The World Is in Turmoil



Do you join me for my Monday Night Live interactive teaching discussions? If you don't, you're missing out. Thousands of my students from around the world join me weekly – every Monday, at 8 p.m. Eastern (standard or daylight saving time, as applicable) – within my Joette's Mighty Members site or on our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and now, Instagram.

I've held these live events for years without missing a week, except for a few technical difficulties here and there. I have to admit, they're as much fun for me as they seem to be for my students. They value the education, and we all enjoy the camaraderie.

Recently, my team informed me that more folks in Poland and Eastern Europe had been searching my website for

information.

Indeed, the world is in turmoil. So, recently, I devoted one of my Monday Night Live discussions to traumatic conditions.

You see, the reason I think we're getting so many folks from Eastern Europe right now is anxiety. These are anxious times all over the world.

So, in my live event, I discussed one of the most valuable homeopathic medicines for anxiety, especially if there's been an incident where the sufferer has observed an atrocity and been shocked by something they've seen or something they've experienced themselves. (I also discussed this in my blog, Wartime Suffering.)

In my live event, I also taught medicines for sepsis and bleeding.

However, because vascular issues such as bleeding are such a common occurrence as an outcome of conflict, I want to write about it briefly here in the blog. My readers should know how to deal with bleeding, just as my listeners now know.

For a hemorrhage – whether it's internal or can actually be seen, such as from the ears or another orifice (the mouth or nose) – consider this Banerji Protocol: *Arnica montana* 30 mixed together in the mouth with *Hamamelis virginiana* 200C.

In a more severe situation, one might utilize it every 15 minutes. If it's not as severe or just a hematoma (not actually a hemorrhage), one may only employ the protocol a few times a day. Generally, the more acute the condition, the more frequently we use it.

Is *Arnica* mixed with *Hamamelis* the only homeopathic medicine for hemorrhage? Absolutely not. There are many other remedies that could deal with this condition. However, because the Banerjis have documented such success with this

protocol, it should be the first on your radar when an injury causes bleeding.

Obviously, there are many variables to these types of emergency conditions. That's why I covered them extensively in my course, "The Survivalist Guide to Homeopathy."

My friends, "The Survivalist Guide to Homeopathy" is my magnum opus. This is an all-encompassing, hefty course presented in video lessons and a sizable, spiral-bound reference book. Yes, my team will actually snail mail you a hard copy rather than a digital copy of this comprehensive guide. I designed it this way so you'll have access to the information even if the infrastructure and the internet go down. I believe you will find this guide so valuable that you'll never leave home without it in your luggage, backpack or bug-out bag.

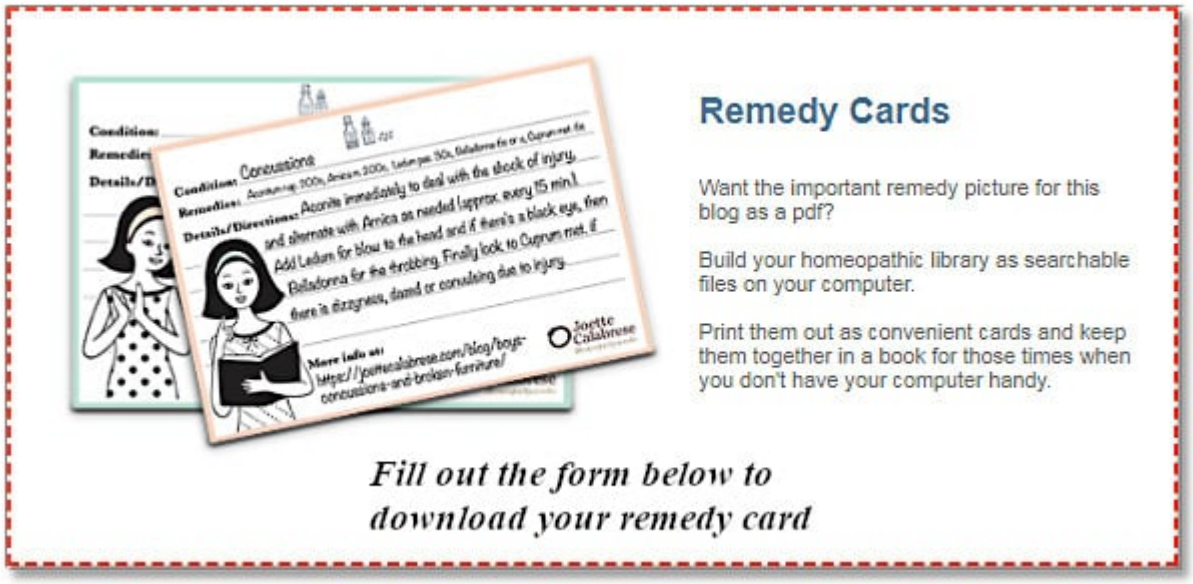
Should this information pique your interest, then by all means, read more about "The Survivalist Guide to Homeopathy" in my Learning Center. My friends, I don't know that there is any other book or course like this anywhere.

It will be a powerful tool to help you pass on the good news of homeopathy – perhaps when people need it most!

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.



3/24/24 The World Is in Turmoil

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Awakening from Croupy Cough? *Spongia*



Lydia awakened in the middle of the night with a terrible, barky-sounding cough. She couldn’t catch her breath! For a moment, she was fearful that she might actually suffocate! It felt like there was a plug in her throat. Her larynx was overly sensitive, as though the slightest swallow or least little movement would cause her to cough violently.

She was scared, and the more anxiety she felt, the worse the cough got!

This is a common condition that strikes fear in any sufferer. However, Lydia was empowered by her knowledge of my Practical Homeopathy®.

Anxiety and fear accompanying a croupy cough were good indications that Lydia should consider *Spongia tosta*. Knowing that emotional excitement makes the cough worse, she added yet another leg to her *Spongia* stool. Add laryngitis or her overly sensitive larynx, and Lydia had now formed a three-legged stool!

But do you know what's even more supportive than a three-legged stool? Yep, you guessed it … a *four*-legged stool! Indeed, famed homeopath Dr. William Boericke gave Lydia that fourth leg when he wrote in his *materia medica* regarding *Spongia*, "awakes in a fright and feels as if suffocating, generally worse after sleep or sleeps into an aggravation."

Lydia dragged herself out of bed and grabbed her tube of *Spongia tosta* 30 – an essential element of her well-curated homeopathy kit. For this condition, one dose of *Spongia* is generally utilized every 15 minutes to an hour until the cough (and resulting feeling of suffocation) is very much better. The medicine may be resumed again if the symptoms return.



I've written about *Spongia* several times before in the following posts:

- Coughs that sound like a saw grinding through wood point us to *Spongia* 30.
- When drinking warm fluids temporarily relieves the

severity of the symptoms, it's often a call for *Spongia*.
- If cold drinks or talking make the cough worse, *Spongia* is often the correct remedy to consider.

After a couple doses of *Spongia*, Lydia was able to return to a more peaceful sleep, and she kept it handy for the remainder of her respiratory illness.

This, my friends, is the benefit of owning a well-planned inventory of homeopathic medicines. Had Lydia not owned the medicine she needed, she would have spent an anxious night, struggling to breathe and not giving her ailing body its required rest.

You see, *knowing* the correct medicine doesn't help a sufferer if they don't *own* it. Sure, one can run out to the store in the middle of the night – IF the store is open and IF one is physically able to drag their suffering self to the car. Alternatively, one can undoubtedly order the necessary homeopathics through the mail – and cough relentlessly for days awaiting the postal carrier.

But why not simply own as many medicines as possible? You may recall I have used medicines manufactured in 1918, and they still acted. So, a well-curated kit can last well beyond what we might expect.

That's certainly part of the good news of homeopathy. Pass it on! A famous quotation often attributed to Benjamin Franklin says it best, "By failing to prepare, you are preparing to fail."

Lydia succeeded – in spades!

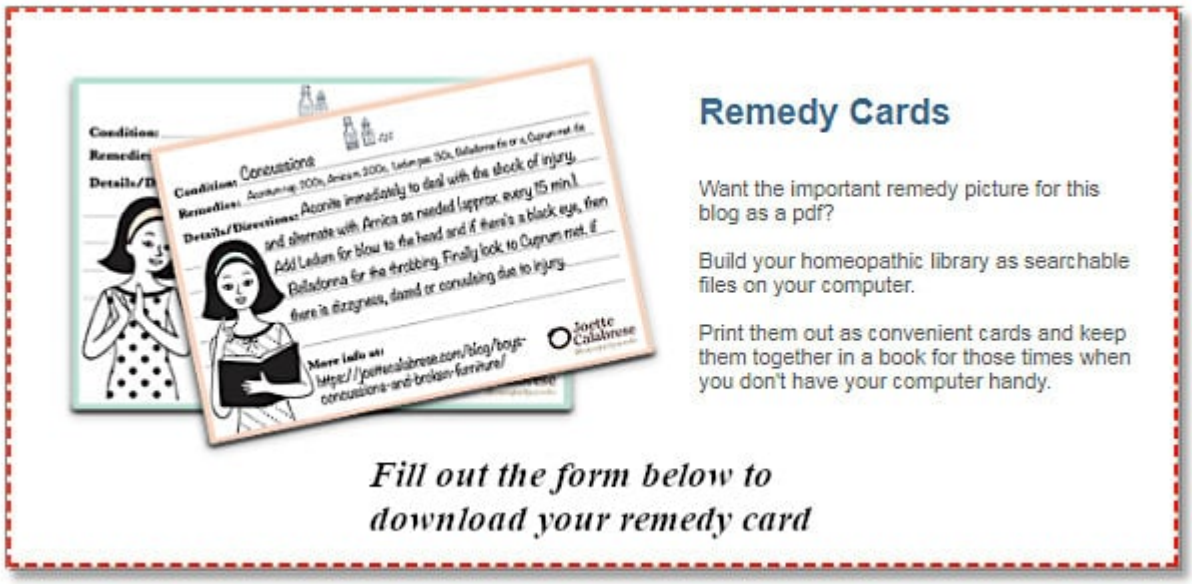
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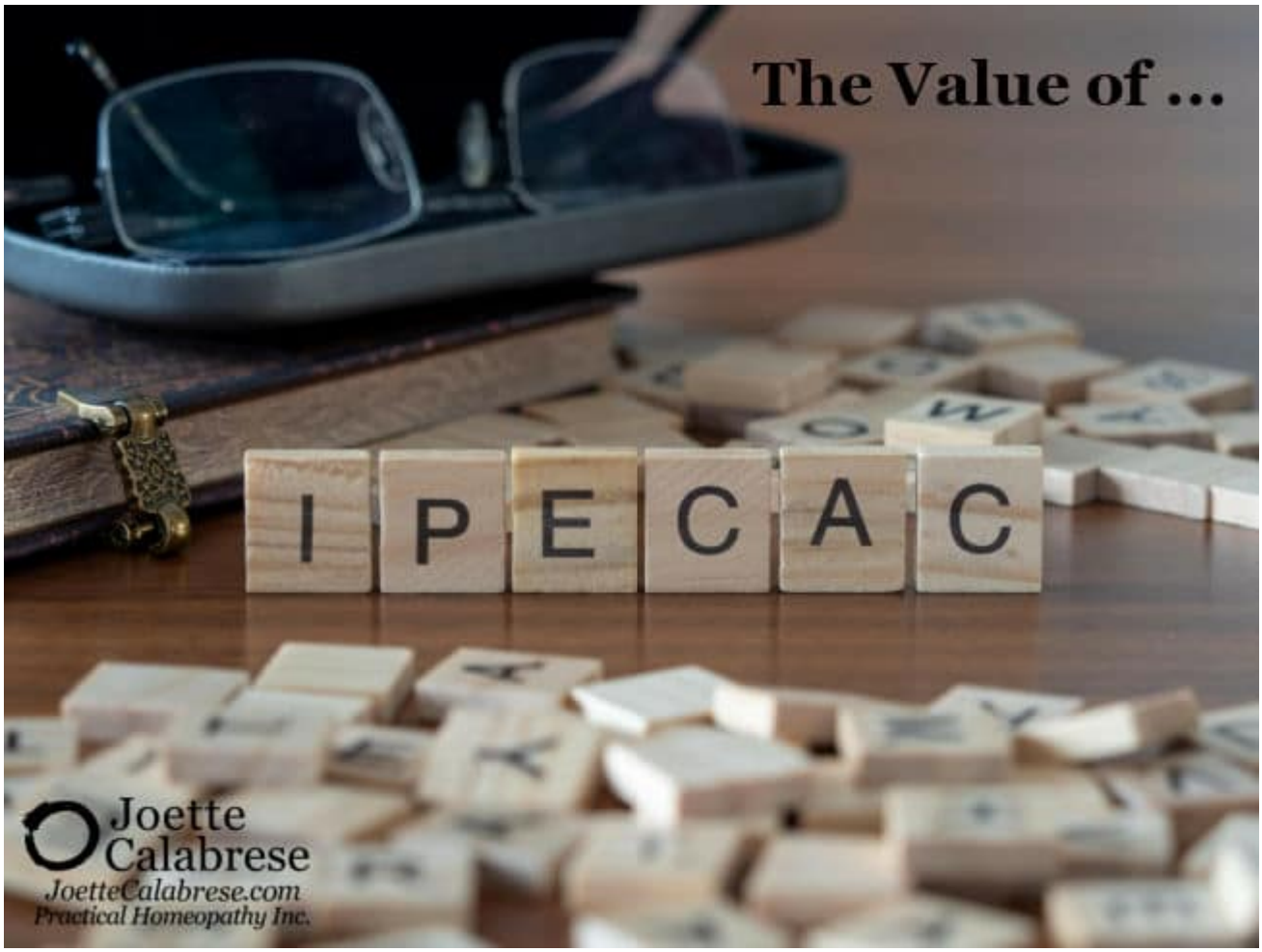
P.S. My course, "The Antibiotic Alternative: Balance Your Bugs Without the Drugs," covers *Spongia* and a multitude of other homeopathic medicines for respiratory conditions (as well as other conditions for which antibiotics are often recklessly called upon).

This course has preserved the gut flora of many of my students' families from the ravages of antibiotics and helped them avoid years of subsequent illnesses and sensitivities that the unnecessary use of antibiotics can trigger. Perhaps it is the right course for your family as well.

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.



The Value of *Ipecac*



Ipecac is valuable. Aside from being a 12-point Scrabble word – or even more if you place it well – *Ipecac* is an essential medicine when prepared homeopathically. Consequently, *Ipecacuanha (Ipecac)* should be included in any well-curated homeopathy kit.

You may have noticed I included it in my recent blog, 17 Homeopathic Medicines for Travel.

On my blog over the years, I have taught *Ipecac* for several conditions. I wrote about it for:

Nausea from supplements – How Embarrassing
Nausea from stomach flu – Thanksgiving Traditions
Morning sickness – Birthing Part Two: The Premier Remedy for Childbirth and a Few More
Dysentery – Disasters, Diarrhea, Dysentery
Gagging cough – Ipecac: The Cough That Nags and Gags
Asthmatic cough – Four Homeopathic Medicines for Asthma
Smoke inhalation – Where There's Fire, There's Smoke

My friends, if you scroll down this page, you may notice there is no Remedy Card with this blog. That's by design. Rather than handing you a fish today, I want to teach you to fish for all the tomorrows.

Several of the blog posts listed above carry their own Remedy Cards regarding *Ipecac*. So, click on each of the links above and read the articles to learn more about potencies and frequency of utilization. Download the Remedy Cards for each post that offers them. (My older blog posts don't all have them.)

I promise that going through each of the listed blog posts will help you more thoroughly understand the conditions for which *Ipecac* should be considered. If one puts all those blogs together, the profile for *Ipecac* becomes clear. It's a medicine that focuses on the lungs and the stomach.

Sometimes, those two areas are linked in one condition, in which case one's argument for *Ipecac* would be even stronger. But both organs need not be affected by a singular condition before considering *Ipecac*. As always, when making a medicine choice, I advise doing further reading on the remedy's entry in a *materia medica*, such as A *Materia Medica*: Practical Homeopathy® for Busy Families.



Over the past 15 months, we have certainly amassed a robust stockpile of homeopathic medicines through my blog posts, haven't we? Remember to keep your medicines organized – ready to grab when life throws one of its inevitable curve balls. If you'd like ideas on managing your homeopathic inventory, consider joining my Mighty Members. As an exclusive for my Mighties, I've compiled a collection of various organizational methods shared by the group – with pictures and links to purchase – enabling the curious of us to peek into someone else's well-planned storage techniques. Join us, won't you? It's just one of the many benefits of being in our private enclave, where conversations are more candid, more resources are available, and new friendships are formed.

Until then, add *Ipecac* to your inventory to be prepared for conditions pertaining to the lungs or stomach. Its value cannot be understated.

Pass on the good news of homeopathy!

Warmly,



P.S. My protocol courses – grouped by commonly experienced topics and conditions, such as “The Antibiotic Alternative,” “Allergic?!,” and “Good Gut, Bad Gut” among others – can be found on Joette’s Learning Center.

Don’t know which course would be right for you? Utilize my Course Selector. Answer a few simple questions to bring the right course for you and your family into focus.

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.

A Kick in the Keister



My goodness, I’m hearing about a lot of people coming down

with something this winter, and that's good.

"WHAT? Joette, how on earth is it *good* to get sick?" you may ask.

Well, in my experience as a mother, I have noticed – and probably other mothers have too – that an illness in children can often result in a developmental shift in ability and maturity. You might say recovering from the illness gives them a little kick in the keister.

For instance, before one of my children would get sick, they would often be hopelessly frustrated by something they couldn't quite accomplish. They'd complain, "I can't tie my shoes. I don't know how." Or they'd lament, "I can't ride a bike. I'll *never* be able to ride a bike."

Then they'd come down with symptoms and be down for the count for a time. But once they healed, BAM! They leaped forward in their abilities. The shoes were tied, and the bikes were ridden!

This phenomenon may happen as a matter of course, but I have found it to be more predominant in cases where the children's illness is not tamped down with drugs of commerce (yes, even over-the-counter drugs). At the very least, this developmental jump is more clearly observed in children whose conditions are not suppressed.

It's my opinion that this developmental shift – this kick in the keister – also happens with adults after recovering from an acute respiratory illness. When we get sick, we are held back and held back and held back, like a coiled spring. But when we're finally better? Once again, BAM! Adults often come back to work with solutions to problems they couldn't solve before getting sick.

Maybe instead of saying, "I'll sleep on that problem," we could say, "I'll get sick on it!"



Through the years of my clinical experience, I developed a homeopathic protocol with an excellent track record for use during convalescence. It's *Calc phos* (*Calcarea phosphorica*) 3 or 6 with *Ferrum phos* (*Ferrum phosphoricum*) 3* or 6. One may employ these two medicines either mixed together in the mouth, or one may alternate them. But generally, they are utilized twice daily until very much better. In my practice, this combination has demonstrated the ability to move a sufferer successfully through the convalescence period.

However, what if a respiratory illness lasts too long?

First, let's clarify what I mean by "too long." Some folks are so eager to get back to their lives, they might say, "But, Joette, I've been sick for five to seven days!" My friend, that's not long enough to be concerned. I remember when I was a kid, just about every illness lasted two weeks! But we recovered with no drugs, only chicken soup and rest.

So, let's say if one is sick for more than 3 weeks, then one might consider employing *Sulphur* 30, twice daily, for a few days. *Sulphur* has historically been shown to provide a little kick toward full recovery.

I know people are busy, and they want to go, go, go. But an illness offers the opportunity to slow down and take it easy. It's a wake-up call. Yes, it may be inconvenient because we don't get to choose the timing, but an illness

can offer a natural boost and that elusive kick in the keister we all need from time to time.

Pass on the good news of homeopathy!

Warmly,

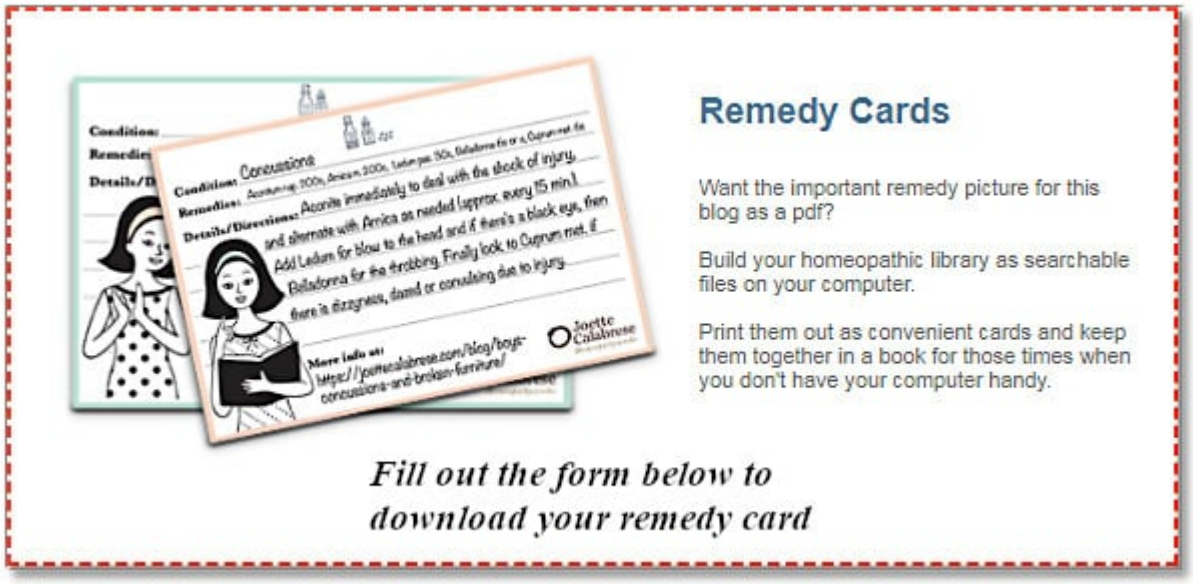


*I didn't provide a link for *Ferrum phos* 3 because it can be challenging to find unless you have a certificate enabling you to purchase from OHM Pharma. While OHM is not open to the general public, my clients and students of in-depth courses receive access.

P.S. Want to learn more about my Practical Homeopathy®? My mission is to make homeopathy more accessible so that mothers and others can reclaim their autonomy by treating themselves and those they love.

Nothing will help you learn faster than by learning with others of like mind. It's how I learned when I first started in homeopathy in the 80's. So, I designed my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum to recreate that same learning environment that worked for me.

New study groups are forming all the time, so purchase your study guide now. Then gather up your friends and start your own study group *or* find an experienced leader at Joette's Study Group: Find your new Study Group Friends' Facebook page.



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17 Homeopathic Medicines for Travel



Socks
Underwear
Toothbrush

When packing for a trip, we all have our must-have lists of items to fill our suitcases. A recent blog reader asked me for a list of homeopathic medicines to include while traveling. It’s a great request, but not easy to fill without more information.

Where are you going?

If I were going to a foreign country where the food and water may disrupt my digestive tract, I would certainly want to include homeopathic medicine for gastrointestinal upset. If my family and I were going skiing, I’d probably be less apt to worry about tummies and, instead, I’d be more concerned about medicines applicable to overexertion and injuries. If I were going to a tropical island, I might need

the ability to address someone's sunburn. Or, if I were visiting elderly relatives, I may consider bringing medicines that could assist them with the pathologies of aging.

So, without knowing that crucial piece of information – your destination – I have formulated a list of 17 homeopathic medicines that meet the broad criteria of "travel." This is by no means an absolute list, and one may choose to customize the list according to their family's needs and the potential requirements of the destination.

I'm presenting these medicines differently today because I want you to do a little research yourself. In this list of 17 homeopathic medicines for travel, each is linked to a homeopathic pharmacy, where they may be purchased online.* However, I always encourage my students to read, read and read some more. So, I am also including a previous blog post detailing at least one condition for which the medicine might be utilized and which potency of the medicine has been historically shown to act. (One may even choose to travel with more than one potency of some of these medicines to address several conditions.)

So, there's "homeowork" to do.

Obviously, I can't list every blog post pertaining to each medicine in this article. Goodness, it would be as long as my arm! So, utilize my website's search tool to learn even more. Put each medicine's name in the search bar and read all the blogs that present. Or simply use Google to search my site by each medicine's name. Don't know how to use Google for this purpose? Read Let Me Google That for You.

Download – for free – the Remedy Cards from each associated blog and keep them with your new "travel kit." While you're at it, download and print the photo below as a label (and reminder).



1. *Aconitum napellus* – Emergency Remedy Series: *Aconite* in My Purse
2. *Apis mellifica* – Edematous Swelling and *Apis*
3. *Arnica montana* – When in Doubt: Arnica!
4. *Arsenicum album* – Stomach Flu
5. *Belladonna* – If You Can't Stand the Heat … Grab the Belladonna
6. *Cantharis vesicatoria* – Cantharis for Burns
7. *China officinalis (Cinchona)* – Sunburn and Dehydration? Homeopathy Offers the Cure
8. *Coffea cruda* – Exquisite Tooth Pain
9. *Gelsemium sempervirens* – E, F, G: Exhausted, Fatigued … *Gelsemium*
10. *Hypericum perforatum* – Emergency Remedy Series: On My Last Nerves
11. *Ignatia amara* – Psychological Protection
12. *Ipecacuanha* – Ipecac: The Cough That Nags and Gags
13. *Ledum palustre* – Summertime and the *Ledum* Is Easy
14. *Lycopodium clavatum* – Bloating

15. *Mercurius solubilis* – A Fungus Among Us
16. *Nux vomica* – All Creatures Great and Small
17. *Pulsatilla nigricans* – Fake Medicine

Although homeopathic medicines are readily available in many locales, it's better to keep your family happy and well during trips away from home by carrying your own small inventory of commonly needed remedies. Better to be safe and smart.

Over time, you'll customize your own travel kit to meet your family's needs. Let me know what you always travel within the comments below.

Enjoy your trip!

(And, as always, pass on the good news of homeopathy!)

Warmly,



*P.S. If you purchase from Boiron, enter the promo code **Joette** at checkout. Boiron will apply (at the time of this writing) a 20% discount on your purchase. I might add that this is *not* an affiliate program offering me a kickback. I don't participate in affiliate programs with anyone. The discount is given to you.

Stop Stressing About Toxins



It’s always something.

We can never just peacefully go through our day without the media trying to convince us that the bogeyman is right around the corner, waiting to pounce.

A current topic popular with the fearmongers is toxicity. The recommended processes for detoxing promise better physical and mental health, improved memory, healthier skin, and maybe even the winning lottery numbers.

Okay, that last one is tongue-in-cheek. But the big business of health care sure does ensure detoxing will cure all

manner of ills and make life better.

Will it? Well, I can assure you that most of the current detoxing programs will effectively reduce the weight and thickness of your wallet.

My friends, I don't worry about toxins because I have homeopathy. I discussed this at length in Podcast 70 – Rethinking Detox. (My podcasts are available wherever you listen to podcasts, or you can simply click on the title's link to listen on my website.)

But this month, as I relaunch my course, "Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way," I am reminded that many people are overwrought about toxins because they are still stuck in a conventional medical mindset. They think taking a product designed to detox their bodies will treat their symptoms. However, what they really want is something that goes deeper.

Indeed, what they really want is homeopathy. They may not know it yet, but going deeper is what homeopathy does best.

A homeopathic medicine, chosen by the symptoms presenting, will go beyond the surface symptoms to uproot the toxic component, if there is one. If an individual were exposed to a chemical or a toxic drug, the usual course of action in conventional detox might be chelation therapy to detox the liver.

But in homeopathy, we don't think that way. We use homeopathic medicines that correspond to the pathological symptoms presenting at the moment. These symptoms may represent underlying conditions we understand, or they may not. It doesn't matter. Homeopathy often goes beyond our analysis – beyond what we may initially think.

You see, homeopathy doesn't manipulate. It's incredibly

gentle and polite because it's derived from plant, animal, and naturally occurring substances. Mother Nature "gets" it. We don't have to tie ourselves into pretzels to comply with the detox procedures of conventional or naturopathic paradigms.

Homeopathy is cleaner and simpler. It's a different mindset altogether.



I'm reminded of the ornate eating utensils used in Europe over the centuries. A different fork or spoon is designed for every course and almost every type of food. These elaborate utensils are generally made from precious metals and artistically crafted with engravings, ornamentation, inlays … you name it.

Meanwhile, the folks in Asia utilize simple, elegant chopsticks.

Neither is necessarily wrong, at least on the face of it. They're just different mindsets. Similarly, homeopathy is a different mindset from the complexities of conventional or naturopathic medicine. It's simply elegant.

For example, the homeopathic medicine *Chelidonium majus* is a liver-specific medicine. However, do we need to know that the liver is toxic before we utilize *Chelidonium*? No, we don't.

For instance, we may consider *Chelidonium 6,* twice daily

until very much better, to address coughs (especially spasmodic, rattling coughs with difficult expectoration). When properly utilized, the *Chelidonium* will also address any potential underlying liver condition, should there be one. Mother Nature will know precisely what to do when we gently nudge her with homeopathic medicine.

Now, if there were a diagnosed pathology of the liver – say, fatty liver disease – then *Chelidonium* might be a worthwhile consideration. The sufferer would turn to their *materia medica* and read, read, read on the rubrics that *Chelidonium* has historically remedied to determine if it's a tight fit for the whole of their condition.

However, as I often say, a blog post cannot contain all the information needed to make the best choice of medicine. That's why I wrote my course, "Rethinking Detox with Practical Homeopathy®." Click on that link to read about my client, Margaret, and her failed attempts at detoxing. Then, celebrate her success after utilizing homeopathy. It's truly gobsmacking!

While on that website, you can also learn what this valuable 15-hour course covers. I discuss ailments stemming from:

- Mold
- Mercury, lead and other metals
- Bacteria
- Parasites
- Pesticides, glyphosate
- Foods and food additives
- Air and water pollution
- Radiation and radon
- EMF, Wi-Fi, cell towers, and computer and device radiation
- Alcohol and drugs
- And much, much more.

Coco Chanel may have had fashion in mind when she said these words, but I think they can also apply to homeopathic medicines: "*Simplicity* is the *keynote* of all true elegance."

Indeed, elegant simplicity is a keynote of all homeopathic medicines – from *Arsenicum album* to *Zincum metallicum*. There's no need to stress about toxins because we have an arsenal of homeopathic medicines that can uproot the underlying cause of any conditions that arise.

Pass on the stress-free news of homeopathy!

Warmly,



P.S. Remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you haven't joined yet, what are you waiting for? And if you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

Fill out the form below to download your remedy card

When to Stop



If you're new to my blog, you may not have heard my little homeopathy song, "Learn-a Your Remedies," released in 2022.

Part of the lyrics includes that through more education in my Practical Homeopathy®, you will learn:

"How much to take,

How often to treat,

And when to stop,

And when to repeat."

Today, I want to briefly discuss when to stop utilizing a homeopathic medicine.

You often see me write, "Stop when very much better." For a less severe acute condition, such as a cough, that's simple. One stops taking the chosen medicine when one stops coughing. No mystery there.

But for less straightforward conditions, these are the absolute, clear-cut rules:

1. For less severe acute conditions, usually a couple of days will suffice. Unless it doesn't.
2. For a chronic condition, one generally employs the homeopathic medicine for 6-8 weeks. Unless one needs more or less time.



Okay, okay, that was tongue-in-cheek. Let's face it. There are no "rules."

Knowing when to stop is a matter of nuance, best learned through a Gateway to Practical Homeopathy® study group, a protocol course on a specific group of conditions or The Academy of Practical Homeopathy®. I'm not trying to be "salesy" here, but it's true. Not all homeopathic concepts can be shoehorned into a short, blog post.

With acute conditions, such as colds, otitis media, and sprains, one would generally stop when very much better. I'm not talking about just a little hint of improvement, no. I mean very much better. In my clinical experience, I've found when sufferers' acute conditions are no longer at the forefront of their minds, they naturally stop utilizing the homeopathic because they simply forget! Perhaps that helps explain what "very much better" means.

However, I often teach my students that homeopathy is frequently a *pas de deux.* We remain fluid, ready to pivot whenever necessary.

For instance, if a cough starts as a nagging cough, we may choose one remedy. If it later becomes a croupy cough that sounds like sawing through wood, then we would stop the

first medicine and pivot to another. (Learn more about which medicines to consider in Ipecac: The Cough That Nags and Gags and Homeopathy Cures Croup as Easy as 1-2-3).

When we see a satisfactory level of improvement, we stop and check it out. If the condition regresses, then we take up the medicine once again. It's a constant awareness of the dance – the *pas de deux* – to determine each individual's response and further need.

On my free, downloadable Remedy Cards, you may have seen the statement, "As always, halt the use of any homeopathic if there's no improvement." So, what does that mean?

Well, for chronic conditions, improvement may not come in a few days, as it may with an acute. Generally, one utilizes a homeopathic medicine for chronic conditions for 6-8 weeks – whilst observing, recording, documenting and determining the nuances of change. And there's the main problem in trying to teach this concept in a blog post. If you don't fully understand what you're looking for, you may be improving and not realize it. It's also important to understand that when I offer a 6-8 week guideline, it doesn't mean that in that amount of time, a chronic condition will indeed be resolved. It may, and then again, it may not. But at least at that point in time, we assess and move from there.

For instance, a client came to me for arthritis and insomnia. After 6-8 weeks, she noted no improvement in the arthritis, but her sleep was marvelous. So, we were on the right track. Most chronic conditions must be observed with a discerning, educated, critical eye. No blog post can give you that. But my friends, you can develop this skill with education!

Mighty Members can also learn more by reading Memo to Mighty Members Tip #185, in which I answered one of your questions on when to halt mental protocols. The principles in that

post are important.

But for now – as a prerequisite to your continuing homeopathy education – here are a couple of down-and-dirty general guidelines.

We stop utilizing the medicines when either very much better or there is no improvement. But we don't judge improvement without giving the medicine due time to work. In a chronic condition, that means it could take a full 6-8 weeks of careful observation and notation.

One thing we do not do is utilize a homeopathic medicine in the same fashion as we would a supplement – forever, willy-nilly, without thought. **Homeopathy is medicine.** We only employ medicines when needed.

It may seem complex, but it's really not. Heck, reading is a complicated undertaking, but you learned to do that! I can assure you that thousands have learned through Gateway to Practical Homeopathy® study groups and are currently treating themselves and their families with great success.

You can join them, and next thing you know, you'll be passing on the good news of homeopathy to others!

Warmly,



P.S. In next week's Memo to Mighty Members, I will answer a

few reader questions on last week's blog, [Homeopathic *Camphor*: The Universal Antidote](). Don't miss it! If you're not already a member, [now's the time to join us]().

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

Homeopathic *Camphor*: The Universal Antidote



If you've followed me for any length of time, you've

probably read how I precede a new schedule of homeopathic medicine (what we call “opening a case”) with *Camphora* 200, one dose, one day.

Why do I do that?

Homeopathically prepared *Camphor* – *Camphora officinarum* or *Camphora officinale* – is called the universal antidote. Prepared from the gum of the camphor tree, this powerful medicine has a reputation for being able to antidote the ill effects of drugs or the ill effects of having chosen the wrong remedy. It’s known in sophisticated homeopathy circles to also cancel out the ill effects of the “unknown.”

It’s been shown to remove suffering caused by previously utilized substances. This has particularly been shown by the likes of the Drs. Banerji. For this purpose, one would only utilize one dose of *Camphora 200,* taken on one day without anything else.

I’ve had clients report that they can’t believe the difference when they return to their regular homeopathic schedule after taking *Camphora 200* (one dose, one day). For instance, one client said, “I haven’t been well since my surgery two years ago, but now I feel so much better simply after taking one dose of *Camphor*!”

Indeed, surgical procedures generally also involve anesthetics, antibiotics, pain medications, and lots and lots of other pharmaceuticals that, once introduced to the system, may linger even years later.

Would I call that “detoxing”? Well, not exactly – not in the popular sense of the term. However, employing homeopathic *Camphor* is a good opportunity to cleanse the system.

Current widespread concepts of detoxing are more complicated than how homeopathy handles diseases and conditions. By following modern recommendations to detox, one could fall

down a rabbit hole that would even give Alice in Wonderland pause!



That's why I wrote an entire course dedicated to Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way.

I doubt there's a detox program out there that I haven't heard about from one of my clients or tried myself. (And trust me, I've investigated most of them!) Many of them can increase stress levels, contribute to neurotic thinking, and do little to improve health.

I believe that homeopathy is superior medicine when it comes to attaining our health goals without the stress. Join me, won't you? Click here to download my free infographic, **"Toxins Don't Scare Me Anymore."**

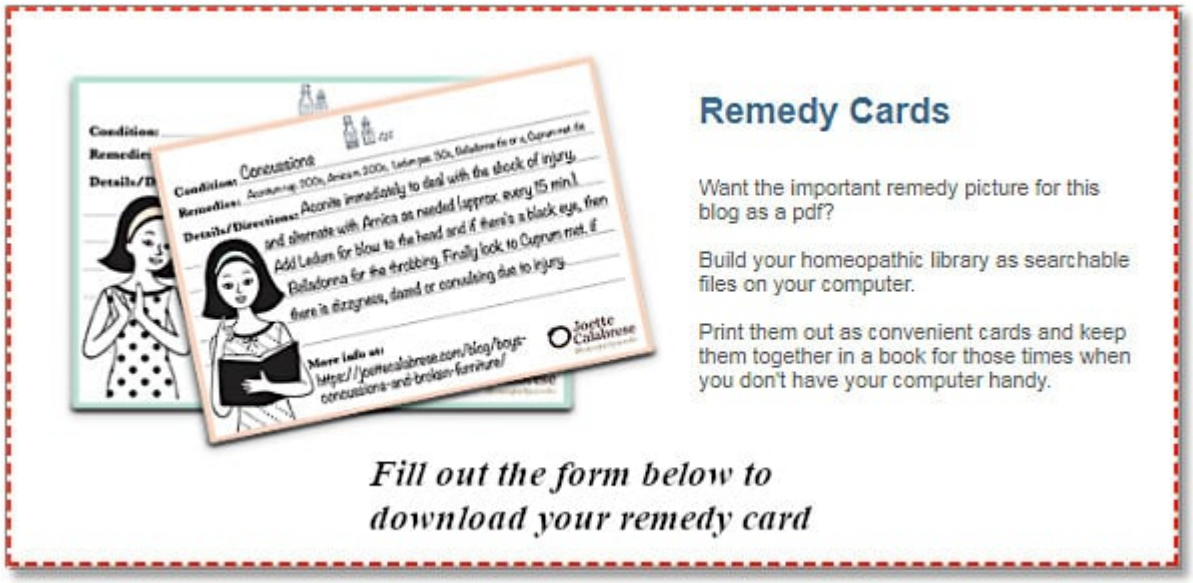
And the best part of the confidence homeopathy brings? Because I don't have to waste time worrying about toxins, I have more time for extra fun with my family. Gotta run!

Pass on the good 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.



Parched Parts? Consider *Petroleum*.



Winter. While it’s beautiful, it can certainly wreak havoc on our skin, especially the delicate, oft-exposed skin on our fingertips.

Forget to wear gloves – even just once – and one may spend weeks trying to heal the damaged skin. In fact, some people spend *months* coping with the frustration, pain and unsightly appearance of their parched parts.

Rough, cracked fingertips and cracked, peeling lips – worse in winter – are problems I often encounter in my practice. I’ve even had clients who have resorted to using super glue to close the gaping fissures on their fingers.

My friends, homeopathy holds a much more polite and practical approach than glue!



Let's add *Petroleum* 200 to our list of must-have medicines for our homeopathy kit. Generally utilized once every other day until very much better, *Petroleum* 200 is known to address even long-lasting complaints. Through clinical experience, I've seen folks who've had rough, dry, cracked skin issues for decades experience a return to healthy skin.

I've written before about *Petroleum's* efficacy in It Cracks Me Up! How to Cure Dry Skin Without Over Thinking and a podcast of my own experience with cracking fissures around my eye in Here an Itch, There an Itch, Everywhere an Itch-Itch.

I've even provided some first-hand accounts of students just like you whose eczema was benefitted by *Petroleum*. (See A Show of Hands and Look What You Can Do for Free Folks.)

Even my little poodle, Buster, experienced healing in his parched pads with *Petroleum*.

Petroleum may also be considered for folks with eruptions on their scalp or sensitive skin that feels as if a cold breeze were blowing on the sufferer.

I even referred to *Petroleum* as a medicine to study when plagued with seasickness or persistent nausea that may also

be marked by excessive salivation, vomiting, dizziness or headache.

In fact, the use of *Petroleum* for motion sickness goes back in time so far that in Boericke's *materia medica,* it is mentioned for "ailments from riding in carriages or ships." Only later were cars added.

And that brings up an excellent point to mention. Homeopathy has such provenance, such stability! These medicines have been used for so long that they are often described with unfamiliar nomenclature.

For instance, if one were to peruse an older repertory or *materia medica*, one might find references to "quinsy" (sore throat), "tetters" (eczema), "rheumatism" (backache), "lumbago" (lower backache) and "catarrh" (nasal or throat mucus).

How lucky are we to have a medical paradigm with evidence of this length of track record? Using a proven medicine demonstrating over two hundred years of success sure beats becoming a guinea pig for Big Pharma. Wouldn't you agree?

Pass on the good news of homeopathy! This is the medicine everyone is looking for. We can't keep it a secret!

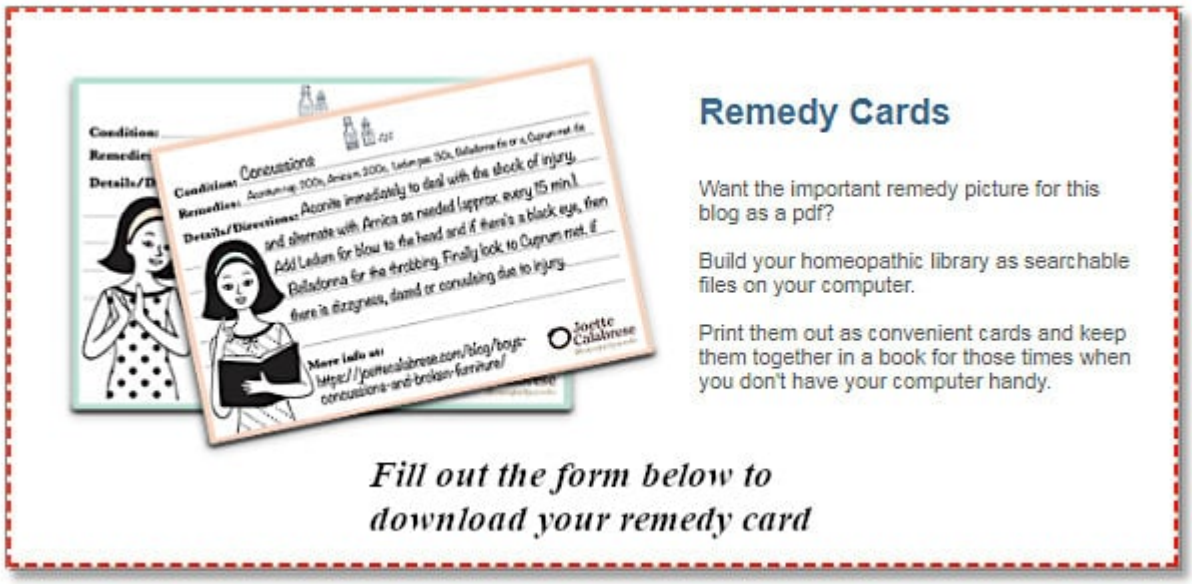
Warmly,



P.S. If skin issues are an issue for you or your loved ones, consider my course, Skin, The Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with

Homeopathy. Take a deep dive into the nuances of dealing with skin conditions such as eczema, psoriasis, acne, ringworm, rashes, warts and even vitiligo. Blog posts are a good start, but learning as much as you can about specific homeopathic medicines and protocols will supercharge your success rate.

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



From Fractious to Felicitous with Homeopathic *Chamomilla*



Let’s add another must-have homeopathic medicine to our well-curated kits, shall we?

This time, our attention turns to *Chamomilla vulgaris*. Now, if one endeavors to curate a truly well-rounded kit, this medicine should be owned in several potencies, most notably a 30 and a 200.

I’ve discussed *Chamomilla* several times in past blogs for pain:

Dental pain

Teething pain

Ear pain when flying

Pain from ear infections

Pain from contractions during birth

Colic

But *Chamomilla* is not only called upon for pain. It has also been shown to be effective for extreme irritability. However, let's be clear. I'm not talking about someone having a bad day. Fits of crankiness occasionally happen; that's normal for all of us. In this case, I'm talking about a level of fractiousness approaching pathology.

For instance, Brenda could do nothing to please her young son, Max. He'd ask for a blanket, and when Brenda would oblige, Max would throw it at her head. He'd ask to be picked up, then arch his back and kick away. When Brenda would take him shopping, Max would lie on the floor – immovable – having a temper tantrum.

Even the tiniest infraction would cause an uproar in Max's irritability. He couldn't be soothed. In fact, attempts at soothing him upset him even more! Brenda would coo, "Oh, don't be like that." Max would simply swat at her.

The family was often walking on eggshells and embarrassed to go out in public for fear of an ugly episode.

When nothing can be done to please a fractious person – child or adult – *Chamomilla vulgaris* 30 or 200 (depending on severity) may be a strong consideration.

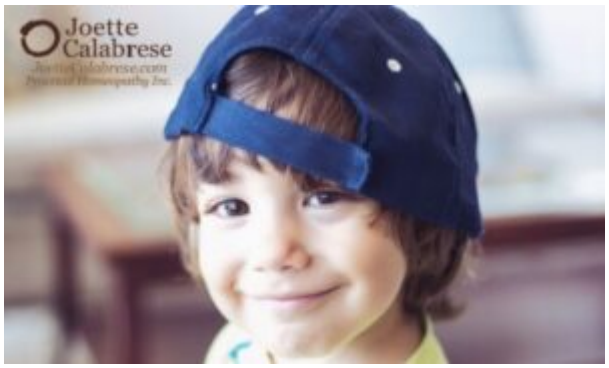
As always, however, I advise reading up on *Chamomilla* in a *materia medica* to see if it fits. Now, you don't necessarily need to own one of the expensive 2,300-page tomes containing every homeopathic medicine. Instead, I wrote the affordable A *Materia Medica*: Practical Homeopathy® for Busy Families with you in mind. In it, I outline about 150 of the most common homeopathic remedies your household may need to consider. You'll find the entry on *Chamomilla* on pages 45-46.

Generally, for this type of fractious emotional behavior, *Chamomilla* 30 or 200 is employed twice daily for a couple of days. Then observe. (After all, that's one of our main

mantras in Practical Homeopathy®: Observe, observe, observe!) If it acts quickly, there is no need to continue the medicine. Remember, homeopathy is not a supplement that one stays on forever.

If the condition arises again, the medicine schedule would be reinstated for another few days.

We utilize a homeopathic medicine. We observe. We halt. We reinstate. And sometimes, we pivot to another medicine. The utilization of homeopathy is *pas de deux*. That's why a simple blog post may not be enough to teach you everything you need to know. Consider my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, to learn to recognize the nuances of these conditions, bringing your practice of homeopathy to the next level.



Thanks to *Chamomilla*, Little Max has returned to his previous good nature. The family can go out to dinner and visit friends with no meltdowns. Max is happier. Brenda is happier. The whole community is happier.

Brenda passes on the good news of homeopathy every chance she gets, especially when she witnesses a child lying on the floor in the grocery store having a tantrum. Moms at the end of their ropes are usually receptive to advice from someone who has been where they are.

Soon, they'll be passing on the good news too.

Warmly,



P.S. And remember, in addition to all the other bonuses and extra content my Mighty Members receive, they also qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

