbicides, fungicides? Do you start clouding it all up with drugs and chemicals? No. You say, "Hmmm, what could this be?"

Perhaps the plant has not gotten enough water. Or, perhaps the plant was planted in the shade, and it should have been in the sun. Or, perhaps there are other plants around it that are causing trouble, and it needs to be separated. It's too crowded. It needs more air around it.

We use common sense when it comes to a tomato plant. But when it comes to ourselves, we think we must chemicalized it. We must fight it and pretend it doesn't exist and push through it instead of leaning into it and allowing ourselves to take life easy for a few days or so.

**STOP WORRYING. A COLD IS NATURAL. PLUS, WE HAVE HOMEOPATHY, IF NECESSARY.**

**Kate: (09:40)**

I think part of what allows us to lean into that and not worry so much about whatever is the latest thing that's going around or our kids getting a cold is that we have *tools* that we can use when that happens … if it's something that requires a little assistance for the body. And so, can you give us some ideas about how we can be prepared going into what's commonly known as the cold and flu season in the fall, and how parents *cannot* worry about that?

**Joette:**

Well, I love that you said that. Stop worrying! This is natural. We're supposed to release those things, those – for lack of a better way – toxins from the body. It is intended that we are to cleanse these substances out.

What substances are they? I'm going to tell you. I don't really know. Are they microorganisms? Perhaps. Are they exposure to chemicals? Perhaps. Whatever it is, let it just happen. Let's start with that and not become afraid.

Because when it comes to children, the real danger in a child's life is not a so-called infectious disease. The real danger in a child's life is, well, number one is, the drugs that are going to be used on the child – put into the child – whatever form that might be. But minus that, the concern that most parents should have is about *safety*.

And what I mean by that is children are harmed in the house by getting burned or falling from high places or getting cut by accident or getting bitten by a bad dog or something like that.

That is much more dangerous than any regular common "cold" (quote-unquote) or flu or anything like that.

So, can we use homeopathy when something like this comes along? Well, I'll tell you that there are two schools of thought, and they both rattle around in my head.

One is that I think it's valuable to just leave the person alone. Let them just sleep off. Give them, as I said, bone stock; plenty of water with a pinch of salt in it; and rest, rest, rest. And just let it be.

On the other hand, if it's severe enough, and it looks like this is bigger than you bargained for, then we do have homeopathic medicines. One of them is ColdCalm®, made by

Boiron. But they're not the only ones. There are other homeopathic pharmacies that manufacture combination medicines that are really useful.

They also – Boiron – happens to manufacture a product called *Oscillococcinum®*. "Oscillo" it's known for, as a shortened version of *Oscillococcinum*.

**Kate:**

Named after their dog?

**Joette:**

Yes. Well, actually, the dog is named after it, but yes. Yeah, Michelle Boiron …

**Kate:**

Oh, the dog was named after it. The dog was named after the …

**Joette:**

Yes. Oh, Michelle Boiron, the owner of Boiron. When I interviewed her years ago, she told me that her dog's name was Oscillo, and that he wore a little blue coat, like the blue bottles.

**Kate:**

So cute.

**Joette:**

I know it is funny.

But then we also have *Aconitum 200*, and if we mix it with *Bryonia 30*, that can be used. We can use homeopathy, and homeopathy can be efficacious. But we have to start with the underpinnings of an understanding that colds, flus are not

generally dangerous. In fact, it's extremely rare that they are. What they are is a nuisance. That's all they are. They make us slow down.

But if we lean into that too and recognize that even though it may be a nuisance, it might be one of the best things for us to just calm down, slow down. Maybe the person is doing too much; maybe they're staying up too late. Maybe they're not getting sunshine without sunscreen ever. Maybe they're not moving enough. Maybe the news that they're indulging in is too negative, et cetera.

So, it is an opportunity to remove what needs to be removed from the body, whether it's through the sinuses, the throat, the mouth, the ears, the skin – even the skin, yes – the colon.

And let me just say this, parenthetically, that a lot of times, parents say, "Oh my gosh, my child had a cold, and now he's got a rash."

Yes! How cool is that? Yes, it's a release! It's a great way to get rid of something. Just leave it alone. Don't put anything on it.

If you use anything that is manufactured by the pharmaceutical industry – and I mean over the counter, anything from a drugstore, et cetera – it will only potentially suppress. And that's the same for all those cold drugs – other than homeopathic. All of those cold drugs can cause more trouble in the long run than just leaving it alone.

**MANAGING EXPECTATIONS**

**Kate: (14:53)**

So, let's talk a little bit about expectations. Say you're using homeopathy, and the child is not feeling well, and you

want them to feel better. Right? So, you're giving them some homeopathy, and you expect the cold to just go away after a few doses or maybe a day or two. Is that realistic?

**Joette:**

Well, let's go back one step further again.

The attitude of the mother is key. If the mother goes, "Oh, no, look, you're sick again. Oh, for crying out loud, what are we going to do? This is terrible. And stay away from your brothers! Stay away from your sisters! Don't let your father get near you!"

That's a lot different than saying, "Oh, you don't feel well. Come on over here, honey. Let me hold you. And let's make some bone stock, and we'll just lay down here on the sofa, and I'll put a blanket over you, and maybe we'll pray together." How about that idea? "And then you just rest. And don't worry, it'll be over in no time."

That's a lot different than the first scenario.

Now, I'm not saying that all mothers follow the first scenario, but they may not *say* it, but they may be *thinking* it.

And instead of thinking that, instead of worrying, just let it be. And that's that leaning into it again.

So, having said that, let's start with that. If you must use a homeopathic medicine, then the expectation might be, "Well, I'll give it a couple doses. If it doesn't act, maybe I won't even bother using it anymore," which is not a bad thing.

But let me also say that if you expect the homeopathic medicine to act, you have to follow the directions. And on the outside of the box – if it's, for example, ColdCalm® – you're going to use it pretty frequently over a period of a

couple of days or until there's a good amount of improvement.

Is this diametrically opposed these two schools of thought? Leave it alone; let it be; lean into it and just know it's a good thing to release all of this. *Or* the other side is using homeopathy.

And so, for someone who's new to this kind of thinking, often they still want to give *something*. "I got to give something. I got to at least give synthetic vitamin C!" Not juice some oranges, no. "I've got to give synthetic vitamin C. I've got to give synthetic vitamin D."

No, what we're talking about is *nothing*. Lean into it. And then, if you *must* use something, then it's, in my estimation, the best choice is to use homeopathy.

And the expectations might be that it moves very quickly, but it may not.

**Kate:**

You might just give the body a little boost and help the body to slowly heal.

**Joette:**

Yes! Yes, but it has to be … you have to follow the directions. You've got to give it frequently. In other words, you've got to use it … in some situations, you would use a medicine – homeopathic medicine – every 15 minutes for the first hour, and then after that, every few hours. That's generally the way it's used, depending on which homeopathic medicine you're using.

So, what's the upshot of all of this? That we are intended to live within nature. We are intended to act a certain way. And in our society today, we've been trained in this chaotic soup of wrong information to believe that you should not get

a cold.

**Kate:**

Or you should fear … that's the other thing.

**Joette:**

Or that you should fear. That's even worse than getting the cold itself. Fear is really the concern.

**STAY CALM. DON'T FEAR A COLD.**

**Joette: (18:26)**

And so, as a mother or a grandmother, our job is to calm. The fear is to look at it and say, "No worries, honey. It's not a big deal. Let's just do this. Okay, you do that. Okay, now I'm going into the kitchen, and I'm going to go prepare dinner. If you need me, I'm here. But you'll be fine."

Minimize it. Completely minimize it. You would be surprised how quickly a child will get over being sick – or your husband for that matter, or yourself – if you approach it without fear and just know that this is just an opportunity to get rid of what the body needs to get rid of.

**Kate:**

That's great information. So where does that leave us, Joette? What can you give us as we walk away from this podcast as a tool?

**BECOME THE WISE, CALM, RELEVANT CAREGIVER IN YOUR FAMILY**

**Joette: (19:18)**

Well, I believe that it's one of the greatest joys that a mother can experience, and that is to learn how to take care of her family without fear. To step into it with strength, with courage, but also with knowledge. Because you can't do

this without undoing all the years of being told that these colds are serious, and we've got to get injections, and we've got to get this drug and take that drug.

There's something grand about keeping the calm in the family, and you can feel it from you to them. And then being able to look back and see what you've accomplished. You may not notice it the first time, particularly if you've had fear in the past. In order to undo that in your family so that they can see you standing firmly in a new way, it may take a couple of times – three, four times – for the family to catch onto the fact that "Mom doesn't worry anymore, so I guess I don't need to worry."

And so, as we age, as we grow into being a mature mother, grandmother that has strength and a strong fulcrum upon which to stand, we remain relevant. So, as we become an older woman, people will look to us and say, "So should I be afraid of this?" I mean, they're not going to necessarily say it in those terms, but that's what people will be asking you.

"Do you have a homeopathic medicine that you know to use for this?" "Is it necessary to even use a homeopathic medicine at this point?" So, the young will look to the old, and you will be the old grandma, older, wiser mother that can say, "No, you don't have to worry about this. I got you on this. I've got you covered. Just take it easy. And should you need a homeopathic medicine, then indeed, here it is … and I know which one to use and how to use it."

**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.*