The Powerful Versatility of *Cinchona officinalis*: From Breastfeeding to Debility to Post-Surgical Gas



I've said it before, and I'll say it again: Homeopathic medicines are gentle, polite and effective. Yet perhaps I don't say this enough: Most remedies are remarkably versatile, too. A single tube of a particular medicine may address several conditions, often covering more than one

member of your family's needs.

For example, let's look at *Cinchona officinalis* – the name you'll find printed on Boiron's tubes. Robin Murphy's "Nature's *Materia Medica*" lists this medicine as *China officinalis*, and more often than not, I refer to it as simply "*China*."

Add *Cinchona officinalis* to your well-curated homeopathy kit.

By whichever name you call it, *China* is a highly versatile medicine destined to join our list of 50+ homeopathic medicines to include in your well-curated homeopathy kit. (Don't forget to check out the entire list at 50+ Homeopathic Medicines: How to Create an Economical, Well-Curated Homeopathy Kit. As commercially prepared kits have recently been challenging to procure, building your own kit and understanding the medicines you've included are critical safeguards for the health of you and your loved ones.

I've written about *Cinchona* in previous blog posts for debility, especially after the dehydration of a sunburn.

We've discussed it as one of the remedies appropriate for distortion of taste.

***Cinchona officinalis* for women**

While those versatile uses apply equally to both sexes, *China* can also be a gem for women – new mothers in particular.

Perhaps you recall my story about its suitability for exhaustion after nursing a ravenous newborn.

China can also gently boost the female body's natural ability to produce milk. In fact, in Homeopathy While Breastfeeding, I make particular mention of ensuring one

doesn't overuse *China* and, thereby, initiate an overabundance of milk. It's just that effective!

Be sure to read those blog posts. The medicine is the same, but the potencies may differ from condition to condition. Potency matters!

A thorough education in homeopathy allows you to understand which of the versatile homeopathic medicines would be best considered in each situation. Women have unique health needs and would be wise to consider my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy. When we care for ourselves, we are better able to care for our families.

One more usage for our versatile *Cinchona officinalis*: Post-op Caregiving



As mothers, wives or nurturers, we will move heaven and earth to make our loved ones more comfortable during an illness. Indeed, that's why most of us came to homeopathy in the first place!

However, sometimes, despite our best efforts, surgery cannot be avoided for certain conditions. Perhaps you have referred to my blog posts on the topic:

- Anticipating Surgery? Homeopathy Can Help
- Surgery: Answering Your Questions

Well, here's something new you can add to that arsenal. (Before you leave this page, be sure to scroll down and download the free Remedy Card.) Our versatile *China* can also

be of particular use during post-op recovery.

When post-surgical gas pains are not relieved by the passing of gas, *Cinchona officinalis 30* may be the choice to consider.

As unrelenting post-surgical gas pains would be considered an acute issue, the medicine would be used in the typical SOS fashion: every few hours according to severity, until very much better.

Talk about versatility! From breastfeeding to debility to post-surgical flatus, homeopathic *Cinchona* – *China* – has us covered.

Pass on the good news of Practical Homeopathy®!

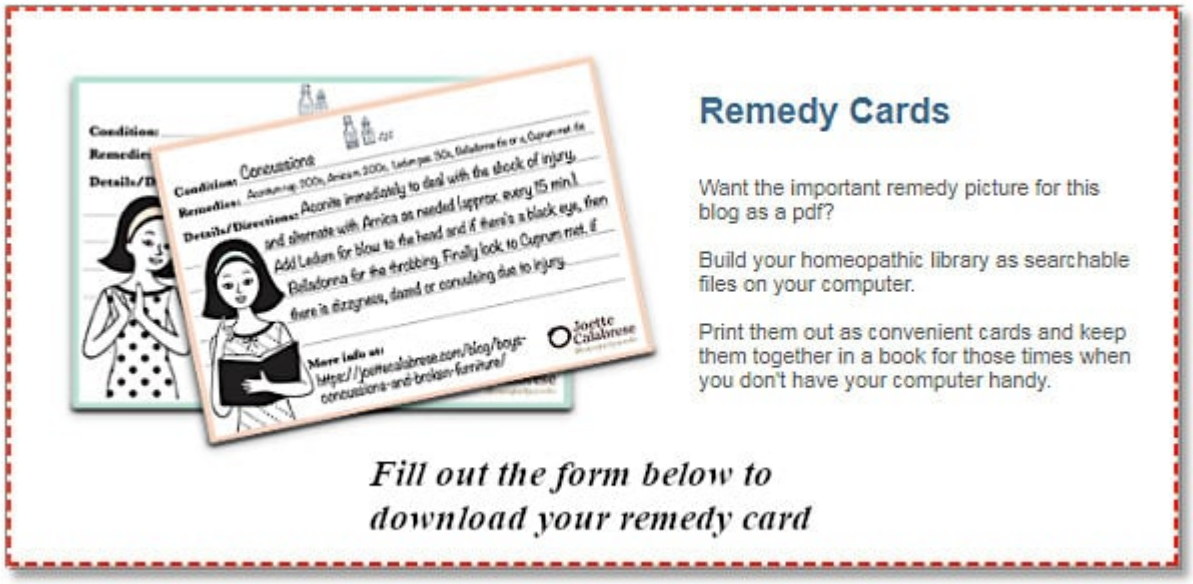
Warmly,



P.S. As kids return to school, now is the time to consider enhancing your own education with Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy.

My course covers all manner of women's health concerns, whether headaches, heavy menses, interstitial cystitis, vaginosis, infertility, alopecia or more. Perhaps it might make an excellent homeschooling course for your high school daughters. You can learn together!

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



08.25.24 The Powerful Versatility of Cinchona officinalis: From Brea
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Caulophyllum: A Homeopathic

Hero for Labor and Delivery



Caulophyllum *thalictroides*. Two big Latin words that are all about labor.

Years ago, when I was a classical homeopath, I was trained to find the similimum – the one medicine covering almost everything important in the case – and use it once or twice within a 24-hour period. And that's it.

Then you wait.

I heard from another group of homeopaths or read somewhere that *Caulophyllum* 6X is remarkably helpful when employed during the last couple of weeks of pregnancy to tone up the uterus in preparation for delivery.

When I brought that information to my classical teacher back in the 1980s, she said, "Oh, no, no, no, no, no, no! We never use a remedy like that. We only use a homeopathic

remedy if there are problems and we don't repeat it daily.

The other side of this argument was saying, "Well, why *have* problems? *Caulophyllum* 6X is a low potency. Time and time again, when utilized once or twice a day at the tail end of a pregnancy, it's been shown to aid in a smoother labor and delivery."

That was just one controversy that I had to overcome in my journey from classical to Practical Homeopathy®.

My own successes with *Caulophyllum*

I didn't yet know anything about homeopathy in my first pregnancy. But toward the end of my second pregnancy, I did use *Caulophyllum thalictroides* 6X, twice daily, for just a few days because the baby was very, very late. When he finally decided to join us, that delivery was super-fast. It was under four hours!

I did it again for my third pregnancy, and once again, it was super-fast. This time it was less than two hours! And the baby was ten pounds!

I'll put a couple more feathers in my cap for that last pregnancy: I was 43 and gave birth at home. With the help of *Caulophyllum*, the labor was so fast that the doctor made it only for the last few minutes of the birth! Until those final few moments, it was just the baby, my husband, a friend and me.

Indeed, in my experience – both personally and clinically – *Caulophyllum* is a great remedy for toning the uterus and preparing it for delivery. I'll share a dramatic success story in my next Memo to Mighty Members.

Let me quickly mention that if one can't locate this medicine in a 6X potency, the 6C, which is more readily available, will also work.

The difference between homeopathy and conventional drugs is that homeopathy does not manipulate with synthetic drugs or overpowering procedures. It doesn't force the body to go one way or the other. Instead, it stimulates the body's natural ability to correct what's out of balance. So, even though it is not a supplement, the best way to describe *Caulophyllum's* function is to tone the uterus in whichever way is needed.

In other words, if contractions begin too early, *Caulophyllum* calms them down. If the baby is too late, then *Caulophyllum* gently revs things up.

What more can you ask for than an intelligent medicine that works cooperatively with your body?

Yet, *Caulophyllum* is not unique. Our homeopathic medicines function as gentle nudges toward the equilibrium our bodies naturally seek. Unlike synthetic drugs of commerce that operate with brute force interference, homeopathics are an amiable, effective encouragement to the miraculous human body.

We can spare our women from the assaults of modern medicine and the medicalization of the female body. I designed my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy, to teach more homeopathic medicines specifically applicable to women's health.

Painful or irregular periods? Recurring yeast infections? Interstitial cystitis? Migraines? Endometriosis? Osteoporosis? PMS? Hot flashes? Pregnancy? Infertility? Varicose veins? Those topics and so many more are covered in my course.

Download my free infographic for a sneak peek at just a few of the most commonly utilized remedies.

Then pass on the good news of Practical Homeopathy® to all

your girlfriends! When it comes to Feminopathy, we ladies must stick together.

Warmly,



Why are more and more mothers, fathers and grandparents turning to homeopathy? Find out on Wednesday, August 21, 2024, at 8 p.m. EDT, as I explain how homeopathy can be easily taught, learned, and utilized, with a particular focus on medicines to address gut issues common among older populations. Register now for this free webinar hosted by the National Center for Homeopathy and sponsored by Boiron USA, world leader in homeopathic medicines. Don't wait! Space is limited.



As a **gift for registering** for my presentation, I want to offer new users* the opportunity to experience the benefits of a Mighty Members' subscription **free for 30 days**. Enjoy a safe, secure place where my members and I share knowledge safely and more candidly.

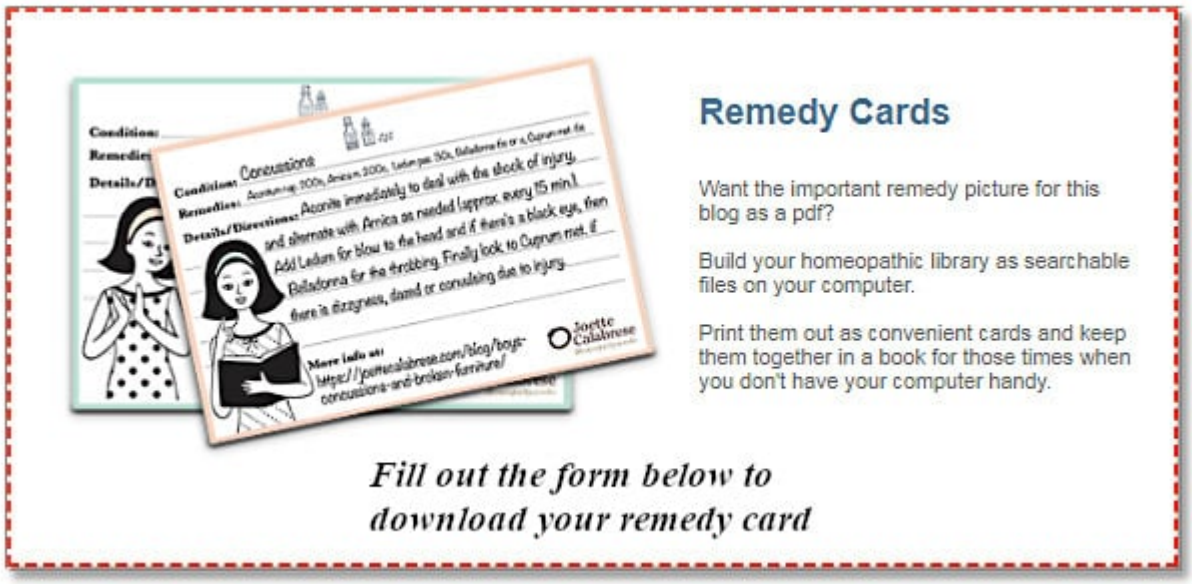
They say knowledge is power. However, my Mighties learn that

knowledge, in itself, is not powerful. The *application* of that knowledge and the *action taken* makes them powerful.

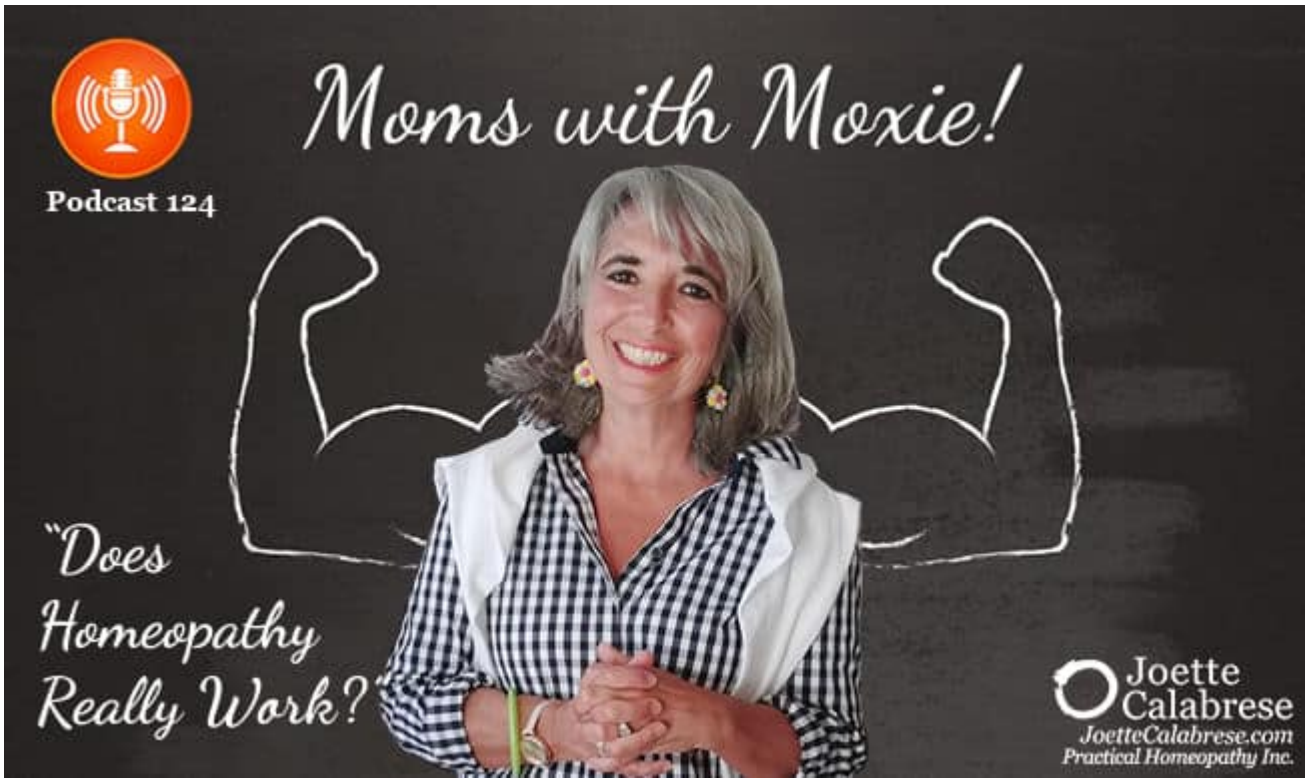
Join us, and you can be Mighty, too!

Watch your inbox. A couple of days after the presentation, I will email you with a link to take advantage of this free 30-day offer.

*This offer is exclusive to those who register for the NCH event but, regrettably, not to existing Mighty Members.



Podcast 124 – Moms with Moxie: "Does Homeopathy Really Work?"



IN THIS PODCAST, WE COVER:

01:30 Introduction
Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

02:43 From Conventional Medicine to Homeopathy
Joette's blog

05:03 We Don't Need Expensive Medical Terms; We Use Symptoms

06:29 Gateway to Practical Homeopathy®

07:25 Switching from HRT to Homeopathy
Estrogen Dominance and Other Red Herrings
Strong Enough for a Woman
Saving Menopausal Women

08:25 Addressing Arrhythmia

09:30 Success with Severe Respiratory Illness in 2021

11:08 A Baby's Amazing Turnaround

12:56 Attack of The Black Widow Spider
The Academy of Practical Homeopathy®
The Survivalist Guide to Homeopathy

16:55 "Does Homeopathy Really Work?"

19:18 Closing Advice
The Learning Center
Find a Practical Homeopath®

ADDITIONAL RESOURCES:

Joette's Learning Center

Joette's Mighty Members

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 124.

Joette:

Hi! This is Joette Calabrese. My Practical Homeopathy® is transforming lives all over the globe by offering health freedom!

They say a picture is worth a thousand words, but I say a podcast is *priceless*.

I want you to hear – in their own words – how regular people just like you have reshaped their lives using the practical protocols I teach in my Practical Homeopathy®.

So, with the help of my reporter Kate, I bring you this podcast series featuring interviews with moms, dads, teens, health care practitioners and Academy of Practical

Homeopathy® students from all walks of life.

With education, you can follow in these students' footsteps. You can eliminate your fear of illness and injury by learning how to care for yourself and your family. Like them, YOU can be in control – without acquiescing to authority – to live healthier, more autonomous lives. Indeed, you, too, can heal yourself and your family through my brand of homeopathy – *Practical* Homeopathy®.

INTRODUCTION

Kate: (01:30)

Welcome back to the podcast. I'm Kate. Today's guest is someone I've known for years, and I'll let her tell you more about that. But let's just say that what she's accomplished in the past four years has been amazing. I can't wait for you to hear her story. She will share some dramatic stories using homeopathy and some tips on studying homeopathy. So, with that, everyone meet Susan.

Susan:

Hi Kate. It's great to get to chat with you today, and I was so happy to get to meet you in November in Florida.

Kate:

Yes, it was great!

Susan:

And it's amazing how a few years have changed so much for us.

As you said, my name is Susan. And my husband and I have been married for 39 years, and we have three sons and four grandsons. We love to be outside, and we love to go camping and cook our food in the Dutch oven and just take our books

and relax.

And my passion had been homeschooling my children. And when they grew up and left home, it was a very good opportunity for me to plunge into studying homeopathy. That has become my passion.

Kate:

Tell me, Susan, how did you first hear about homeopathy? Because I know we connected in a Gateway to Homeopathy study group years ago, and that's how we first met. But how did that come about?

FROM CONVENTIONAL MEDICINE TO HOMEOPATHY

Susan: (02:43)

Well, like many other people, I had a lot of health problems, and I had a team of doctors working on my conditions, and I was getting some help.

They did the best they could. They offered me a handful of prescriptions, and I said, "No, thank you."

And my doctor said, "I know. These come with many potential harmful effects."

So, I had ongoing fatigue and many food intolerances. Anything I ate would upset my stomach. I began listening to medical seminars and searching for answers: why I would have such painful fatigue, one good day and three bad days. So, I was looking into this.

There's a popular medical doctor talking about the M-T-H-F-R gene and mitochondria and your homocysteine levels. So, I was plunging into that. And at the same time, a good friend said to me, "You know, you should really look at Joette's blog." She said, "I've been helped with my food intolerances with that."

And I was really skeptical because I had not had a good report about homeopathy. It seems kind of strange. But for my regard for my friend – and I knew she was a good researcher and her whole family relied on her for medical information – I thought, "Okay, I'll take a look."

I was very pleasantly surprised.

Kate:

That's funny. You were skeptical. You looked, and then you have really exploded from there – from that first interaction with homeopathy, I guess you could say.

Susan:

Yes, Joette was different from anything I had been exposed to homeopathy-wise. She was a no-nonsense approach to health, and that really resonated with me. And I even saw that she had raised and homeschooled three sons in the country, just like me.

I studied Joette's blog for a year and a half. And I made a spreadsheet to record the remedies and what they were used for. And I put the reference so I could find it later.

I started seeing patterns of "Wow, something like *Hepar sulph* is used for so many things, I better buy that remedy."

And I just continued from there.

Kate:

I'm going to interject because all of you listening today don't know Susan like I do, and Susan is a researcher and extremely detailed-oriented person. She is a hard worker. She studies thoroughly, and she really knows her stuff.

So, I think this is a good suggestion though for people who are wanting to learn more, just to look at the blogs and

write down all the information from the blogs.

And we have the Remedy Cards [found at the bottom of most blog posts], right? So, people could print those out.

WE DON'T NEED EXPENSIVE MEDICAL TERMS; WE USE SYMPTOMS

Susan: (05:03):

Yes, those are wonderful. I have a collection of those, too.

So, I learned that Samuel Hahnemann founded homeopathy over 200 years ago. The French would argue that he *rediscovered* it. Homeopathic medicines are well-proven. The medicines haven't changed. The human body hasn't changed. Medical vocabulary has changed.

We don't need expensive words. We don't have to research a homeopathic remedy for mitochondrial dysfunction. Instead, we can look at fatigue. We can say, "What is the remedy for fatigue?" And there are many.

In my case, I used *China*, and it helped me. And I also studied deeper and layered another remedy that was in that rubric specific for strength alternating with great fatigue.

Kate:

Now what Susan's talking about there is she's using a homeopathic repertory. And that helps her to look up symptoms and what medicines might be useful for those symptoms. So, that's some terminology that she's using that refers to how you look up symptoms in a homeopathic repertory.

Susan:

Yes. So, I don't have to worry about my "mitochondria" anymore. It's not that homeopathy is simplistic, it's just it's simpler to use in research what we're looking for.

Kate:

Okay. So, you started learning about homeopathy at that very basic level and seeing some results. And then what happened next? How did you take that to the next level?

GATEWAY TO PRACTICAL HOMEOPATHY®

Susan: (06:29)

Well, I had this massive spreadsheet with all kinds of remedies and all kinds of helps, which was fantastic. But I thought there's something missing. And because I am self-motivated and a self-learner, I put off for a long time taking a Gateway class.

And then this friend that recommended the Joette's blog to me, I got with her, and I said, "You know, we really need to have a Gateway class."

So, I led it that summer, and I was really happy that I was exposing many to Gateway information. And I realized, "Wait a minute. I need somebody to challenge me!"

So, that's when I looked you up and joined in your class. I wanted to have a bigger group, and I wanted to have something that stretched me.

Kate:

And that group has really grown for you over the years because you plugged in, and you became friends with many of those people in the study group. Those friendships have lasted through the years, right?

Susan:

Yes, they have. And I've gotten to meet some of them in person!

Kate:

Yeah. So, what happened next?

FROM HRT TO HOMEOPATHY

Susan: (07:25)

Well, one day my husband and I took a deep look at our budget. I calculated how much money was being spent on my hormone therapy and tests. And I suggested to my husband, I said, "I've been reading on Joette's blog, I think I could do this. I think I want to just switch to homeopathy and save the money."

And so, it was a wonderful change. I felt better using *Sepia* or *Ammonium carbonicum* than I had in the ten years of what is called biosynthetic hormone therapy.

Kate:

And where did you find that information?

Susan:

Joette has some blogs called Estrogen Dominance and Other Red Herrings, and the one called Strong Enough for a Woman, and Saving Menopausal Women. Those are the ones that I really studied.

Kate:

And we can put links to those blogs below this podcast on the website too. So that's joettecalabrese.com, J-O-E-T-T-E-C-A-L-A-B-R-E-S-E.com, and those blogs will be on the website for reference.

ADDRESSING ARRHYTHMIA

Susan: (08:25)

So, that one budget change alone enabled me to buy Joette's courses and start learning more.

So, I joined study groups to go through those courses. And at that time, I was still having a serious heart arrhythmia. One of the study group friends is a medical professional, and she said, "I think you should study the Kali-s."

And I thought I went through the *material medicas* and read through the "Kali" section, which is potassium. I found that *Kali carb* helped my arrhythmia and many other satellite conditions as well.

Kate:

Awesome. So, when you say I studied the Kali-s, you're talking about the remedies that the name starts with Kali, like *Kali phos*, *Kali mur*, *Kali carbonicum*. So, there's a lot of remedies that have Kali as the first name. So, I just wanted to explain that for people who might not know what you meant by "Kali-s."

So that's wonderful! That condition resolved for you?

Susan:

Yes.

Kate:

Awesome.

SUCCESS WITH SEVERE RESPIRATORY ILLNESS IN 2021

Kate: (09:30)

Can you share some of your other ones? Because I know you've had a lot of other things that you've done with homeopathy – people that you've helped – so, maybe you could share some of those stories with us as well.

Susan:

Sure. So, back in 2021, my husband and I got the severe respiratory illness that everyone was having. And we began dosing a combination medicine that included *Eupatorium* and *Gelsemium*.

This hit us so suddenly. Just within a few hours, we were down for the count. But we got three doses of that combination down, and we fell asleep.

We woke up the next morning quite improved. We needed the remedies a few more times. But we were well on the mend, whereas others around us that had gotten sick at the same time continued to get more sick. It was a difficult time for everybody.

About that time, a friend texted me and said, "I'm too sick to come to church today." And I said, "I'm coming over."

So, I went over to her house, and I left her some remedies and said, "If you want to try these, see what you think." And she did, and she improved very quickly.

She had a history of pneumonia, but this time, she didn't get pneumonia. She'd never used homeopathy before and was immediately interested in "What is this stuff?"

And so, she bought a homeopathic kit, and she enrolled in my Gateway class.

Kate:

Yay! That's so fun. I mean, it's great that you saved her from further sickness, and now she wants to know more.

Susan:

That's right. Now she's using *Symphytum* and *Arnica* for her knees and can't believe that she can walk so well.

Kate:

Oh, that’s a powerful combination. Yes. What else?

A BABY’S AMAZING TURNAROUND

Susan: (11:08)

Last fall, I saw a baby have an amazing turnaround. The older siblings had had a cough and a cold. But this little baby got sick, and he got severe very quickly. The older children had used *Aconite* and *Bryonia* and some *Ipecac*, but he needed more. He had a lot of fever. He had chest congestion, and he stopped nursing.

Kate:

Oh, no.

Susan:

So, the parents had a bag packed ready to go to the ER – which they lived just around the corner from that. So, they were ready, but they called me to say, “Is there anything else we can do?”

Well, I’d heard that *Naja* [tripudians] had helped many with this type of illness. So, I grabbed my remedies and my toothbrush and headed over there for the night. She already had *Naja* on hand and had given him some after our call.

When I arrived, the baby couldn’t hold up his head. I put my head to his chest, and I could hear gurgling and rattling inside his chest. He winced when I touched him. He was too weak to cough. The mama gave him another dose of *Ipecac* and some *Naja* and added *Quebracho*.

The baby relaxed and fell asleep.

Kate:

Wow.

Susan:

He woke up about 2 a.m., and he nursed and was breathing more freely. He had firmed up and coughed up some phlegm. His mother gave him more remedies. When he woke up at seven in the morning, he was a much better baby. It was like he had a mild cold now. By that afternoon, he [00:12:30] was sitting on his own, playing with toys.

Kate:

Oh, my gosh! That is incredible!

Susan:

Yeah. We were so happy.

Kate:

Wow. And so that was a really fast turnaround. I mean, the stories that you've just said are really dramatic, but I want people to understand that that's not always *that* dramatic. Things can take longer to resolve, but I know you have more to share with us. So, I think there's a story about a spider bite.

ATTACK OF THE BLACK WIDOW SPIDER

Susan: (12:56)

Yes. Some things take longer to resolve.

So, last July, I got a black widow spider bite.

You know, I've always admired those spiders. One time, I put one in the freezer to show my grandchildren.

Kate:

Oh, my gosh!

Susan:

You can’t smash ’em, and still look at ’em, you know? But they look so elegant. I mean, after all, what creature can have a big abdomen and still retain her hourglass figure?

So, I had just finished The Academy, and I was ready to celebrate. I had company coming for a few days. And I went out into the garden, and I pressed my shin against the raised garden bed. I got a very painful bite. I looked around for a snake. It was *that* painful.

I didn’t see anything. So, I went about my work. I went into the house, and I took some *Ledum* and some *Lachesis*, but I didn’t really pay it much attention. Life was too exciting at that time.

And then, I developed a headache and some severe abdominal cramps. And I thought, “Well, it’s just because I’m busy doing stuff.” And I dismissed everything. We took a walk with my friends, and both feet felt very swollen and hot, but the leg where the bite was got raw and peeled, and a third of my foot was totally raw. And I remembered having a pebble in my sandal. So, I thought, “Well, that’s probably what it was,” and I just ignored it.

Kate:

Oh, my goodness, Susan! You should never do that.

Susan:

So, I started getting sporadic numbness in my toes, and it went away. And then it came back.

Kate:

Don’t tell me that you dismissed that too.

Susan:

I did. I did. We were having a lot of fun!

Kate:

Oh, my goodness.

Susan:

And then, I got a little numbness the next day in my knee, but it went away.

The next time the numbness came, it was in my thigh. And I thought, “There’s something going on.”

I think I was taking homeopathic remedies for the raw skin on my feet and everything, but I didn’t really put the whole picture together until the twelfth day after the bite. I didn’t have any pain. But when I got out of bed, I couldn’t put weight on that leg. It felt like my bone was broken.

I believe that I was having a bone infection because where the bite was is so close to the bone, and the venom disturbs the central nervous system. It causes very dark, foreboding emotions. This has become an involved case.

So, the allopathic treatment includes an antidepressant and a synthetic anti-venom. I was determined to avoid those if at all possible. I was prepared to put homeopathy to the test. My training in The Academy enabled me to take care of this at home.

Kate:

Wow.

Susan:

I recommend if you want to use homeopathy for a poisonous spider bite, buy the remedies now. You never know when

you’re going to need them.

Use The Survivalist Guide. That was where I went to. That’s what I studied. It’s fantastic for all kinds of situations, but don’t ignore your symptoms like I did.

I believe it could have been much more quickly resolved if I had been more aggressive in the beginning with the remedies. But because I was ignoring it, it continued on until it got more complex.

Kate:

So, you just used homeopathic medicines to resolve the infection from the bite. How long did that take?

Susan:

That is correct. From bite to where I had no more symptoms was about two months. But it went through phases, and I would have nerve pain. I would try to walk, and just all of a sudden, my leg would give out. So, I used a number of homeopathic remedies. It was complex. Yes.

Kate:

Oh, my goodness. Well, that was a very challenging case, so it’s pretty incredible.

But I know I don’t want people who are listening to think that if you have an emergency that, you shouldn’t go to the emergency room.

Susan, you made that choice to use homeopathy, but just … we are not saying that you *shouldn’t* ever go. So, I just want to make that clear, too. Yeah.

Susan:

That’s right. At no time did I feel like my life was a danger, but that’s the choice I made.

“DOES HOMEOPATHY REALLY WORK?”

Kate: (16:55)

So, I would like to hear a little bit more about your experiences with The Academy and Mastery™, and what you’re doing now because you are in the middle of the Mastery™ program. Tell me about what’s happening in your life around that. You’re just studying, or what’s going on?

Susan:

Oh, I’m having the time of my life. I’m enjoying Mastery™ very much. We have a great study group. We’re learning how to go deeper – how to apply homeopathy to so many things.

My husband is extremely supportive of homeopathy and has encouraged my ongoing studies.

Originally though, this was all just for me and my health. We realized how many people are hurting and need help and are seeking help. And so, I am seeing clients now and really getting to know people. And that’s been a really great blessing in my life to be able to see people be so excited about homeopathy and know that there are choices out there.

Kate:

And actually, you’re very busy. I know that you’re helping a lot of people, so that’s great. I’d like you to share what your husband and his friend talked about, and it was funny. So, can you just share that little story?

Susan:

Okay. Well, my husband has been supportive, as I said, and he also has a great sense of humor. And so, a friend asked him, he said, “Between you and me, does homeopathy really work?”

My husband answered, “Homeopathy accomplishes the purpose for which I take it. Every time I take it, my wife feels better.”

Oh, I can live with that. His better health makes me happy.

Kate:

So, he was making a joke out of it, but he is supportive, and he uses homeopathy and finds the benefits as well.

Susan:

Absolutely. We had a friend here one time that I went to hand my husband the little dosing cup, and he holds his hand out without even looking up to take the medicine. And his friend said, “She’s got you trained like a dog!”

Kate:

Oh, that’s funny. I know people who use homeopathy with their kids. The kids are so trained on how to use the medicine that they just open up their mouths, and the parent just pops the little pellets in their mouth, and it’s like a little bird.

Susan:

One of my grandsons would count the little pellets on his tongue – the teeny tiny ones – and he always got it right.

CLOSING ADVICE

Kate: (19:18)

Wow. Yeah, they can be pretty small.

So, as we finish up the podcast, I would like you to share any wisdom that you have with the listeners. Since you’ve been on this journey for a while now, and you’ve really come a long way, what would you say to someone who is wanting to

go deeper with homeopathy?

Susan:

Well, I always tell everyone to take advantage of the blog. It's free. It's loaded with great information.

And organize your notes to have them ready when you need them. You can study a lot, but if you don't have your notes ready for an emergency, then your knowledge will fail you. So, be prepared for whatever situation you have by having your notes organized.

And if you want to go further, of course, the information and the protocol courses are great. The Gateway is wonderful. You connect with a lot of people. And I highly recommend The Academy and Mastery™ if you would like to go that direction. It is life changing. There's never a dull lesson with Joette. She is inspiring.

There's a growing community of homeopaths trained by Joette, and so you can find us all at her APH alumni site [Editor's Note: now located at FindAPracticalHomeopath.com] to help with those more difficult cases. So, at any level that you want to be at, it's all there for you.

Kate:

Yes, well said, Susan.! I really appreciate all that you shared today, and you've had some great success stories and great tips. So, thank you, Susan, for being here today. I really appreciate you taking the time and sharing all this wonderful information.

Susan:

Thank you, Kate. I am so excited to see the movement growing. Homeopathy is a wonderful way to take charge of our health.

Joette:

These podcasts focus on students of Practical Homeopathy® who have learned how to take care of themselves, family, friends, clients, pets, patients and even livestock using homeopathic medicine.

I hope listening to this podcast has inspired you to follow in their footsteps.

But this podcast is only a start. It's *critical* that you learn how to use these homeopathic medicines properly. So, peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

With the proper training, you can join the tens of 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.

My Friend is Deathly Afraid

of Bird Flu. I’m Not; I’m Empowered.



A friend of mine has read all the news reports about bird flu, and the fearsome words in the headlines have triggered her anxiety. The latest warning from the CDC came out just last week, driving her to become overly egg-cited about the dangers.

While the risk to humans remains low, once the media realized this news attracts readers, they’re practically billing it as the next pandem … Never mind, I’m not even going to say it.

Meet my friend, Fluenza. (In the privacy of her coop, we call her “Fluzie.”)

No doubt bird flu – also known as avian influenza A(H5N1) – may be more of a concern for her because, let's face it, she's chicken.

The powers-that-be have destroyed entire flocks when bird flu is discovered, leading to dramatic price fluctuations in poultry and eggs, as well as the decimation of affected farmers' livelihoods. The disease has crossed into livestock as well, leading even normally mild-mannered cows to become concerned.

But if we read the articles carefully, we find that only 13 cases of bird flu have been reported in humans … since April! Does that statistic warrant all the scary headlines?

What are the reports of bird flu symptoms in people?

- Cough
- Headache
- Shortness of breath
- Sore throat
- Fever, chills
- Fatigue
- Congestion
- Runny nose
- Muscle and body aches

Holy Toledo! That sounds like a rare condition, doesn't it?! Those symptoms don't sound like anything else we've ever heard of before, do they?

Of course, they do. (I'm being facetious, my friends.)

Obviously, those are the same symptoms as every other flu condition we've dealt with since the beginning of time.

In Practical Homeopathy®, it doesn't matter what scary descriptive terms the flu name contains (old, new, rare, common, numerical, Greek). Nor does it matter in which

animal the flu is reported to originate (cows, ducks, chickens, or even bats). In Practical Homeopathy®, we look at the symptoms.

We choose our medicines based on the symptoms.

When Fluzie first complained of not feeling well, I immediately offered her the Banerji Protocol for respiratory illness: *Aconitum napellus (Aconite) 200* mixed with *Bryonia alba 30*, mixed together in her beak. (A human would mix them together in their mouth.)

Again, I employ this protocol at the very first inkling of illness. The sooner, the better! In my experience, the more quickly we can address the condition with our well-chosen homeopathic medicines, the faster and easier the course of illness will be.



In Fluzie's case, her bird-like symptoms were mild, not alarming. So, she utilized the medicine every 3-4 hours until she felt better. If her symptoms had slammed into her like a rogue rooster, then perhaps she might have taken it every hour or so for a few hours.

The beauty of this protocol is that *Aconite* not only

politely nudges the body toward restoring respiratory health but also helps calm the undue angst surrounding illness.

Indeed, *Aconite* smoothed Fluenza's ruffled feathers. In effect, we were killing two birds … No, wait, what am I saying? We were SAVING a bird! However, we were addressing and uprooting two different symptoms with one medicine.

As we all have experienced, as most respiratory conditions progress, the symptoms change. Were Fluzie to develop a gagging cough, I would consider adding *Ipecac*. If she had severe body aches, I would most likely add *Eupatorium* to her medicine schedule.

My friends, my approach to a chicken's health is the same as my approach to my human family's health. Whether a hen or a husband, homeopathic medicines stand ready to act.

In my Monday Night Live event, "Hens. Husbands. Homeopathy," Fluzie and I had a little too much fun exploring this subject in more depth. I went through additional symptoms of bird flu along with the corresponding homeopathic medicines.

I also spent a bit of time considering the use of homeopathy as a prophylactic against disease. That, in itself, is a valuable discussion from which you'll benefit.

In the meantime, *Aconite* 200 and *Bryonia* 30 are two homeopathic medicines that no home should be without. In combination, this Banerji Protocol is useful at the onset of most respiratory illnesses, no matter their name.

For more information about respiratory, gastrointestinal and other common illnesses, consider my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs. If nothing else, download my free infographic from that page. Post it on your refrigerator. The fearmongers can't get to you if you're prepared!

I also suggest my magnum opus, The Survivalist Guide to Homeopathy, to help prepare for almost any eventuality. This invaluable guide contains 9 ½ hours of video (available to stream and on physical disc) and over 400 pages of information in print in a hard-backed binder (in case the internet goes down). By providing both digital and physical access, you and your family can refer to this guide in the best and even the worst of times.

There's no need for fear or panic. We are empowered … with Practical Homeopathy®.

Pass on the good news!

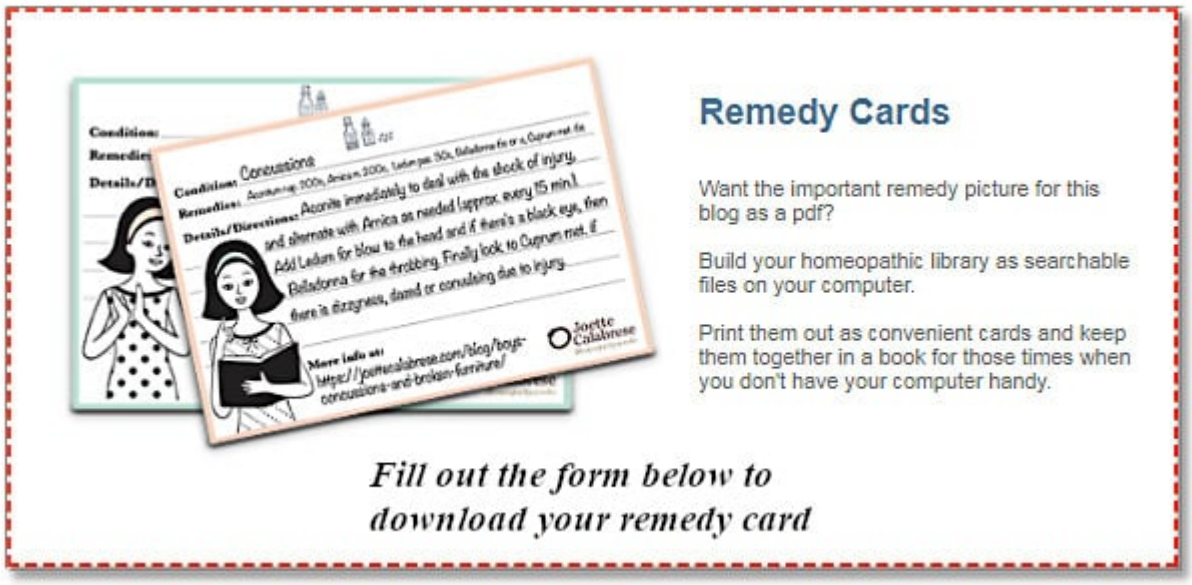
Warmly,





Why are more and more mothers, fathers and grandparents turning to homeopathy? Find out on Wednesday, August 21, 2024, at 8 p.m. EDT, as I explain how homeopathy can be easily taught, learned, and utilized, with a special focus on medicines to address gut issues common among older populations. Register now for this free webinar hosted by

the National Center for Homeopathy and sponsored by Boiron USA, world leader in homeopathic medicines.



50+ Homeopathic Medicines: How to Create an Economical, Well-Curated Homeopathy Kit



What good does knowledge about homeopathic medicines do if we don't have the remedies on hand when they're needed? Not much. That's why I encourage my clients and students to create a well-curated homeopathy kit – an inventory of the most utilized medicines for common injuries, illnesses and complaints.

Over the past year and a half, I have been writing specific blog posts about homeopathic medicines that everyone should own. It's not an exhaustive list – only you can know what your family may specifically need. However, these 50+ remedies lay a substantial groundwork for developing a powerful at-home inventory, enabling you to have what you need when you need it!

Granted, homeopathy is sold in many local health and

wellness stores, and reliable homeopathic manufacturing pharmacies can ship rapidly in an emergency. However, in my experience, the clock never moves more slowly than when a loved one is sick and the mail carrier hasn't yet arrived.

Plus, overnight shipping can be costly, and that defeats the purpose. One of the many desirable aspects of homeopathy is how economical it is – when you plan ahead.

So, at my readers' request, here is my list of the 50+ homeopathic medicines I've recently written about. In my opinion, these should be included in any well-curated homeopathy kit. I hope you'll add additional ones you know will be indispensable to your family's health autonomy.

How do you learn what your family may need?

Why through a Gateway to Practical Homeopathy® study group, a subscription to my Mighty Members, and individual protocol courses on specific areas of concern (like gut issues, pain, allergies, women's health and more found in my Learning Center). Or take a deeper dive into The Academy of Practical Homeopathy®.

Meanwhile, the most important thing is that we have what we need *at the moment* we need it. Addressing an acute condition immediately can help us get through the disease or injury faster and with fewer symptoms.



50+ homeopathic medicines to include in a well-curated homeopathy kit

Click on the remedy name to be taken to the corresponding blog post.

1. ColdCalm®
2. *Ruta graveolens*
3. *Symphytum officinale*
4. *Arnica montana*
5. *Hypericum perforatum*
6. *Oscillococcinum®*
7. *Arsenicum album*
8. *Aconitum napellus*, *Aconitum napellus*
9. *Hepar sulphuris calcareum*
10. *SleepCalm®*
11. *Pulsatilla nigricans*, *Pulsatilla nigricans*, *Pulsatilla nigricans*
12. *Ignatia amara*
13. *Rhus toxicodendron*
14. *Helleborus niger*
15. *Euphrasia officinalis*
16. *Lycopodium*
17. *Nux vomica*

18. *Sepia*
19. *Cantharis vesicatoria*
20. Cyclease® Menopause
21. *Sulphur*, *Sulphur*
22. *Bryonia alba*
23. *Berberis vulgaris*
24. *Ledum palustre*
25. *Belladonna*
26. *Gelsemium sempervirens*
27. *Hyoscyamus niger*
28. *Coffea cruda*, *Coffea cruda*
29. *Calendula*
30. *Cina maritima*
31. *Natrum sulphuricum*
32. *Ammonium carbonicum*
33. *Cuprum metallicum*
34. *Apis mellifica*
35. *Caulophyllum*
36. *Silicea*
37. *Veratrum album*
38. *Staphysagria*
39. *Urtica urens*
40. *Sanguinaria canadensis*
41. *Kali phosphoricum*
42. *Natrum muriaticum*
43. *Natrum phosphoricum*
44. *Aurum metallicum*
45. *Chamomilla vulgaris*, *Chamomilla vulgaris*
46. *Petroleum*
47. *Camphor*
48. *Ipecacuanha*
49. *Spongia tosta*
50. *Mercurius solubilis or Mercurius vivus*
51. *Cimicifuga racemosa*
52. *Lachesis mutus*
53. *Cinchona officinalis (China)*

Again, this is not a comprehensive list of either must-have remedies *or* blog posts containing information on these subjects. I've been writing a weekly free blog since 2008, so there is too much valuable information here for one list to include. I recommend you also use the search feature on my site to glean more from my earlier blog posts.

I will undoubtedly add a few more over time and update this list. However, I hope giving you this information all in one place will inspire you to collect as many homeopathic medicines as you can afford. There is no better place to invest than in your education and the remedies that your education calls for.

Pass on the good news of Practical Homeopathy®!

Warmly,

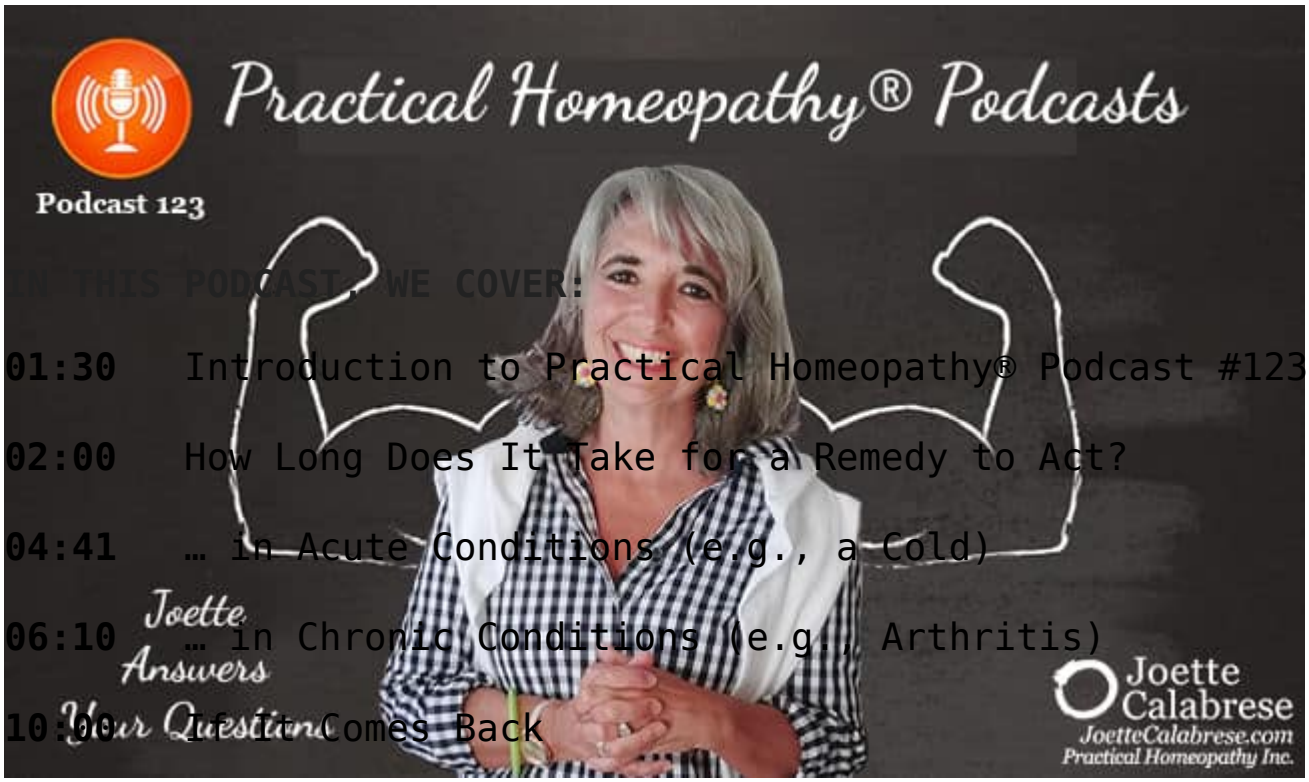


P.S. My latest article, "Include Homeopathy as an Adjunct to Any Practice" is now featured in the July/August 2024 issue of Energy Magazine.

I look forward to sharing the article with my Mighty Members later in the week. Extra content is just one of the many benefits they receive.

Do you know of a publication that would welcome an article about homeopathy? If so, please let me know in the comments. With your help, I want to spread the word far and wide!

Podcast 123 – Practical Homeopathy®: Joette Answers Your Questions



01:30 Introduction to Practical Homeopathy® Podcast #123

02:00 How Long Does It Take for a Remedy to Act?

04:41 … in Acute Conditions (e.g., a Cold)

06:10 … in Chronic Conditions (e.g., Arthritis)

10:00 If It Comes Back

13:12 Food Allergies

16:09 Remembering to Take Your Homeopathic Medicines

18:11 Homeopathy Can't Help You If You Don't Have the Knowledge to Use It

The Academy of Practical Homeopathy®

Joette's Mighty Members

ADDITIONAL RESOURCES:

Joette's Learning Center

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 123, with Joette Calabrese.

Joette:

This is Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless women and men 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 together and embrace health care freedom.

Join me as I demystify homeopathy – what was once considered an "esoteric" paradigm – into an understandable, reproducible, safe and effective health care solution available to everyone. *This* is the medicine you've been searching for – my unique brand of homeopathy – PRACTICAL Homeopathy®.

Whether you have tried homeopathy in the past and were frustrated, or you are examining the possibilities of caring for your family *yourself* for the first time – you're in the right place.

In this podcast, I will offer you my decades of clinical experience as a practicing homeopath and years of teaching tens of thousands of students, so that you can become the hero of your family and community.

This is true health freedom, my friends. This is my

PRACTICAL Homeopathy®.

INTRODUCTION

Kate: (01:30)

Hi, Joette. We're here in another podcast, and I want to know what's on your mind. What would you like to talk about today?

Joette:

Hi Kate. A couple of things. I like to be able to discuss things that I think are going to be the most useful for the largest number of people.

HOW LONG DOES IT TAKE FOR A REMEDY TO ACT?

Joette: (02:00)

One of the things I want to talk about is how long does it take for a remedy to act? I hear it often.

And given this background: that there are thousands of conditions. Some say there are about 6-10,000 human sufferings/diseases (maybe it's closer to 6,000). And there are just about equally the same number of homeopathic medicines.

Now, we're not going to cover all of these human conditions, and we're certainly not going to be talking about 6,000 homeopathic medicines. But given that there's such a grand landscape, we have to get what can seem complex (because it's so voluminous) and focus it down so that it makes it easier. And so, when someone asks me, "How long does it take for a homeopathic medicine to act?" It depends on a number of factors.

The first one is, is this condition that the person is about to approach an acute or is it a chronic? and that really

matters. Now, sometimes, it's a species of both. But let's not go with the outlier. Let's go with something that's pretty obvious.

For example, you're driving home. And you're in the car and suddenly – here's the key word –*suddenly* you feel ill. Something's wrong. "It feels like maybe I caught something." That kind of feeling. "I feel as though something's going on in my sinuses or my chest, and I feel weakened." And you were just caught in the rain the day before or the night before, and it feels as though you're going to be strapped with a flu or a cold or something.

That is an acute. Because if you left it alone, you would not have it if you took nothing, and you just went to bed when you got home – which is not a bad idea. But if you did nothing, it's not going to live with you for the rest of your life. It's going to be over with in a few days or a week or maybe two weeks. But it will be over with. That is one of our definitions of an acute.

If, on the other hand, you're driving home. And you're seated in your car, and your back is aching like it *always* does when you sit in your car for any length of time. And you can feel that it's kind of arthritic in your hips and in your knees and in your back. That is generally … if it's happened time and again, and it's – for the most part, every time you get in your car, it occurs. That tells us that it's likely a *chronic*. And it could be muscle weakness; it could be arthritis, could be tendon pain, et cetera.

… IN ACUTE CONDITIONS

Joette: (04:41)

So, if we have an acute condition – generally speaking – and we use a homeopathic medicine to treat it, it works pretty quickly because the disease is not going to last very long. The condition's not going to last long anyway, even if you

did nothing.

So, our expectation is that within a few doses, the person can start feeling somewhat better. And when I said earlier, when I described it that it came on suddenly, the first remedy I think of when someone feels something suddenly coming on – when it feels like a cold or flu is coming on chesty, throaty, sinusy, ears, et cetera – I think of *Aconitum* 200.

In fact, I have *Aconitum* 200 in my purse at all times. It's the only remedy that I carry with me always. I mean, I might carry others if something else is going on for my husband or me. But generally, that's the only single medicine that I carry with me.

So, one could take that every couple of hours and assume that within a shorter amount of time … how much time? Could be, sometimes, someone takes the remedy *Aconitum*, and they feel better within half an hour. Other times they *Aconitum*, and they need to continue taking it, say, every few hours or so. And it takes a few doses. Two, three, four doses, and they start improving.

… IN CHRONIC CONDITIONS

Joette: (06:10)

So, that's for an acute. Now, let's go back to the chronic. Now, let's talk about that person who has arthritis. Let's label it arthritis. Let's not talk about it as a muscular or tendon issue. It's the joints and the knees and the hips and the back. It's an arthritic sensation, and it's worse upon sitting too long. And once the person gets out of the car, then she or he feels like they're creaky. And once they get moving … now they get going … and okay. Now, they feel better once they start moving about. But once they get back into the car again, it doesn't take long before that achiness can start again.

Now, we would use a medicine, for example, like *Rhus tox*, and we would use it in a 30th potency – sometimes a 200. But more often, we would use it in a 30th potency. And we're not taking it for that moment in time because when she gets out of the car – because once she's out of the car and starts moving about – she limbers up, and the pain is gone.

No, what we're doing with this instead is using it twice daily – 12 hours apart. Because we know that she suffers from this every day. Every time she gets into the car, every time she gets out of bed in the morning, every time she's seated on the sofa reading to her children, she gets up – or to her grandchildren (it's more likely to be an older woman) – this happens.

We don't use it at that moment. That would do it no good. Instead, we know it's chronic. So, we would use it twice daily for many days.

How long does it take? Well, sometimes it only takes a couple doses. Monday and Tuesday and the deed is done. That means that when she gets out of the chair, gets out of the car, gets out of bed, that pain is pretty much gone. But we might need to repeat it from time to time, so twice a day for a few days. If that does it, then she stops.

Then a couple, a week later, she notices it's kind of creeping back in again. She does it again: twice a day for a few days. So, if that's the case, and she finds it keeps creeping back in again once she stops, it might behoove her to take it twice a day every day for, say, a month. And *now* assess it. Instead of assessing it after two or three days, she's assessing it after a month or two. And if she's much improved, she does not carry on with the medicine. She stops it once again, but she's pushed it a little bit further this time.

So, now we've dealt with a chronic that we can probably see

she'll get relief from having used *Rhus tox* 30 twice daily or 200 depending on how severe. If it's much more severe than the little bit that I'm describing, 200 twice a day can do a lot of good as well.

But we don't carry on with it. The beauty of homeopathy is its goal is to uproot. Will it uproot to perfection? There's no such thing as perfection. So, don't expect to feel perfect. Instead, expect to feel relatively improved.

Kate:

Well, something else always creeps in, right? You take care of one thing and then … something else.

Joette:

Oh yeah. And then a Zamboni comes rushing at you on an ice rink, and you get smashed like a mosquito. So yeah, there's always something else.

So, you can forget about *Rhus tox* 30 or 200 twice daily in a couple months. You forget all about it. "Oh my gosh, it's gone!"

In fact, a lot of times, people don't even notice it's gone because the reminder is the suffering. And if we don't have that reminder, we're just living our lives and not realizing until perhaps it comes back again or something else. "Oh my gosh, look how limber I am. I'm able to get up out of a chair more readily. I can go up and down the stairs. I can pop out of bed like a piece of toast out of a toaster. I can really move my body again."

IF IT COMES BACK

Joette: (10:00)

But if it comes back – and my friends, if you have a propensity for this to occur, indeed, it may come back. But

when it does, we're not going to say, "Oh no! Now what?"

No. We know what to do. We use exactly the same medicine in exactly the same fashion. And most likely when it does return, it's a lesser suffering. It's – instead of that creaky and achiness that used to be say a 6 or a 7 on a scale of 1 to 10 – now, when it returns, it's just a whisper. It's a little cameo appearance of maybe a 3. Worthy of taking the medicine again? Perhaps, for a while.

I know people – including myself, I might add – who have had to take *Rhus tox* from time to time, and I no longer have to do that any longer. It's gone! At my age, my friends – my contemporaries, if they're not using homeopathy (if they've not figured out how to do this yet) – are suffering from what I'm just describing to you, and I am not.

Very occasionally, if I really work arduously in the garage, and really clean hard and long, and pick up this and move that, and rake the leaves, and do a lot of work all in one day, then indeed I may need it again. A couple doses, and I'm right as rain.

And so how long does it take? I just gave you the entire scenario. It can take an hour. It can take five hours. It can take two or three days. It can take a week or two of using a medicine. Sometimes, it even needs to be taken longer than that.

How long it takes for a chronic condition depends on the person, the extent of the suffering …

Kate:

The condition.

Joette:

… the abuse, even of their own body and the condition. That's right. Thank you.

Kate:

Yeah, because things like chronic allergies, that could take a year or longer to uproot possibly.

Joette:

It could. Then again, I've seen allergies addressed within a week – even lifelong allergies. It's gone! And if we use a combination medicine for the acute condition … the acute symptoms that happen to present, such as lacrimation (watery eyes) and itchy eyes and swelling and runny nose and sniffling, and we use a medicine like *Arsenicum*, or we even use AllergyCalm® by Boiron or something like that … we can see that abated within a day.

Now, to get to the bottom of it – not unlike what you are referring to, Kate – to get to the bottom of it, yes, it may take up to as long as a year to see that the allergies are subdued. And I don't mean suppressed. Suppressed is different. Suppression comes from drugs of commerce that are synthetic.

These are not synthetic; they are not patented. These are medicines that are made from nature. They just happen to be diluted and succussed in such a mathematical, pharmacological, and intelligent way that it stimulates the body's natural ability to cure itself.

FOOD ALLERGIES

Kate: (13:12)

I guess I was thinking about food allergies specifically. Do you see that those take a little longer to uproot than a seasonal allergy?

Joette:

Sometimes, food allergies can take longer because most food

allergies, my friends, are really the effects of being poisoned. What kind of poison might I be talking about? Are we talking about food that's poisoning? No, antibiotic poisoning.

Antibiotics might kill the infection or might be the preventative for potential infection, but the poisoning of antibiotics causes food intolerances. We are not supposed to have food intolerances, my friends. We are supposed to be able to eat wheat –even though it's not the best wheat in this country … in the U.S. I realize that it's highly processed and even it's GMO, et cetera, et cetera.

We should be able to withstand even that. Not that I want you to eat that. I would like to see that removed from the market completely in our country. But until it is, we should be able to withstand it from time to time. But we can't because the gut has been denatured. It's been tinkered with. It's been … well, tinker sounds like it's just like gentle little events. But an antibiotic is not a gentle little effect. An antibiotic is like napalm. It's like an atomic bomb in the stomach.

Just because someone doesn't have nausea or vomiting or diarrhea shortly after doesn't mean that antibiotic is not doing great damage. Now, having said that, there are times when an antibiotic can be useful. So, we save that. We save the need for an antibiotic for times when there is no choice. If you're in an automobile accident, and a lot of surgery has to be performed, and infections are ensuing, and you don't have access to a homeopathic hospital (which is the way we must live in this country at this time in history), then, indeed you are going to need antibiotics.

So, we don't want to take them for every little other issue such as those acutes that homeopathy can treat – such as an ear infection or strep throat or a urinary tract infection or a laceration. We save the use of an atomic bomb for when

there is something that is truly potentially life-threatening.

Those conditions I just mentioned, my friends with the use and the understanding of how to use these medicines and owning them – owning the knowledge and the remedies in your hands – can save you, can protect you against the use of a drug that will cause food intolerances and other gut issues.

REMEMBERING TO TAKE YOUR HOMEOPATHIC MEDICINES
Kate: (16:09)

I am wondering if you can share your thoughts on – or your tips on – how a person can remember to take the correct medicine. So, say, you know the condition, you know the protocol, and you know you're supposed to take it every day, say, twice a day.

What do you tell your clients about how they can remember to take this? Because correct me if I'm wrong, but if you are not consistent in taking your medicines for this chronic condition, you may not see the results as if you were consistent.

Joette:

Well, the best way is to suffer. The suffering reminds you. "Oh my gosh. This is really painful!" or "Really uncomfortable," or "I don't like the way I feel. Oh yeah, that's right. I've got to take my homeopathic medicine." *That* is the best way to remember.

But let's say you're moving along, and you need to go just a little further, and you'd forgotten that you're going to get some indigestion if you don't take the medicines that are specific to help uproot the food intolerances. Then, you buy a couple of doses of the same medicine, perhaps, and keep one dose by the bedside and another dose on your desk.

And sometimes, you know how when you have things arranged on your bedside – your clock and maybe, I don't know, your lamp and those kinds of things. And after a while, if you keep the remedy there, you don't see it anymore because it becomes a part of the way the room is arranged.

Kate:

Right.

Joette:

So instead, when you take it before you go to bed at night, instead of putting it back in a place where you might not notice it, put it on the floor right in front of you so that when you step on the floor, you see it. You'll step on it. You pick it up when you see it – because it doesn't belong on the floor – and then you take it at that moment.

You can do that right there in the bedroom. You can put it on the floor in front of the sink in the bathroom. Put your remedies in an unusual place that would *force* you to have to pick them up. It'd force you to notice them because they're in a slightly different place than they ought to be. I hope that helps.

Kate:

That's great information. Joette, great tips. What else would you like to say to wrap up this podcast?

HOMEOPATHY CAN'T HELP YOU IF YOU DON'T HAVE THE KNOWLEDGE TO USE IT

Joette: (18:11)

The only other thing I would like to say is, my friends, homeopathy cannot help you if you don't have the knowledge or you don't know where to look it up (because you don't know that I have a blog that has all the names of – not all,

but many names – of many conditions and their appropriate remedies). And you don't own the medicines.

So, you can't own necessarily every single homeopathic medicine. But you ought to know what the main medicines are for your family, and then not only own the medicines but own the knowledge of where to find the information so that you're not frightened or overwhelmed and forced to fall back on the synthetic – the suppressing, the drugs that we are all so ardently trying to get away from.

Kate:

And this is just a little taste of the things that you teach in The Academy. Because as you were talking about these expectations, I kept thinking about the lessons that you do in The Academy, and we actually have titled them, "Expectations." So, you go much further. There's much more to be said on this topic.

Joette:

Well, there's always more. It never ends. I still read every day. I just, in fact, I'm going to be posting soon. I think I've got 11 books that I plan on reading this summer [information contained in Memo to Mighty Members #212], and I've already started into three of them.

So, it never ends. We must always be curious. We must always be learning and growing and even changing our thinking. Be willing to realize that "Maybe I was thinking about that incorrectly, and I think I'll arrange it a little differently in my thinking in my life.

Kate:

Alright. Great to talk to you today, Joette.

Joette:

Yeah, it's always good to talk with you too, Kate. Take care.

It is my honor to share as many Practical Homeopathy® protocols for simple conditions as I can – for free, without affiliates or advertising – here in my podcasts, 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.

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.

Whooping Cough: 3 Noteworthy

Homeopathic Medicines



Cough, Cough, Cough.

That's the title of my Monday Night Live event from January 29, 2024. In it, I mentioned whooping cough (also known as pertussis). Even though I've touched on this particular condition in previous blogs (as part of posts on homeopathic medicines appropriate for various coughing conditions), judging by the response to my reference, whooping cough deserves a blog post of its own.

Since there's no time like the present … let's do it!

Coughs come in all shapes and sizes. Some are caused by viruses (like croup), some by bacteria (like pertussis), and some, of course, by extrinsic triggers (like smoke

inhalation). Often, there is no immediate diagnosis, especially at the onset of the condition. More often than not, determining which type of cough is presenting is left to a doctor's clinical experience or, more importantly, a parent's familiarity.

Don't forget what Dr. Robert Mendelsohn said, "When it comes to treating a sick child, one grandmother is worth two pediatricians."



Moms will recognize many coughs by the sound they make and, thereby, be well-equipped to choose the most tightly fitting homeopathic medicine to address them.

Whooping Cough Symptoms

In and of itself, whooping cough is not generally dangerous. It's most threatening in individuals who don't yet have the wherewithal to physically cough up the phlegm collecting in the lungs – children under a year old.

Let me emphasize again that this is *generally* speaking. Getting in the car is dangerous. Catching a cold could lead to a dangerous form of pneumonia. "Danger" is relative, my friends. That's the advantage of our being empowered by the health autonomy provided by Practical Homeopathy®.

With education, we have the ability to meet potential dangers head-on.

Pertussis can feel relentless. They don't call it the 100-day-cough for nothing! It can be a disconcerting sound. However, to add to the confusion, there isn't always a whoop!

There are dry, wheezing coughs, which can also be considered something of an asthmatic cough.

A barking cough – picture a seal clapping its flippers and barking – is croup. It's more of a bass sound as the cough is expelled.

Whooping cough, however, is distinguishable by its unique sound of a whoop at the end of the coughing spasm as the sufferer takes their next breath. It's a violent contraction of the lungs as they intake air.

Let me tell you, my friends, it wasn't easy to find the sound of whooping cough without it being accompanied by conventional medical advice. But undaunted, I finally found one. Listen here.

It's often worse at night. Often, if it's a child (and they're the ones most prone), they play, eat normally, and everything is fine during the day. So, the mother naturally thinks, "Oh, ok. Well, last night was horrible. But look at Junior now! He's fine." Then, that night, little Junior whoops the night through. He whoops it up, you might say.

Homeopathic Medicines for Whooping Cough

Over the last two centuries, homeopaths have historically recognized *Drosera* 30 as the remedy for this cough – across the board. Drosera is a great medicine, and I often teach my readers, listeners and students about its use in these cases.

There's also *Bryonia* and *Pertussinum*, not to mention many others.

But then the doctors Banerji came along, and they had a different approach. Their protocol for whooping cough is *Ipecacuanha* (*Ipecac*) 30 mixed with *Cuprum metallicum* 6, as often as every 3 hours, according to severity.

(If you're new to this paradigm, "mixed with" means one dose of pillules from each medicine is combined in the mouth.)

As I always say, in homeopathy, there is more than one way to knit a sweater. I've named three medicines that are recognized for use in cases of whooping cough. *Drosera* 30 or *Ipecac* 30 mixed with *Cuprum* 6.

How does one choose? Well, who can argue with the clinical success of the Banerjis? However, if after researching *Drosera* in a *materia medica*, you find it to be a tighter-fitting remedy for the cough in question, then, by all means, it's a legitimate choice. The decision belongs to you. I am merely your teacher.

If one is inexperienced or doesn't quite know which kind of cough is developing, my go-to Banerji Protocol for quick-onset respiratory illnesses is *Aconitum napellus* 200 mixed with *Bryonia alba* 30, every three hours according to the rapidity of the condition's development.

There are choices, my friends. But these are a good place to start.

"Whoop it up" no more, and pass on the good news of Practical Homeopathy®!

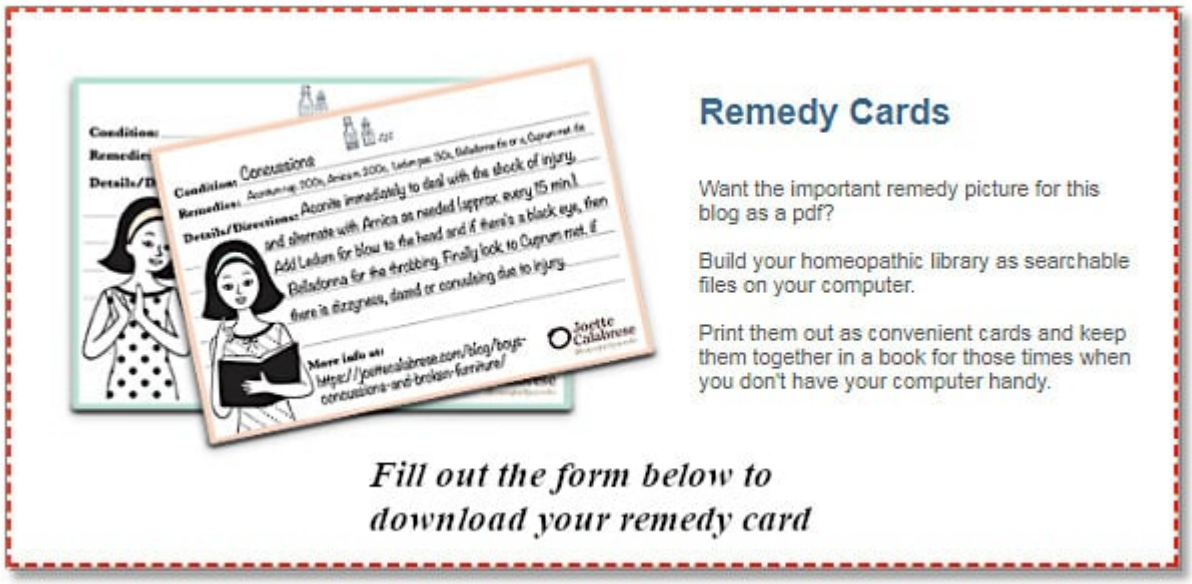
Warmly,



P.S. I cover coughs and many other conditions in my course, [The Antibiotic Alternative: Balance Your Bugs Without the Drugs.](#) In fact, I'm looking at the provided time stamps for that video course right now, and I see over 300 conditions listed – along with their associated homeopathic medicines.

If you want to raise your children as I did, without drugs and endless visits to the pediatrician, [The Antibiotic Alternative](#) is the course for you. Learn how to care for your family with guts, spunk, moxie and Practical Homeopathy™.

Remember – all my Mighties [(Joette's Mighty Members)](#) qualify for a 10% discount on course purchases.



Podcast 122 – Courageous Couples: Prepared for Anything – Together



IN THIS PODCAST, WE COVER:

01:30 Introduction

03:55 Discovering Homeopathy

The Academy of Practical Homeopathy®

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

JoettesLearningCenter.com

05:53 Men Need Homeopathy, Too

08:18 A Mom With Moxie Plus A Dad With Audacity

The Survivalist Guide to Homeopathy

Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way

09:32 Equals a Prepared, Courageous Couple

10:43 Success Story: Broken Leg

11:47 Success Story: Head Injury

13:12 Success Story: AFib and TIA

14:12 Success Story: Blood Clot in Calf

15:18 Success Story: Practical Homeopathy® for Pets

Flynn and the Not-So-Fun Fireworks

BOOM! It's Fourth of July! (I'm Not Scared, But Others Are!)

A Dog with Anxiety? There's a Homeopathic Solution

A Salute to Ignatia Real Medicine for Post-Traumatic Stress and More.)

18:50 Developing a Homeopathic Community

20:07 Success Story: One More Dog Tale

Robin Murphy's "MetaRepertory, Fourth Edition"

22:42 Being in a Group Is the Best Way to Learn Practical Homeopathy®!

25:24 Closing Advice: Be Prepared

ADDITIONAL RESOURCES:

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

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 122.

Joette:

Hi! This is Joette Calabrese. My Practical Homeopathy® is transforming lives all over the globe by offering health freedom!

They say a picture is worth a thousand words, but I say a podcast is *priceless*.

I want you to hear – in their own words – how regular people just like you have reshaped their lives using the practical protocols I teach in my Practical Homeopathy®.

So, with the help of my reporter Kate, I bring you this podcast series featuring interviews with moms, dads, teens, health care practitioners and Academy of Practical Homeopathy® students from all walks of life.

With education, you can follow in these students' footsteps. You can eliminate your fear of illness and injury by learning how to care for yourself and your family. Like them, YOU can be in control – without acquiescing to authority – to live healthier, more autonomous lives. Indeed, you, too, can heal yourself and your family through my brand of homeopathy – *Practical* Homeopathy®.

INTRODUCTION

Kate: (01:30)

Hi, and welcome back to the podcast. I'm Kate, and today I want to welcome a couple studying homeopathy together. Yes, you heard me right. It's a couple! And they have some

inspiring stories to share with us about how homeopathy has been, in their words, “Amazing, eye-opening and saved them thousands of dollars each year.”

So, I want to welcome Kris and Gary to the podcast.

Hi!

Kris:

Hi Kate. Glad to be here today.

Gary:

Hi, Kate.

Kate:

Hi. Let’s get started. Gary, I know you wanted to share a little bit of a background about who you guys are, where you live … so, let’s get started with that.

Gary:

So, we’ve been married for 44 years, and we have two grown children who are gainfully employed. Unfortunately, no spouses, no grandkids, but we have granddogs and grandcats, so we’re blessed.

Kris was born and raised in Iowa. I was born and raised in Kansas. Her background … her father was a pharmacist, and her sister and brother-in-law were nurses. Her mom worked in administration in the hospital. After high school, she went to school to become a medical assistant.

Kris:

To work my way through school while I got my physician assistant degree.

Gary:

We met when she came down to Kansas because, in the seventies, out-of-state tuition in Kansas was cheaper than in-state tuition in Iowa.

I'm a retired engineer. Kris is a retired PA (physician's assistant). When she started taking homeopathy about two years ago … my background is in physical sciences, so I've taken chemistry, physics, that kind of stuff.

When she started talking about potentization, it blew my mind because my chemistry was always if you diluted something, it weakened it. And so, let's just say I was highly skeptical of the whole thing.

Kate:

You're very analytical, I'm sure.

Gary:

Yes.

Kate:

Yes.

Okay. So, Kris, you have this analytica,l skeptical husband, and I'm sure from your background too, you really had to think about this closely. But why don't you give me – from your take – how did your journey to homeopathy look?

DISCOVERING HOMEOPATHY

Kris (03:55):

Okay, a little over 10 years ago, our nieces were researching alternative medicines and treatments for their father who had multiple sclerosis. So then, essential oils came into all of our lives, and we saw it do miraculous things for all of our health. And it even helped heal some

skin cancers in her father-in-law.

Then one of the nieces joined what I call a "crunchy" Facebook group. She lived in a very large metropolitan area, and these people were women always searching for the safest product and the best product for their families. And their researching skills were just unbelievably superb.

And through that, I found out about homeopathy. And one of the people in that crunchy group was Dr. Kristi Corder, who is now a graduate of Joette's Academy [of Practical Homeopathy®] and Mastery™.

And I took my first two Gateway I and II courses with her, and that was back in '22. And since then, I have taken five other protocol courses. I have bought just about all of them, and so it's just a matter of time until I can go through the next three that haven't been opened up or really used yet.

Kate:

So, where was Gary when you were doing all of this? Was he involved in studying or were you doing this on your own?

Kris:

I was studying on my own and then, with one of my nieces. She did not pursue more courses because of her life thing right now. But as they had emergencies or we had emergencies, we would consult each other, and we would work through things together.

It's amazing what a foundation that Gateway I and Gateway II give you … and learning about the cell salts, also. They're just amazing healing remedies without a doubt. To this day we still do that, and some of the success stories come from our family escapades and our pets.

MEN NEED HOMEOPATHY, TOO

Gary (5:53):

While she was doing all the studying, I was pretty much sitting on the couch watching my sports stuff. So, I'm supportive of her continuing her learning. It's great that she wants to do this, but like I say, I really didn't have a lot that I wanted to do with homeopathy. It was kind of interesting that we're in a small group, and one of our members has a lot of allergies, and Kris was always telling him …

Kris:

There's homeopathy for that.

Gary:

There's homeopathy for that.

Kris:

Yes. Didn't push anything more but just left it at that. You know? And, after a year and a half of that, he started talking to me seriously about it. And then he had a health scare and so really got into homeopathy and sought out homeopathic advice, also. That has been a great learning experience for all of us as he's gone through his journey.

Gary:

When our friend had a prostate biopsy, Kris was volunteering, called me up at home and said, "You need to get over to our friend's house and make sure that he has these remedies."

He was on a pain scale of 10 – he was at or above 10 – after this prostate biopsy. That was two years ago when the opioid – the Purdue Pharma – was a big thing, and doctors would not

prescribe opioids at all. They sent him home and said, “Take some Tylenol.”

So, we had talked to our friend, and he had started purchasing remedies. So, when I went over I made sure that he had *Arnica* and *Hypericum* and was taking those. And within 45 minutes, his pain level was back down to a three or a four. And it was after that that he started doing research.

He found Bob Dunbar and his “No Girls Allowed” Gateway I and Gateway II.

Kate:

No girls allowed! <laughing> Yeah. So, Bob – for those of you listening who don’t know – Bob leads some all-men study groups.

Gary:

Our friend took Gateway I and II from Bob. So, then we would go to small group, and he would sit with Kris, and they would talk over remedies and protocols and how he could further do things to get rid of his allergy problems.

A MOM WITH MOXIE PLUS A DAD WITH AUDACITY

Gary (8:18):

After several months of that, it was kind of like, “Maybe I ought to start taking some of this stuff just so I understand what’s going on.” And so, our friend hooked me up with Bob, and I’ve been through Gateway I and II with Bob now twice. So that’s where I got into it.

One of the great things about having purchased all of the protocol courses is we found out that as Kris’s spouse, I could also take those courses! And then, Kris decided to retake the Survivalist course.

Joette recommends taking the protocol courses three or four times in order to get all of the benefit out of those. So, I decided it was time for me to go ahead and jump in and start learning. And so, we have been studying together since.

Kate:

And how long has that been?

Gary:

We started in the Survivalist … was March?

Kris:

For this year. That takes two months to go through.

Gary:

And we're in the middle of – well, almost the end of – Detox right now. And so, I'm looking forward to many more.

Kate:

Yes. You have a lot to do to catch up to Kris.

Gary:

I do.

EQUALS A PREPARED, COURAGEOUS COUPLE

Kate (09:32):

Well, I bet this has been really interesting doing this together. When we were talking earlier, you said that it's really brought a new aspect to your marriage. Can you talk a little bit about that?

Gary:

The story I shared is that we went down to visit a niece –

had about a six-hour, eight-hour drive. And I was in the middle of my Gateway course, and so, I was trying to study for that. But when I was driving, Kris would read to me the course material. Or when she was driving, I would go ahead and read it. And then she would quiz me: "What would you give in this case? What strength, how often?" So, it was a good learning experience. It's a good way to learn.

Kris:

It makes a long car trip go faster.

Kate:

I bet. That's great.

Alright, I think it's time to hear some of your success stories because what you shared with me is really amazing … some of the things that you guys have been able to do with homeopathy.

So, why don't you give us a sample of some of the things that you've seen as you've used homeopathy?

SUCCESS STORY: BROKEN LEG

Kris (10:43):

In my very first Gateway course, one of the families had their two-and-a-half-year-old get a broken leg just below the growth plate below the knee, and it went crosswise. So, they had to be non-weightbearing the first two weeks

The mom was studying. This was her first time in Gateway I, also. And so, she gave *Symphytum* from that first day. When they went back for the two-week checkup, the doctor said things looked good. And she asked if they could do an X-ray just to see how well things had healed – because of the non-weightbearing and holding a toddler down is not very easy to do.

The X-ray showed the fracture was totally healed. It didn’t show any bony callus, which you usually see in the process of a fracture. Everything was healed like it hadn’t happened. And she shared the pictures that she took of those X-rays.

It was just mind-blowing for me, as being a physician assistant and having helped people with fractures and stuff in the past. So, that was our first real big example of how much it can do.

SUCCESS STORY: HEAD INJURY

Kris (11:47):

Another one was a family member was sledding on an icy conditions and took a bad hit to the head. And where they were sledding, they were 25 minutes from an emergency room on good roads, but they were totally iced in.

But they had homeopathy!

They gave *Arnica* within that first two minutes after the injury. Our friend was eight years old at the time, but he already knew how to rank pain. And so, he said it was an 8 out of a 10. And Mom noticed that his pupils were not reacting to light – to constrict and dilate as they should.

So, she continued giving the *Arnica* frequently. At the 30-minute mark, the pain was down to a 3. And 45 minutes later, the pupils were now reactive to light as they should be. And in three hours, the goose egg from where he hit couldn’t be felt. It didn’t even have any sponginess left behind, which I had never seen anything heal like that in Western medicine. That was very measurable in first person.

Kate:

I’ve seen that happen from people who are skiing, too, and

giving *Arnica* and *Aconite*. Oh, my goodness. It is incredible!

Kris:

They gave *Aconite*, too, back in the beginning. You must do that when it's a shock or injury thing.

Kate:

Yes, my kids are ever out skiing, I'm always giving them the *Arnica* and *Aconite* to put in their ski jackets.

SUCCESS STORY: AFIB AND TIA

Kris (13:12):

Right. Our next biggie was last October. Friend's mother-in-law called them to say, "Come over, I've had my AFib," (which is atrial fibrillation, which means the heart is not beating correctly) had happened during the night. She didn't want to bother anybody. She had a horrible headache. And they got there, and all of a sudden, her speech went garbled.

So, they knew she was probably having TIA or going into stroke. So, they gave *Arnica* once again and very frequently.

Got to the emergency room. Having called ahead, they did a CT scan and an MRI. So, they had medical proof where the TIA started. It did not progress into a stroke, and the doctors couldn't explain it. But the family could, knowing the homeopathy, but they didn't share that because a lot of medical facilities poo-poo homeopathy and don't believe it's for real. And she has since done well, and she has not had any stroke after. It's continued very well.

SUCCESS STORY: BLOOD CLOT IN CALF AND MORE

Kris (14:12):

That trip we were talking about when I was reading the Gateway II book: While I was driving, all of a sudden, my left calf swelled and started hurting very painfully. And I'd had blood clots in a calf 20 years ago, so I knew that's probably what it was because we'd been driving so much.

So, I started taking *Arnica* after I pulled over, made Gary drive. And then I had the seat reclined, so, I had my foot up on the dash. And then I am doing massage therapy on my leg – which we had just visited one of my nieces who's in that school, and she had just shown me how to do it the night before.

It's a God thing! It truly is.

And by the time I got home, my calf was down by half. And the next morning it was normal, and it did not progress or get any worse.

Kate:

Wow, that's great!

Kris:

And then on the protocols, I use several for my rheumatoid arthritis.

Macular degeneration, which is a change in my eyes. (It happens on the retina. It comes from our family's side.)

For my cataracts.

For type two diabetes. (It helps keep sugars in control, and so I don't have to be on insulin.)

SUCCESS STORY: PRACTICAL HOMEOPATHY® FOR PETS

Kris (15:18):

For our pets: We have two dogs that are very seniors. One

has extreme separation anxiety and fears of loud noises, thunderstorms and fireworks. So, we have gone through many remedies and combinations to find what keeps him comfortable and not panicked for that.

And for our aging cocker spaniel. She has Cushing's disease, which is an adrenal problem. And so, we buy a homeopathy mix that works better than what regular vet medicine did.

Kate:

And you found some of these protocols on the blogs of Joette's?

Kris:

Yes. Thank you.

Oh, the other thing for Annabel: She was pretty much deaf. And then from the Buster blog from his birthday about how Joette had given him *Arnica* in his water for several conditions – which had helped his heart, a tumor to shrink, as well as his hearing came back. He'd only been able to hear high pitch squeaks before.

And with Annabel, that was the same thing. She only heard very, very loud noises or high pitch. Unfortunately, she's gone totally deaf since then, but we got a couple more years where she could hear us before that happened.

For my cataracts – that comes also from one of Joette's blogs!

And going on for the fear of fireworks, noise and stuff, if you have military veterans in your family, it helps the PTSD that they have as well. It can take the edge off. Unfortunately, our town has three days straight of allowing fireworks just about almost 24 hours a day. It is never a pleasant time.

Kate:

Wow. Well, that blog, I think, would be helpful. And I believe it's "Flynn and the Not-So-Fun Fireworks."

Kris:

Yes, and it also had two other hyperlinks in it that helped you find some other things, too.

Kate:

Yes. We'll put those links below [above, preceding the transcript] for those of you listening. So, if you're driving in the car, when you get to a place where you can look at the website, those links will be listed on the website right below the podcast.

Kris:

The other thing for homeopathy, it helps our niece with their hobby cattle. They are just starting into having calves again this year. And one of the cows had mastitis and very engorged. And so, *Phytolacca* – they used as a spray on the sac as well as on her nose. Within 24 hours, the calf was able to nurse on all four teats, which only two out of the four had been available because she was so firm.

And then for eye infections for ticks: If you have dogs that are out in the brush or in the woods with you and that sort of thing, *Ledum* is great for tick bites and to prevent getting Lyme disease. Also, on the blogs that Joette has about Lyme disease and ticks and those kinds of bites.

I think the neatest one was their family cat had been attacked by some critter at night. They're not sure what it was, but it caused damage in her abdomen. So, she had to go to a vet to have surgery, and then they were fighting infection and using homeopathy. And with that, they are able to have her heal from a really bad abscess within 7 to 10

days – that was using *Bellis perennis* and *Staphysagria*.

Gary:

One of the things that I have found amazing is that Kris has been able to get into these different groups of people using homeopathy, like the farm group.

DEVELOPING A HOMEOPATHIC COMMUNITY

Kris (18:50):

This is through Michele, who is one of our leaders. And so, she has Signal chat groups for people who have taken her courses. And then we become like detectives or support groups, depending on if it's a crisis or just a chronic problem that you can't get a good solution going.

We cover three or four time zones, so there's usually somebody on if a crisis comes up, and you can get answers. And they can help with research if you're someplace where you can't do that.

And we do that a lot, and that has just been such a blessing also. So, you have like 150 new friends!

Kate:

Yeah, I'm glad you brought that up, Gary and Kris, because that is one of the things that people say is the biggest benefits from joining a study group: Is that, you're right, you have this now community of people that you help each other! You're a resource. You're there for each other. And so, that alone, I think, is so valuable.

Kris:

And if somebody needs a special remedy, and it's going to be two to four days too late for getting it, we put it out geographically. Who knows who-has-what, and can we get it

there? And we can usually get it there in less than two days to whoever needs whatever.

Kate:

Wonderful.

SUCCESS STORY: ONE MORE DOG TALE

Kris (20:07):

I do have one more really great success story.

Kate:

Yes, please.

Kris:

This was a year ago May, and it was the farm group in the Survivalist Guide group that Michele has. And it was a story of a family whose dog became deathly ill. And they aren't really sure to this day what the cause was, but it was so bad that they had two different vet offices say they had done everything possible. There wasn't anything they could do.

The dog was suffering, and the best course would be to put her down. And the mom and one sibling were there, and they knew they had to take her home so everybody could say goodbye to Willow.

And so, they left against medical advice, and that vet office gave 'em a really bad time about it. And they got home. And so, mom, who was the homeopathy person, got on the grapevine here and put it out there.

And I don't think it was five minutes, and we had 10 people research all symptoms repertorizing, which means pretty much for us using Robin Murphy's repertory book, which you put in

symptoms and then that gets you choices of the homeopathy medicines that are best for what you're dealing with.

And so, this went on for 36 hours. We were tag-teaming the family as they were going through this crisis. And the next day, midday, Willow was able to lift her head and take some drinks of water. This is the dog that they even called at five o'clock the day before saying, "I'll send a vet out to put her down. You can't let her suffer like this."

Monday night, she was able to stand up. By Wednesday, she was walking outside. The end of the week, she was running and being just about her same self.

That is the miracle of homeopathy!

Kate:

Wow!

Kris:

… and the medications used.

Kate:

What was the condition that she had?

Kris:

I don't remember now. What caused it? I'm thinking it was a vaccine-type reaction, kind of nausea, vomiting, couldn't keep anything down, couldn't drink, totally lethargic, no energy, just laid there. And she was a big dog, like 70 to 80 pounds.

We just all rejoiced with them … just seeing the turnaround. It was beautiful.

Gary:

At the end of the week, the owner posted a video on the group showing the dogs playing in the backyard together.

Kate:

Sweet.

Kris:

That they wanted to put down the week before!

BEING IN A GROUP IS THE BEST WAY TO LEARN PRACTICAL HOMEOPATHY®!

Kate (22:42):

Wow. You've shared some really powerful stories. Thank you so much for just enlightening those who are listening to what homeopathy can do.

Now we know this takes a lot of work, and it takes a team of people. And like you said, you guys did this together! It's hard to be isolated and do this alone.

So, I think you guys are a great example about what you can accomplish from joining a group and being plugged in and connected and working together. So, I really appreciate you guys' sharing.

Kris:

Well, thank you. And this is the blessing of … Gary said, "Whatever you want to do; I don't care what it costs."

It's okay as I'm buying on group buys to get 35% discounts on the courses, but it still is a chunk of change for a lot of people's budgets … and then building up our supply of remedies to have for just in case.

When I started all this, this was just after the bad California Palisades fires. And then it was the train

derailments in the Ohio Valley and all of that contamination that went up from that.

And so, this just really was my push, I guess, to be ready just in case.

Gary:

So, one thing that I remembered: One of the best things about being in one of the Signal chat groups or the Telegram groups like Bob has, is, as a beginner, not only are you learning about the remedies, but the question is always, "What potency and what frequency?"

So, especially for beginners to get into a group and be able to put out there, "Hey, I've got this going on. I think I need to use this remedy, but what potency and what frequency should I use?" Usually, you can get somebody that's more experienced that can give you an answer.

Kate:

And that's why, too, the protocols are helpful.

So, if you have a protocol, which means it does give you the remedy, the potency and the frequency, then that's so helpful.

But if you don't have that, you're right. Having others who have that experience can be very helpful.

So, as we wrap up today, I just want to find out if there's anything else that you guys would like to share for those people who are listening. Maybe they have just started to learn about homeopathy or have been studying for a little while. What advice or thoughts do you have for those people?

CLOSING ADVICE: BE PREPARED

Kris (25:24):

You've made a great choice. You'll never be sorry you did. It will empower you. It will save you hours in the urgent care and ERs waiting for help if you can take care of a lot of this on your own at home. If you have littles at home, if you have teething and booboos and that sort of thing, you will have everything at your fingertips to take care of all of that.

Gary:

It's just eye-opening to learn that homeopathy is used worldwide except in the U.S. And I know that it's becoming more popular in the U.S. I can't wait to see it expand.

Kris:

It's been very exciting for me to see that homeopathy products are now showing up on television commercials in the commercial break times. And it's not just late at night, it's in prime time.

Kate:

Yeah, that's pretty great. I can't wait to see homeopathy spread as well. And I know that's Joette's heart is to see homeopathy in every household.

So, I appreciate you guys and what you're doing, and how you're sharing homeopathy and how you shared with us your stories of encouragement. So, thanks for being here today.

Kris:

Thanks, Kate.

Gary:

Thanks, Kate.

Joette:

These podcasts focus on students of Practical Homeopathy® who have learned how to take care of themselves, family, friends, clients, pets, patients and even livestock using homeopathic medicine.

I hope listening to this podcast has inspired you to follow in their footsteps.

But this podcast is only a start. It's *critical* that you learn how to use these homeopathic medicines properly. So, peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

With the proper training, you can join the tens of 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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Discover *Lachesis:* A Versatile Homeopathic

Medicine for Hot Flashes



Take a quick look at your well-curated homeopathy kit. Is *Lachesis mutus* in there?

If not, it should be, as *Lachesis* is a versatile homeopathic medicine, especially for women around menopause.

In my blog posts, I've spent the last year or so discussing over 50 homeopathic medicines that deserve a spot in your well-curated home inventory. But let's add *Lachesis*, shall we?

Lachesis mutus

In the past, I've taught *Lachesis mutus* for several conditions. So, let's review:

- To combat flu symptoms in the lungs: https://joettecalabrese.com/blog/ferocious-flu-fears/
- For palpitations, angina and breathlessness: https://joettecalabrese.com/blog/heart-warming-homeopathy-for-angina/
- For palpitations and angina, especially during menopause: https://joettecalabrese.com/articles/wtfall2014/
- To help uproot asthma: https://joettecalabrese.com/blog/four-homeopathic-medicines-for-asthma/
- For hemorrhagic fevers: https://joettecalabrese.com/blog/bioterrorism-epidemics-knowing-homeopathy-can-help-make-world-less-scary-place/

That's impressive versatility for one homeopathic medicine, wouldn't you say? I mean, technically, I think I could say, "Pass on the good news of Practical Homeopathy®" and call it a day.

However, that would be ignoring one of the most common uses for *Lachesis*: menopausal hot flashes.

Hot Flashes

Can a human being spontaneously combust? Well, I'm not sure that it's ever actually happened, but ask any menopausal woman, and they'll answer with a resounding, "YES!"

Hot flashes have been described as being drenched by a boiling water sprinkler, dipped in hot oil or swallowing a flare. No matter one's analogy, they are generally perceived as miserable.

I've written on this condition before in Death, Taxes and Menopause. Generally, *Lachesis mutus* 30, when employed twice daily until very much better, has been shown to rebalance menopausal hot flashes.

But it’s not the only medicine we could choose! Here are discussions of two other homeopathic remedies for symptoms associated with menopause:
[It’s Our Day: Mother’s Day!]
[Is It Hot in Here? Sulphur and Hot Flashes]

So, how does one choose between them? Well, I have one more *Lachesis*-specific symptom to share.



My friends, *Lachesis* is an excellent choice for hot flashes, especially when throat sensitivity is included in the total picture of menopausal symptoms.

For instance, ever since menopause, if the slightest thing contacts Kathy’s throat, she feels like she’s choking. Even though there’s no threat of actually choking, Kathy is overwhelmed with the sensation. She needs to have that area of her neck exposed instead of covered up. A scarf drives her mad. And forget about a turtleneck. Kathy can’t bear the discomfort of a turtleneck around her throat – no matter how loose fitting it may be. Even just touching her throat can be agitating.

While this quite specific symptom need not be present to choose *Lachesis* to combat menopausal hot flashes, it certainly would serve as a corroborating piece of evidence

to defend our choice to employ this medicine over others.

Practical Homeopathy® for Women's Issues

Ladies, many homeopathic medicines are well-suited to women's issues. That's why I created my course, Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy.

We always think of our families first. It's how we're built. However, sometimes, we must prioritize our own health to be better equipped to help our ailing family. Indeed, just as the flight attendants tell us, it's critical that we put on our own oxygen masks first before we can help others.

Practical Homeopathy® is so gentle yet powerful. Once I learned how to use it for my own health conditions, my entire family benefitted from my newfound approach to autonomous health care. This robust medicine is why I could raise my three boys to adulthood without their consuming synthetic, side-effect-laden drugs of commerce.

So, now I'll say it: Pass on the good news of Practical Homeopathy®.

Warmly,

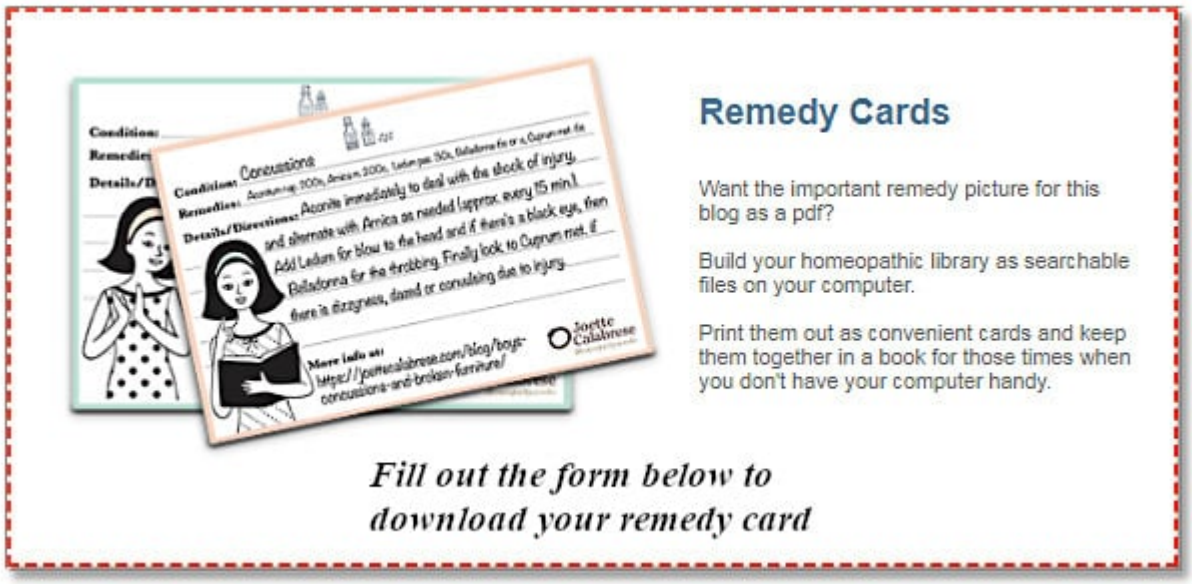


P.S. Remember, all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. Plus, Mighties receive my weekly, more candid Memo to Mighty Members, a bi-monthly exclusive video in which I teach a short lesson or give food for thought, a searchable Monday

Night Live archive, and much, much more. If you're not already a member, won't you join us?

P.P.S. Just so you know, I do not partake in any affiliate programs or receive any kickbacks. If you order from Boiron's website, *you* will be the one to benefit. You can receive 20% off your order by using the coupon code: joette.

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



Conquer Summer Pests: Address Most Bug Bites with 2 Homeopathic Medicines



It’s a beautiful evening to have guests over for a backyard barbecue. But look who else has arrived uninvited. Just as the grill is heating up, a plethora of summer pests crash the party. Those maddeningly itchy bug bites can’t be far behind.

What’s a person to do? Why turn to Practical Homeopathy®, of course.

We certainly don’t want to poison our backyard spaces with pesticides, but there are alternatives to swatting, smacking and slapping*. In fact, I’m right in the middle of a discussion with my Mighty Members regarding the risks of Roundup®, alternatives to this poison, and my successful campaign against chemical treatments in 1980s Buffalo, New York. (If you’re not yet a Mighty Member, what are you waiting for? You’re missing our private conversations!)

A student recently mentioned that my old home state of New York has been inundated with Spongy Moths. Apparently, contact with the caterpillars of these moths leaves terribly itchy rashes and welts.

Summer Pests' Attacks Resulting in Welts

My friends, it matters not which bug does the biting. If the bite results in welts, I generally employ *Urtica urens 30*. If severe, one dose of *Urtica urens 30* would be dissolved under the tongue every 15 minutes or so until the reaction calms down. (The number of pillules constituting one dose is indicated on the outside of the tube.) After that, I'd continue to use it every 6-12 hours, until very much better.

That's just good sense, right? (I'd call it "common" sense, but good sense is anything but common these days.)

Reallllllly Itchy Bug Bites

In Practical Homeopathy®, we often choose medicines for acute conditions based on the symptoms without necessarily considering the etiology. So, it doesn't matter whether I was bitten by a spongy moth larva, mosquito, flea, no-see-um, chigger, ant or even a rogue ladybug. If the bites become really itchy, causing almost a frenzy of anxiety, I generally turn to *Arsenicum album 200*.

People may not immediately think of *Arsenicum* for insect bites, but it's a great addition to any homeopathic arsenal. As with *Urtica urens*, the frequency of utilization of *Arsenicum* depends on the severity of the condition.

As the itching improves, I would use the medicine less frequently. So, for instance, when initially severe, I might use it every few hours. But observation is critical! As the symptoms improve, I'd taper off in frequency to every 6-12 hours until no longer needed.

Remember, we always halt the use of any homeopathic when the condition is very much better.

Bug Bites Meet Practical Homeopathy®

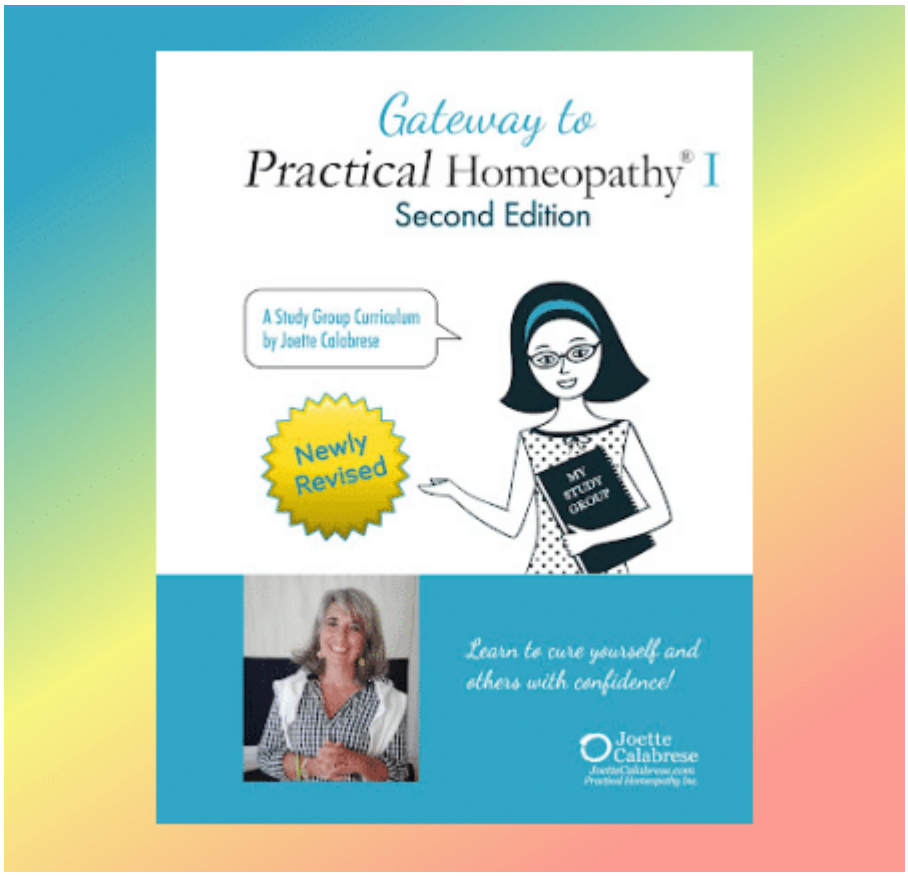
Obviously, *Urtica urens* and *Arsenicum album* aren't the only two homeopathic medicines applicable to insect bites. I've written on this topic many times before. Here are just four of my previous articles (with their associated Remedy Cards) that may come in handy this summer.

1. Emergency Remedy Series: Bites Make Me Itchy. You Too?
2. Summertime and the Ledum Is Easy
3. A Tale of Two States: From Frostbite to Bug Bites
4. Mosquito Bites? Let Homeopathy and Essential Oils Help

Understand, as much as I would love to take you by the hand, I am here as an educator. I can't see your bug bites or feel the severity of your symptoms. That's why you must learn to determine the correct homeopathic medicine for yourself!

Read these (and other) blog posts with a discerning eye. Spot your symptoms, then look up the corresponding homeopathic medicine in a *materia medica* to arrive at the tightest fitting medicine choice.

YOU are the hero; I am simply your guide.



Should you want to learn more, the best way to start is by stepping through the Gateway to Practical Homeopathy®. Learn along with others as you study my guided curriculum. You'll form lifelong friends who will support you in your homeopathic journey.

Plus, after going through the foundational lessons, Gatewayers gain access to a live question-and-answer session with me. Together, we'll resolve any nagging concerns.

But for now, get back to the grill and pass on the good news of Practical Homeopathy®!

Warmly,



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

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

