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.

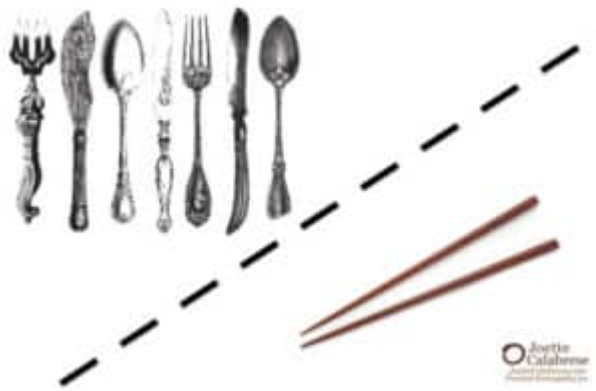
A homeopathic medicine, chosen by the symptoms presenting, will go beyond the surface symptoms to uproot the toxic component, if there is one. If an individual were exposed to a chemical or a toxic drug, the usual course of action in conventional detox might be chelation therapy to detox the liver.

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."

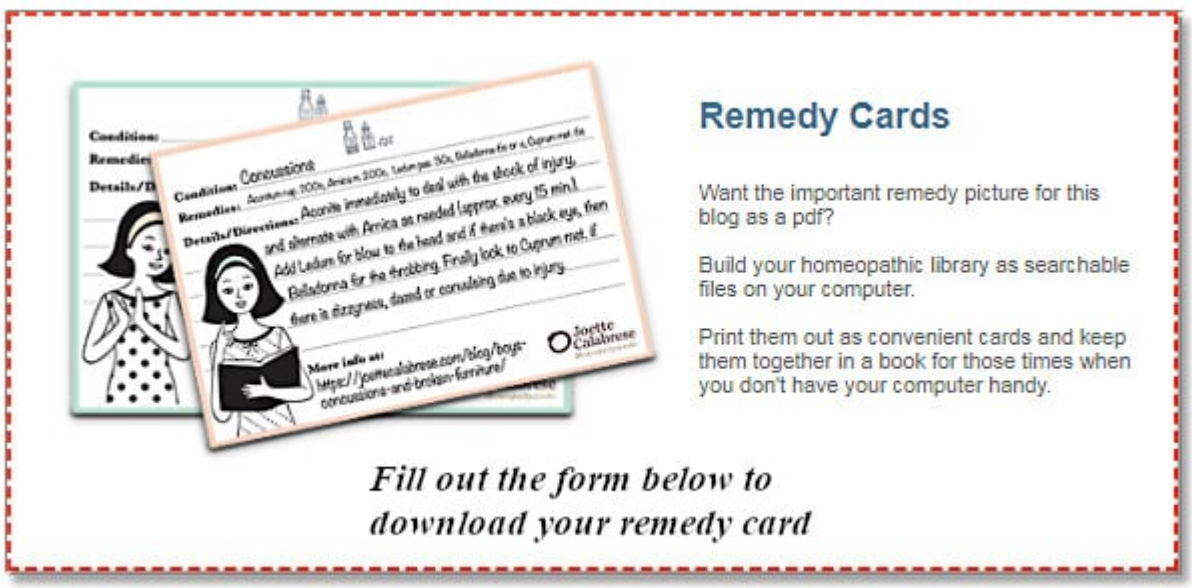
Indeed, elegant simplicity is a keynote of all homeopathic medicines – from *Arsenicum album* to *Zincum metallicum*. There's no need to stress about toxins because we have an arsenal of homeopathic medicines that can uproot the underlying cause of any conditions that arise.

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.



2/18/24 Stop Stressing About Toxins
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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."**

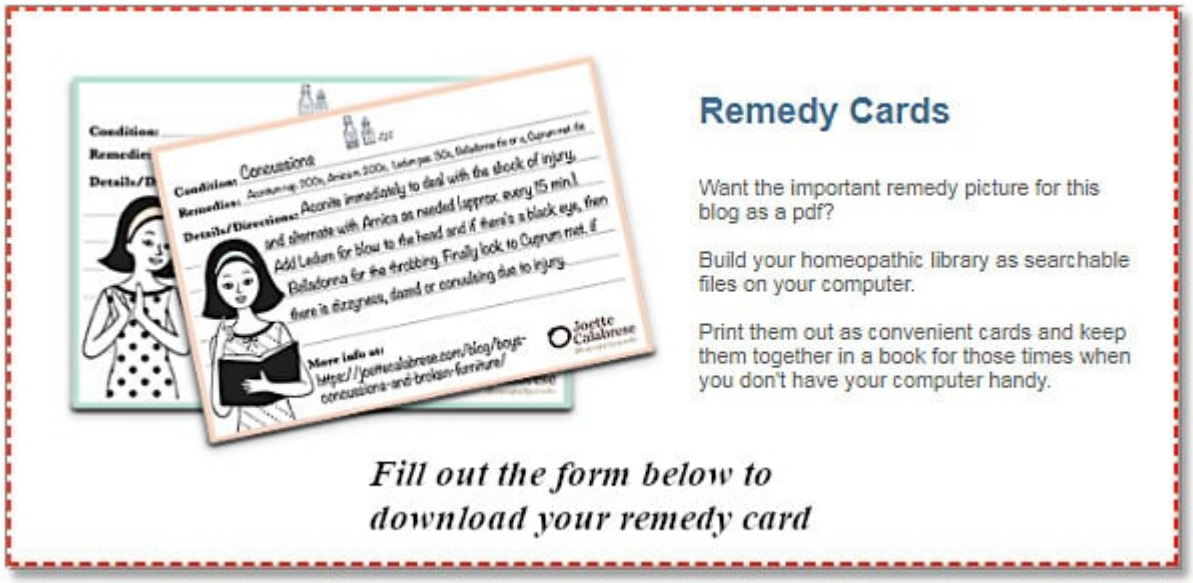
And the best part of the confidence homeopathy brings? Because I don't have to waste time worrying about toxins, I have more time for extra fun with my family. Gotta run!

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!

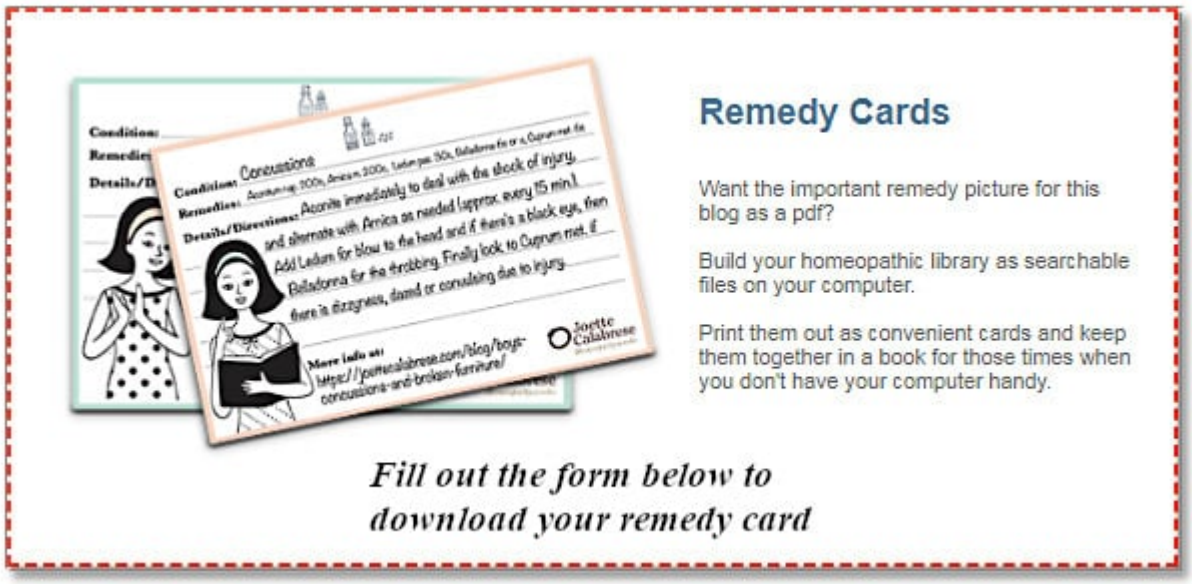
Warmly,



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.

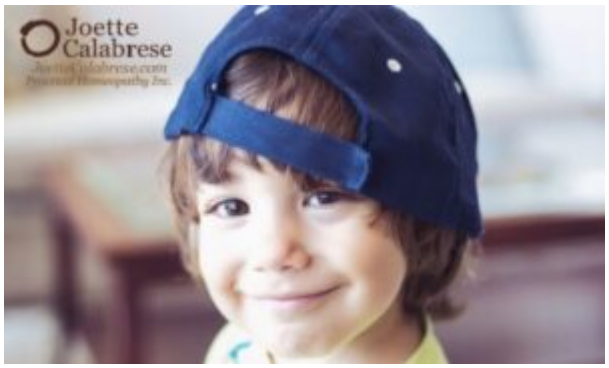
As always, however, I advise reading up on *Chamomilla* in a *materia medica* to see if it fits. Now, you don't necessarily need to own one of the expensive 2,300-page tomes containing every homeopathic medicine. Instead, I wrote the affordable A *Materia Medica*: Practical Homeopathy® for Busy Families 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.

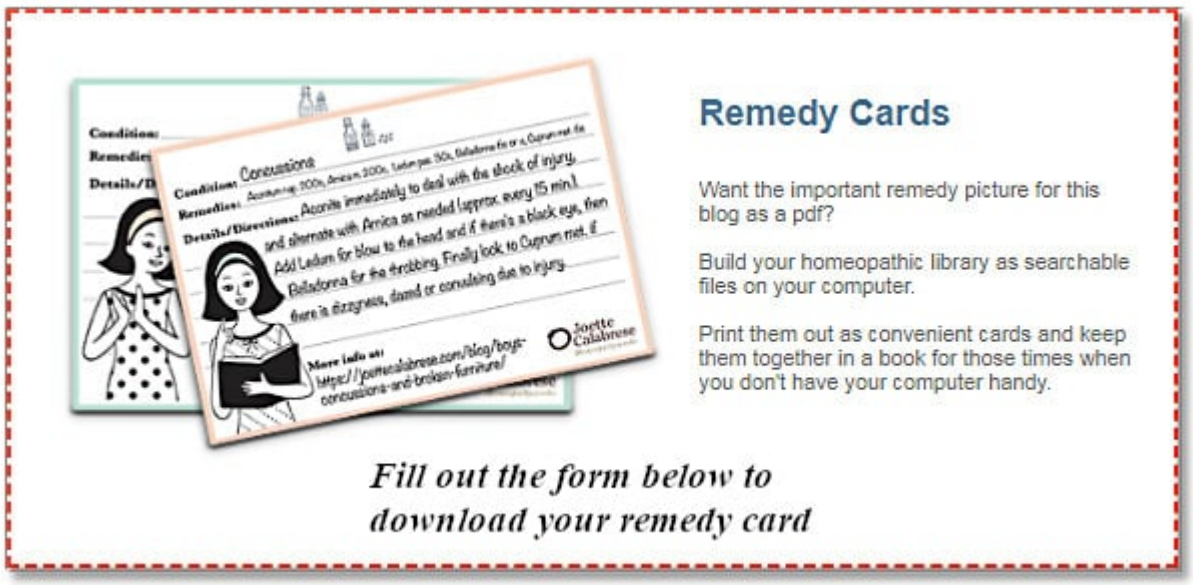
Brenda passes on the good news of homeopathy every chance she gets, especially when she witnesses a child lying on the floor in the grocery store having a tantrum. Moms at the end of their ropes are usually receptive to advice from someone who has been where they are.

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.



The Emotional Toll of Business Reversals



It's an end-of-the-year tradition. No, not mistletoe. No, not twinkling lights. It's business reversals. Indeed, many corporations announce their layoffs in December. Many businesses choose the end of the year to close their doors. End-of-the-year accounting often brings clarity to the viability of a business, and often, the news is not good.

A layoff or business reversal can often cause grief and depression. Not long ago, we discussed a homeopathic for – among other things – apathy arising from humiliation over a job loss (see: For Veterans: A Thank You and a Homeopathic Medicine).

But this is slightly different.

In this case, these are movers and shakers – business leaders – who don't react with their tails between their legs. These folks are generally powerful, robust and confident – the types that others can count on. But when their confidence is shaken, they can slip into a depression. So, their mental condition is triggered less by humiliation and more by a sense of loss.

Aurum metallicum 200 is a profound homeopathic medicine

historically utilized for depression from loss, a premier medicine especially for men in this state. (I'll also share a different kind of loss that *Aurum met* has been shown to address with my Mighty Members in their next extra blog post – which we call our weekly "Memo to Mighty Members" – coming this Thursday.)

Years ago, I had a client – let's call him Arthur – who owned a large accounting firm that was, unfortunately, failing. Arthur took his responsibility to his clients and the industry very seriously. He was committed to the business, his employees and, of course, his family. It was shaping up to be an incredible loss.

He originally came to me for sinusitis and never said anything about depression over his business reversal. However, as we met for his consultation, I noticed the signs. I finally asked, "Are you okay?"

He quickly responded, "Yes, I am." (Movers and shakers are generally stoic and won't readily admit to what they consider an imperfection.)

But I pressed the issue and asked if what he might be feeling from his business problems could be described as despair.

"Yeah. I guess that's the word."

Ahhh! That's the information I needed. *Aurum metallicum* has also been shown to be effective for those with sinus issues (nasal obstructions, sinus headaches and runny nose) *and* this type of depression. So, this medicine suited Arthur perfectly.

However, this is a good teaching moment. Should *Aurum met* be considered for every case of sinusitis? No. To address sinus problems alone, I would most likely consider a different medicine. There are many other homeopathics worthy of

consideration, depending on the presenting conditions.

However, given Arthur's gender, sinus issues *and* his despair from his business reversal, we now had our three-legged stool to make a tighter decision: *Aurum metallicum 200*, every three days until very much better. Then halt. If the condition returns, then the medicine may be restarted until very much better once again.



The key to success with homeopathy is focusing a tight lens on what is most important in each sufferer. And the only way to learn how to do that effectively is with experience – experience taking cases and taking courses.

A blog post can only teach the main points of a condition and not the nuances that can elevate one's practice of homeopathy to the level we all aspire to achieve. So, if depression from loss is a significant problem – or any other similar condition – I suggest checking out my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions. Education is everything, especially when dealing with these more nuanced conditions of the mind.

And pass on the good news of homeopathy!

Warmly,



P.S. I've written about *Aurum metallicum* several times before, so here is a quick shortlist of some of the major topics linked to the blog post in which they're covered:

Erectile dysfunction

Loss of libido or low sperm count

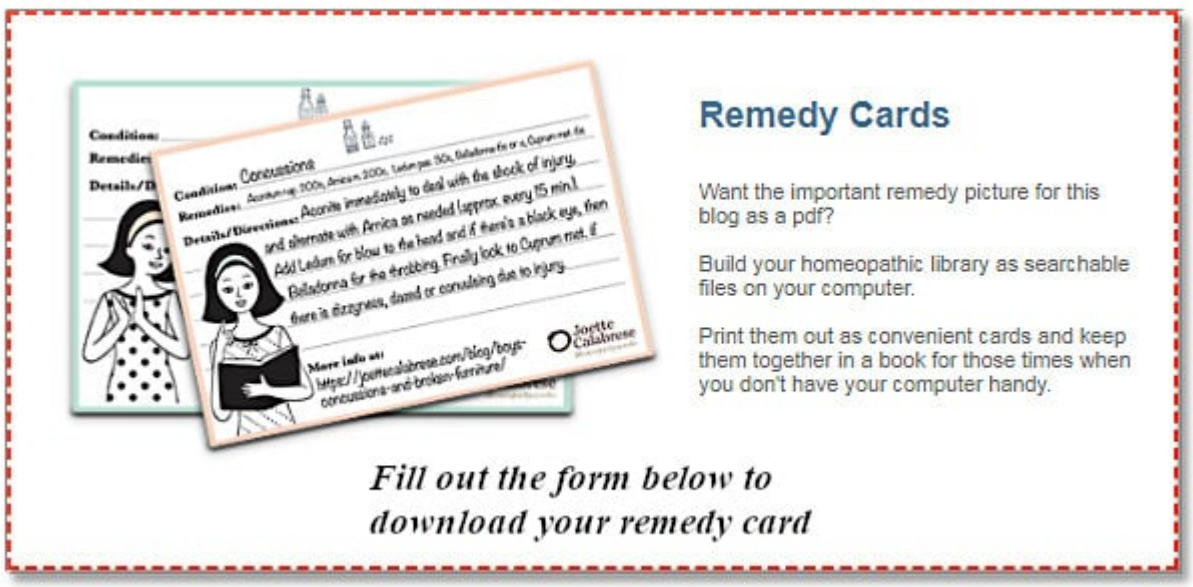
Depression, anxiety attacks and chronic fatigue

Depression accompanying the flu
Postpartum depression

Grief

But remember, you'll learn much more from the full Mindful Homeopathy course than from a few blog posts. (And Mighty Members qualify for a 10% discount on course purchases.)

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Ready, Aim … Oh, No! Fire!



Sometimes, the best-laid plans …

My friends, we never know when accidents are going to happen. That's the reason I encourage – no, I strongly *urge* – all my readers to skill up now. Now is the time to learn as much about the proper use of my Practical Homeopathy® as you can … *before* disaster strikes. At least know where to find the information (Hint: This blog is a good start.) and own the basic remedies.

Case in point: One of my graduating Mastery™ students, DC, recently lit a fire in her fire pit – something she is accustomed to doing. However, this time, after having poured accelerant on the fire pit, she experienced a horrifying flash explosion as the fire was lit. The blast was so powerful it blew her backward by 4-6 feet and left her with second-degree burns on both her feet and her right hand.

Thank goodness DC had already been through The Academy of Practical Homeopathy® and was within months of graduating from my Mastery™ program. Mastery™ had given her the support, confidence and experience she needed to apply her academic knowledge from The Academy.

But let me turn this story over to DC herself. Just keep in mind as you read her story that the skill required to address a severe emergency like this cannot be taught in a simple blog post. This level of expert thinking requires immersive education – it requires true Mastery™!

"November 8, 2023: I thought I had escaped injury, but as I headed inside, I felt the burning sensation in my hands and feet. All I could think of was Joette's story about her mom and the pressure cooker burns.

"I grabbed my Arnica montana *200C and googled 'Joette, Homeopathy, Burns' and found her blog (thankfully) using* Aconitum napellus *every 15 minutes for six doses and* Cantharis *200.*

"HAVING HOMEOPATHY KITS SAVED ME AT THIS POINT!

"I couldn't locate any Cantharis *in my remedies and had used up the* Cantharis *200 in my kit, so I grabbed the 1M because it was clear that this injury was severe. I had* Aconite *200, and it acted immediately within seconds of the pellets hitting my tongue! I continued for five more doses, taking them about 5-15 minutes apart, alternating with* Cantharis *1M for about two hours.*

"After the next two hours, I added Hypericum perforatum *1M for the pain and potential of infection. I remembered I had a large aloe plant that worked wonderfully on a family friend who suffered a severe facial sunburn, so I started*

aloe. Calendula *Mother Tincture (MT) and 1X in liquid have worked well with ANY wound I've encountered, so I started applying this on the wounds with a cotton pad.*

"I had all intentions of calling an ambulance to go to the ER as soon as I could stabilize myself, but then something AMAZING happened – I fell sound asleep!

" When I awoke the following morning, I was not only amazed that I slept throughout the entire night, I was absolutely dumbfounded that I had no pain, swelling or burning sensation. Not having experience with this type of burn, I thought that it wasn't so bad after all. The skin on my feet didn't look too bad, and the burns on my hand were gone!

"I continued with the same remedies and potencies (except for the Aconite*) and aloe and* Calendula*, 4-6 times per day. I also washed with calendula soap twice daily.*

Joette Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

November 10, 2023









“November 14, 2023: Everything is healing nicely. Skin peeling, blisters subsiding. Reduced potency on Cantharis *to 30C,* Hypericum *to 200C. Continued with aloe plant and* Calendula *MT and soap.*



“November 24: Had major setback. I had put a Band-Aid on the large blister to attend Thanksgiving dinner with a shoe on. When I removed the Band-Aid, the wound had become inflamed, swollen, painful.

“For the next several days, I went back to bed with leg elevated and increased potency of Cantharis *back to 1M,* Hypericum *1M, and added Hepar sulphuris calcareum 200, back to 4-6 times a day.*



"December 4, 2023: After my setback on November 24 and about a week of higher potencies and elevation of legs, everything is almost completely healed!!! I continued with aloe plant and Calendula *MT and soap.*

"I even shaved my legs and painted my toenails!!

"Thanks to homeopathy, I never even needed as much as a Tylenol!! Had I gone to the hospital, I believe I would probably still be bandaged. … I no longer need any remedies for this event.

*“I don’t believe I will even have any scarring. HOMEOPATHY ROCKS!!”**

I see this kind of quote-unquote “miraculous” healing daily in my practice. But to see one of my Mastery™ students develop her abilities to this level is inspiring and energizing.

It’s interesting that although the images present what looks quite severe, DC experienced minimal, (even in the first hours and days), little to no pain and, more importantly, no infections. Additionally, she sustained this second-degree burn without apparent lasting effects and resolution occurred at a quickened pace.

With education, my friends, the paradigm of Practical Homeopathy® is full of promise. It’s yours for the taking.

If you’re new to homeopathy, join a Gateway to Practical Homeopathy® Study Group. It’s the perfect way to build a working foundation in this paradigm. Then, consider courses from my Learning Center. Choose a topic that would be most applicable to your family. Then, when enrollment opens again in spring for The Academy of Practical Homeopathy® (my year-long immersive academic program to become a Practical Homeopath®), you’ll be ahead of the game.

If you’re an APH graduate, I hope this motivates you to join the Mastery™ Class of 2024. The program begins in two weeks, but there’s still time to enroll. Don’t let this timely opportunity pass you by. We never know when an accident may strike and require us to be at the top of our game.

And by the way, if this story inspired you – and how could it not – then, by all means, share it with your friends. Pass on the good news of homeopathy!

Warmly,



*Lightly edited for clarity.

Baby New Year and Colic



When Baby New Year (or any baby, for that matter) presents

with painful colic, nothing is happy. Not the new year, not the baby, not the parents and probably not even the neighbors!

But not to worry! As usual, homeopathy stands ready to "remedy" the situation.

Over the years, I've written about colic in Screaming Baby: Homeopathy Melts Colic Away, The Secret Life of a Colicky Baby and Nip Colic in the Gut. However, today, I want to teach you another homeopathic medicine you should have on hand – indeed, one of the best for colicky babies: *Natrum phosphoricum* 6X.

While many parents have difficulty giving babies homeopathic medicines in hard pillule form, *Nat phos* is often manufactured in a soft tablet form that instantly dissolves when placed in the baby's mouth. (As always, follow the manufacturer's instructions on the bottle for dosage amount.)

I call *Nat phos* a "diaper bag remedy." Why? Because the diaper bag goes wherever the baby goes. If the baby is at home, so is their diaper bag. If the baby is out and about, the diaper bag is always in tow. So, you'll never have to search far to find your little supply of *Nat phos*.



But don't stop there. *Nat phos* is also for grown-ups, so you'll also want to add it to your well-curated homeopathic medicine kit.

Nat phos, along with additional homeopathics, is listed on my free First Aid Chart for food poisoning.

I've shared how *Nat phos* eliminated my father's dependency on antacids (much to the dismay of Tums).

Holiday dinners can also be an occasion to keep the *Nat phos* handy. (Hello, football food on New Year's Day. Yes, you, chicken wings, chips and salsa, and beer. We're looking at you here!)

Indeed, *Nat phos* is a premier medicine for acidity – most notably, sour acidity. For instance, it has been shown to correct excessive lactic acid from too much sugar consumption as well as blisters on the tip of the tongue or canker sores in the mouth, especially when accompanied by burping and indigestion.

If a sufferer's skin tends to turn jewelry green, that may serve as an indication that *Nat phos* should be considered. (I don't know that I'd specifically choose to address jewelry's green patina with homeopathy – this is medicine, after all. But it certainly makes a sturdy third leg to our stool as we choose a medicine for the adverse health effects of acidity.)

So, keep *Nat phos* nearby – for either Baby New Year or Father Time. As you know, homeopathy is for everyone!

Wishing you and yours a happy, healthy New Year!



P.S. My friends, we have spent the last year assembling a well-rounded homeopathy kit to keep at home, ready for any eventuality. Even though our calendars will shift to a new year tomorrow, I still have a few more to go. So, let’s keep it going into 2024, shall we?

Here is the current list of must-have medicines as it stands today (along with the links to the blog posts teaching them).

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

21. *Sulphur*
22. *Bryonia alba*
23. *Berberis vulgaris*
24. *Ledum palustre*
25. *Belladonna*
26. *Gelsemium sempervirens*
27. *Hyoscyamus niger*
28. *Coffea cruda*
29. *Calendula*
30. *Cina maritima*
31. REPEAT – *Pulsatilla nigricans*
32. *Natrum sulphuricum*
33. *Ammonium carbonicum*
34. *Cuprum metallicum*
35. *Apis mellifica*
36. REPEAT – *Aconitum napellus*
37. REPEAT – *Pulsatilla nigricans*
38. *Caulophyllum*
39. *Silicea*
40. *Veratrum album*
41. *Staphysagria*
42. *Urtica urens*
43. *Sanguinaria canadensis*
44. *Kali phosphoricum*
45. *Natrum muriaticum*
46. *Natrum phosphoricum*



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

Coping with Grief at Christmas



It’s Christmas Eve, my friends. Tonight, for many, it means family and a traditional meal. Others will be volunteering to feed the less fortunate. Some will be heading to Midnight Mass. Yet others will be “all snug in their beds, while visions of sugar plums dance in their heads.”

It is the night before Christmas, after all.

But many will be immersed in one sort of grief or another over lost loved ones.

My mother passed away on Christmas Eve, so it’s a bittersweet time for my family and me. I desire as much of my family around me as possible. So, tonight my husband, brother, a dear cousin and I will be driving from Calabrese household to Calabrese household, joining in as many festivities as possible in one night.

Cousins. Cousins. Cousins.

I’ll never get enough of them, particularly at this time of year.

On the other hand, some people may prefer to be alone. These folks generally find it difficult to be in groups. Although they’re absorbed in their sorrow, they don’t want to discuss it. They don’t want to be consoled.

They prefer to suffer in silence.

For those who suffer in this way, along with it they may have feelings that get easily hurt because pain is already so close to the surface, and it doesn’t take much to rip off the scab.

Yet they can’t cry.

Sometimes, they may put on mournful music to force that emotional release that crying brings. But they certainly don’t want witnesses.

They are stuck in a deep, chronic sadness that, over time, has disconnected them from others who care.

We've established that *Ignatia amara* is a premier homeopathic medicine for grief. (See

Homeopathy Cured Grief and Sadness Without Chemicals.) However, *Ignatia* is sometimes considered for more *recent* grief.

In homeopathy, it has been said that *Natrum muriaticum* is the "chronic" of *Ignatia*. In other words, when the grief has been more longstanding and is now a deeply buried, quiet chronic sadness – a silent grief – *Nat mur* ought to come to mind.

The person needing *Nat mur* is most often responsible, serious, measured, and proper. Yet underneath, they are devastated and heading deeper into depression.

Generally employed in the 200th potency every three days, *Natrum muriaticum* has been shown to right the crumbling ship and hearken those drowning in grief to rejoin the living. (And then, we would stop the medicine – unless and until it is needed again if the symptoms return.)

My dear friends, during Christmas, emotions are naturally heightened. Our departed loved ones somehow feel closer yet even more distant – simultaneously. It's only natural that each of us will have our melancholy moments. But if someone is suffering in silence, preferring to remain alone and cut off, perhaps *Nat mur 200*, every three days, for a few doses may be precisely what they need to rise from the ashes.

And what a beautiful gift that would be to give them this Christmas.



From my family to yours, I wish you a blessed Christmas Eve.

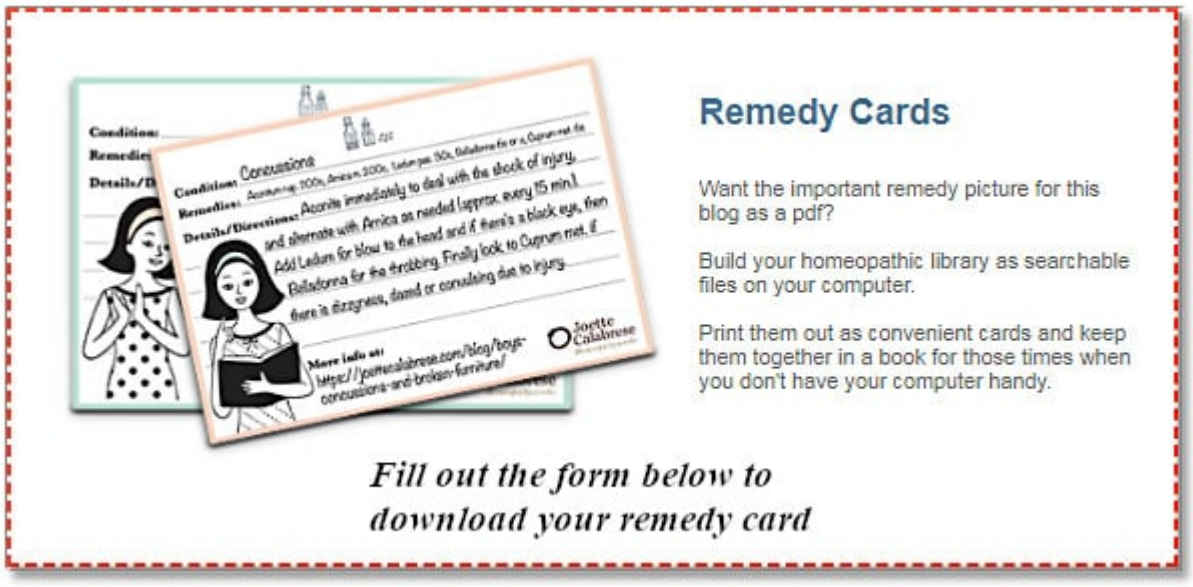
Warmly,



P.S. I should mention that *Nat mur* is also one of our best remedies for migraines. So, if the sufferer is experiencing deep, chronic grief *and* migraines, then this medicine might be a very tight fit.

You can learn more nuances of mental and emotional conditions in my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.

But on Christmas Eve, I'd simply like to give you a gift. I've created a helpful infographic for free download to help illustrate that hope is available for these conditions with Practical Homeopathy®. Just click here: https://joettecalabrese.com/mindful-graphic.



What Is Homeopathy? Your Holiday "Elevator Pitch"



We tend to socialize more during the holidays, wouldn't you say? Thanksgiving, Passover, Christmas, New Year's and all the other end-of-year occasions are a focal point for family and friends to get together. And you know what that means? Small talk, conversation, sharing and answering the usual twenty questions.

"How's your grandmother?" "Are the kids enjoying school?" "Think it's going to snow?" "What the heck is homeopathy?"

Wait. What?

By now, you know I always say, "Pass on the good news of homeopathy." But do you have a short answer at the ready when you have the opportunity to share your knowledge?

No? Well, let's work on that, shall we?



Succinct answers about broad topics are often called “elevator pitches.” (No, you don’t need a baseball. It’s not that kind of pitch.)

In many social situations, you may only have a short, finite amount of time to share a compelling answer. So, an elevator pitch is so named because it should be no longer than a short ride in an elevator – a quick, concise speech given to create interest in a particular subject.

Keep in mind, this isn’t a presidential debate. You’re not necessarily trying to win approval or gain converts. This is a friendly conversation, not an opening salvo. Your sole motivation is simply to ignite their curiosity.

My go-to elevator speech goes a little something like this:

“You know when you go to your doctor because you keep having sinus infections over and over again, or those urinary tract infections keep coming, or that eczema is now worse than ever? Now, you can’t have gluten, and you can’t have dairy. Well, homeopathy is the medicine that uproots all that. Homeopathy is the medicine we *really* were supposed to be getting all along. If you’re interested, you can go to my website where I talk about it and give lots of information for free.”

Again, you're not trying to come across as pushy or defensive. You're simply encouraging their interest.

Perhaps it will take a few weeks for them to absorb your comments before they reach out to ask more. Or their next words might be, "So, do you know a homeopathic medicine for _____?" (They'll fill in the blank with their main concern: gout, arthritis, eczema, whatever.)

Congratulations! You apparently gave a great elevator speech. They're interested. That is your cue to reply with a bit more of your knowledge, but, more importantly, point them in the right direction to gain their own knowledge.

Indeed, no one likes to be preached to, especially in a social situation. But almost everyone can appreciate an opportunity to learn more when they're ready. Our intention through our elevator speech should be to empower our friend or loved one to solve their own problems.

I devote a lesson in The Academy of Practical Homeopathy® to crafting an expert elevator speech. Obviously, I can't cover everything in this venue, but here are a few insights into creating something you'll feel comfortable with. Careful attention to these six questions can help you create multiple elevator speeches that are appropriate as you encounter diverse individuals with their own situations, ailments and concerns.

- What is the problem?
- Who has the problem?
- Who am I, the problem solver?
- How can I gain the trust of the person who has the problem?
- How has the solution to the problem helped me?
- And finally, what is the solution to the problem?

Focusing on another's problem (pain or suffering) will help you gain their trust. You'll immediately be viewed as "on their side." That will open the door for them to ask you further questions as they become more curious.

People also respond well to personal stories. An excellent and straightforward guide you can use for sharing your experience with homeopathy is what's called the "Pixar Pitch." A Pixar Pitch is essentially a simple formula developed by Daniel H. Pink from his observation of Pixar films. It's a compelling way to advocate for homeopathy.

Here is the 6-sentence outline. It is up to you to fill in the blanks. But in the brackets, I have included hints to help you think about how to fill them in:

- "Once upon a time _____. [The setting]
- Every day _____. [The problem and possible reason for it]
- One day _____. [The plot twist or turn of events]
- Because of that _____. [The consequence of that turn of events]
- Because of that _____. [The resulting action taken because of the turn of events and its consequence]
- Until finally _____." [The solution]

Now, I'm not saying you should begin your stories with "Once upon a time …" That would be a little silly. But you get the idea. This structure is designed to help you organize your homeopathy story in a compelling way. Here's my example:

- **Once upon a time,** as a young child, I developed

eczema; my mother loved me so much that she didn't want me to suffer, so I grew up using steroid creams and drugs in hopes of getting rid of the eczema.

- **Every day,** I got worse. The steroid cream wasn't working as well as it used to, and I had developed other health problems, chemical sensitivities, allergies, could only eat about eight foods, and was very sick.
- **One day,** I decided to stop taking drugs of commerce and turned to alternative medicine – taking loads of vitamins and supplements, and using herbs and essential oils, etc.
- **Because of that,** I remained sick, and my life was severely limited, so I searched for something else to make me healthy.
- **Because of that** research, I discovered homeopathy.
- **Until finally,** a professional homeopath gave me *Nux vomica,* which began to heal me, and my whole sickly, limited life *finally* opened up because I regained my health through homeopathy.

You see? A well-placed story can be the most interesting and effective way to help people see the fruits and successes of homeopathy. Stories are how people connect, especially when you tell a story that relates to an aspect of another person's life.

But don't forget to read the room. Watch your listener's face and body language. Observe how deeply interested they might be at that particular moment. Then, tailor what you say to their level of interest.

Again, focus your intention on simply awakening their fascination. Let them know you're happy to talk to them about it further at any time. You'll be surprised at how many folks will reach out to you later – when they're not

holding a glass of eggnog.

So, let me close this blog post as I usually do with “Pass on the good news of homeopathy!” Hopefully, you now have a slightly better idea of how to accomplish that.

Warmly,



P.S. The holiday season can often be an emotional time. For that reason, I am relaunching my course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions.

I’ve created an infographic to remind you there is a homeopathic solution for the many faces of Mindful Homeopathy. Click here to download it for free.

Perhaps this course might make a good gift for someone on your list. If so, you may purchase a gift card from my Learning Center, allowing them to set up their account.

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.