Why Aspire to Study Practical Homeopathy® in The Academy's Class of 2025?



Why should you aspire to study Practical Homeopathy®?

My friends, I know some of my blog posts run long because I have much to teach. But this one, written by one of my newly enrolled students in the upcoming Class of 2025 in The Academy of Practical Homeopathy®, is short and sweet yet highly *significant*.

I couldn't have said it better myself.

This student has used homeopathy for one or two years, only previously participating in my Gateway to Practical Homeopathy® I and II study groups. Yet she's already treated

more than 15 people or animals.

When filling out her application for The Academy of Practical Homeopathy®, she eloquently explained her reasons for studying this efficacious paradigm now.

I urge you to read the story of this homeschooling mother of five. You might recognize yourself in her words.



What brought you to Practical Homeopathy®?

“Our Lady of Guadalupe. Prayer. Years and years of prayers, tears, searching and trying everything under the sun to help my kids and husband. Little did I know how much help I needed as well.

“In March of 2023, my family was well plugged into the system. We had 7 monthly prescriptions that we depended on 100% just to function. This, plus 3 over the counter ‘medicines’ that we bought in bulk from Costco.

“Even with all of this, we were still on the struggle bus. Every day was a challenge just to function. So what brought us to Practical Homeopathy?

“A friend told me about homeopathy and these classes she was taking with a friend. I was open and listening. When I learn something new, I dive in head first into the deep end. I started a Gateway [Joette’s Gateway to Practical Homeopathy® study groups] and signed up two of my children right away.

“In two months, my daughter and husband were off all allergy meds (and they had a line-up to go through every morning just to get barely functioning every single day).

“Within 4 months, my autistic and ADHD 7-year-old was off all of her meds and functioning like a neurotypical kid.

“Within 6 months, my 14-year-old was off all over her medications and sleeping like a champ. It took 10 years to find a medication to help her fall asleep and stay asleep. It took homeopathy 6 months.

“For 14 years, we were trying literally everything to help her and figure out what we were dealing with. Eight months into homeopathy [my Practical Homeopath®] told me about PANDAS. I couldn’t believe that there was actually something that described what we were dealing with. It was shocking to finally maybe have an answer.

“My 14-year-old is a different kid now. She’s calm, helpful, and happy! We are nearing the end, and she’s so excited to be where she is. We lived by the clock to ‘take your meds’ and the leash of the pharmacy to fight to get her refills. That is a horror of our past now.

“In the midst of all this healing, MY depression medication (that I had been on for 23 years) stopped working. Instead of going to the doctor, I decided to work with [my Practical Homeopath®].

“I had no idea how much I needed homeopathy. For the first time in my life, I’m AWAKE. Things that have been such a burden and I suffered through for decades are healing. During my Gateway 2, Joette mentioned that there is a connection between nasal steroid sprays and pituitary tumors. I’ve had a pituitary adenoma for years and it’s been the cause of SO much trouble.

“I was ANGRY. I still am. And I’m channeling my anger into learning everything I can, applying it everywhere I can (my garden and chickens!) and teaching it to anyone who is willing to learn.

“Our medicine drawer now has one medication left in it. It’s about to be ejected as my husband has started to work with [my Practical Homeopath®] as well. And we will officially be FREE.

“I thought we were free when we paid off our house. I had no idea we were slaves to another power as well. The freedom we have now is indescribable. Thank you […]!

“Homeopathy makes sense to me. I’ve gone from knowing nothing to constantly being texted and called by friends and family for help. I want to be able to do more. I want to help them uproot issues. I want to help disconnect as many as possible from the ‘matrix’ of modern medicine. It’s a slavery most don’t realize they are plugged into. I know I didn’t.”*



Why Aspire to Study Practical Homeopathy®?

With a testimonial like that, there’s really nothing left for me to say!

Except maybe … won't you join this inspirational Class of 2025 in The Academy of Practical Homeopathy®? Join my Founders' List to learn more. There's no obligation, just more information. Like this student, I think you owe it to yourself and your family to at least take a look at the future that could be yours.

Pass on the good news of Practical Homeopathy®!

Warmly,



Wherever you are on your journey, I will meet you there.

If you're not quite ready to take a deep dive into healthcare autonomy, try just splashing around a bit. As they say, "Come on in; the water's fine!"

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum is the most economical, fun and supportive way to learn the foundational information that will help you become a hero to your family.

*Lightly edited for clarity and to protect privacy.

Podcast 121 – Connecting the

Dots with Helpful Hints [Practical Homeopathy®]



IN THIS PODCAST, CONNECTING THE DOTS WITH HELPFUL HINTS, WE COVER:

01:30 Good Health Is a Daily Practice

02:51 Walking

04:16 Helpful Hints on Getting Sun Without Toxic Sunscreen Chemicals

06:23 Early to Bed, Early to Rise

07:00 The Kitchen Is the Best Room in the House

08:20 Seed Oils

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ADDITIONAL RESOURCES MENTIONED IN THIS PODCAST:

JoettesLearningCenter.com
Gateway to Practical Homeopathy®: A Guided Study Group Curriculum
Joette’s Study Group, Find Your New Study Group Friends
The Academy of Practical Homeopathy®
Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 121, 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®.

GOOD HEALTH IS A DAILY PRACTICE

Kate: (01:30)

Hi everyone. Welcome back to the podcast. We love our community and are so thankful you've joined us today.

I'm here with Joette, and she's going to share some simple but important health tips that you are going to use to learn how to become a detective and connect the dots and discover clues that will help guide you to the right homeopathic medicines.

But first things first. Sometimes, we forget to begin with the simple things, the things that are right in front of us. Maybe it's not even homeopathy!

You all know we get excited when we learn homeopathy, and we can have a tendency to just jump right to homeopathy, But we really should consider some of the basics.

We were talking about this the other day, Joette, and you had some really good ideas toward that end.

Joette:

Hi, Kate.

Well, these are not unusual ideas. They're more gentle reminders. Good health is a daily practice. And instead of thinking of it as, "I'm doing this for my health," just make it part of your … if not daily, at least a number of times per week for some of these things.

So, some of them are so simple that it's going to seem kind of strange that we even mention it.

WALKING

Joette: (2:51)

And one of them is just walking – making sure you're getting some exercise in. And if you can walk barefoot. Walk barefoot in your garden, walk barefoot in the park if you can take the shoes off.

A lot of shoes, I hate to say it, are made in China. And we don't know what the ingredients are in the inside of those shoes. And do we want to absorb something in the bottom of our feet? Especially where we are supposed to be releasing those elements or toxins, for example, out of the bottom of our feet. Do we want that to be touching some kind of a plastic or a formaldehyde or something like that?

So, walking barefoot … walking barefoot, even around the house.

Kate:

I might add Joette that we have to be careful – or cognizant – of the possibility that pesticides were sprayed where we are walking. So, we don't want to take that …

Joette:

No doubt about that. No doubt, obviously. I think it's obvious. Yes, yes, of course.

So, that means if we're going to walk around in the garden barefoot, why not do some gardening? It's great exercise. It is an activity, a hobby, a way of living that really doesn't have to be big. It could just be a couple herbs. Could be bigger than that … could be much bigger than that. You could really make it into something that's a real avocation. But gardening is a great idea.

HELPFUL HINTS ON GETTING SUN WITHOUT TOXIC SUNSCREEN CHEMICALS

Joette: (04:16)

And then that also leads to getting out in the sun. And I mean without sunscreen!

Anything we put on our skin is absorbed … instantly! The first time I ever realized that was when my son – my oldest son – got a fever. I didn't know anything about homeopathy, or I knew very little about it.

But I did know about herbs, and I knew that garlic was a good idea to use for inflammations and et cetera. So, I would get garlic and mash it up and mix it with olive oil and put it on the bottom of his feet.

Well, one time, I did exactly that. I had a rag under his feet while he was laying in bed with his fever. And I put garlic and olive oil and rubbed it on the bottom of his feet and said, "Now hold still … don't move while I run and wash my hands. And I'll go get a pair of socks and put the socks on your feet. And then we'll wrap 'em up, and you can get to sleep."

Well, I went into the bathroom, and he lay there waiting for me … and how long could it take to wash your hands? 30 seconds? And then I went and got the socks. Another minute? Put the socks on his feet, covered up his feet and covered him all up and got him ready to fall asleep in bed.

And when I did that, I kissed him, and his breath smelled of garlic.

That was five minutes, maybe 10 minutes! The garlic was absorbed by his skin and showed up on his breath within minutes. So, that means it went through his entire system … or a certain amount of his system.

So, what happens when we put sunscreen on? Something that is toxic in sunscreen. There are a lot of "questionable" ingredients, shall we say, in sunscreen. And so, if we put it on our skin, just expect your body has to process it.

And so, a better way to do it, in my estimation, is to not wear sunscreen and wear protective clothing. Wear a brimmed hat, get under an umbrella and just be prudent if you are prone to getting sunburn.

EARLY TO BED, EARLY TO RISE

Joette: (06:23)

Also, another thing is to get up early in the morning. And the only way to get up early in the morning – with the natural light that comes up in the morning with the birds chirping – is to go to bed at a reasonable hour.

So those kinds of concepts, which is what our ancestors used to follow … They, of course, got up first thing in the morning because that's when the light came out! They didn't have electricity to get their day started, so they got up with the light and went to bed with the light going down. So, I think that kind of timing is very valuable.

THE KITCHEN IS THE BEST ROOM IN THE HOUSE

Joette: (07:00)

I also believe it's important to make family meals and make them from scratch daily – not occasionally, not just

Sundays, but every day – even if it's simple. Scrambled eggs.

Boiled eggs for dinner is not a bad meal. With some good quality bacon or some homemade sausage or a lamb burger or a beef patty. That's a great meal! It's not expensive, and it's not time-consuming. It doesn't even take much to clean up after it.

So, I think a family meal, where everybody is seated before we begin eating. We say our prayer of thanks and then begin our meals. Then conversation begins.

I think that the kitchen is the best room in the entire house. And so, when they say women belong in the kitchen, I don't disagree with that. That makes a lot of sense to me. It's the most fun room. It's where all the good stuff happens. It's where the creativity happens. It's where the conversations occur. It's where we train up our children, where we bring our extended family in and our guests.

So, making meals every night and making the kitchen an important place, I think is very powerful on a day-to-day basis.

SEED OILS

Joette: (08:20)

And since we're talking about the kitchen, there's so much information these days now about seed oils – all the oils that we used to think … And I used to actually use canola oil, my friends, back in the eighties when it first came out, not realizing that its real name was rapeseed oil.

And then they changed it to a lovely name, "canola" oil. And I used a lot of it back in the eighties.

And now we have to be very careful. Pre-made salad dressings

have seed oils. So, we always want to make our own salad dressing with truly organic, extra virgin, cold-pressed olive oil or no oil at all. Simply put lemon juice on your salad and maybe sprinkle some cheese on it.

So, we want to stay away from those bad oils. Either substitute the real oils or have none at all.

WATER

Joette: (09:16)

So, those are my … Oh, one more! One more. Especially at my age, I notice people – not only myself and my husband – but I notice people around me who are close in my age do not drink enough water. And I've never been one to promote drinking a gallon of water a day. I think it can be overdone. It also depends on your weight and size, and everybody has these rules.

But I must admit that if I don't drink a certain amount of water every day, I do see a change in my well-being and also in my husband and, of course, my clients and students. They report on a regular basis.

So, if we drink a full glass – a six or an eight-ounce glass of water at one sitting – it's going to drive people to the bathroom every hour or so. But if we make it a smaller amount, say, I don't know, three or four ounces of water every hour or so? A friend of mine, Leanne, suggested that. I really like that idea.

Or when someone goes to the bathroom after urinating, that should be replenished immediately. So, every time one's in the bathroom, the next thing they do should be to wash their hands, and then leave from there and go and drink their water.

So, I think those are those little simple things. There are

a lot more, of course, I could add all kinds of things to this. Stay away from media and read your Bible, pray, et cetera. That also is extremely important in keeping your life in order.

These kinds of things help us establish our day. Especially, when you start in the morning with them, it carries you through the day. And then at night, a little finish to that.And then establishing your day the next day, walking barefoot, drinking water, working in the garden, getting in the sun, getting up early, et cetera, et cetera.

HELPFUL HINTS ON CAFFEINE

Kate: (11:10)

Joette, there's one other thing I would love for you to touch on, and that is caffeine. Sometimes, we don't think that it might be affecting anything, but it really can mess with things.

Joette:

Yeah. I drink coffee. I drink a cup, generally, per day, and it's organic. And I know that I should not drink any more than that, but I have to say that many people report to me, especially as they get into their fifties, sixties, seventies, eighties, that they're not sleeping so well. And I ask if they're drinking coffee, if they're eating chocolate, if they're drinking colas, et cetera.

This is what I hear often: "Oh yeah, I drink coffee. But I only have a cup, and it's in the morning." So, they're assuming that by nighttime, the caffeine should be gone. It should not affect them any longer.

And I have to disagree. I find that as we age, we often become more sensitive to stimulants. And so that one little piece of chocolate that you've been able to get away with

for all these years (every day after lunch) or that one cup of coffee in the morning can indeed influence how we sleep that night. Can also influence anxiety.

So, I'm not saying you should cut out coffee. I'm not saying you shouldn't have that chocolate but do consider tha. Just because it's in the morning doesn't mean that it won't affect you 20 hours later because indeed it can. I see it far too often.

Now, what I love about this – and here's an opportunity to bring homeopathy into the picture – do consider that, and then if, indeed, you find that, let's say, by skipping coffee for a few days – not just one day because substances remain in the body for much longer than we realize … If you stop coffee and you find that your sleep is a little bit more restored, but you just *have* to have that coffee – you just really want to have that cup of coffee (or tea, by the way, or chocolate or cola, whatever it might be) then we can use *Coffea*. Homeopathic *Coffea* – *Coffea* 200, *Coffea* 30. I like 200.

HOMEOPATHIC *COFFEA*

Joette: (13:12)

And especially if someone finds that they're able to *fall* asleep, but that they wake. And then they might fall asleep and then they wake up again. That is a very strong indicator that it could be the coffee or the tea or the chocolate, et cetera, that's stimulating that central nervous system to not ever be able to fully relax.

And this often … by taking *Coffea 200* – once, before bed – it can often restore sleep so that we don't have to think about it any longer. And sometimes it just takes a couple doses. One dose one night, then next night. And then, often, we see that sometimes that can turn it around.

And then, perhaps, it might be needed a month later or whatever, then we use it again. So, it's nice to know that you've got something homeopathic that you can use as well.

Kate:

I remember one time when I was having some heart palpitations, and you asked me if I'd been consuming caffeine. And I may or may not have been eating some chocolate <laughter>. And you suggested that I stay away from it for a while, and it did indeed help, and the heart palpitations went away. So, that's another thing to consider.

Joette:

Oh, yeah. Palpitations or racing heart or feeling stepped up. And we don't necessarily associate it with something that we've eaten because, "Well, I've eaten that for years. Why would it happen now?"

Well, our bodies change, and it often happens around menopause for women. So, that's a huge time of change. So, of course, we're going to see some shifts, and we have to reassess our lifestyles, especially around that time.

CONNECTING THE DOTS

Kate: (14:49)

So, sometimes, Joette, it's not as simple as what we've just been discussing, and we really do need to figure out the correct homeopathic medicine. So, I would love for you to talk to us about connecting the dots and what we might do to help lead us to the most appropriate medicine.

Joette:

Sure. Sometimes, it's as easy as "I can't sleep." Regardless of what the etiology is. Regardless of whether or not we

figured out that it was coffee or chocolate or whatever. And "I wake up frequently, and I know that *Coffea* 200C is the medicine for that." And we just simply go with it. It can often work with just that simple bit of information.

Other times, however, we need to connect the dots, just like what I've just done in terms of, well, "What are you eating? What could be stimulating?"

Just because you've had it before doesn't mean that … You've been able to have it before doesn't mean that you can have it now or to the same degree. So, sometimes, we have to connect the dots.

And so – I always use this example – my dog Buster, who's no longer around, was a *master* at DOT connecting. He knew that if I went into the kitchen, he might get something to eat. He automatically knew it. He knew by my behavior that he could follow through with his own behavior.

And if we opened the front door, it might mean he'd get to go outside. Or if we took him – and actually, I don't remember ever taking Buster to the vet, now that I think of it – but other dogs, if you take them to the vet that they would … as they walked in, they knew instantly what was going on. They would connect … The dogs do that. They know what's going on, and they get frightened.

That's what we want to do. We want to bring back our simple understanding of what *has* happened, connecting to what *is* happening or what potentially *will* happen.

So, there are times when people say to me, "I've never been well since that time when I had pneumonia. My lungs are just not the same. I don't have the energy, et cetera." And, indeed, that can happen that someone is not well ever since they had say a lung infection, pneumonia, et cetera.

But I want you also to think about what else was part of

that pneumonia. Were you given antibiotics? Were you given steroids? So, are we connecting the dots with ever since pneumonia or are we connecting the dots with ever since antibiotics for two weeks on a daily basis and steroids for five days around pneumonia?

So. what is the exciting cause? And so, I want you always to be thinking of what could be exciting, causing … what's the etiology of this particular condition or suffering I have.

And now, I'm mostly talking about chronic conditions, not acutes. But I have to say, "What could be causing this condition?" is a good question to ask. Is it possible that the reason that I have this condition is something that I did previously, such as: "Is it possible that the drug I'm taking now for blood pressure could be causing this kidney pain?"

And the way that we find that out is to not look at what are the side effects of the drug, but rather you go online and you look up the name of the drug that's being taken and say, "Does this particular drug cause this symptom?" What symptom? The symptoms you're experiencing.

A lot of times, the insert won't include the side effects – all the side effects – because they're *unknown* at the time of that printing. Sometimes, it takes a year after a drug has been put to the market. Sometimes, it takes five years or 10 years.

So, what you're looking for is what others have reported. Does this cause that?

Now, once you know that, are we going to treat the sufferings caused potentially – often likely caused – by the drug that's being taken *with* a homeopathic medicine? Well, sometimes we may have to do that. But for the most part, we're looking for how can we find another way to treat the condition that the drug is being used for in order to

suppress the symptoms?

Now, don't get me wrong. I do not urge anyone to step off of their drugs, particularly for blood pressure. There is a boomerang effect that could be quite serious. I am not a medical doctor. I can't tell people to get off of their drugs.

But it would behoove us to know why this is happening. Because once you step off of the idea that there are no side effects for that drug, or "I don't see them written here," or "I've asked my doctor, and he or she says, 'No, that's not a side effect.'"

I'm afraid most doctors simply don't have the time to read up on all the side effects, and there are often hundreds. And you might want to get that insert out and get your magnifying glass and look at all of the side effects. And then I would talk to the pharmacist because the pharmacist knows the drugs better than most medical doctors.

So, you want to know what's causing this. Because if the drug is superfluous, such as … I'll give you a perfect example.

Statin drugs – and I'm not alone in this. Statin drugs have been eliminated from the market in certain countries in Europe. So, if someone is taking a statin drug and within months or a year or three years – depends on the person – they have pain in their calves, and they can no longer walk, and now it's so painful, they can barely sleep. If it continues, now they're wheelchair-bound, and there was nothing like that before the onset of using that drug. We might want to know that, indeed, statin drugs caused that in many people. That's important to know.

It is important that we know what's causing what. Because there's a lot of information out there: Research data that shows that statin drugs are, at best, superfluous and, at

worst, problematic and can cause conditions. So, let's find out. Let's be curious. Stay curious. Keep digging. Keep looking. What could be happening here?

HELPFUL HINTS FOR WRITING OUT A TIMELINE

Kate: (21:50)

And along with that curiosity, you often suggest writing out a timeline. You have your clients do that. So, can you explain that just a little bit more?

Joette:

Yes. I urge people to get a nice sharp pencil with a good eraser. And there's a reason for that. Because as you lay out the timeline of your life going backwards in time, you're going to find that, "Oh my gosh, I forgot to add *this* drug in. Oh, you know what? I forgot. Yeah, I took the birth control pill for six years. Oh yeah, I forgot to add this in." And you're going to have to erase and change and lay it all out.

Lay out everything if it's important. I mean, this doesn't have to be … not everyone needs to do this. But if it's important to you to know what could have caused this and, "Why am I in such bad shape chronically," then it might be valuable to look back and see what happened.

"Oh! Pneumonia 10 years ago. Never been well since then."

What happened after pneumonia? The treatment.

What was the treatment? Antibiotics and steroids.

What do antibiotics and steroids cause? Food intolerances, anxiety, fatigue – not uncommon, not at all uncommon – frequent colds, frequent ear infections, et cetera, et cetera.

So, it's important to note that it's not your *body* necessarily that's causing all the trouble, but rather the *extrinsic* substances – those things that are coming from the outside that we've agreed to use, that we've agreed to take.

"Oh, thank you. Oh wow, that got rid of the pneumonia." But meanwhile, now it's caused a new condition that's longer lasting than what pneumonia may have lasted, and a new condition that could be potentially even more sobering.

Now, I also don't want you to get the idea that I think we should *never* use drugs. But boy, do believe they're grossly, *grossly* overused, and they're much too cavalierly handed out.

So, we have to think for ourselves. We cannot expect an industry to be looking out for us –a pharmaceutical, a medical, an insurance industry. They're not there for us. They're there for them. So, whatever they will gain by being there and convincing X-number of percentage of the population to use this or that, that's to *their* advantage. It may indeed not be to ours.

So, it's up to us to be smart enough to look and to dig until we come up with what could potentially be causing this or that.

CONNECTING THE DOTS ON "NEVER WELL SINCE"

Kate: (24:27)

I'm thinking our listeners may be wondering right now. "Okay, so I've figured out that I've never been well since that pneumonia." You may or may not want to address it in this podcast, but can you give us some clues as to what the next steps would be if you do realize that you are never well since X, Y, or Z?

Joette:

Well, let’s say it’s the person ever since they had pneumonia, now, they can’t have dairy. They can’t have wheat. They have food intolerances. They can’t eat shrimp. They can’t have strawberries. They can’t be around peanut butter, et cetera. That is a common, long-term, not-discussed side effect of antibiotics. It changes the gut flora.

And so, in changing the gut flora, now, they have bloating and indigestion. Anytime they eat these foods, they may even get anxious from it. And then we use homeopathic medicines to go after those particular conditions.

So, in some people, antibiotic use actually causes anxiety because it changes the gut flora. And the gut flora’s so keenly connected to the way we think, the way we experience life.

Other people? It might cause bloating, as I said. In other people, it might cause constipation.

So, what does it cause? That’s how we go about approaching the use of the homeopathic medicines based on the condition that it causes and the symptoms and how they present.

Kate:

Joette, this has been really enlightening, and I know your listeners have gotten a lot out of the information you shared today.

STAY CURIOUS

Joette: (26:06):

Well, my last words, my message is stay curious, my friends.

Don’t take what someone tells you as gospel. It’s up to you. If you really want to understand health, really want to understand why you are limping along, so to speak. You need

to take a hard look at what you have done, what you've accepted … what we've *all* accepted.

I was there too, my friends. I'm not shaking a finger at you. I'm encouraging you to do what I figured out a long time ago, some 40 years ago. That it's important that we know what substances are going *into* our bodies and *on* our bodies in order to determine what we do next.

So, stay curious.

Kate:

All right. Well, thank you for being here today and sharing this great information.

Joette:

Thank you, Kate.

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.

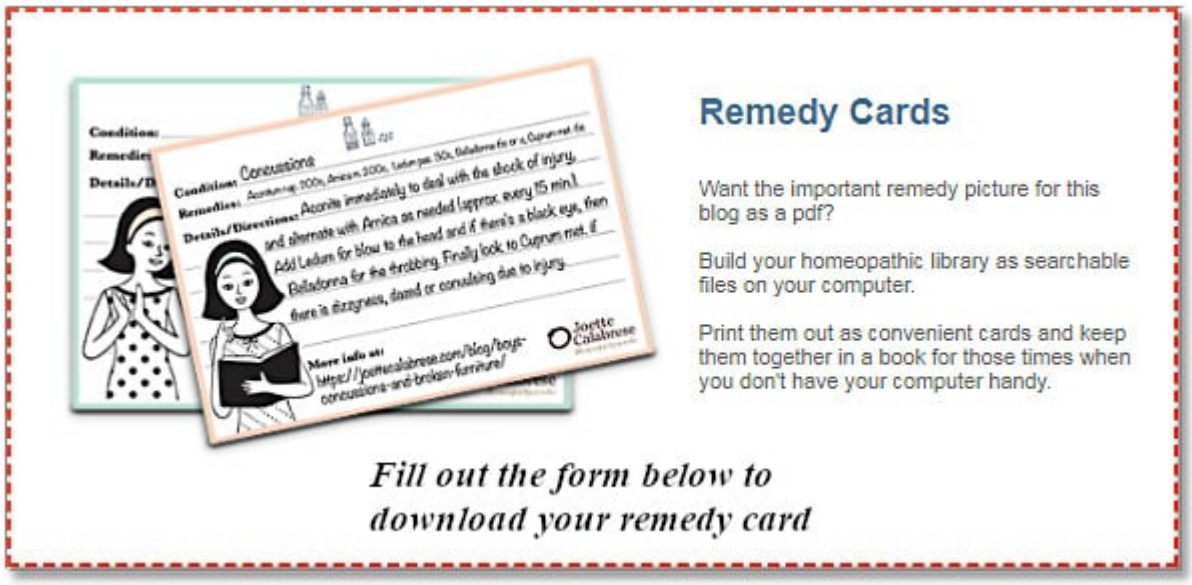
With the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy – *Practical* Homeopathy®.

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.



The Academy of Practical Homeopathy® 2025: The Spectacular Quality of Our Student Body



My friends, will you allow me to gush about my family for a moment?

No, I'm not going to pull out my phone and show you a million and two photos of my grandchild. Instead, I want to celebrate the spectacular quality of the students who have already enrolled in my next graduating class of The Academy of Practical Homeopathy®.

These stellar individuals and the hundreds of graduates before them make up my homeopathy family. I know each one by name. During The Academy year, they share their experiences with each other – the good, the bad, the frustrating and the successful.

As I read the applications I've received during this current enrollment period, I have become increasingly inspired by the world-class entrants into the Class of 2025.

Our Spectacular Practical Homeopathy® Students

These moms, grandmoms, dads, nurses and health care professionals all have one thing in common: a deep desire to learn my Practical Homeopathy® for themselves. They represent a wide range of experience with homeopathy. There are even true beginners who've never taken one of my courses before. But each of them – to a one – is eager to gain the peace of mind and health autonomy that only a far-reaching knowledge of Practical Homeopathy® can provide.

With her permission, I would like to share the story of one student from her application. Her passion is contagious, and her thirst for learning is inspirational. I'm humbled to be entrusted with her continuing education in Practical Homeopathy®.



"Hi, my name is Olga. I am 40 years old, and I am a Nux Vom [*Nux vomica*] mind personality. (Note from Joette: This means she has mind characteristics such as an over-achieving personality that are associated with some who are benefitted from *Nux vomica*.)

"Originally, I am an internationally graduated medical doctor […] specialized in emergency and intensive care. I moved […] 16 years ago and happily married a very supportive husband. I also have three amazing kids.

"Currently, I am working in one of the largest Toronto hospitals performing all types of ultrasound (except cardiac and dental).

"I came to homeopathy crawling because my 4-year-old daughter was suffering from severe eczema and multiple food and environmental allergies. Our life was miserable. I tried

everything from allopathic creams, naturopathic supplements, NAET, you name it. Nothing worked.

“As a last resort, I started working with a classical homeopath. We saw some results, but it was a time-consuming process with a lot of aggravations and stepbacks.

I decided (Nux Vom personality again) that I have to study homeopathy myself to help my daughter because observation and knowledge are everything.

“I started with classical homeopathy, read and read and read all resources available. I signed up to all homeopathy groups on FB [Facebook]. And that is where I was so blessed to see someone mentioning Joette Calabrese.

“I opened the website and got lost. I got lost in a good way. I was like an Alice in Wonderland. I loved the way the information was presented. All passive knowledge that I obtained from my self-learning got organized with the help of Joette’s teaching.

“So I ended up reading and learning by heart all the blogs available. I listened to all the podcasts produced. I took almost all the courses of Joette in the last 5 months.

“Now, I believe I need to move to the next level of learning the Practical Homeopathy. I need the information that cannot be found in books or online. I need Joette’s expertise and priceless experience to guide me.

“I have endless desire to learn more about homeopathy. For that, I have quick and tireless brain, time and resources, medical knowledge of pathology and physiology. All I need is Joette’s guidance and mentoring to fine-tune the learning.

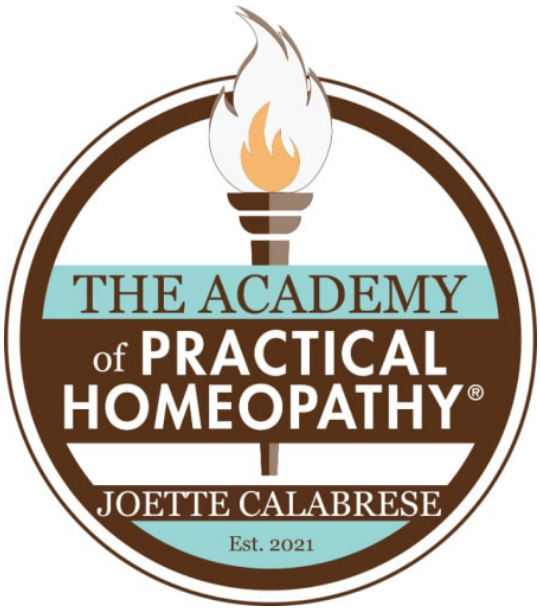
“P.S. My daughter’s eczema is gone, as well as the majority of her allergies.”* – Olga S.

Olga's story brings back memories as I suffered from eczema as a child.

I encourage all my readers for whom eczema is an issue to check out my blog posts, I Was an Itchy Little Girl, A Show of Hands and Itchy Skin, and listen to my podcast, "Here an Itch, There an Itch, Everywhere an Itch-Itch" and download the free Remedy Cards from each of them.

However, Olga's daughter and I share another common thread – a caring and loving mother.

Who Is the Perfect Academy of Practical Homeopathy® Student?



Olga's tenacity and perseverance are the very characteristics that make her a perfect student for The Academy.

I am proud to say that several doctors, as well as many other health care professionals, have passed through my Academy and are now graduates.

However, I don't think you must have a healthcare background

to join us. Most of my students are moms seeking solutions for their families' ailments, just as I did when I started out almost 40 years ago.

Indeed, our student body is a harmonious mix of backgrounds and experience.

Is my Academy of Practical Homeopathy® where you belong? If you have curiosity, dedication and drive, then you, too, are the perfect student. Read my heartfelt letter and join my Founders' List to learn more.

Join me in my life's mission to pass on the good news of Practical Homeopathy®!

Warmly,



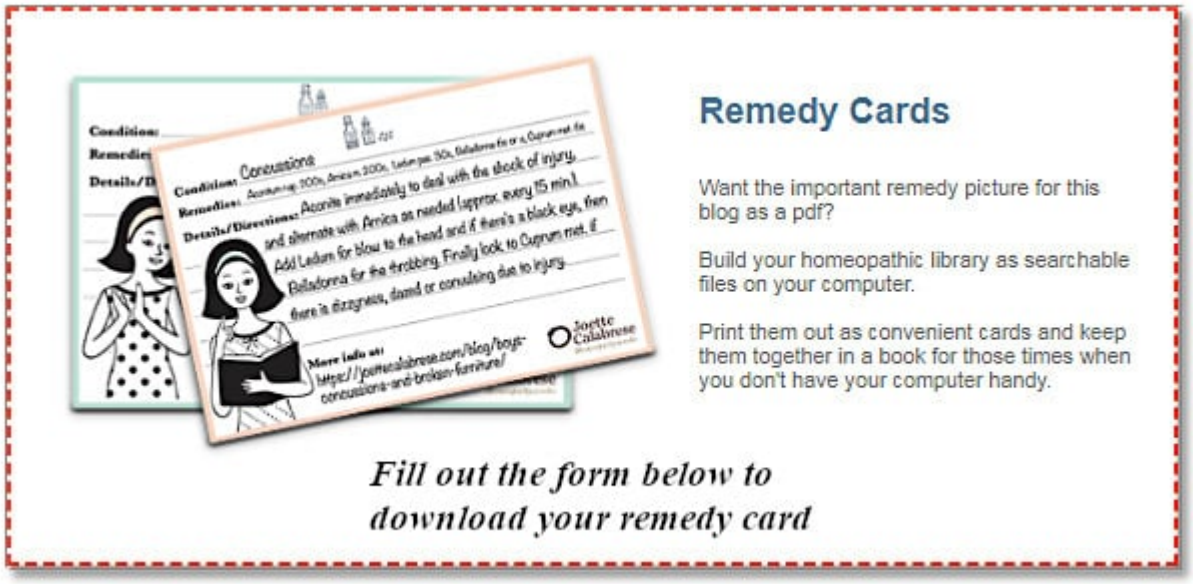
*Lightly edited for clarity and to protect privacy.

P.S. The Academy is not for everyone. It wasn't designed to be.

If you're not quite ready to immerse yourself completely in this fascinating, effective, reproducible health paradigm, try simply putting your toe in the water.

My Gateway to Practical Homeopathy® is a 6-lesson foundational, guided study group curriculum that will get you started on the path. After all, that's why it's called a "gateway."

Rest assured that no matter where you are on your journey, I will meet you there.



College Isn’t for Everyone: 2 Valuable Alternative Career Paths



Times are changing, my friends. Young adults are increasingly seeing less value in going to college.

And who can blame them?

The unemployment rate for recent college grads is now higher than for the general population.[1] Couple that with the average student loan debt that well over half of graduates owe – anywhere from $32,714 to $59,701 per year – and opting out of traditional college starts to make sense.

What demoralizing statistics!

However, just because attending a traditional four-year university is no longer a no-brainer, it doesn't mean there aren't alternatives.

Many Gen Z students are opting for trade schools.[3,4,5] Vocational education has long been overlooked as a viable option. However, America needs skilled welders, plumbers,

contractors and tradespeople. Thank goodness some are answering that call!

Yet, others who desire to serve humanity are now choosing a different path: The Academy of Practical Homeopathy®.

I've had quite a few young people in my Academy. These dedicated college-age students possessed an enthusiastic desire to continue learning but saw no value in a pricey liberal arts degree. Instead, they chose to benefit from the career opportunities that becoming a Practical Homeopath® can provide.

Now, don't get me wrong. Plenty of Academy students simply want to understand my unique paradigm more deeply. They want the health autonomy and freedom their year-long study will provide them, their families and their loved ones.

Additionally, some of my Academy students are already practicing healthcare providers who want to offer Practical Homeopathy® in tandem with their existing field of expertise.

But I'm seeing young people increasingly turned off by traditional higher education in much the same way they are turned off by conventional medicine. That makes The Academy a perfect place for them to blossom and grow.

As compared to a conventional four-year college, one year spent in The Academy of Practical Homeopathy® can immediately offer two career alternatives:

1. Opening a homeopathic consultation service

In addition to deep foundational information, my Academy students learn case-taking, protocols, and the analysis and selection of homeopathic medicines (along with their potency and frequency). Upon graduation, many of my graduates offer their own homeopathic expertise to others. I know of no career better suited to serving one's community. These students will feel the same purpose, passion and accomplishment I have felt over the last four decades.

Of course, this is not for everyone, so consider this …

2. Teaching homeopathy

Many of my graduates begin their careers as teachers. They do so via my time-proven, easy-to-follow, step-by-step business strategy blueprint, which I call the Ambassador Initiative. Even after graduation, all the tools and hands-on guidance ensure their classes are filled with eager students.

Indeed, many Academy graduates are turning their new-found

knowledge into careers. They're bringing additional financial stability to their families and experiencing a quick return on their tuition investment.

My graduates are not experiencing employment rejections while paying off tens of thousands of dollars of student loans. They're taking control of their futures through the knowledge they've garnered in my Academy. Not only are they experiencing health freedom, but they are also creating *employment* freedom by becoming entrepreneurs!

You can, too.

If you have confidence in your ability, courage and faith in yourself, you can use the skills provided to create an exciting, autonomous future. Practical Homeopathy® is in demand today – worldwide. But we don't have enough practicing Practical Homeopaths® to go around … yet.

Click here to join my Founders' List to learn more about The Academy and how it may better fit your continuing education than English literature and art appreciation. There's nothing wrong with those subjects – nothing at all. But there's no reason to begin your adult life up to your eustachian tubes in debt for classes that likely won't help you get a better job.

One year in The Academy – and if you so choose, perhaps another year in my graduate program, Mastery™ – and the world will be your oyster.

It's up to you.

College isn't for everybody, and frankly, neither is The Academy.

But if you have a burning desire to immerse yourself in one-of-a-kind practical knowledge that can help you, your family, your coffers and the world, then welcome home, my

friend.

I’m here for you.

Pass on the good news of Practical Homeopathy®!

Warmly,



P.S. Even if you’re not ready to join The Academy this year, I urge you to join my Founders’ List anyway. At the very least, you’ll benefit from sneak peeks, videos and occasional live Q&As with me that can help you learn as you travel your homeopathic path at your own pace. Plus, your inclusion on the list will put you at the front of the line when subsequent years’ admissions open.

[1] https://www.washingtonpost.com/business/2023/11/19/college-grads-unemployed-jobs/

[2] https://educationdata.org/average-debt-for-a-bachelors-degree

[3] https://www.wsj.com/story/america-needs-more-tradespeople-gen-z-is-answering-the-call-ad2bf68d

[4] https://www.nasrcc.org/the-wall-street-journal-how-gen-z-is-becoming-the-toolbelt-generation/

[5] https://www.breitbart.com/education/2024/04/22/video-toolbelt-generation-more-young-people-skipping-college-trade-

school/

Podcast 120 – Passion! From Mom with Moxie to Practical Homeopath®



IN THIS PODCAST, WE COVER:

01:30 Introduction

04:24 First Experience with Homeopathy: Son's Tummy Bug

05:37 Poison Sumac Is No Joke

07:02 Finding Joette: Efficient and Effective
The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®
Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good
Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

10:44 The Academy of Practical Homeopathy®

12:07 Launching Two Practical Homeopathy® Businesses and Continuing Education

16:45 Success Story: Rattlesnake Bite
The Survivalist Guide

19:23 Success Story: Cystic Fibrosis

20:47 Success Story: Eczema

23:25 Success Story: Blood Clots
Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

26:10 How Can Listeners Do This Themselves?

28:07 *Quebracho* for Upper Respiratory Symptoms
Podcast 117: Let's Catch Up and Learn About Quebracho

29:48 Closing Advice: You Can Do This Too
Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

ADDITIONAL RESOURCES:

JoettesLearningCenter.com
Joette's Study Group, Find Your New Study Group Friends
Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 120.

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)

If you want to hear about some amazing homeopathy success stories, how to become a "cool kid" who knows about homeopathy, understand what The Academy of Practical Homeopathy is, or maybe what it looks like to create a thriving homeopathy consulting business, or even just how to help those around you and those you love: this is the podcast for you.

We've got a lot to cover today with a very special guest. So, let's get started.

Today's guest is Leanne Burns. She's a physical therapist, a homeopath, a homeschool mom, and embodies all things adventure. So, everyone help me welcome Leanne to the podcast.

Leanne:

Hi Kate.

Kate:

Hi! It’s so great to be with you today. We have a ton to talk about, and I know you and I could talk for hours and hours, but we won’t do that to the listeners today. But we’re going to pack a lot in this 20 to 30 minutes that we have together, and I would love for the listeners to get to know a little bit about you before we begin.

Tell us about some of your adventures, Leanne.

Leanne:

Oh, boy. I still like to get out in the outdoors. I’ve always been an outdoors person, so I like to ski. I like to paddleboard but prefer to kayak. I’m a little bit faster on the kayak than the paddleboard.

I boat; I hike; I walk every day.

I just like to be outside, and a lot of things come to me when I’m outside. So, I’ve found some animals in distress when I’m out there, and I’ve been able to help them. Also, I hike a lot with my family, so I’m always carrying remedies and always prepared for whatever comes at us.

Kate:

And in fact, I remember one class that we had in The Academy — I don’t remember if it was a Mastery™ or Academy — but you were actually rock climbing. And you joined us for one of our classes — our live lessons — and that was pretty fun.

Do you remember that?

Leanne:

I do remember that. That is another thing I do.

Actually, my son's a big rock climber and has been doing camps every summer. And last year, we did something different. We went as a family, and he took a couple of friends. And the guide said, "Hey, I'll throw you in. Why don't you do it too?"

So, I got to do it for the first time on real rocks and not in a climbing gym. And other than that, I hike on rocks and climb around on 'em, but I've never been roped in and being belayed, so it was kind of fun.

I got to belay my son, and he got to belay me on the rocks, and it was great. Yeah, great fun.

Kate:

That was commitment, Leanne, to join a class while you're rock climbing.

Anyone who has an excuse, I don't think that there is one because you joined rock climbing.

So, let's hear a little bit about your homeopathy journey. You've known about homeopathy for a little while, but you really became entrenched in the last few years, so tell us about that.

FIRST EXPERIENCE WITH HOMEOPATHY: SON'S TUMMY BUG

Leanne: (04:24)

Yeah, so in 2017, my son came downstairs, and we were two days away from going skiing, and he was in probably second grade (I think it was). And he came down all dressed in his clothes for school, his backpack on. He says, "Mom, I just threw up and have diarrhea."

I'm like, "Holy cow, what am I going to do?" You know?

A friend of mine, who is an acupuncturist and dabbles in homeopathy and Chinese medicine, she said, “Anytime something like that happens, call me.”

I called her. She said, “Meet me at your clinic. I have the remedy for you.”

And I got there, and she had a little bottle. It had “ARS 30C” on it. It was a water dose. “Just tap it 10 times and give it to him under the tongue and see what happens.”

Of course, his first question was, “Is it going to taste?”

And I said, “No, it’s just water.”

He took it, and he never got sick again. Went on our trip; everything was great.

I’m like, “Huh, wonder what’s in that?”

And she said, “You need to get a kit.”

So, I got a kit, and I started reading on it. And I just got, “Wow! This is complex!” You know? “How do I know? There’s so many remedies for flu and this?”

And I was working full time and running my business full time, and I’m like … It collected dust for a couple of years until I got attacked by sumac.

POISON SUMAC IS NO JOKE

Leanne: (05:37)

Poison sumac is no joke. After about 1,100 milligrams of prednisone, I reached out to my friend again.

We tried a couple of things – homeopathy – and she referred me to a classical homeopath. And I hadn’t slept in three weeks, and I was still itching … my entire body.

Of course, when washed the original insult, I took that scrubby that I washed it off on my hand with, and I went all over my body.

Kate:

Oh no!

Leanne:

So, I was pretty miserable.

And, of course, you can't sleep on steroids either. You could read seven books in a week on steroids. And so, I was itching as my brain was going. And so, she took my case and recommended *Sulphur* 30. Of course, it was classical, so she wanted it in water.

She had me do it one dose and then wait. Which I was in a hurry, but I actually had a pretty significant – probably 40% – difference that night, that day.

And then two days later, she split that dose. And I took a tablespoon out of that and made another water remedy, and that was all she wrote. By the weekend, I was sleeping through the night.

When things changed in 2020, and my son's STEM class got shifted out. I received a timely email from Joette, and I had gotten on her list.

FINDING JOETTE: EFFICIENT AND EFFECTIVE

Leanne: (07:02)

I didn't really realize it, but when I was in my panic about the sumac, I had gotten on her mailing list, and I had this ton of emails. I'm like, I got to get rid of these emails. And I was going through 'em, and a new one came in, and it was the "Cool Kids."

I'm like, my homeschooling son … his STEM class got shut down due to the pandemic and the fears and so forth. So, I said, "Well, let's do something science." Let's do something applicable to today and that he could use in his lifetime.

So, I just did it alongside of him, and I couldn't believe it. It was all I had looked for. Going from classical to Practical. It was like, *this* is what I wanted. I wanted recipes. I wanted a way to be very efficient and effective.

That's how I work in physical therapy. That's how I worked my entire life. That's how I work in my house. I want to be efficient and effective.

It just blew me away. The Banerjis … When I first got the Banerji book, I'm like, "Huh, I guess this is good to have on the shelf. I'm not sure if I'll use a lot of it, but I have it." [laughter] That thing is falling apart. I've had to re-glue the binding of it. S

So, from there, I did the Pain course, and that was kind of a catalyst. I like to think things out and talk things out. So, I already had patients that, as I'm listening to the remedies that Joette's describing in the Pain course, I'm like, "That's so-and-so, and that's so-and-so, and that's so-and-so. You know?"

"Doesn't like riding on a bumpy road." "Feels lame". I had *Ruta,* and I had *Belladonna*. I had all these things that were just coming to mind, and I was writing their names next to all these remedies. And then I talked to them, and I could talk out those remedies and learn it a lot better.

I also did something that I don't know that everybody does. I actually did the recommended reading and classes that she had. She had the "Intro to Homeopathy" [included with course purchases] and so forth. And I found that very fascinating. That actually helped in The Academy 'cause I'd already had the exposure to that.

And hopefully, Wednesday, I'll get to go to the Samuel Hahnemann Monument in Washington D.C.

Kate:

Oh, that's right. Yeah.

Leanne:

Yeah. So that's kind of where I went.

After I found some of those protocols and the Banerji protocol for the flu that was going around, I started getting some people asking questions of me. Somebody had a bit of a miracle. They were able to sleep without any medications after about 12 years, by way of having the flu and then us talking about other things. She put a Facebook post out there, and then all of a sudden, I was getting calls and messages and everything.

I said, "How? I can't handle this volume. I want to help all these people."

That's when I did the "Intro to Homeopathy" classes in the community, and I did two of them. One was for general people, and then one was for healthcare providers and massage therapists and chiros and things like that.

That really did something unexpected. I didn't expect it to take … I mean, I was just basically, "Here, this is how you use Joette's website. Here's how you use Practical Homeopathy®. Here's what it is. Here's how to use it. She has these great things – these great recipes – and if you really want to, you can take her Gateway courses and learn more."

After that happened, all of a sudden, classes started popping up everywhere in about a Tri-County region. And then more classes and more classes and more classes, and all of a sudden, we had this big community of people wanting to know

more about homeopathy and really seeing the value.

Kate:

After that, You were teaching people how to help other people, and then, you wanted to learn more at that point, or what were the next steps?

THE ACADEMY OF PRACTICAL HOMEOPATHY®

Leanne: (10:44)

Well, I did. It's kind of funny because I wanted to teach them so that I wouldn't have all the responsibility. And like, "I don't want to do this. I don't want to be a homeopath." And all of a sudden, I'm like, "Yes, you do want to be a homeopath!"

It's like everything was directed. It all came together. It was just such a time as this. As a believer, I feel that it was directed spiritually as well. The people that I needed in my life, they just were right there. Everything just came. It was very fluid. It happened kind of organically.

I listened to every single podcast that Joette had. I'd do it when I was gardening. I'd do it when I was out walking. I'd do it all over. And she would always mention something about The Academy. "We're working on The Academy. We're working on something big!" You know, on and on and on.

I said, "I've got to do this."

So, I applied for the first cohort in – and got accepted and started in – September of 2021 and then graduated in 2022. Which by the way, 22 is my favorite number. It was my number … I used to play basketball. I was a pretty good basketball player, believe it or not, and that was my number. My dad's baseball number was two. My grandma was born on the 22nd of February. So, it's always been a number for me. And it's

kind of funny that I graduated in 2022.

Kate:

Yeah. And you did something else in 2022 as well.

Leanne:

Yeah, I started a business!

Kate:

Yes! A couple, really.

LAUNCHING TWO PRACTICAL HOMEOPATHY® BUSINESSES AND CONTINUING EDUCATION

Leanne: (12:07)

Yeah, two. So, through The Academy and some of Joette's employees there, Lara actually spurred me. And she goes, "You need to start taking some cases."

Where I live in rural North Carolina, we don't have a lot of remedies around. So, it's hard to find things. You can get a 200 potency at certain places in *Arnica*, but that's it. And they don't sell a lot of variety.

So, I said, "Well, I need to start a remedy shop."

So, I had the space available in my clinic, separated that out into an LLC. So, I have an LLC taking up space in my main business, but they're totally separate. And so, I have a shop and I started taking some cases. I was still in The Academy, so I had a lot of studying. There was a lot of coursework each week, and I was homeschooling my son.

Kate:

And running several businesses and … yes.

Leanne:

And getting outside – doing all the fun stuff – because I have to get outside. I have to ground myself. I really need that. I'm a very active person; I don't sit still a lot. But getting outside really just connects me … connects me to God, connects me to Earth, nature. It's part of me.

So, opened that remedy shop, started taking cases, and I saw how well those were going. And, you know, I only took a few. And it was good because I could get the mechanics of it down. It wasn't that different than physical therapy. The charting was a little bit different, but really I got my feet wet, and then, I could kind of get my rhythm. Graduated, then, in the fall. Became a study group advisor right after that.

Kate:

That's for the next Academy class. You worked with the study groups and helped them to get through their Academy year.

Leanne:

That was fun. And it was another way of integrating and just really immersing myself. And they'd ask me good questions. I like to be asked those questions. I like to solidify the knowledge, and I like to be able to articulate it also.

So that was really good and good to listen to them. I learned things from them as well. Just like in physical therapy, you never stop learning. If I don't learn something new each week, something happened; something was wrong.

Kate:

And you hear the information a little bit differently each time, too, and pick up different things than you did last time.

Leanne:

Sure. And that's a good point because even in any type of learning, the more senses that you have involved in that – if you hear it, you smell it, you write it, you see it, any of your senses –the more senses you have involved in that learning, the better it gets integrated into your brain. And so, when I'd hear it, like you said, from different people explained a little bit differently or using a different analogy or using it in a different way, it really helped.

Kate:

So, at that same time, you began to be a study group advisor for the next Academy class, and then a few months later, you went right on into our Mastery™ program.

Leanne:

I did. That was *really* good. I can't say enough good things about that. Smaller groups … just a different level.

When I think about it, I think about The Academy is giving you the base and the foundation. It's a stepping up and stepping off point where you get a good basic knowledge of homeopathy and the remedies. But then you get to fill in all the gaps, and you get to integrate it and apply at a different level in Mastery™. And it really was. I just loved it. I loved the people in it. I loved having that access with Joette and good conversations back and forth. It was very valuable.

Kate:

And then you didn't want to leave us all, so …

Leanne:

So, I went into Mastermind. Once … when you've been with all these people, and then it narrows down, and you get closer and tighter groups, it really is hard. You miss 'em. I mean, Mastermind's every couple of weeks now, and it's going to

like, “I need my group fix. I need to be talking with these people.”

We have a Signal group now, so that’s kind of good. But it is different.

Kate:

And I find it fascinating to hear how all the people that have gone through all three years or are in the midst of Mastermind, how their lives have really changed. It’s pretty incredible. I love …

Leanne:

Transformational. Yeah. Very.

Kate:

So now that you’ve gone on this homeopathy journey, I would love to hear about some of your success stories. I know you have a couple that we talked about a little earlier that you could share with people just to give them an idea of some of the things that they could do with homeopathy.

SUCCESS STORY: RATTLESNAKE BITE

Leanne: (16:45)

Sure. So, one of my favorite stories is the dog with the rattlesnake bite. We have every poisonous snake that’s found in America (in North America) here in North Carolina. And the eastern Diamondback, they get to be very, very big – five feet long, six feet long and so forth. I’ve seen a few of them myself.

My neighbor, once when I had my farm, brought one and said, “Look in the back of my truck.”

And I looked back there, and my daughter was young at the

time, and she says, “Don’t let your daughter go near that ditch.”

I’m like, “Oh, I won’t.”

Kate:

Wow.

Leanne:

So, I mean, it was probably three and a half, four inches in diameter. It was huge.

I got a phone call. I was actually on vacation. It was a year ago in the end of April, and I was actually taking my boat to get serviced. And I got a phone call and I know this person doesn’t call me unless there’s a problem. I was at a stoplight, and I said, I need to just call her because you certainly can’t text when you’re driving.

And I called her, and she told me that her dog had been bitten by a rattlesnake about 20, 30 minutes ago. What should she do?

And I said, “What do you have?”

And so, she had *Arnica* at the house. Of course, she didn’t have a lot of things.

I said, “Can you get him in the car? I’m about the same distance on the other side of the clinic as you are to my clinic.”

So, we met at the clinic. She got there a little bit ahead of me and had gone in. She didn’t have one of the remedies, so I had told her what remedy to get. She went in and got it, and she started right away. Again, using all of the things that I found in The Survivalist.

I had the one that she needed in the car. And she started

everything, and I got there. We just kept taking turns, giving the dog remedies every five minutes or so because he was starting to fade.

As soon as she got there and started some of the remedies, he had kind of perked up a little bit, but he would sometimes lean back and just kind of close his eyes. And we got him going. And by that night, he was up moving with the kids. And the next morning, he was playing ball.

Kate:

Wow, that's really fast.

Leanne:

It is fast. He was limping a little bit with the ball. But by the next day … and he runs fast. They live on kind of a community farm. Some family members and cousins have a community barn and chickens and all of that. And then, their house is on the outskirts of it, and they have a long gravel driveway. And the dog runs with the car all the way down the driveway when they're leaving or coming back, and so forth. And the husband had taken a picture of the dog running the next day, going pretty fast with the car. Not limping at that point in time. Yeah.

Kate:

And tell us a couple more. That's spectacular, but I know you have some more to share.

SUCCESS STORY: CYSTIC FIBROSIS

Leanne: (19:23)

I have an interesting one. A teen who has a diagnosis that we often see as something that can't be treated very well. It's cystic fibrosis.

He is a special case. He has been taking the protocol – the Banerji protocol – and doing really, really well. And he finally got some blood work done, and the doctors looked at him and said, "You must be taking that medicine." (And I won't name it because I don't want to here.) But they immediately thought that he was taking this big gun that combines three medicines together.

And he said, "No."

All of his blood work and his nasal swabs were perfect.

He then went on another remedy because of some allergies and so forth to dust and animals and so forth. And for the first time, I think, in his life (from what his mom said), he's actually blowing his nose. He's actually getting drainage that he can blow out and not just have to rinse.

So, there's just some great things happening. He's grown significantly, put on about 20 pounds. It's pretty amazing to watch and to be a part of. And again, it's not me; it's the remedies.

Kate:

But you had to learn about them.

Leanne:

I did. I did. But they never cease to amaze me.

Kate:

Absolutely. Yes.

SUCCESS STORY: ECZEMA

Leanne: (20:47)

I've had so many things. I had a woman that came to me with a three-year history of eczema. And her hands were just very

cracked and itchy and red. Nothing could help her. She'd tried about everything.

She took the Gateway class, and that's how she heard about me. And so, she did the protocol for eczema for about eight weeks, and there was absolutely no change.

And this is a great example of how I do like to have in-person cases. She actually had come to me in person, and she was wearing shorts. And then she told me about how she's a lot itchier around the full moon and that she had these ringworm things come up. But I know it's not ringworm because it's not a fungus. And they were very itchy, and she had some marks on her legs and so forth.

And my first response was, "Have you had a dog?" She actually had homesteads. But, "Did you have a dog growing up?"

And it turns out that she had spent some time overseas and so forth. And she was a homesteader and had goats and dogs and all sorts of different things. And we were going to go with the parasite protocol, but she was a little hesitant. She wanted to try the second line of the eczema protocol.

And within a day and a half, she was calling me, and she was, again – full moon/full bore. She couldn't sleep, anything.

So, we started her on the parasite protocol, and within, I'd say, a day and a half, she was able to feel a difference. Then, she started sleeping through the night. And then within two weeks, her skin was looking good.

It's now several months later, and her hands are normal, and she is so happy. One of the things that she said to me was pretty interesting because it's sort of like when you look at a thermometer, and the temperature rises, and the bulb and the red goes up. And she said it's like the itchiness on

her body is all going down towards the ankle.

So, everything from the waist up is good … and actually down just to the knees and the feet. So, it's just gone down from the top down.

Kate:

Skin things can take a long time to heal too. So, I feel like that's a really good response.

Leanne:

Yeah, it's been about 16 weeks – four months. Yeah.

Kate:

Yeah. She's thankful. I'm sure

Leanne:

That she is. She is.

Kate:

Sounds miserable. Anything else that you want to share for success stories?

SUCCESS STORY: BLOOD CLOTS

Leanne: (23:25)

I can tell you about a fun one, too, because this was where the Gateway classes and the people that took them really came into play.

I had a young mom on a military base. I was actually hiking in the mountains. I think it was when I was doing … no; it was the year before that … the rock climbing. We were hiking and so forth, and I got a phone call from somebody in town. And they said, "Do you have the remedy for blood clots at

your clinic and your shop?”

And I said, “Yeah! It’s always in supply there.”

This person had been diagnosed with blood clots in her legs and was a military spouse. Went on base, had it diagnosed, and they prescribed some medicines. And when she went to get the medicines at the pharmacy on base, they were out of stock, and she didn’t have any resources.

So, she reached out into the community. A couple of ladies got together and got the remedies to her.

Four weeks later, she went in, and the doctor said, “Well, did you take the prescription?”

And she said, “No, I couldn’t get it. It was out of stock.”

She goes, “What?” She goes, “You should have been taking it because they’re to thin your blood. They’re not going to change the blood clot. They can’t dissolve it, but they’ll make the blood go around it.”

She didn’t tell her that she was taking homeopathy. I think she told the sonographer. She said, “We’ll just do another doppler, and we’ll look at these.”

So, she went down, had the same conversation with the person doing the doppler. When they did the doppler, the clots were completely absent. Dissolved. Gone.

Kate:

Wow.

Leanne:

What a testimony! And what the doctor said was, “Well, whatever you’re doing, keep doing!”

Kate:

I feel like that’s what they always say.

Leanne:

Yeah.

Kate:

That’s great.

Leanne:

That was the same with cystic fibrosis case. “Whatever you’re doing, keep doing.”

Kate:

Isn’t it exciting, Leanne, to hear? I mean, you must hear these stories every day.

Leanne:

I do. It keeps you addicted, you know?

I’m a lot like Joette in that way. It’s that the more you see, the more you want to help; the more you want to do because you just get addicted to seeing people thrive and get better and have that response. It’s kind of hard to explain.

Kate:

Yeah. Now, I bet some of the listeners are thinking, “That’s great, Leanne. You’ve had all this school, and you’ve had this experience, and you know how to do these things. But how in the world do I know how help people?”

What would you say to those people who are really wanting to do this and help others or help their families, but they are maybe where you were four years ago or that you didn’t have all this knowledge? What would you say to them?

HOW CAN LISTENERS DO THIS THEMSELVES?

Leanne: (26:10)

Start.

When I started using it myself and helping people in the community use it, I had actually gotten protocols for allopathy … protocols for a naturopathic. How can you treat things without a prescription medicine, so you can have all these vitamins? And that was about two and a half pages long. And I was like, "Wow, how can anybody take all of that?"

And then I got the little protocol of the Banerjis, and it was like six things, and you don't have to use everything. But at any rate, I started. I just said, "Well, let's give it whirl."

And people were just so happy and responding so well. You just start using it. And you have to develop that community.

From that, I started developing a community of people close to me, and they started taking the Gateway classes. And then, they started creating more groups from those. If two people out of their group then did Gateway groups … then, two more people from that …It was just like a big tree, a Christmas tree of Gateway groups and leaders.

You know, it's really nice, especially when you live in a rural area, to have people in different … "Can you get a remedy to such and such? Can you …" You know.

Just the willingness of those people and the excitement. They started using it with their families and seeing how it blessed them and worked with them. It kept them autonomous. They didn't have to go anywhere. They didn't have to get a prescription. They started feeling comfortable with their families and then other people and their neighbors. It just

spreads. It really spreads.

Kate:

So, you said just start. Just start somewhere. Doesn't matter where, right?

Leanne:

No. Start with those closest to you. Start in your family; start with yourself. Pick something simple and see what happens.

Kate:

And we'll put a link for the Gateway to Homeopathy study guides so that those of you who are listening and wondering what that is, you can find that resource.

So, I want to ask you – I try to ask people that I'm talking to – what is your favorite remedy and why?

QUEBRACHO FOR UPPER RESPIRATORY SYMPTOMS

Leanne: (28:07)

Do I have to pick just one?

Kate:

I know! If you are stuck on a desert island …

Leanne:

Oh no, that's different. See, that would be *Arsen* …

Kate:

That's a different remedy.

Leanne:

Right? That might be *Arsenicum*.

Kate:

Me too! That's what I …

Leanne:

Because it's like a Swiss Army knife.

Kate:

Yes. That's what I always say! Let's just say what you're loving right now.

Leanne:

Okay. Well, as you know – and a lot of people know – I'm the *Quebracho* Queen, so I really like that remedy.

Kate:

Can you spell that for the listeners?

Leanne:

Yeah. Q-U-E-B-R-A-C-H-O. I think sometimes it's "K- brocko."

Kate:

And Joette did talk about that on the last podcast, so we'll put a link to that as well if people want to learn more about that.

But why are you loving that remedy?

Leanne:

I've seen some miracles with it in a mother tincture. I've seen some miracles with it in potency.

I know of two specific cases – well, three actually – that I kept one person out of the hospital. I got two other people

out of the hospital with it and really took them out of danger, I should say.

I like to use it paired. I have a dynamic duo – the *Naja* and *Quebracho* – and that's just what I like to use.

I don't leave home without those two. Those two. It's *Aconitum* and those two. Right?

Kate:

The "don't leave home without it" list. Okay, good.

Typically, what type of conditions do you use that for?

Leanne:

Typically, upper respiratory symptoms and, yeah, shortness of breath. And I think Joette mentioned that in her podcast, so that was good.

Kate:

Alright, I think we've covered a lot. So, as we close today, Leanne, what would you like to share with the listeners?

CLOSING ADVICE: YOU CAN DO THIS TOO

Leanne: (29:48)

I'd like to share that when I started this journey, I was enmeshed in a medical system that really was limited and wasn't working well. The outcomes were disappointing and oftentimes created side effects.

And now, through immersion in homeopathy, I have a lot more freedom, and this system of medicine is unlimited, accessible and curative.

And if I could share … I didn't go on that journey or get on that track right away. I started by listening to podcasts

and studying. I listened to every single one of Joette's podcasts. And I think that if one were to start there and to hear those stories, those stories would be so powerful that they'd integrate these medicines into their daily lives.

And from there, just go on to Gateway and Gateway I and II and see where it takes you.

Kate:

Great advice, Leanne. Thank you so much for sharing your story and your journey and words of encouragement. I appreciate it. Thank you.

Leanne:

Good to see you, 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.

Bemoaning Baldness: Male Confidential



Happy Father's Day to our devoted, loving menfolk.

In clinical conversations with my male clients, I find one point of confidential concern has been balding and hair

loss. Ladies, we know how devastating thinning hair can be. Why would we think the emotional toll is any less for our men?

As you know, I have always cheered for **the great men in homeopathy** and our personal lives. Societally, men have been given short shrift as of late. I, for one, am a fan of and grateful for men's colossal achievements. So I'd like to help them when I can.

One of my students recently asked, "Is the protocol for male baldness the same as alopecia for women?"

Thank you for that question, as it provides me with two excellent teaching moments.

First, homeopathy is generally the same for women, men, babies, seniors, dogs, cats, cows and giraffes.

Granted, a few exceptions exist where a particular protocol may have historically been utilized in one gender over another. However, homeopathy is more often than not an equal-opportunity medical paradigm.

In other words, what's good for the goose is good for the gander (and actual geese).

Secondly, an understanding of synonyms can be vital in homeopathy. (Yes, even for common words like baldness.)

You might be wise to keep a thesaurus right next to your repertory and *materia medica* in your homeopathic library.

In the year of Mastery™ following my Academy of Practical Homeopathy®, students and I spend a great deal of time "wordsmithing" as we look up definitions and synonyms of conditions and symptoms. While our language can be exceedingly nuanced, at the end of the day, many differing terms are just alternate ways of expressing the same thing.

For instance, is there a radical difference between indigestion and reflux?

Some people use the term quinsy instead of sore throat.

Do you call it eczema or contact dermatitis?

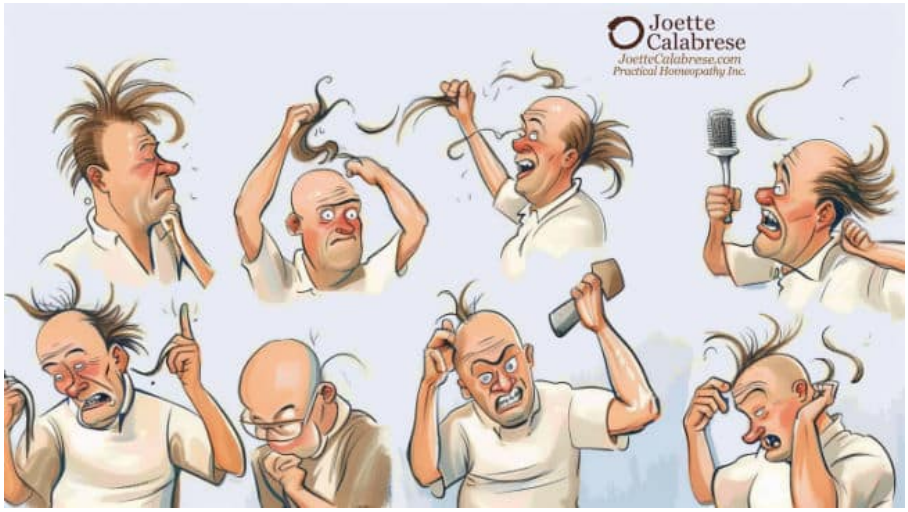
I prefer otitis media over ear infections.

A rose is a rose is a rose. There are many words meaning the same condition or symptom. Sometimes, the Practical Homeopath® needs to differentiate; sometimes not.

Indeed, in this case, alopecia, baldness, hair loss and hair fall are relative synonyms – all tantamount to the same pathology. When choosing a homeopathic medicine for this condition, we don't necessarily need to split hairs (pardon the pun).

So, to answer my student's question, yes. The protocol for male baldness would be the same as for female alopecia.

Usually, by middle age, men have adjusted to the inevitability of their burgeoning scalp and have given up. Consequently, I have no experience with a more advanced case of male pattern baldness, so I cannot guarantee the protocol's efficacy at that point.



Homeopathy can address male hair loss.

Borrowing from the Drs. Banerji, I have found in my clinical experience that the protocol of *Ustilago maidis* 200 (once daily, until very much better) has worked well with younger men at the onset of hair loss. I've written about this protocol before.

I've successfully utilized Equisetum mother tincture, commonly known as horsetail, both personally and professionally. I put 15-20 drops in my beverages one to three times during the day. (Mighty Members can find more specific information in several of my weekly Memos by searching the archives for "Equisetum" on their Mighty Members page. If you're not yet a Mighty Member, what's keeping you? Join us for more candid educational conversations tinged with a personal touch.)

Joe De Livera, a homeopath known to the internet as Joepathy, also recommends *Arnica montana* 30, prepared as a water dose and spritzed on the hair's problem areas. (Learn the specifics of preparing Joepathy's water dose in my blog post, When in Doubt, Arnica.)

With any of these methods, you'll also want to add a "tincture of time." By that, I mean that restored hair growth won't necessarily occur overnight! But within months, one might expect to see:

1. A halting of the progression of hair loss
2. A reversal of the hair loss
3. New hair growth

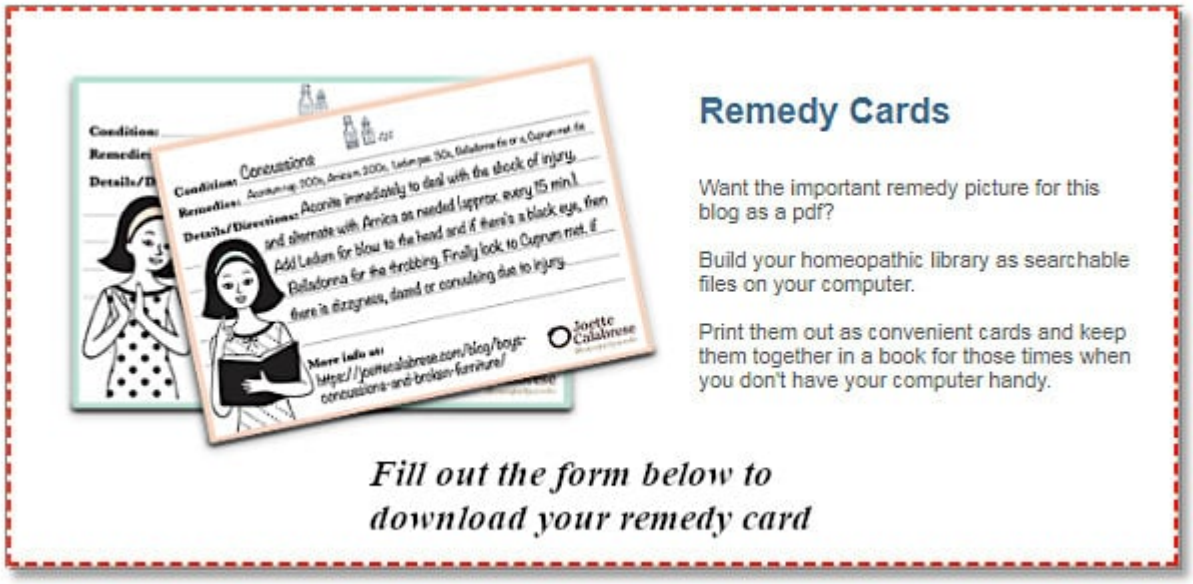
Ladies, today, we will spend time appreciating our men. But let's not reserve that effort for only one day. Let's join together to help make our men's lives better every day by helping them through the inevitable injuries, diseases and annoyances that can weigh heavily on them.

How? By passing on the good news of Practical Homeopathy®, of course.

Happy Father's Day, men. As always, we love and admire you!

Warmly,





~~Three~~ 4 Cs for Pain, Part 4: *Colocynthis*



Over the last three weeks, I have taught three homeopathic medicines – all beginning with the letter C – that are excellent choices to consider when addressing various pain complaints. So, I bet you thought we had finished our series on the Three Cs of Pain.

Well, you haven't gone crazy; we were finished. But I'd like to share one more C-medicine for pain: *Colocynthis*.

Anyway, who's counting? Let's make it FOUR Cs for pain, shall we? You deserve a bonus!

We previously discussed:

- *Chamomilla*
- *Cimicifuga racemosa*
- *Coffea cruda*

Homeopathically prepared *Colocynthis* carries its own collection of Cs. It has historically been shown to address constrictions, contractions and cramp-like pain.

For instance, one might consider *Colocynthis* for tummy pain causing the sufferer to double over from agonizing abdominal cramping. This includes colic in babies when consistent pressure to the area is the only comfort.

In much the same way, *Colocynthis* would also be a consideration for menstrual cramps – especially those that prompt the sufferer to draw up in a ball.



Painful muscle twitching or cramps, including excruciating charley horses, should also elicit the idea of *Colocynthis*.

What's more, *Colocynthis* is also noteworthy as an excellent choice for the harrowing pain from neuralgias in general, especially around the head and face (for instance, trigeminal neuralgia).

While certainly not fun to endure, we love symptoms because they help us narrow down our choice of homeopathic medicine. However, in the absence of a tried-and-true Practical Homeopathy® protocol, we must do a bit of research to find the tightest fit possible of homeopathic medicine to the symptoms presenting.

That's why I encourage all sufferers to read more about a particular medicine in their *materia medica* before deciding on which they will choose to employ.

If *Colocynthis* is found to be a good match, it is generally used in the 30th potency, twice daily. However, if the pain is really severe, one may choose to utilize one dose every 15 minutes for the first hour, and then every few hours after that, until very much better. (A dose comprises the number of pillules indicated by the manufacturing pharmacy on the medicine's label.)

So, there you have them: FOUR Cs of Pain for the price of three (still free).

Be sure to go back to each of these blog posts in the series and download the free Remedy Cards. You can print them out and start developing your own Remedy Card rolodex. The next time pain strikes, you'll be prepared … provided it's a pain I've written about here in the free blog.

Unfortunately, though, there's not enough time or space to give you a truly thorough education on *all* of the homeopathic medicines that have been clinically shown to address pain and uproot the causes behind it.

However, I want you to be more thoroughly prepared for any eventuality. For that level of instruction, I suggest my course, "Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain for Good."

Pain is inevitable in the human experience. So, shouldn't we be forearmed with the competence and confidence to utilize this natural, gentle, time-tested medicine with reproducible results?

If we develop a homeopathic mind, we will benefit from the knowledge that the body is still capable of doing something marvelous, even in a state of pain.

Through the symptoms of pain, the body is communicating an intelligent message.

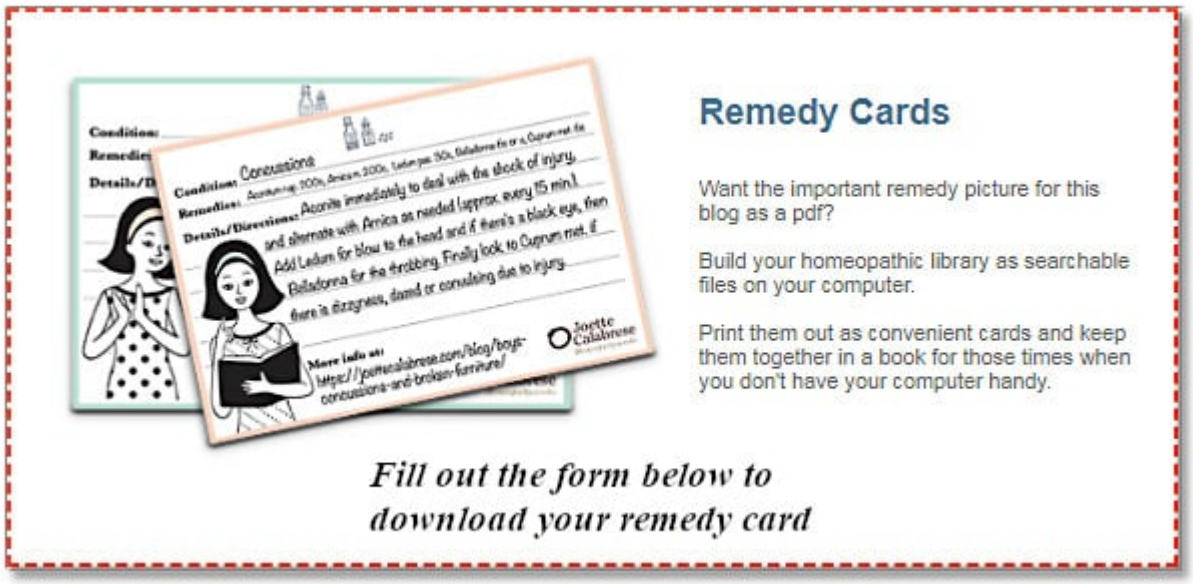
If heeded and met with homeopathy rather than suppressed with synthetic pharmaceuticals of commerce, that message will ultimately lead to healing.

Pass on the good news of Practical Homeopathy®!

Warmly,



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



Podcast 119 – YIKES! Emergencies and *Aconite*



IN THIS PODCAST, WE COVER:

01:30 Introduction

02:50 Know the Medicines for the Most Common Emergencies

07:20 Quick Onset Emergency: *Aconitum Napellus*
Emergency Remedy Series: *Aconite* in My Purse

09:01 *Aconitum Napellus* for a Fright That Has Been Held for a Lifetime

12:51 Example: Anxiety Erupts Years After Trauma

15:18 How Often Is *Aconitum Napellus* Utilized?

18:09 The Survivalist Guide to Homeopathy
The Emergency Remedy Series
JoettesLearningCenter.com

ADDITIONAL RESOURCES:

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

The Academy of Practical Homeopathy®

Joette Calabrese on YouTube

Kate:

This is the Practical Homeopathy® Podcast, episode number 119, 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.

Joette:

Hi, Kate.

Kate:

Hi. We've got so much information to cover today. So, let's get going. Today, we're going to talk about emergencies and a great remedy to have on hand.

So, Joette, I think we should start out by first talking about what is an emergency – or how are we defining an emergency?

Joette:

When you think about the very nature of an emergency is that you don't know it's coming. You don't know when it's going to happen. It comes out of the blue. And given that makes it an unknown, it requires something important. What is that? That we plan in advance? That we're prepared in advance.

So, if there's anything we know in life is that we will encounter an emergency at some time. Someone is going to get a burn, a stomach flu, someone's going to sprain their ankle. So, it would behoove us to not only know the medicines for the most *common* emergencies but also to own them in the corresponding potencies. Know exactly what the medicine is and have the right potency on hand.

Kate:

So, Joette, yeah, how can people do that? I mean, that's the next question, right?

KNOW THE MEDICINES FOR THE MOST COMMON EMERGENCIES

Joette: (02:50)

Yeah. The way they do that – the way I did it when I was first learning homeopathy – was that I figured what were the most likely emergencies to occur with my family at that time with only one child, and then I chose medicines accordingly.

So, until we get to that point, though, when we're unprepared, we worry all the time: that the child will get sick, that the child will get strep throat or chickenpox or conjunctivitis or something like that. But we should not worry because these illnesses – especially childhood diseases – are not what the most concerning aspects of childhood are.

The real concern that mothers should have are the dangers to babies and children due to accidents. So, we've got two categories that I like to look at.

Number one: regular childhood illnesses. And we need to know how to deal with these to make the mother less worried. You just have to learn how to … you have to know how to do this.

Now, we're not going to be talking about regular childhood illnesses today, but instead we're going to talk about the concern of accidents, emergencies, because those are the true greatest threat to children and babies. Most people think that it's infections; it's sore throats, et cetera. No, it's emergencies, accidents, burns, et cetera.

So, as I said, where do we begin? You asked me, where do we

begin? Well, it's with the composition of your family and those around you. So, if you live in a retirement home or those around you are older, you should know the homeopathic medicines for issues such as insomnia or grief or urinary tract infections or even lacerations, arthritis, preparation for surgery. You need to know this.

So, if you're a grandparent that frequently watches your grandchildren, you need to know the remedies, for example, injuries from falls.

But if you're a middle-aged woman and you've finished with menopause, you want to know the remedies – how to use them – for, say, allergies or ailments from disappointments or menopause. You want to know the remedies that are specific for weight gain or hair loss or insomnia.

You see, each one of these are categories depending on your life, your lifestyle, where you are in your life, who you're caring for. So, if you're a middle-aged man, for example, there might be gut issues, ED, those kinds of things. You want to know those medicines and how to use them … *homeopathic* medicines.

Kate:

And I want to add in there that if you are someone who is very active and, say, you go to … maybe you do scuba diving, or you're in the ocean a lot. Those might be another set of emergency medicines to know versus if you are a golfer and/or if you like to be out in the woods, and you hunt.

So, there's different remedies to have. For instance, you're in the ocean, and you might get stung by something there, than if you're going to sprain your while you're golfing. Right?

Joette:

That’s exactly so. I live by the ocean, and there was a time when I would swim in the ocean every single day. I swam one hour. (I’m bragging, but now I’m going … taking it all back because I haven’t done it in a few years.) But I actually did that. And I had to know the medicines specific for jellyfish stings … for man o’war stings. Because they were in the ocean and people would have problems with them, and I needed to know what those medicines were and have them on hand.

And I don’t get sunburned, but people who come and stay with me often do. So, I need to know – because I’m in southeast Florida – what are the medicines for sunburn and what potency? And own them! Not only know *what* it is – what the best one is or what the top two are – but own them as well.

So, it all depends on the stage of life, your lifestyle, where you live, that we need to have those medicines on hand.

But today, we want to talk about medicines for emergencies. Specifically, I think we’re going to talk mostly about injuries of sorts, right, Kate?

Kate:

Right? Yeah. I think that’s our focus today is helping people to be prepared for an emergency situation.

Joette:

Yeah.

Kate:

So, give us one of the top homeopathic medicines for emergencies that people can just get right now and have on hand.

QUICK ONSET EMERGENCIES: *ACONITUM NAPELLUS*

Joette: (07:20)

And own it. That's right. Not only own the medicine but own the knowledge.

So, the top medicine that I always think of for the onset of an injury or something that has come on quickly – or it may not even actually be a physical emergency, it might be even a psychological emergency – is *Aconitum napellus*. *Aconitum napellus*: two words.

I actually keep this in my purse. Because should my husband or I be in an accident, we might use something else for the pain later or broken bone or laceration. But *Aconitum* is great for a shock.

It's also one of our best medicines for a vascular event.

It's a great medicine for when something comes on hard and fast, even if it's just a cold. One minute, you're fine. The next minute you feel, "Oh my gosh, I feel like I'm going down fast!" *Aconitum napellus*.

And so, as we know in homeopathy, there's a number. It tells us the potency that needs to be considered. We're not going to use plain old, garden-variety, gross *Aconitum napellus*. We're going to use it in a 200C.

So, I keep that in my purse at all times. It can be useful for so many unexpected, almost shocking incidences.

Kate:

Joette, we have a blog that you did, and it's titled Emergency Remedy Series: *Aconite* in My Purse. So, if you're listening and you want to read a little bit more, you can go to that blog, and we'll have it linked for you on your website as well.

ACONITUM NAPELLUS FOR A FRIGHT THAT HAS BEEN HELD FOR A LIFETIME

Joette: (09:01)

Yes. So, yeah, but we also want to know many different ways to use this. But there's a whole classroom of students and everyone has the same paints, the same light, the same canvas, the same teacher, the same model. But in the end, it'll be slightly different because we all have a slightly different point of view.

So, I'm going to read to you from Roger Morrison's *materia medica* called "The Desktop Guide," and this was such a valuable statement when I read it back in 1996. It's when – around the time, shortly before that – I just purchased this book, and it gives a description of *Aconitum napellus*.

I'm going to read directly. He penned, "Anytime that a violent or frightening event occurs (such as an earthquake or a car accident) we often must give *Aconite* first, even if we will need other specific acute remedies later."

And here's the statement that really took me to the next level of understanding this. "*Aconite*," says he, "can release a shock or fright that has been held in the body or mind for a lifetime."

Now, what does that mean? Does it mean that if someone had an experience such as witnessing an atrocity or, getting stuck in an elevator for three days, or being stuck in the basement during a hurricane for a few days? And it's so frightening, but it was 30 years ago. Now, it's a distant memory. It doesn't bother them.

But! If it's stuck – held in the mind or body for years … In other words, now, ever since that time 30 years ago, that

person is now having panic attacks. They don't even think about that event in the elevator. They don't even necessarily make that association. But for some reason, now they're having anxiety attacks, sleepless nights ever since that event. "*Aconite*," says he, "can release a shock or fright that has been held in the body or mind for a lifetime."

That was so profound to me that I actually wrote down in the book the date that I found this to be useful, not only for myself but also for many others – for my clients and my students. So, that's a very meaningful statement.

That means that homeopathy can release a shock or a fright that's been held in the body – body, too – or mind for a lifetime. Not only is that exciting for me, but it's exciting to know that I can teach that. It can release so many people of anxiety attacks or insomnia or feeling worried about things that are not even that worrisome, or believing that somebody's going to break into the house and worry about it all the time – even though it's not very likely because they're on the 12th floor or something.

So, this can be a medicine that we can use to help uproot something that's turned into a chronic, such as what we're describing, or it can be used at the moment of an event that presents itself such as an automobile accident or witnessing an atrocity or being hit very strongly with a shocking (so to speak) a shocking respiratory infection that's at hand.

Kate:

I think you have a story about a woman in her 80s who had panic attacks and how she used *Aconite*. Can you tell us that?

EXAMPLE: ANXIETY ERUPTS YEARS AFTER TRAUMA

Joette: (12:51)

Yes. This was a woman who came to me; she was in her 80s, as you said. And during World War II, when she was a teenager, she had been raped. And she didn't talk about it to me. She just was telling me that she couldn't sleep very well. She was having panic attacks. And she'd had these panic attacks for years, and they precluded her being able to fall asleep comfortably.

So, I tried a couple of medicines. She hadn't said anything about this event so many years – 70, 65 years – previously. I asked her, however, "Was there ever anything in your life in which there was such an extreme situation with fear or panic that you associate with this or that feels like this kind of panic?"

And she relayed the story to me that when she was 17 years old, she had been attacked, and she was certain she was going to die, and she was very frightened. And through the years, it was a distant event of her past.

But once she hit menopause, something shifted. And from that time forward, she was having these panic attacks. And she relayed that these panic attacks were very similar to the feeling she had when she thought she was going to be killed that night and, indeed, had gone away for a while but now were back presenting themselves.

So, I suggested the medicine *Aconite* 200 once a night before bed for several nights in a row. And when she reported back to me, she said the panic was gone for the first time in about 30 years. She no longer had panic attacks. She no longer had insomnia associated with anxiety – even though during those panic attacks, she wasn't thinking about what happened back when she was 17 years old. She was simply having panic, and she couldn't even explain why.

“I don’t understand why,” she would repeat to me. “I don’t have any reason to believe that I should be panicking. All I want to do is go to sleep.” Yet, it was held in her body and her mind for nearly a lifetime, and it released her of that. *Aconitum napellus*, 200C. And she took it for several days until she felt better.

HOW OFTEN IS *ACONITUM NAPELLUS* UTILIZED?

Kate: (15:18)

That’s what I was going to ask you, Joe. What do people usually do as far as frequency of taking it? Is it just one time, or is it over several days, or how is it usually used?

Joette:

It can be used only once. Some people report to me, “Oh my gosh, just one dose, and I’m right as rain!”

Other people report to me, “I feel better when I take it, but you know what? The next day I need it again. It feels like, can I take it again is the question?”

Yes, indeed. You may take it again.

And so, we take it according to the need. We would not take this medicine for long, long periods of time. We would use it until it’s no longer needed. It’s not a bad idea to test it out. Kind of give it a real test.

On Friday night, sleeping better; panic is gone.

Saturday, “How are you doing?” “I’m doing better. I feel good.”

Okay, Sunday night, “Uh-oh, I feel it again.” Okay, take it Sunday night.

And so, you might want to find that tipping point. Or simply use what I suggested earlier, which is once a night before bed for several days and see how it goes.

And if it comes back? Let's say you stop using it because there's no need to use it any longer. The medicine has acted.

Now, let's say six months later, had she come back to me and said, "Oh my gosh, it's back again! Oh no, the medicine's no longer working!"

No, that's not what it means. It means the medicine *did* act according to what it's supposed to do, but it's needed again. We're not done.

So, she starts it up again. *Aconitum* 200 once a night before bed, for example … and for a few more nights and see how it goes. And each time she needs the medicine in another episode of need, it generally shows up as a milder version.

So, the panic is no longer panic. Now, it's just some worry. The insomnia is not hours and hours of inability to fall asleep. Now, it takes a little bit longer, but she can fall asleep.

So, the medicine is going deeper and deeper each time, each episode in which it's needed.

So, instead of saying, "Oh no, it's back again," instead, we are excited to teach this woman – or anyone who needs this – that they can use the medicine again. This is an *opportunity* to use it again and go deeper.

Because these medicines, as they're used – not all of them, but most of them, depending on how they're being used and for what condition – often go deeper as there is repetition.

Now, it does not mean, however, that we use it willy-nilly. These are medicines, my friends. These are not essential

oils or supplements or vitamins. They need to be used with great respect. And we stop when there's improvement, and we commence again when it's needed again.

THE SURVIVALIST GUIDE TO HOMEOPATHY

Kate: (18:09)

So, if you want to know more about using *Aconite* or other homeopathic medicines for emergency situations, a good place to start is that blog post series. And you would just take a three-by-five card and write down the remedies that are listed on that series and how they should be used and carry that with you along with the medicines that are required for emergencies.

And if you want to go even further, Joette, I think a great place would be the Survivalist course. Is that what you would recommend?

Joette:

Yes. My course titled Survivalist Guide to Homeopathy offers information, the remedies, the potencies, the frequencies most often used for specific conditions that are extremes.

So, for those who are interested in survivalist methods, or even for those who aren't even thinking that way but want to know medicines and how to use them – what potency, what frequency for common and very *uncommon* situations – you might want to check out my Survivalist Guide to Homeopathy.

And the way to do that is to go to JoettesLearningCenter.com. (There's no apostrophe for Joette's). J.O.E.T.T.E.S L.E.A.R.N.I.N.G. JoettesLearningCenter (C.E.N.T.E.R) .com. And scroll down to homeopathic "Survivalist Guide." And from there, you'll

learn not only how to use Aconitum in other ways but other medicines for specific extreme conditions.

Kate:

Thank you, Joette, for talking to us today about emergencies. And I'd like to wrap up by saying that homeopathy gives you the wisdom and the tools that you need so that you don't have to be afraid of "what if" an emergency happens, right, Joette? I think it's been …

Joette:

No doubt about that.

Kate:

Yeah, you've heard your students say over and over again that students no longer fear.

Joette:

That's one of the great aspects of using homeopathy. It's more than just treating that panic attack for someone. It's also you're not having the angst and fear of not knowing what to do in the future.

We live in a society that's loaded with synthetics and chemicals and additives and fake fragrances. It keeps going that we've lost track of what's pure. Homeopathy is pure. That's why I call it "God's medicine."

Kate:

Well, thank you, Joette. We look forward to the next time when we meet again.

Joette:

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.

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3 Cs for Pain, Part 3: *Coffea*



No series on homeopathy for pain would be complete without mentioning *Coffea cruda*.

I've written about *Coffea* before as an effective medicine for Exquisite Tooth Pain. That alone is worth making *Coffea* a part of your well-curated homeopathy kit.

But it's also great for pain that keeps the sufferer awake at night, especially if accompanied by sensitivity to light, noise and motion.

Coffea cruda is also a top consideration for periodic headaches – including migraines – in women who are typically nervous. That may come as no surprise, as we discussed *Coffea's* use for anxiety in a previous blog.

While we're on the topic of headaches, I'd like to teach you about using *Coffea* for a very specific type of headache – the caffeine headache.



Paul can't start his morning without coffee. (We all know a "Paul." Heck, some of us *are* Paul.) But if Paul doesn't get his morning coffee by 10 a.m., he'll suffer a splitting headache. In his case, this headache stems from a lack of caffeine. He's trained his body to expect that dose of caffeine every day. When it doesn't arrive on schedule, the wheels fall off the cart – or, more specifically, Paul's head hurts.

Angela has never met an energy drink she doesn't like. Despite looking like poisonous antifreeze, Angela tilts back a couple of energy drinks a day. But her limit is two. If she drinks more than that, the caffeine jolt hits her head like a lightning strike. In Angela's case, her headache stems from too much caffeine.

This is where homeopathy shines.

The medicine that has been historically shown to address caffeine-related headaches is *Coffea cruda 200*, generally utilized twice daily or so, until very much better.

"But Joette! One person didn't have enough caffeine, and one

person had too much. How can one homeopathic medicine cover both lack and excess?”

My friends, homeopathy is not like conventional drugs. Homeopathy is not bludgeoning one’s system, altering our bodies in a specific, pre-determined direction like synthetic pharmaceuticals.

Homeopathy stimulates the body’s natural ability to correct what’s causing the pain from either direction – too much or too little.

Homeopathy works *with* our bodies, gently nudging them to return to homeostasis.

However, as with anything in life, there are caveats. As always, we stop utilizing a medicine if we observe no improvement after giving it due time to act. If there’s no improvement, it’s time to pivot – to consider an alternative medicine (which means delving into your repertory and *materia medica*).

Equally important is that we stop employing our homeopathic medicine once we are much better. Homeopathy is medicine, not a supplement. We only call upon it when necessary.

Learn more in my blog post, When to Stop.

Well, that’s the last of our Cs for pain … or is it? Come back next week, and you may be surprised to find a fourth!

Pain is a common complaint, and homeopathy provides many excellent choices for addressing the different types of pain. There are more than just three medicines … or even four <wink wink>.

To truly become the competent go-to caregiver for your family, you need more than just a few short blog posts. I encourage you to look at the syllabus for my course, Make It Stop! Escape From the Prison of Chronic (and Acute) Pain

Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good. I assure you, there is no better place to invest than in your education and homeopathic medicines. You and your family will benefit for generations.

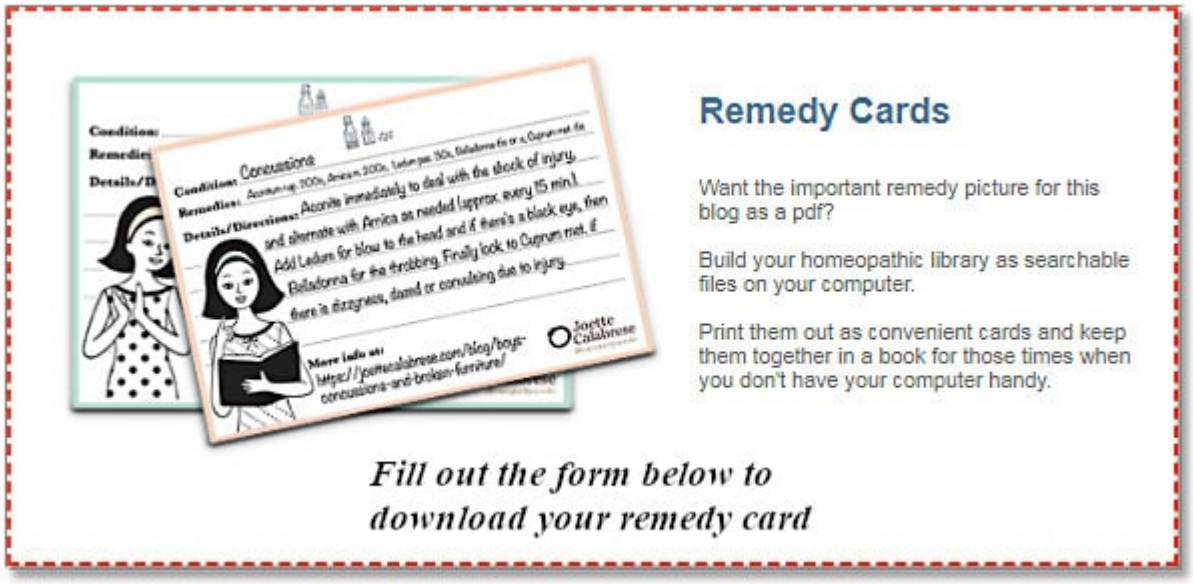
Pass on the good news of homeopathy!

Warmly,



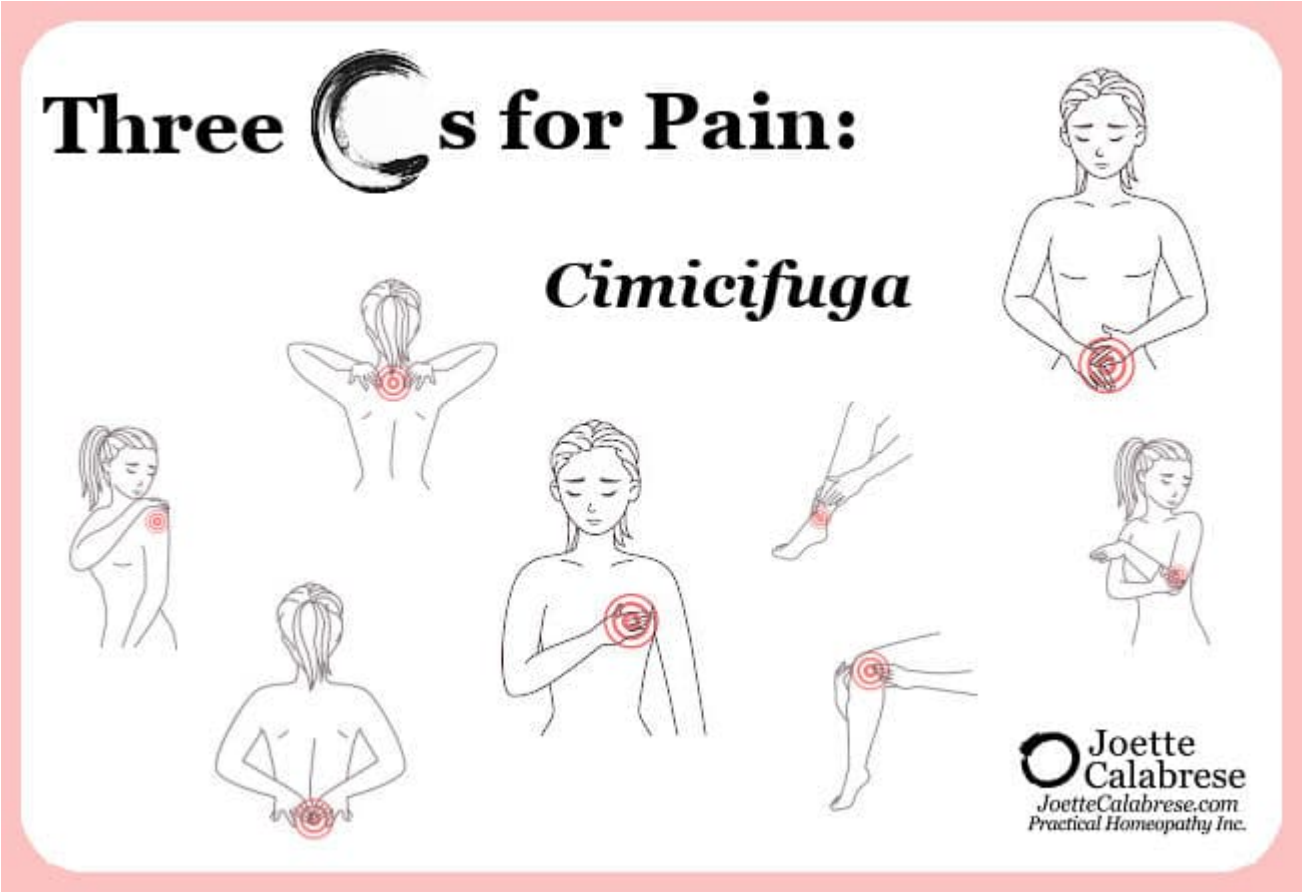
P.S. I talked more about pain in my recent Monday Night Live event. What? You weren't there?

Well, worry not, my friend. Mighty Members can find it on their private website. Facebook users can also watch the video recording in the archives on my page. Or check out my channel on YouTube! While you're there, please like and subscribe. Your positive feedback will encourage YouTube's algorithm to present the message of Practical Homeopathy® to more people in need.



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3 Cs for Pain, Part 2: *Cimicifuga*



Utilizing homeopathy for pain is not like taking a painkiller.

Painkillers – ibuprofen, acetaminophen, naproxen sodium, or opioids – are, at best, like Band-Aids. They cover up the symptoms just long enough to allow us to ignore them.

One might be able to function temporarily. However, because they do nothing to address the underlying condition causing the pain, one generally must take them again and again and again during the inevitable recurrences of the pain.

Instead, homeopathy works diligently to correct the problem causing the pain. It's not disguising the symptoms or suppressing the condition. Instead, homeopathy gently, politely and naturally triggers the body to make the necessary corrections.

No one wants an infant screaming their heads off every time a tooth comes in because they were given Tylenol, which has

a reputation for triggering asthma and liver conditions. Or, as pediatricians used to employ, Morphine in syrup.

No. We want the teething pain to be so well resolved that the next time a tooth comes in, we won't even notice it.

No woman wants to take painkillers every single month to assuage her painful menses. She doesn't want to get through one month, barely, only to start the painkillers all over again in a few short weeks. No, no, no!



With Practical Homeopathy®, we're fixing these conditions over time instead of simply masking them. My friends, that's one of the best parts of homeopathy. Utilizing homeopathy is so much nobler. It's a loftier medicine with a much bigger purpose behind its use: correcting the problem underlying the symptom.

The next in our list of three Cs for pain is *Cimicifuga racemosa*.

It's one of my best medicines for angina. My father kept *Cimicifuga* on hand for angina that plagued him. I felt confident that it would not only relieve his pain but also minimize the condition as it was occurring. Many sufferers have experienced improvement in their conditions even while their prescribed nitroglycerin remains in their pocket.

Robin Murphy's "Nature's Materia Medica" describes angina as "Needle-like pains at heart … pain spreads all over the chest to the back and down the left arm, which feels numb and as if bound to the side."

One should not *ignore* angina. Happily, this medicine is remarkable to utilize on the way to the hospital. It may even act by the time one arrives in the parking lot, perhaps eliminating the need to enter the building. I've seen it work that fast!

In addition, the Meta Repertory mentions that homeopathic *Cimicifuga racemosa* is a consideration for the following conditions:

- Rheumatism of the back and neck
- Sciatica
- Shooting, throbbing pain in eyes; intense aching in the eyeballs
- Labor pains felt in the back of the thighs (We assume labor pains are natural, but perhaps not when they're extreme or go on too long. Then, we may have to intervene and help our bodies out. Shooting pain during labor – especially in the lumbar area or across the hips and behind the thigh – would be a call to consider *Cimicifuga*.)
- Uterine prolapse with cramping
- Menstrual cramps made better by lying down
- Pains like electric shocks in limbs
- General bruised feeling all over, made worse by touch

Just look at the broad spectrum of pain that *Cimicifuga* has successfully addressed. This is most definitely a medicine you should add to the well-curated homeopathy kit we've been developing over the last year and a half. I'm not offering precise protocols for each condition; however, *Cimicifuga* is generally employed in the 30th potency, twice daily, until very much better.

As I run my finger down the pages of my Materia Medica: Practical Homeopathy® for Busy Families while preparing this blog post, I am overcome by how enamored I am with this medicine.

I've been using, practicing and teaching homeopathy for nearly 40 years. How long can a person remain enamored? Well, when it is a paradigm this gorgeous, this graceful, this effective, one can – and should be – enamored for a lifetime.

Pain touches us all at one time or another. For some, pain can become a way of life. However, homeopathy can ease the pain by going deep to root out the cause of the pain. If you or someone you love is in pain, consider my course, "Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain for Good."

Our bodies are truly miraculous. Sometimes, they simply need the gentle nudge that only homeopathy can provide.

Pass on the ~~good~~ GREAT news of homeopathy!

Warmly,



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



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