Cantharis for Burns



Burns.

Many folks head for the aloe, but I'd love to see a world where everyone first thinks of *Cantharis*.

We have discussed its use when burning symptoms signal a urinary tract infection. We've also given examples in which it has been shown to relieve sunburn.

However, *Cantharis* is an incomparable remedy for burns. Period.



Helen and her husband, Ralph, were traveling in the tropics. Ralph was feeling sweaty and uncomfortable and asked Helen for a baby wipe to refresh himself a bit. Helen really should have been a bit more attentive when she reached into her bag. Instead of handing Ralph a baby wipe, she gave him a bleach-laden disinfectant wipe!

Poor Ralph rubbed the caustic chemical all over his neck skin, and that night, the pain of the chemical burn kept him awake. It wasn't their favorite vacation memory!



Agnes was cleaning up her elderly mother-in-law's yard. She wasn't familiar with the Dictamnus plant and rubbed up

against it. Now she knows why its nickname is “burning bush.” Who knew such a pretty plant could cause a chemical burn?



Sandra’s husband was well-known for being handy around the house – but not famous for reading instructions. He didn’t realize that mixing cement with bare hands could cause chemical burns. Next time, he’ll take the “wear gloves” warning seriously.

As will Mary Sue, who splashed a caustic drain opener on her hands as she tried to unclog her toilet!

And then there were the kids at camp. Toasting marshmallows is grand until inattention results in fingers briefly getting too close to the fire.

But cause matters not! Whether the minor burn results from exposure to the sun or chemicals, electrical contact, steam, or direct exposure to fire or heat, *Cantharis* can speed recovery, minimize the chance of infection, reduce pain and swelling, and promote healing.

Generally, *Cantharis* 30 or 200 (depending on the severity of the condition) may be used every few hours until improvement is observed. For more vexatious burns, it can be employed

every 30 minutes until the pain begins to settle down, then used less frequently.

For serious (second- and third-degree) burns, *Cantharis* can even be used in conjunction with conventional medical treatment by giving *Cantharis* as soon as possible on the way to the emergency room.

[1]

But here's a situation also worth consideration: *Cantharis* for fire ant bites! The clue is right there in the name, isn't it? Fire ants produce a much different reaction than other insect bites and stings. When vesicles form after exposure to fire ants, along with the tell-tale burning and itching, one might consider *Cantharis* (especially if *Ledum palustre* – generally, our first thought for insect bites – doesn't fully act).

So, this week, we should have a "***burning*** desire" to add *Cantharis* 30 or 200 to our list of must-have homeopathic medicines. It will serve us well in so many situations!

Want to learn more about homeopathy and remedies like *Cantharis* and how to be the hero in your home? Why not join a study group and learn alongside others?

Utilizing my newly revised curriculum, Gateway to Practical Homeopathy®, Second Edition, the Gateway study guide makes it easy for you to start your own group! However, if you'd prefer to join others, new study groups are forming all the time. You can find a leader on my Joette's Study Group: Find your new Study Group Friends' Facebook page.

Also, once you've purchased your Gateway to Practical Homeopathy® curriculum, **you'll receive access to an online learning portal with a list of upcoming study groups hosted by our most experienced Global Leaders.**

Believe me, studying with others in the Gateway setting is THE effective, time-tested way to begin employing Practical Homeopathy®.

Pass on the good news of homeopathy!

Warmly,



P.S. "But Joette, I'm ready for a deeper dive into homeopathy! I want to commit to getting "skilled up" for my family, friends and perhaps even my broader community as a career."

My friend, I have the answer.

The next class of The Academy of Practical Homeopathy® – my

year-long, immersive Academy – will soon begin.

The Academy is not for everyone. It's not intended to be. Admission is by invitation only. However, you can learn more by joining my Founders' List now (with no obligation).

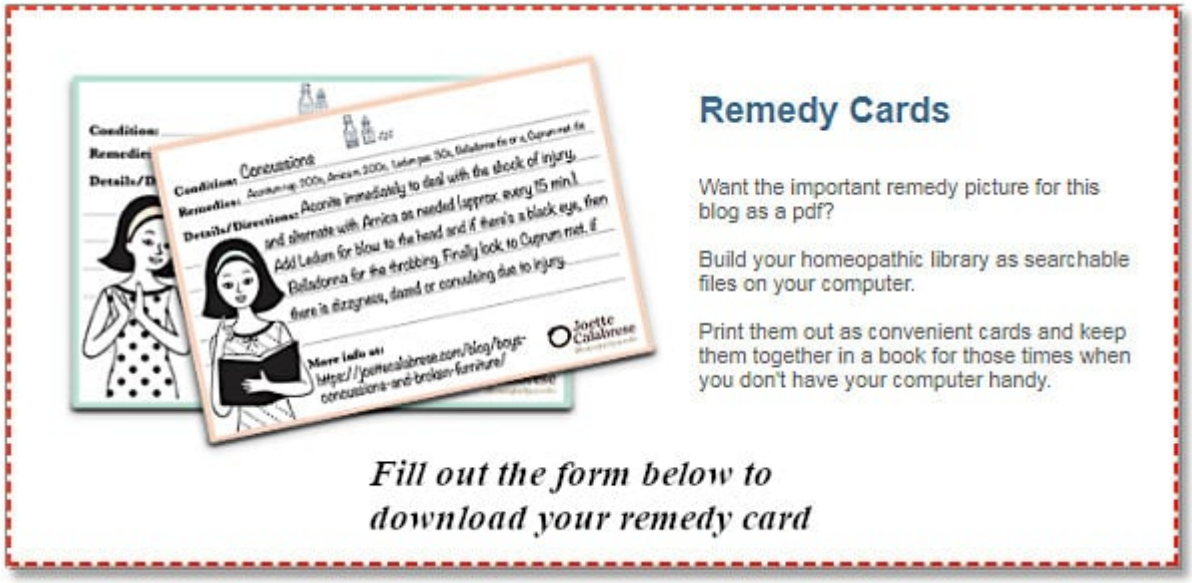
If, after learning more, your passion for homeopathy calls you toward The Academy, you'll be guided through the admissions process.

But now's the time! This will be the ONLY enrollment period during 2023. Don't miss out.

Join my Founders' List now and see if The Academy of Practical Homeopathy® is a good fit for you.

[1] Fire Ants: Photo by Daniel Wojcik https://www.ars.usda.gov/ARSUserFiles/oc/graphics/photos/sep99/k8575-31.jpg

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5/21/23 Burns
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If you are human, leave this field blank.
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Don’t Forget Sepia for Headaches!



Hello, my fellow moms! Happy Mother’s Day!

I hope your family is celebrating you, or you’re celebrating your own mom. There is nothing more heartwarming than having our children surround us.

Did your family give you some new homeopathic medicines to add to your collection? (If not, you know it’s never too late to drop a hint!) In my blog posts this year, I’ve tried to give one must-have medicine each week to help you create a well-appointed homeopathy kit.

So, why don’t we recap the remedies we have covered thus far? If you missed one of these discussions, click on the medicine name to link to its blog post.

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*
16. *Lycopodium*
17. *Nux vomica*

And today, it's time to add number eighteen!

In honor of Mother's Day, it seems only fitting to add *Sepia* to our list. But truth be told, we've covered *Sepia* quite a bit in prior blog posts.

No matter. I remain undaunted! Some medicines are so essential they deserve repetition.

And since we must include *Sepia* in any conversation about well-curated homeopathy kits, let's discuss it again! (Besides, so many new readers and students have joined our ranks, and they need this information, too.)

Sepia 200 is a mainstay for headaches and a stellar medicine for women.

Why women? Because when we think of *Sepia*, we think of the female reproductive hormones as having been "flexed" in some way. In other words, women who have had children have been shown to benefit from *Sepia* as well as women who have spent

years on birth control pills (the tiny hormonal assassins that they are).

Now, just because you have a whopping headache doesn't mean *Sepia* is always the correct choice. Remember that a "*Sepia*" headache is NOT a sinus infection headache or pain resulting from changes in the weather.

Instead, a *Sepia* headache's timing often– although not always – can be related to the cycle. The pain may come before one's period, during ovulation, or even during menstruation (especially when accompanied by scanty flow). Whenever there is a calendar-like pattern to these often-repetitive headaches, *Sepia* may be considered.

As I've taught previously, we want to be able to defend our medicine choices in court. So, we endeavor to check off all the boxes:

✔ Headache

✔ Woman

✔ Hormonal "flexing" (having had children or artificial hormonal tinkering)

✔ Calendar pattern (surrounding menses)

And here's another component I don't think I've written about before. If there is also a thyroid issue at play, we can, generally, hang our hat on *Sepia*. (Or I should say, "rest our case," in keeping with our court metaphor.)

✔ Thyroid issues

Keep in mind that Sepia is generally not utilized as an SOS (meaning as an immediate reaction to a headache). As I've written before, as an SOS when the headache strikes, one might consider employing the Banerji Protocol of *Picric acid 200* (*Picricum acidum*) mixed with *Belladonna 3*, every 3

hours.

However, *Sepia* 200 might be considered once or perhaps twice a week as a baseline to uproot the chronic propensity for this type of regularly occurring headache, rendering an SOS medicine eventually unnecessary.

Mothers bear the weight of a lot of stress. I know! I am one! So, I want to offer you a superpower – a power so great that it will enable you to embrace your motherhood more fully, develop an even keener ability to care for others, and even contribute to the financial security of your family.

I've prepared a short video to celebrate the day with you, and I hope you will take a moment to watch it. Watch your inbox for my celebratory message.

Until then, have a wonderful Mother's Day and pass on the good news of homeopathy!

Warmly,

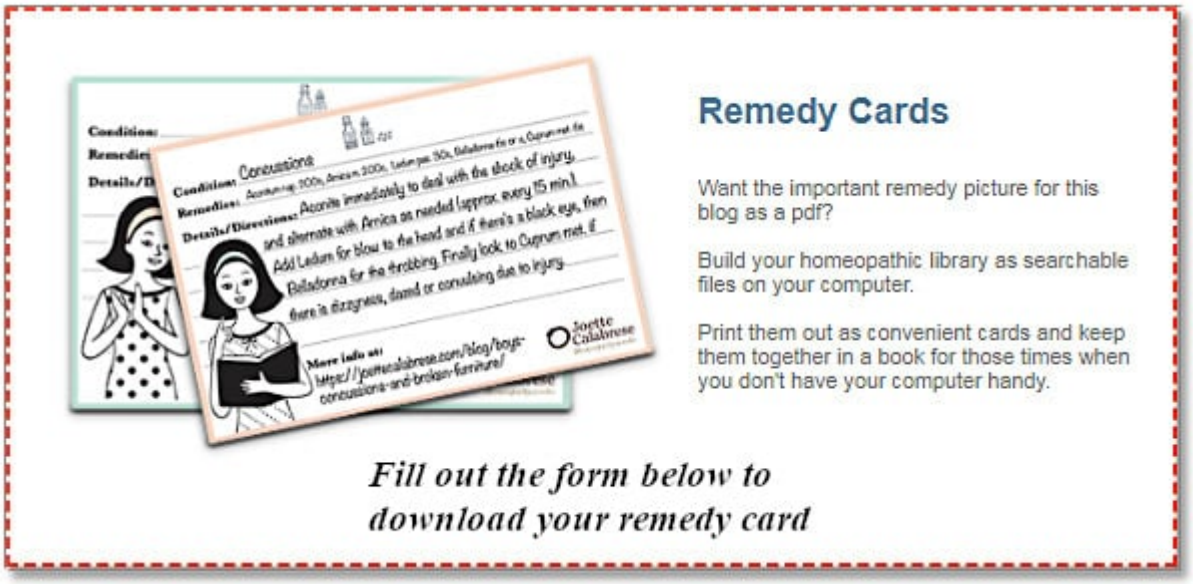


P.S. I discussed Sepia and headaches two years ago in one of my Monday Night Live events. Here's the archive of that discussion, in case you want to learn more! And if Facebook is not for you, don't forget that my Mighty Members have their own special enclave in which to watch and participate! The Mighties join me on our private server so they don't have to deal with social media scrutiny.

There are many other benefits to being a Mighty Member, such as:

- An additional, much more candidly written weekly blog, privately distributed as a Memo to Mighty Members
- Daily inspirational quotes
- Remedy Reference Guides (all my blog posts compiled by year into downloadable ebooks)
- Personal videos from me (right now, I'm sharing my favorite homeopathy book)
- A social center for discussing homeopathy with other members (all the fun of social media conversations without the censorship)
- A 10% discount on course purchases

I hope you'll join us there.



All Creatures Great and Small



One of my favorite things about homeopathy – and truthfully, there are so many – is that it is an equal-opportunity medical paradigm! Whether the sufferer is a baby or a grandfather, a mom or a mouse, homeopathy has been shown to be equally polite and efficacious.

Indeed, homeopathy displays no ageism or speciesism! Come one; come all! No matter who you are (or what you are), homeopathy belongs to you!

It makes no difference if it's a dog vomiting after getting into the garbage or a human made sick from eating bad food from an unclean restaurant. (After all, garbage is garbage.) Indeed, we would consider the same medicines in the same potency with the same frequency.



So, for our example of vomiting from bad food, it might be *Pulsatilla nigricans* or *Arsenicum album (or others, but for the sake of brevity, let's start with these two)*– for either Rover or the man of the house. Homeopathy doesn't discriminate.

I've told the story before (listen to Podcast 106: "Old MacDonald Had a Farm, E-I-E-I-O.") about a cow who collapsed after giving birth. The farmer was seasoned and had seen this happen many times. It's called milk fever. (The medical term is hypocalcemia – a severe drop in calcium.)

This distraught farmer was preparing himself to lose the cow. Once this condition takes hold, cows don't get up after birth and are usually gone within three days. Then, naturally, his concern would turn to the calf. With her mother no longer there to nurse and nourish her, he would, more than likely, be facing the loss of two heads of cattle – two important animals.



But he called me for help. Homeopathy has been shown to uproot this condition by correcting the sufferer's ability to uptake calcium through the medicine *Calcarea carbonica* 200. He delivered one dose to the suffering animal (details in the podcast), and then, almost like clockwork, the farmer called me again in about half an hour. The suffering momma-cow had risen to her feet and was on the mend!

Out of appreciation, they named the calf, Joette! That was a first!

But my point is that *Calc carb* is not just for cows! It has been shown to address post-partum hypocalcemia in human moms too!

Homeopathy shows no favoritism; it applies to all creatures, great and small.



Heck, I've even treated llamas! And let me tell you, one in particular was a baaaaaaad llama. I'm not sure what the world had done to make her that mad, but she was one angry llama. She'd kick, butt, and spit. But homeopathy – As I recall, we used *Stramonium* – turned her behavior around (just as it did for my own child, for a different set of circumstances) as detailed in Podcast 94: *Stramonium* and the Swiss Family Robinson, as well as one of my student's children in The Angry Child.

But I was recently reminded of another case involving animal husbandry. This time it was an aggressive rooster named Beauregard who belonged to a neighbor/friend of mine when I lived in New York.



But Beauregard wasn't like my llama friend, who was just generally irritable.

Instead, Beauregard was a man on a mission.

A rooster with a responsibility.

He was protective of his territory and his flock … fiercely protective … downright *dangerously* protective.

Picture a homicidal Foghorn Leghorn, if you will.

Gradually, his sphere of influence grew until no one could even walk on the street past my friend's house without running the risk of a rooster attack. And given the talons that roosters develop, Beauregard certainly had the ability to do some real damage to people and other animals. So, his owners were considering putting him down.

But when they asked for my advice, I considered Beauregard's symptoms and his mental state. He was overzealous! He was aggressive against any perceived danger to those under his charge. He saw every innocent situation as an impediment to his family's success. One might say he really *overindulged* in his masculine role.

Whether rooster or human, that picture – suggested by the word "over" – can be a call to consider *Nux vomica* 200.

After Beauregard's owner administered the remedy, he began to relax. He began to settle down a bit, and passersby no longer ruffled his feathers (so to speak). His life was spared, and he became a valued family member again – instead of soup!

So, this week, let's add *Nux vomica* 200 to our list of must-have medicines! It has many important uses, some of which I've discussed before: overindulging in alcohol or chocolate, overeating at meals, too much partying, or even post-hospitalization gut issues. But now you've also learned that for a man who is overzealous in his responsibilities – when it is a pathology – *Nux vomica* may be worth crowing about.

In closing, my friends, don't forget that homeopathy is not only polite and efficacious but also equitable! It doesn't discriminate. What's good for the goose is good for the …

Hey, wait a minute … have I ever treated a goose? I don't recall, but I have confidence homeopathy would be just as helpful. (Oh, and I have an impressive story about chickens that I'll share with my Mighty Members in this week's memo.)

So, pass on the good news of homeopathy – to everyone!

Warmly,



P.S. I created my Academy of Practical Homeopathy® with the

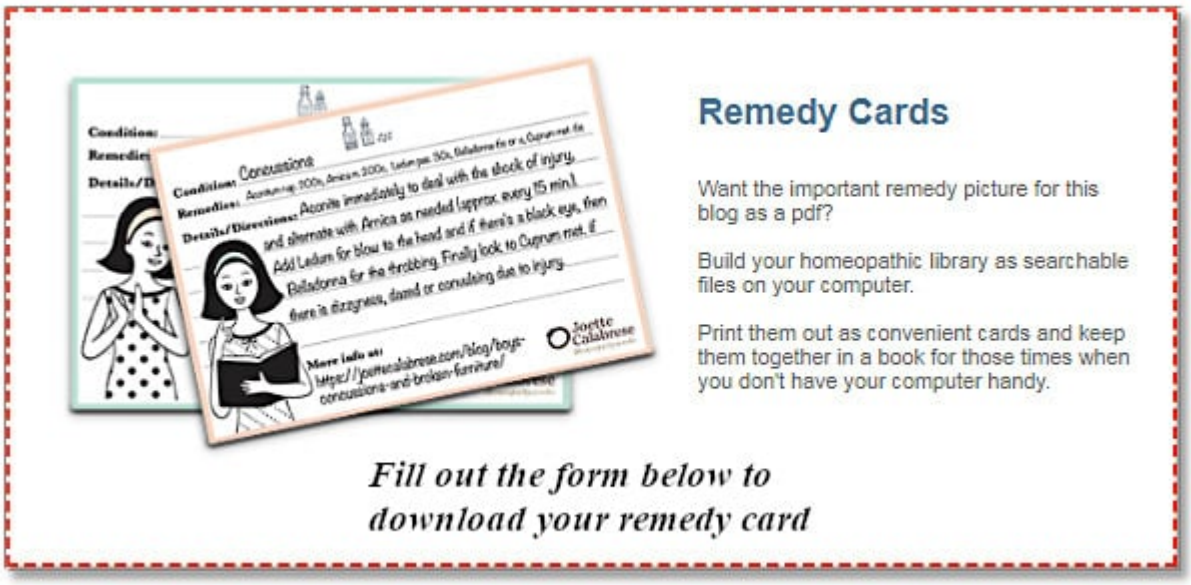
mission to impart knowledge and wisdom to my students so they can bring it onto their kitchen tables, where life's lessons are actually taught.

So many have joined me already. These brave, proactive people seek more self-reliance and are courageously taking a stand by doing something good and right for their health, life, family, and loved ones.

The Academy can help you make a difference for those you love and care about, too.

This has become a movement. We've created a safe, sacred place where we care for each other while we gain the knowledge, competence, and confidence to become the healers in our families.

In a few short months, the third graduating class of The Academy of Practical Homeopathy® will begin their studies. If you want to learn more, I encourage you to join my Founders' List while there is still time. There is no obligation. This list is the fastest way to receive more information about this exciting opportunity to take your education to the next level.



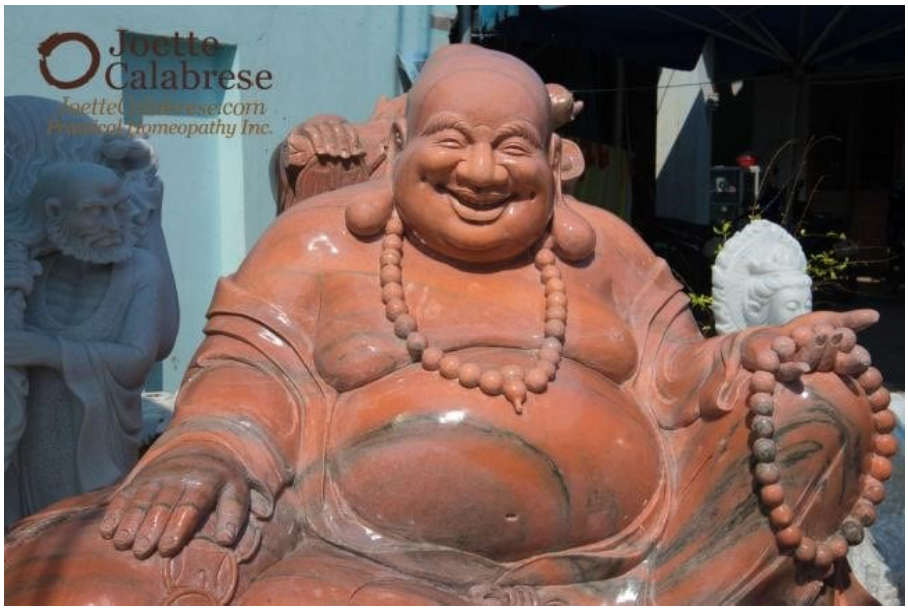
Bloating



If you're a pufferfish, bloating is a good thing. If you're a human … not so much.

My friends, this week's featured homeopathic medicine – one that should have a place in every homeopathy kit – is quite specific for bloating.

But before we get to the remedy, let's talk about exactly what I mean by "bloating." It's different than what some people think. It's not to be confused with what is commonly called a "Buddha belly." His face, chest, arms and legs are chubby as well, not just his belly. Let's face it, when we look at those statues of Buddha, he's obese!



Instead, bloating is not a general weight condition. Instead, it's a feeling of fullness in one's abdomen, the gastrointestinal tract, causing the stomach to protrude outward. It's often accompanied by gas, burping, and belching.

Bloating occurs in some folks whenever and whatever they eat. It's just par for the course. Some people bloat when they drink carbonated drinks. Still others bloat from eating cruciferous vegetables such as cabbage, cauliflower or broccoli. For some, just the simple act of drinking water can cause gastrointestinal bloating. And, of course, bloating can stem from food intolerances. But not always. It doesn't matter what the cause is. Gastrointestinal bloating is gastrointestinal bloating.

So with this sweeping medicine, we don't necessarily need to know the exact cause. We can just consider employing *Lycopodium clavatum 200*.

Now, occasionally, one might decide to employ this medicine as an SOS to address an unusual acute occurrence of bloating. But more often, bloating is a chronic pattern – in which case, we would utilize it twice daily, until very much better.

Many sufferers believe they need to go for testing to identify the culprit. But again, at least to start on this journey, we don't need to know the exact cause. Whether the bloating results from an intolerance to gluten, dairy, citrus or something else entirely, this medicine has been known to act.

Granted, testing can be helpful if one merely desires to abstain from the offending foods. But my focus is this: I hate to see people abstain from good, quality foods if we can correct the underlying condition.

Now, I'm not advocating that we get silly about this! I'm not encouraging the use of homeopathy so that someone can survive a steady diet of boxed cereals doused in commercial, low-fat milk, giant sub sandwiches, and beer packaged in aluminum cans.

But when good, healthy food causes bloating, then we consider turning to *Lycopodium* 200 to uproot the condition.

However, if the sufferer does not see a shift toward improvement within a week or so, it's likely that *Lycopodium* is not the correct medicine for their condition. In that case, the *Lycopodium* should be discontinued, and more information should be gathered to determine a more specific medicine.

In a previous blog post, You Can't Judge a Book by Its Cover, I also discussed utilizing *Lycopodium* 200 mixed together in the mouth with *Plumbum metallicum* 200 for constipation involving dry, hard, reluctant stools. And the same Banerji protocol has been shown to act for hernias (see Update: Hernias and Homeopathy).

So, it is no surprise that we should add this versatile medicine – *Lycopodium clavatum* – to our well-stocked homeopathy kit.



And here's a bit of trivia about homeopathic *Lycopodium* that I shared in my Memo to Mighty Members #13 back in 2020. Did you know that the gross substance it's made from – club moss – is one of the *oldest* plants on earth? I find it fascinating to think even the earliest man had access to a plant that could address bloating – if only they had understood homeopathic potentization!

Thank goodness for Dr. Samuel Hahnemann in the late 18th century. Because of his brilliance, the next time you bring a Broccoli-Cauliflower Casserole to a potluck, you might have the opportunity to pass on the good news of homeopathy!

Warmly,

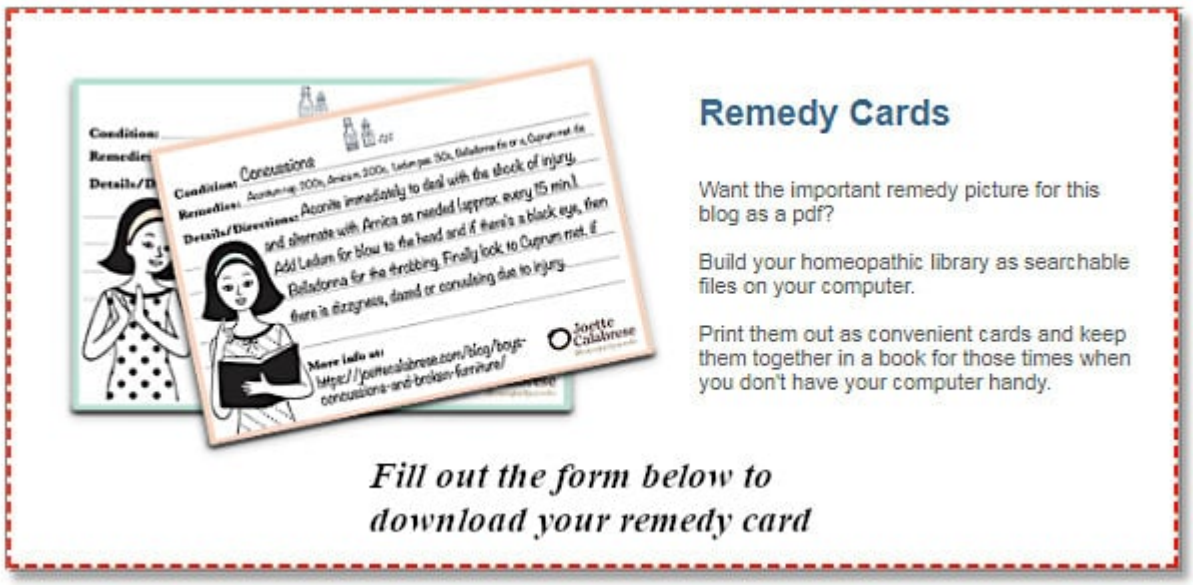


P.S. If your family deals with gut issues regularly, perhaps it's time to consider my seminal course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness

in Body and Mind. Even if your meals are well-prepared – your food sources are top-notch, and you make everything from scratch – family members may still have problems related to the gut, such as anxiety, depression, bloating, brain fog and weight gain. That's what my course addresses. Learn more by clicking here.

And remember – all of 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.

P.P.S. We've added new social media venues to our outreach, such as Gab, Gettr, Truth Social and Rumble. To stay on top of all the places my information can be found, check out my listings on Linktree.



C, CH or CK? The Answer Revealed



Now, you may be wondering what that photo has to do with homeopathic dilution scales. Patience, my friend. I'll tell you in a moment.

I often receive questions about homeopathic potencies and dilutions. It's a topic I introduce in Gateway to Practical Homeopathy® I, Second Edition, and discuss a bit in my protocol courses.

My Academy of Practical Homeopathy® students receive a more immersive education on the inner workings of homeopathic manufacturing pharmacies. In fact, The Academy features several in-depth interviews I conducted with the head pharmacists of the major homeopathic manufacturers. My

students have remarked that the information is invaluable to their understanding of homeopathic medicines.

However, recently, I received a question from one of my Academy students. They noted that there had been some confusion – perhaps even misinformation – being spread by other sources about the various dilution scales used in homeopathy, specifically the C, CH and CK scales. So, they wanted clarification.

I had previously discussed the differences between X and C in my free blog post, Answering Questions: X or C.

But this time, rather than put my spin on the topic of the differences between the C, CH and CK scales, I decided to get the answer directly from Boiron. "Straight from the horse's mouth," one might say. (And now you understand the photo!)

So, we owe a special thank you to Christophe Merville, Director of Education and Pharmacy Development at Boiron, for creating the following educational explanation:



What is the difference between the CH and CK scales?

The C or CH scale is the most used scale of dilution. Each dilution consists of: mixing 1 part of the previous dilution with 99 parts of solvent (usually 70% alcohol), followed by succussion (vigorous agitation during 7 seconds). Each dilution is prepared in a new vial. This process is repeated 6 times for a 6C and 30 times for a 30C. In Europe, the C scale is named CH – H for Hahnemannian, because Hahnemann created the method.

The CK scale has been created by the Russian Simeon Korsakov. Each dilution is diluted 100 times, but only one vial is used through the entire process. Also, pure water is used instead of 70% alcohol. This process enables the manufacturing of higher dilutions, because it is more economical and faster. So, 30CK, 200CK, 1000CK (1M) are commonly used. The scale goes up to 100,000CK.

What can we deduct?

- *C and CK scales are not prepared the same way, and can only be compared in terms of low, medium and high dilutions. For the C scale, 6C is low, 9C is medium, 30C is high. For the CK scale, 30CK is low, 200CK is medium and 100,000CK is high.*
- *Some homeopaths have experience in using certain scales and prefer prescribing in these scales.*
- *There is no valid method to calculate equivalences between scales, except for the very first dilutions (1C, 2C, 1CK, 2CK) where we can still measure the quantity of active ingredient in the dilution. After a few dilutions, we cannot make the equivalence anymore.*

What about 200C?

- *A 200C is a Hahnemannian dilution, using 200 vials. This takes a lot of times to manufacture. Most of the time, 200C are mislabeled 200CK, far easier to prepare. Boiron doesn't sell 200C dilutions anymore. For comparison between 200C and 200CK, see above.*



While this information was originally designed for my Academy students, I felt it was of significant importance for everyone interested in homeopathy.

Dilution scale designations can be confusing. When I started my blog 15 years ago, I generally did not include the dilution scale letters with the remedy – unless it was for an exact protocol.

The omission prompted many folks to ask why.

The reason was simple. At the time, in certain parts of the world, *either* an X *or* a C was easier to procure. And by that, I mean one or the other, not both. So, choices were limited depending on where the reader lived. Even here in the United States, it was difficult to find Cs in my early years of learning homeopathy (before the 1980s, as I recall).

So, I left it vague so as not to concern people who might not be able to obtain the medicine manufactured in the recommended scale.

Today, with the revival of homeopathy's popularity and the advent of online ordering through the internet, we don't have that same issue. However, I often still omit the dilution scale as a matter of course.

Generally speaking, from *my* point of view – from a practical, everyday kitchen table standpoint – the dilution scale can be somewhat interchangeable if necessary. Now from a pharmaceutical point of view, they are obviously quite different.

However, when following a specific protocol, both the potency *and* dilution scale matter. I teach that we ought to follow the protocols precisely as written.

And speaking of protocols, we'll resume our series of must-have medicines to include in a well-stocked homeopathy kit next week. (Spoiler alert … it's *Lycopodium*.)

Until then, pass on the good news of homeopathy!

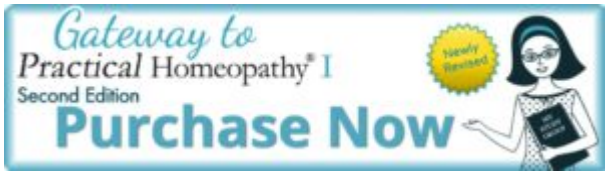
Warmly,



P.S. If you've not yet ordered my new Gateway to Practical Homeopathy® I, Second Edition, what are you waiting for? With this curriculum, you can learn homeopathy in much the same way I did – with like-minded others who will become lifelong, supportive friends. New study groups are forming all the time.

My final event to celebrate this new revision will be live-streamed this Wednesday, April 26, at 8 p.m. EDT. Even if you've missed the other live streams, this wrap-up session promises to be very informative. The study of homeopathy will forever be a delicious, stimulating and ***beneficial*** journey. Come see why.

Join a Gateway Study Group with one of my Global Leaders and watch the entire series of 5 videos where I brought the pages to life with stories of this brilliant lifestyle. Check out our list of Global Leaders when you log into the Gateway Lesson.



Allergy Season? Meet Homeopathy



Enough with the pollen already!

It seems as though everywhere I look, there is a dusty film of yellow-green pollen on sidewalks, cars, balconies and windows. Heck, if I stood still long enough, the pollen would probably coat me!

I used to have severe hay fever that resulted in an allergic reaction causing itchy, watery eyes. If you've watched my videos for any length of time, you've probably witnessed my apologies for my swollen eyes.

However, as of late, I've not been experiencing those symptoms – at least not as consistently as I used to. It began when we moved to Florida. I believe homeopathy has *uprooted* my allergies to the point that I only suffer on a

very few days with an extremely high pollen count. Then with a mere dose or two of my chosen remedy, I'm good for months … even a year! This is what I mean when I say homeopathy "uproots" the condition rather than temporarily suppressing the symptoms.

I bet you're wondering what I utilize, aren't you?

Well, I'll get to my favorite homeopathic medicine for allergic eyes in a moment. But first, I want to mention a few single medicines that have been shown to relieve allergy symptoms:

- *Euphrasia officinalis*: abundant and irritating eye discharge
- *Galphimia glauca:* itchy nose and sneezing due to hay fever
- *Histaminum hydrochloricum*: allergy symptoms, including hay fever and hives

Keep in mind, those are just the top considerations. There are more. In fact, there are so many allergy-specific homeopathic medicines that I dedicated an entire course to the subject: Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back. If you or anyone you love has suffered from allergies, this course will be just the education you're looking for!



But if one is new to homeopathy, a solid place to start is with a combination remedy, such as AllergyCalm™ (formerly RhinAllergy). Combination products contain a proprietary mixture of several of the most commonly called upon homeopathics, carefully curated by expert homeopathic pharmacists. They're also generally more accessible, carried by many drugstores and grocery chains.

Okay, now, back to your question. What did I use for my itchy, watery, swollen eyes when my allergies flared?

Well, in fact, I employed the first medicine on Boiron's list (above): *Euphrasia officinalis* 30. *Euphrasia* is known as an eye-oriented medicine. However, it has also been shown to benefit the whole sinus system during bouts of hay fever,



including the nose and ears.

But for itchy, swollen eyes with profuse lacrimation? I immediately think of *Euphrasia.* If my symptoms were really severe, I might have used it two or three times a day. Once I saw a shift toward improvement, I would back off to utilizing it only once or twice daily. Then, as my symptoms would shift again to what we call “very much better,” I would halt the medication. Remember, homeopathy is medicine. We don’t take it willy-nilly; we only employ it when needed.

Symptoms are of utmost importance in homeopathy. They serve as signs … reminders. When the symptoms no longer remind us that we need the medicine, we no longer utilize it! It’s as simple as that.

And if we see absolutely no improvement whatsoever, we also halt. No improvement at all – not even in the slightest – generally means we have chosen the wrong medicine for our condition. So, we pivot to another medicine.

Homeopathy triggers the body’s natural defenses to allergies, making it the optimal choice over antihistamines and decongestants of commerce, which suppress symptoms and may cause unintended consequences (drowsiness, dry mouth,

urinary suppression, headaches, etc.).

Let's add *Euphrasia officinalis* 30 to our kit of must-have homeopathic medicines. Then, when a loved one's eyes are red, watery and itchy, it will be easy to pass on the good news of homeopathy!

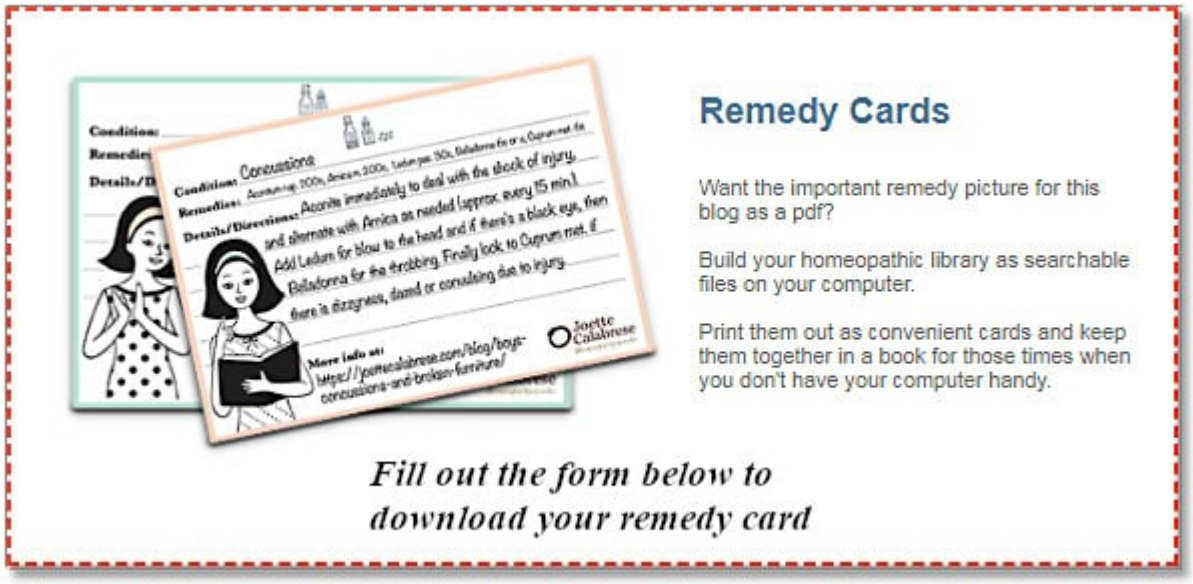
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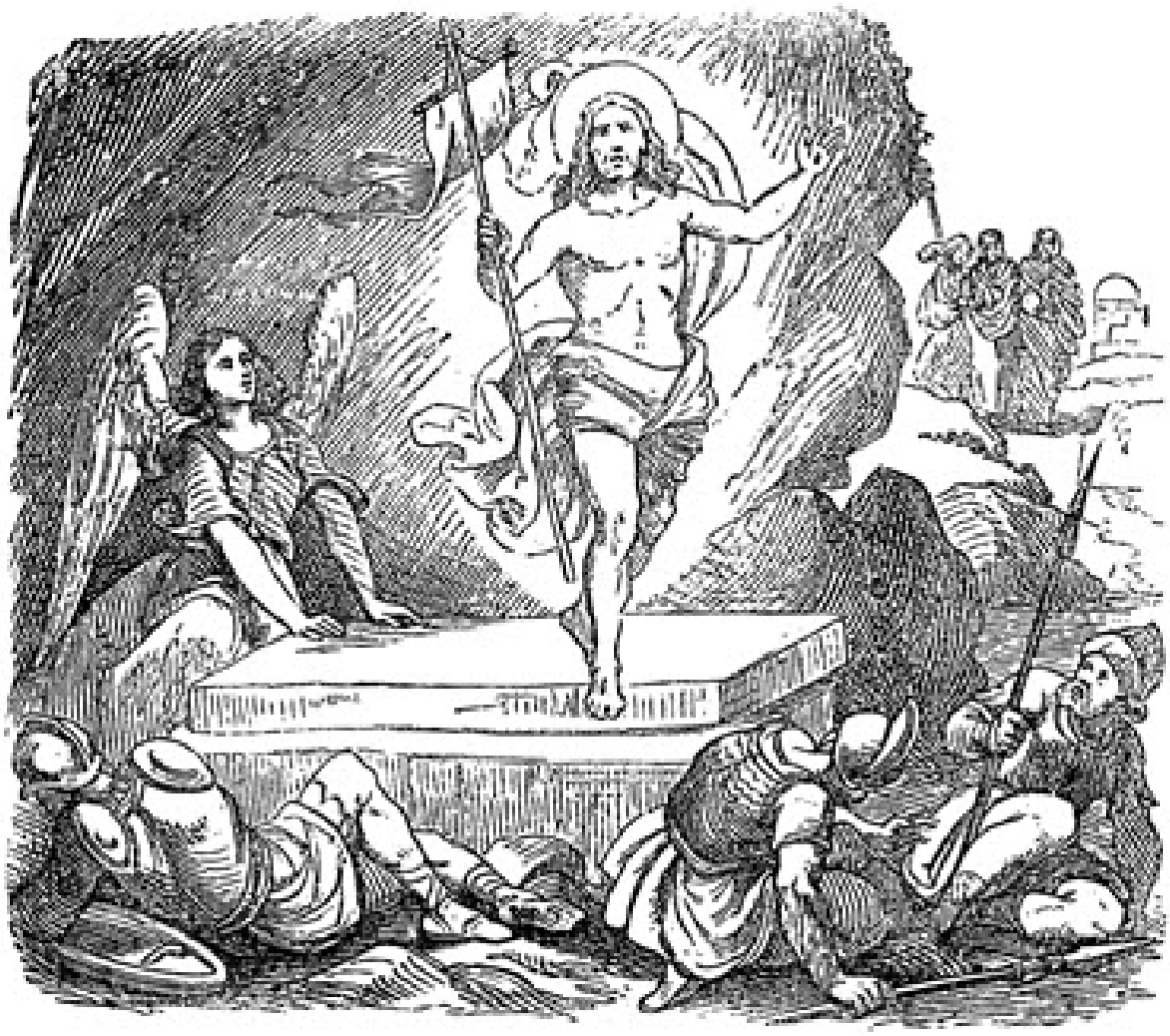
P.S. As a matter of course, I receive no affiliate commission for promoting Boiron products. Instead, if you use my name "Joette" at check out, you'll receive a discount.

P.P.S. Learn how to deal with allergies, sensitivities and intolerances of all kinds in my course, Allergic?! Yes, a course is an investment, but think of the money you'll save when you no longer have to stock up on over-the-counter drugs of commerce or expensive allergy shots. Perhaps it's time for some spring cleaning in your medicine cabinet!

And remember – all of 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.



Happy Easter 2023



Happy Easter, my friends. Indeed, He is risen!

In recent years, I have abstained from posting a regular blog post on Easter Sunday because I hold the day sacred. However, I've been mulling over a concept that I wanted to teach you, and to be honest, this is the perfect time to do it!

Why? Because I gave up desserts for Lent.

In case you are unfamiliar, Lent is generally observed by practicing self-control through fasting.

So, let me be honest: The most challenging part of my observation of Lent is not giving up the desserts. I mean,

that's not necessarily *easy*, but the hardest part is *remembering* that I gave them up!

For instance, a few weeks ago, I attended the Palm Beach Garden and House Tour with some friends and my daughter-in-law. It was a wonderful day of inspiration shared with other women. And they had fabulous cookies on the tour – not store-bought, but gorgeous homemade cookies.

So, I popped a cookie in my mouth and then realized … "OH NO!"

My mind was reeling. I had broken my commitment!

And after my initial shock wore off, I got annoyed with myself. "What a jerk you are, Joette! Can't you keep a cookie out of your mouth? Even when you make such a pledge? What is wrong with your brain?"

And that's when it hit me that I was fuzzy-brained.

I recently taught a Facebook Live on one of the best homeopathic medicines for stupefication, poor memory, mental dullness or slow responses. (Click here to listen to the entire event on Facebook for more details. Of course, my Mighty Members can watch in the Archives on your private page under "03-06-23 Post Viral Foggy Brain.")

The medicine? It's *Helleborus niger 30* and is generally employed once daily or once every other day, depending on severity.

Now, remember, homeopathy is not a vitamin, supplement or herb. It's *medicine*. And we only take medicines when we're suffering from a *pathology*. And let's face facts here: One cookie does not a pathology make. Eating that cookie was more or less garden-variety stupidity.

However, if it's *exponential* stupidity – a recognizable pathology of memory and recall – then *Helleborus* 30 has been

shown to facilitate improvement such as the onset of Alzheimer's it can be a very good medicine to add to the well-thought-out homeopathy kit we are slowly assembling through my blog posts this year.

So alas, I could not blame my mistake on a need for *Helleborus*. I just needed to step away from the gorgeous cookies (and stay on my toes going forward by eating mindfully). Lesson learned.

But Lent is over, and I can assure you today, I am going to eat dessert. Last Thursday, I shared my family recipe for Sicilian traditional Easter cassata cake with the Mighty Members.

But today, I'm going to eat cannoli! No two ways about it!



And I make my cannoli from scratch, my friends. I even make my own shells.

When my brother and I were little, my mother bought a wooden dowel about the size of a broomstick to make the tubes. My father sanded it, then cut it up into appropriate cannoli lengths, and that's what she'd wrap the dough around.

But these days, I use metal tubes. I wish I still had my mothers. I deep fry them in lard, fill them with my homemade cannoli filling, and dig in. Oh, are they delicious! There is absolutely no comparison to those purchased at the store. *Any* store, even Italian specialty stores.

You know. Come to think of it, perhaps during Lent, I was suffering from a new pathology – Cannoli Brain! My head was hard and crispy on the outside yet filled with goo on the inside! (I wonder if I can look that up in the repertory? No doubt, it will lead back to *Helleborus*.)

Okay, okay. We've had some fun, but I want to circle back around to the real meaning of today. It's a glorious Easter Sunday, my friends. It's the holiest day of the year for Christians.

And it beautifully coincides with the time of Passover on the Jewish calendar.

So, spend today with loved ones, with traditions, and with reverence and appreciation for the sacred religious meaning of this special day – our holiest and most solemn day.

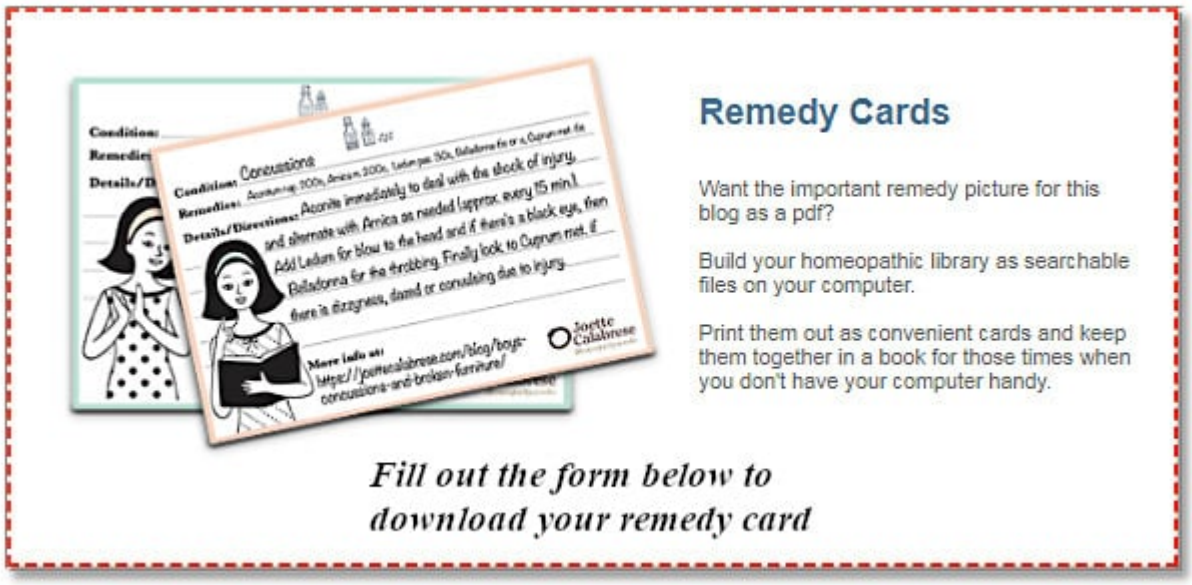
Buona Pasqua a te e alla tua famiglia.

Warmly,



P.S. My mission is still to bring homeopathy to every medicine cabinet in the nation – heck, the world! So, we're including more social media sites in our outreach. We just joined Rumble and hope to add more sites in the coming

weeks. So, stay up to date with all the places you can find my content by using this link on Linktree!



‘Advanced’ Disease and Back Pain



“Um, I’m not sure what you mean by that.”

Have you ever been asked a question that leaves you feeling a bit perplexed because you don’t know exactly what it means?

Well, recently, I was asked a question by one of my Academy of Practical Homeopathy® students, and I felt precisely that. Perplexed.

I bet now you’re wondering what the question was! It must have been a real stumper, right?

Well, here it is: Can homeopathy treat advanced diseases?

On the face of it, that doesn’t seem like it would be a confounding question, does it? Especially not when the public has been indoctrinated to fear the word “advanced” when placed before certain diseases.

But let’s take a step back, my friends. What exactly is an

“advanced” disease?

Does it mean the sufferer has experienced 30 years of eczema? Does it mean they’ve had arthritis so long that their fingers are now deformed? Are we talking about a lifetime of scoliosis?

Let’s expound on that last example … scoliosis. People can have scoliosis and not have pain. Certainly, the extent of the curvature *could* be the cause of the pain, but it doesn’t mean it *has* to be.

When taking a case of someone who blames their back pain on “advanced” scoliosis, the first thing that ought to be asked is, “Describe the pain and when it’s at its worst.”

“Well, it’s really bad first thing in the morning when I get up. I just feel beat up! Then as the day goes on, I feel a little bit better. Sometimes I even feel considerably better by afternoon!”

So, does that mean their scoliosis doesn’t exist in the afternoon? Is their spine only curved in the morning?

More than likely, that pattern of pain indicates it may not be caused by the scoliotic bones at all! The sufferer may well have scoliosis AND back pain from, say, the stress on muscles from overuse or from sleeping in the wrong position or from eating inflammatory foods … or … or … or.

The same thing can be said when people tell me, “Oh, Joette, you just don’t understand. Walking in the morning is just too painful because my knee joint is bone-on-bone!”

Then, why can they walk in the afternoon with considerably less pain or even without pain at all? Did cartilage suddenly build up in the joint after lunch?

Perhaps it’s just not the “bone-on-bone” condition that is

fully responsible for the pain.

Look, I'm not dismissing the diagnosis. I'm not a medical doctor, so I can't and don't debate the diagnosis. But I can say from years of experience that just because a sufferer has received a diagnosis does not mean that it is a disease that belongs to them forever – that they are defined by the disease! "I'm an asthmatic." Or "I'm a victim of RA." Or "My knees are bone-on-bone."

It's decidedly easy to fall into that mindset. Why? Because words have power – particularly those words that, in a rather sneaky way, lead us to believe that there is no hope for our particular condition.

Indeed, I urge folks to take their illness in stride. Don't point it out to yourself. Let it roll off your back. Just like a duck." Otherwise, we will be a victim – a casualty – of every ill that comes our way. And there will be plenty.

Indeed, don't we already have enough "victims" in our society today?

As you know, in Practical Homeopathy®, we highly value diagnoses. But here's when a diagnosis can become a wicket that is sticky– when adjectives get involved.

"Oh, Joette. I don't just have irritable bowel syndrome. The doctor told me I have *advanced* IBS."

"My case isn't going to be easy because I have *chronic* depression."

"You probably have never seen this before, Joette, but I have *dyshidrotic* eczema!"

"Look, Joette. I don't think homeopathy can help me because this isn't garden-variety eczema. Mine is *nummular* eczema‼"

“I’m going to have to learn to live with the pain, Joette, because the doctor said I have *advanced* arthritis.”

Again, we’ve been indoctrinated to fear the adjectives to our conditions. Once a sufferer hears that adjective – whatever it might be – in most cases, they will never hear another word until they experience a shift in the condition. They get scared; they believe the “insert-adjective-here” condition is permanent, can never change and will likely advance.



Frequently, people look for a way to *complicate* their conditions – to make them unique. But that’s not how the Practical Homeopath™ sees illness. I’ve seen “advanced” psoriasis turn around. It may take a couple of years, but I’ve seen it!

Positive results require utilizing a well-chosen homeopathic medicine and applying a tincture of time. I’ve witnessed incalcitrant irritable bowel syndrome make an about-face within months.

I’ve also observed individuals with so-called “advanced” back conditions who rarely experience pain. So, the Practical Homeopath™ doesn’t flinch at the adjective.

We just boil it down: “Is the back pain worse in the morning upon first getting up and then gets slowly better after

continued movement?”

“Yes.”

As Sergeant Joe Friday used to say in Dragnet, “Just the facts, ma’am.”

If it turns out that the generalized homeopathic protocol doesn’t act fully, then we can always go back and more closely examine the etiology. But at this point, it can oft be simply “back pain worse in the morning upon first getting up.” It’s as simple as that.

And what would the homeopathic protocol be for that back pain that’s worse on first movement? Why, we would immediately consider the medicine nicknamed as the “rusty gate” remedy, *Rhus toxicodendron*. Think about a rusty gate. It’s resistant and noisy upon first movement, then gradually loosens over time. Doesn’t that sound like our morning back pain?

So, that’s why we will add *Rhus tox* to our list of must-have medicines in your homeopathy kit.

In this case, we would turn to the Banerji Protocol of *Symphytum officinale 200* mixed together in the mouth with *Rhus toxicodendron 30,* twice daily – halting after very much better or if absolutely no improvement is seen after giving it due time to act.

We already discussed *Symphytum*, the premier medicine for bones, in a recent blog on Shin Splints. So, when coupled with *Rhus tox,* it creates a time-honored protocol for joints, muscles, ligaments and bones. This method has been shown to be effective for joint pain *regardless* of the cause – overuse, menopause or arthritis, just to name a few.

“But you don’t understand, Joette. This is *advanced* back

pain."

No matter! Even though someone scared the bejeebers out of the back pain sufferer with that adjective, the most effective protocol is often (of course, not always) still *Symphytum officinale* 200 mixed with *Rhus toxicodendron* 30!

Now, homeopathy is not magic. It doesn't cure all. There is nothing that can do that. But it certainly has a solid enough track record to offer hope in many situations that have been insinuated as hopeless.

So, no more thinking, "My condition is advanced. I'm hopeless. Nothing can help me now."

Oh, nay, nay, my friends. Homeopathy has been shown to help sufferers in a small way, in a medium way and, in other cases, *all* the way for the last 200+ years – whether the conditions are "advanced" or not.

Pass on the good news of homeopathy!

Warmly,

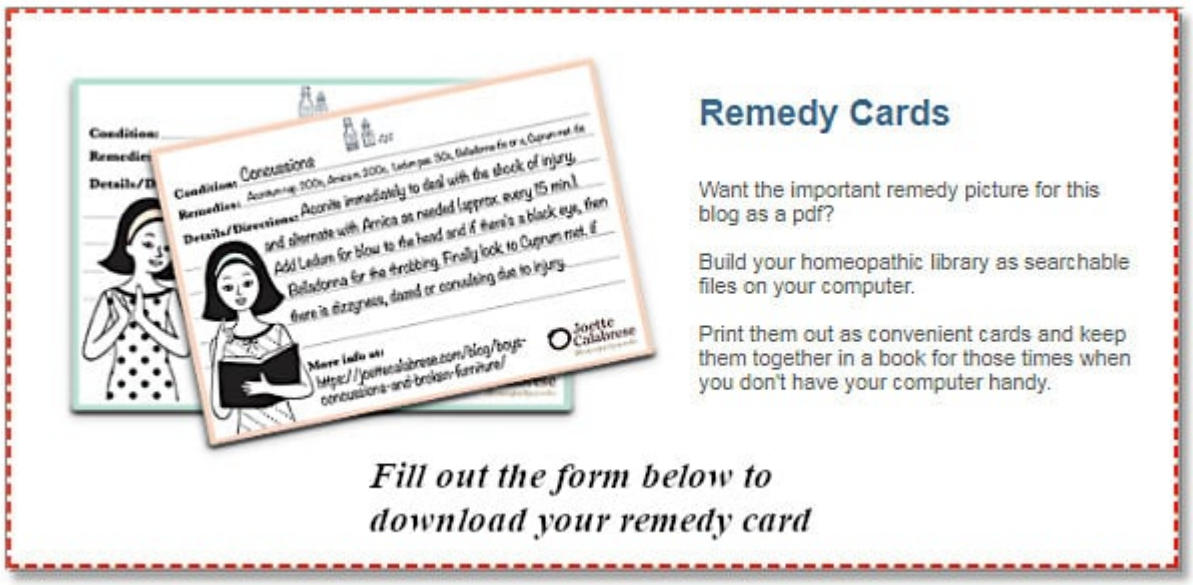


P.S. While we're talking about pain, if you want to learn more, take a deep dive into my course, Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good. Not only do I cover other, more specific back pain protocols, but I also instruct on headaches, frozen shoulder, shingles, arthritis and various organ pains – just to highlight a few. And remember – all of my

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

If you're not quite ready to consider a course, then joining a Gateway to Practical Homeopathy® study group will be just the learning opportunity you're looking for. It's the same way I began my studies – except you'll benefit from my years of teaching experience. The curriculum, which I recently revised to reflect my current teaching methods, is easy to follow. Plus, you'll make lifelong, like-minded friends who will be there to support you throughout your *genuine* healthcare path.

I offer something for every level of interest in homeopathy. So, join me today and learn how to become your family's trusted healthcare provider!



Psychological Protection



Fear and uncertainty. It’s everywhere.

Sometimes it seems as if the human condition works against peaceful optimism.

I could blame it on today’s mainstream media (which enjoys packaging almost every story with anxiety and dread). But throughout history – even before the invention of the 24-hour news cycle – human civilization has been brimming with plagues, governmental collapses, wars and natural disasters.

Humanity seems to gravitate towards chaos, eschewing the calm and uneventful. I can understand why people who don’t possess any tools live their lives in fear.

But I don’t.

Why? Because I possess psychological protection provided by my faith and homeopathy.

Fear comes when we are uncertain of the future or, more

specifically, uncertain of our *response* to whatever the future can throw at us.

Are you fearful when driving to a new locale?

What if you have a specific address, a navigation system in your car, a map (in case the navi system fails) and the phone number of a friend nearby?

Then, the anxiety melts away. You're prepared. Instead of foreboding, you feel certainty.

Well, in much the same way, homeopathy has given my family and me certainty.

Flu pandemics? I'm ready.

War? I'm emotionally covered.

Chemical exposure from an accidental spill? Check!

Fires? Yep, that, too.

And the list goes on.

Look, we don't have to have ALL the answers to life's uncertainties. We just need to know where to get those answers when something unexpected occurs. That knowledge gives us confidence that we can handle anything!

A good repertory and *materia medica* can help. Owning my Survivalist Guide to Homeopathy – a hardcopy binder filled with homeopathy information – will be invaluable if the internet's infrastructure ever goes down. And my Mighty Members can print out my Remedy Reference Guides (printable e-books of all of my blog posts dating back to 2013).



So, step one of attaining psychological protection should be clear: You know where to get answers when you need them. You simply need to have secured those resources in advance.

AND – step two – you need to own as many homeopathic medicines as you possibly can afford!

Believe me, having the confidence that you can find the information you need *and* owning the medicines that may be required will enable you to relax. There'll be no need for trepidation; you're ready.

I tried so many medical paradigms throughout my life only to be disappointed. Each modality was supposed to be "the answer." But when I finally found homeopathy, the angst inside me quieted.

You see, my friends, homeopathy is the medicine I thought I was getting all along – through the trial and error of all those other paradigms. Homeopathy is a gentle, polite, efficacious, time-honored medicine with the sweeping potential to keep my mind at ease – simply by knowing it's there when I need it. As a student of mine in The Academy of Practical Homeopathy® recently said about learning homeopathy, "It's a slow infusion of bravery."

We can all be psychologically protected with homeopathic preparedness.

However, if anticipation of traumatic events triggers grief,

produces anxiety or leaves us feeling overwhelmed, homeopathy offers a specific medicine to combat that upset: *Ignatia amara* 200. Generally employed twice daily, until very much better, *Ignatia* can help nudge the body to overcome the disquieted emotions that tribulations can engender.

Once again, we're psychologically protected by having this appropriate homeopathic medicine at the ready.

Indeed, we've discussed *Ignatia* before, but I mention it again today because no list of must-have medicines would be complete without it. So, add *Ignatia* 200 to the homeopathy kit you're building this year with each blog post!

While we're at it, let's take a moment to review the list we've created for our homeopathy kits thus far and the blog posts associated with 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*

My friends, we never know what tomorrow will hold. However, we can rest assured with preparation for the unknown. So, again, know where to find the information you may need and own the medicines required for any eventuality.

It's a pretty simple formula for psychological protection, wouldn't you say? So, get prepping and pass on the good news

of homeopathy!

Warmly,

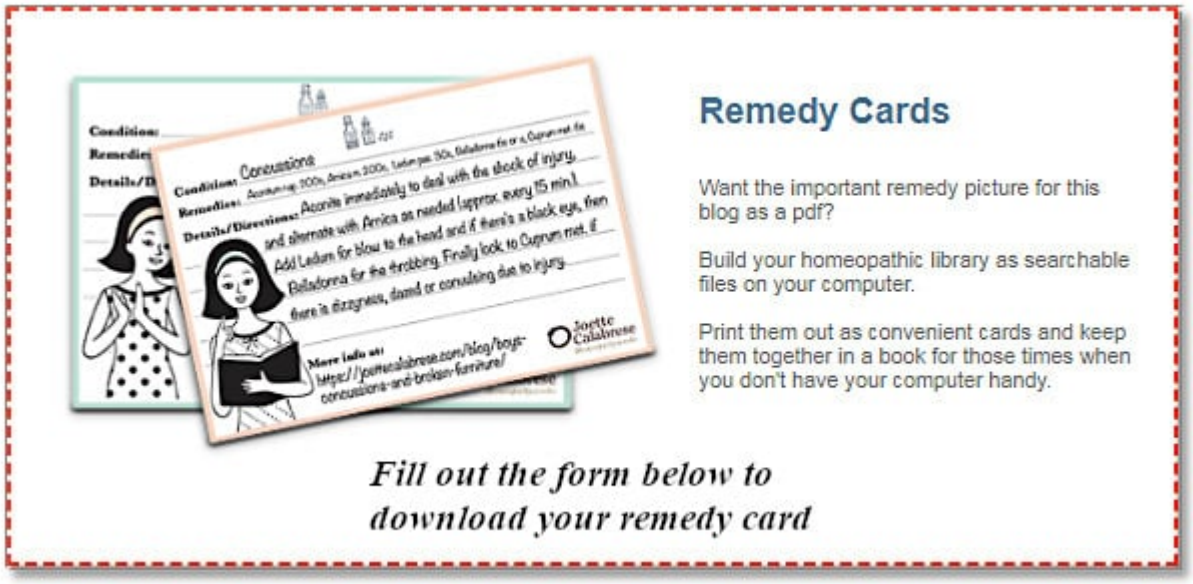


P.S. If you're new to homeopathy – and even if you've studied it before – my greatest hope is that you will join a Gateway to *Practical* Homeopathy® I study group. Consider it your map – your navigational system into the extraordinary medical paradigm of homeopathy.

Plus, you'll meet other like-minded people who will quickly become your support system – the friends you can call when times get tough.

And there's no better time to choose to participate than now. My recent revisions to Gateway I have resulted in a much tighter curriculum, more in keeping with the way I teach Practical Homeopathy® today. I encourage you to purchase now so you can join me in the remaining live events over the next few weeks as I livestream an introduction to each new lesson.

There's a lot of excitement around this new Gateway to Practical Homeopathy® I, Second Edition. Don't miss out!



Fake Medicine



Fake. Fake. Fake!

You've seen them in every corner of our society. Fake eyelashes, fake tans, fake designer handbags, fake IDs, fake news … even fake food!

Is there anything more disheartening than ordering a pizza, taking that first bite and realizing it's slathered in fake cheese? Unless we make our pizzas at home, there's really no way to be sure the ingredients aren't fake … that is … until they hit our digestive system and make us sick.

Fake is usually synonymous with cheap, gaudy and disingenuous. So, the upshot of using the word "fake" is to encourage us to be wary, to question further, to distrust and examine carefully.

But how about medicine? Can medicine be fake?

Let's think about that for a minute. Drugs of commerce are synthetic. They're factory-made –something not found in nature. You see, medicine has been taken out of the hands of the mothers and grandmothers. Instead, medicine is now squarely in the hands of factories, industry and more recently even government!

The drug manufacturers don't tell you what the drug *really* is. They don't tell you what it *really* does. And often well-meaning doctors are trained by pharmaceutical companies to believe synthetic drugs are the only way.

I want medicines that are truthful and celebrate the home, and celebrate authenticity. I don't want something that merely covers up symptoms only to cause a more sobering condition in the future.

That means its lying to you … via stealth omission.

I want – no, I *demand* – medicines that are truthful. I want medicines that tell you what it is *in its name* – and I don't mean some cutesy or lofty-sounding marketing manipulation of

words.

With synthetic drugs, we must dig two, three or even four layers deep to discover just how dangerous and stealthy an injection, a pill or an ointment is.

But …

not so with homeopathy.

Homeopathy doesn't lie to you. Everything you need to know about a homeopathic medicine is right in its formal Latin name. Everything you need is accessible, available to read – and not in fine print, mind you.

And this information hasn't changed! Most of the homeopathic medicines we use have been in use for *centuries* by the best medical minds in hospitals, clinics and private practices around the globe. There's nothing capricious or veiled about them.

There are no patents on homeopathic medicines, so no one owns them. Let me repeat: There are NO patents, so NO ONE OWNS THEM. This means they cost what a good medicine should cost – under $20 – and there's no industry pushing them.

More importantly, we needn't be cajoled into using homeopathic medicines. We either use them, or we don't. There are no government mandates that *require* us to use them. No one *forces* us to give them to our children through threats that social services will come knocking at our doors or our child will not be allowed to enter school.

However, learning to depend on drugs of commerce for sinusitis, antibiotics for UTIs, steroid ointments for rashes or acetaminophen for headaches is *learned* – much the same way language, dress and behavior are learned. And that dependency is buried in a deep and inaccessible part of our psyches. And so, it's become a part of our culture.

My friends, we must widen our gaze and not stay focused on the world from the myopic view.

Good medicine is medicine that people love – authentically, naturally and wholeheartedly. Good medicine is one that people are happy – even proud – to give to their children and elderly parents.

Homeopathy is the honest medicine.

So, what about that fake cheese we inadvertently ingested on our take-out pizza?



Homeopathy counters fake with honesty, as *Pulsatilla nigricans* 30 has been shown to address fake-dairy digestive disasters when employed as an SOS (as needed until very much better).

Since we never know when fake might fool us, let's add *Pulsatilla* to our list of must-have homeopathic medicines to add to our arsenal. The rest of the world can keep their fakes; we'll stick to the real and honest.

Now, how would you have learned when and how to use this little medicine if you hadn't read it here?

Why, from becoming a member of my Gateway to Homeopathy

Study Group that's wrapping itself around the world one family at a time!

Pass on the good news of homeopathy … the honest medicine!

Warmly,



P.S. Speaking of fake, Big Pharma is concerned – as it always has been – as homeopathy regains exponential popularity in the United States.

In this week's Memo to Mighty Members, I'll share some very interesting legal wranglings currently underway. It's fascinating information that every proponent of homeopathy should be aware of. Look for it, as usual, this Thursday!

If you haven't joined **Joette's Mighty Members**, what are you waiting for? My Mighties enjoy all sorts of benefits:

- Memos (which are extra weekly blog posts on topics I don't feel comfortable sharing in a public venue)
- Musings (videos of my interests that I want to share)
- Remedy Card booklets,
- Remedy Reference Guides (downloadable e-books containing my blogs going all the way back to 2013)
- A safe discussion group without the censorship of public social media forums
- A Facebook-free place to participate in my Monday Night Live video events
- More perks currently in development

And all of my Mighties qualify for a 10% discount on course

purchases. (If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.)

There’s no better time to join than now!

