Elusive Sleep? Zzzzzzzzz.



“What?

I’m sorry, did you say something?

My mind was wandering because I just didn’t get a good night’s sleep.”

Boy, if you had a nickel for every time you’ve heard someone say that … or even said it yourself … you’d have a big ol’ stack of nickels.

Sleep may seem like a luxury. But it’s a necessary part of our existence. It’s certainly not something to scrimp on – at least, not on purpose.

But what about those days when sleep won’t come? You’re up to 3,489 sheep, yet you’re still wide awake!

Sleeping pills such as benzodiazepines or Ambien carry the usual array of side effects we expect from patented

pharmaceuticals. Some can even lead to loss of motor function or amnesia. So, as usual, our answer is not to be found from Big Pharma.

Many people pat themselves on the back for going “natural” with their sleep aids. I’m sure you’ve heard a friend extoll the virtues of valerian or melatonin. But natural does not always mean perfectly safe. Indeed, valerian carries a potential for toxicity. Both valerian and melatonin can result in next-day fogginess. And melatonin must be taken in the proper dosage and at the precise time in order to perform as desired.

In fact, melatonin is a hormone, my friends. And you know how I feel about tinkering with hormones.

Instead, I find (as I most often do) that homeopathically prepared botanicals are far superior to the gross form of herbs.

So, which homeopathic medicine is best for sleep? Let’s turn to the experts at Boiron.

As you should know from reading my blogs, the homeopathic pharmacists at Boiron know their medicines! They should. They’ve been in business for almost a century in France and opened BoironUSA 40 years ago. That is a lot of experience, my friends!

They have created a combination remedy called SleepCalm® (perfect name, wouldn’t you say?) by blending four single homeopathic medicines that, through clinical observation and study, have been shown to address sleep issues.



Let’s take a look at the back of this combination remedy to learn more about the ingredients Boiron has chosen*:

- *Hyoscyamus niger (black henbane)* 3C*:* Relieves restless sleep associated with nervousness.
- *Nux moschata (nutmeg)* 4C*:* Relieves restless sleep.
- *Passiflora incarnata (passionflower)* 3X*:* Relieves sleeplessness associated with worries and exhaustion.
- *Stramonium (thornapple)* 6X*:* Relieves sleeplessness with intermittent awakening.

That gives us a good start. But as I often suggest, open up your *materia medica* and do a bit more research on each of these medicines. As a student of homeopathy, you should understand what works and why!

Always stay curious.

Believe me when I say that homeopathy is the most valuable rabbit hole you can possibly fall into! So, learn as much as

possible with the joy of knowing there will always be more to discover! Look at me, for instance. I've been studying and practicing for over 36 years and often glean new nuances. Indeed, homeopathy is intellectually delicious!

In fact, Christophe Merville, D.Pharm, director of education and pharmacy at Boiron (whom I've interviewed extensively as a lesson in the Academy of Practical Homeopathy®), has prepared a Q&A regarding homeopathy as an alternative to melatonin, as well as a white paper on SleepCalm® and a comparison of herbs, supplements, OTC sleep aids and sedatives. There is so much good information in those resources that I will be sharing them with my Mighty Members later this week. (If you haven't joined, now's the time!)

But before I go, I'm sure you recall that each week in 2023, we've discussed a medicine that should be included in any well-stocked homeopathy kit. SleepCalm® has certainly earned its place among them.

If you order from Boiron's website, don't forget to use my name (Joette) in the coupon box at checkout to receive a discount. But let me be clear: I have no affiliate program with Boiron. That is, I have no financial relationship with them. I tell you about this and their other offerings simply because I like their products. Why? Well, number one, they work! And number two, they are an excellent entry point for those meandering the aisles of Walmart, Wegmans and other stores.

My mission is to get homeopathy into the hands of *all* families, *especially* those unfamiliar with its many abilities. Building this support "from the moms up" will ensure that homeopathy will live on.

"But Joette, I don't have any sleep issues."

Well, that's excellent! Perhaps *you* won't need this medicine. But what about your family? What about after a

crisis, when sleep patterns are interrupted? Heck, what about last night's time change to Daylight Saving Time? (That extra evening sun is enough to throw off many people's sleep patterns.)

Plus, others have reported SleepCalm® to be an excellent entry point into homeopathy when friends and relatives visit. Travel (changing time zones or simply being over-weary) can affect sleep. What better win-win than to provide a loved one with a box of SleepCalm® to ease their wakefulness? I'll bet that in the morning, they'll be asking more about homeopathy!

And that's the perfect time to pass on the good news and further my mission – *OUR* mission!

Warmly,

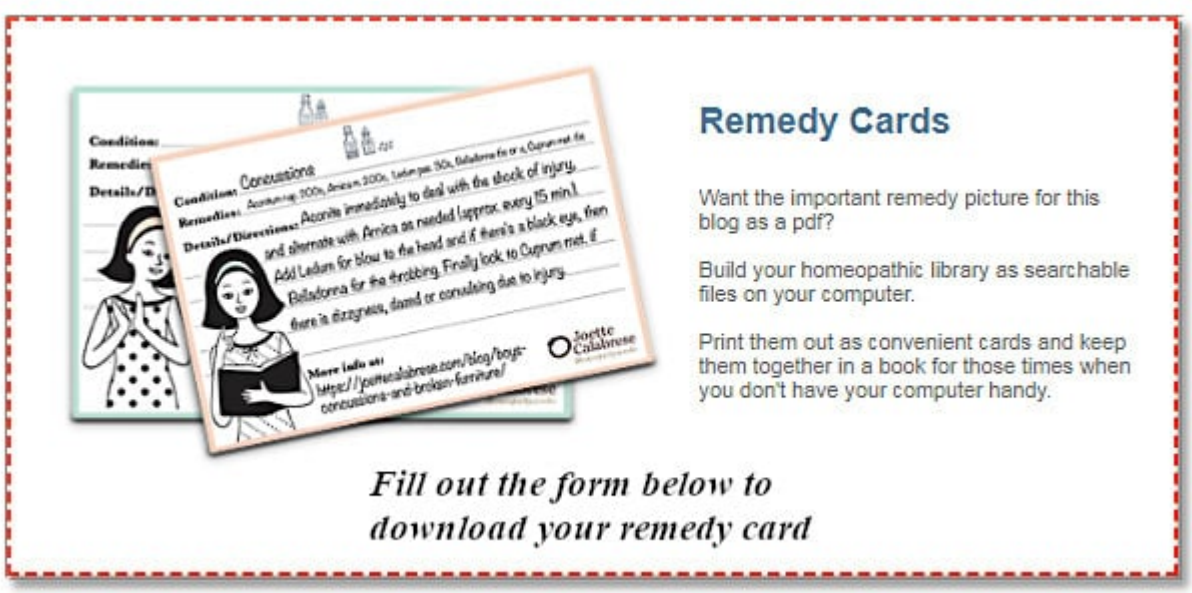


P.S. You might enjoy the story of Boiron's history in this short YouTube video: The Boiron Story: 90 Year Saga. It's subtitled in English, so you'll understand the narration. (But who doesn't love listening to the beautiful French language?)

P.P.S. Thorough *materia medicas* can be expensive and, at first blush, daunting. But they can be ever so beneficial for the serious homeopathy student! However, sometimes a simple, plain-talk *materia medica* is often all the busy parent needs to look up a common medicine and its top keynotes quickly. That's why I wrote *A Materia Medica: Practical Homeopathy® for Busy Families*. Through the lens of

my stories and experience, you'll learn important information about 150 of the most used homeopathic medicines. It's a great entry-level *materia medica* AND one that may be more easily accessible during a health emergency.

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



3/12/23 Elusive Sleep
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I Want My Body Parts Back



“I’ve been robbed! One pair of tonsils and two pairs of wisdom teeth were stolen, Officer. Does anyone have any ideas on where they are and how I can get my body parts put back where they belong?”

First, let me say that my body parts were innocent. They never broke any laws. They were not misaligned, misplaced, septic or otherwise unruly.

Well, okay, my tonsils used to get infected, but homeopathy would have fixed that in a jiffy. My little body parts had never turned on me – or the robbers, for that matter.

Their only crime was being too close to the surgeon’s scalpel. And so, the robber couldn’t resist convincing my parents and me that it was time for them to go.

But luckily, they didn’t steal my brain, so I’ve been

thinking.

Since I'm griping about other stolen property, I'd like my old gut back – you know, the one I had *before* it was tainted with antibiotics. And how about my old immune system before I was jabbed with other questionable stuff? Yep. I'd like that back, too!

But interestingly, I wasn't left with nothing. Instead, the robbers who stole my body parts didn't leave without putting something else in their place. They filled my other teeth with mercury and injected more into my arm.

Additionally, I was given a daily prescription of pills that suppressed my womanly hormones so that my body could not produce another human being.

I was also given the gift of steroids. They forced my skin to stop acting rashy and later produced a decade full of asthma. Good times!

Then there were the myriad painkillers for migraines that had been initiated by all the other trash (I mean prescription drugs) I took.

Somehow my uterus, ovaries, gall bladder and appendix were spared. But I still yearn for my tonsils and wisdom teeth.

However, I must clarify that the robbers didn't steal my body parts stealthily in the dark of night. They didn't leave me in a worsened state when no one was looking. No. They did it with my permission!

And something even stranger happened: I actually PAID them for this grand theft. And to add more insult, at the time, I was HAPPY that they took them. I probably even praised them for their work.

But as time rolled on and common sense finally prevailed in the brain they left me, it became clear that an out-and-out

robbery had been committed. But unfortunately, it took decades – and a lot of self-directed education– for me to flip the switch in my thinking.

So, my friends, I have to admit that the doctors and dentists who robbed me aren't really to blame. My parents and I actively sought out the professionals' opinions and agreed to submit to these procedures.

Indeed, we made the phone call, scheduled the appointment and dutifully listened to the sales pitch. Then, on the day of the theft, we gave them permission to dig, cut and cart my body parts away.

It makes me wonder. You know how you do your research before buying a car – because it's a significant investment and you don't fully trust the dealer? You know how you spend hours, days, even months deciding how to spend a large sum of your hard-earned money?

Well, I could have done the same before submitting to these medical procedures – to **any** medical procedure. But I didn't. So, why didn't I kick the tires and look under the hood? How come I didn't do my homework? Why have I spent more time studying the cars I've purchased?

I know why. It's because I trusted. I fully believed that a shiny new paint job was all that mattered, and I didn't consider the long-term consequences.

So, what could I have done differently? I mentioned that homeopathy could have nudged my tonsils into better behavior. Although, in fact, they already were behaving precisely as God intended. The tonsils' uncomfortable but useful function may have *protected* my body from subsequent respiratory infections.



You see, tonsils – the sentry guards of our immune systems – hinder germs from entering the rest of the body through the nose and mouth and are rich in white blood cells to fight the local infection. They are there for a reason.

But to relieve my tonsillitis, I might have employed *Hepar sulphuris calcareum* 30 or 200, twice daily until very much better. In fact, let's add *Hepar sulph* to our list of must-have homeopathic medicines in our collection. I prefer to own it in several potencies – 6, 30 and 200 – as it has been shown to be invaluable in certain kinds of cases of infection, as you may remember from my blog post, Hepar sulph: The Homeopathic Antibiotic.

Hepar sulph is not the only potential choice of medicine. There are others. For more specific details, read my blog, Ultimate Remedies for Strep Throat and Enlarged Tonsils.

How far can I go with all of this? I must admit, not very far. All I can do now is complain. And I hate complainers.

So, instead, I'll just warn you not to let your important body parts be tinkered with. Keep your God-given parts! Protect them like they are something important – because they ARE!

No one is going to give you your money back, and, more importantly, no one will hand those parts back to you once they're taken. Instead, you'll end up just like me – spending your time longing for pieces of your body that were taken long ago. Believe me, that's not a good way to pass the time.

If you know anyone suffering, pass on the good news of homeopathy! When you know something this important and impactful, you shouldn't keep it a secret!

Warmly,

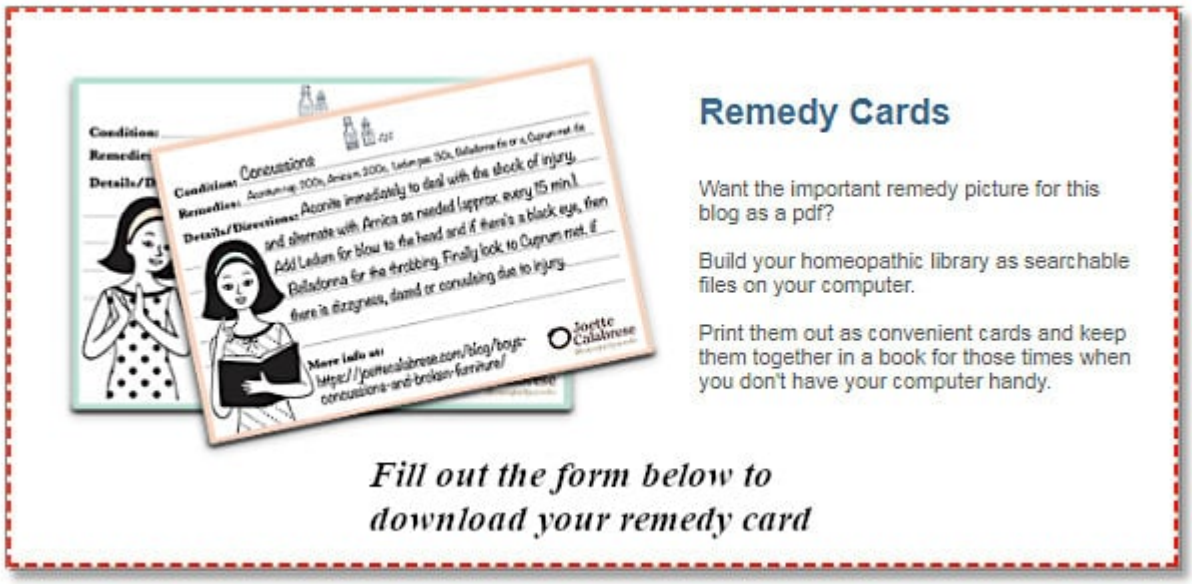


P.S. If you'd like to learn more about avoiding antibiotics and unnecessary surgery, consider my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs: Practical, Proven Homeopathic Protocols. Overuse of antibiotics in our society has led to widespread antibiotic resistance and superbugs. So, not only are our more common antibiotics becoming less and less effective, but the more powerful ones in use today cause even greater upheaval in the gut biome and can produce side effects galore.

But all is not lost! We can get off the conventional antibiotic conveyor belt and return to trusting in the natural healing abilities our bodies innately possess – with

just a gentle, polite nudge from well-chosen homeopathic medicines. Education is key! So, I developed The Antibiotic Alternative course to teach you what I've learned through almost 40 years in practice and from learning beside the famed Drs. Banerji in India.

You can't afford to miss this information before an infection strikes your family. 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.



Homeopathy and Chemical Exposure



We never know!

We never know from day to day what challenges life may present. Such is the case for the folks in East Palestine, Ohio, after the catastrophic train derailment and subsequent hazardous chemical smoke plume that enveloped the surrounding area.

No one knew as they were going about their day that they would soon face unimaginable exposure to vinyl chloride.

Indeed, we never know.

That's why we need to be prepared! We need to develop the skill of thinking homeopathically and own all the necessary homeopathic medicines to survive any potential eventuality.

I discussed this in depth during last Monday night's Live event. However, I realize that not everyone can access my Facebook Lives. Many understandably prefer not to join Facebook, so you missed the conversation.

That's one reason we created Joette's Mighty Members – so you could watch the Live events *without* Facebook's prying eyes. If you have not yet joined my Mighties and me in our private sandbox, I urge you to do so. The site is housed on

my own servers, so it's the only environment where I feel comfortable discussing certain subjects candidly!

But because this topic is so timely – on the forefront of everyone's minds – I want to summarize just a bit of what I taught last Monday. I can't include it all here, so I encourage you to listen as well.

Again, I am not a medical doctor, so I cannot offer medical advice to victims of chemical exposure.

If the situation is non-emergent, we can sleep on it, gather more facts and formulate a plan. However, it's human nature to want to react as soon as possible in a crisis. So, it's crucial to learn how to react *appropriately*, especially when we don't know precisely what's happening.

My friends, the first step to a proper reaction is learning and *practicing* the ability to think homeopathically. And that is why I am here as your homeopathic teacher.

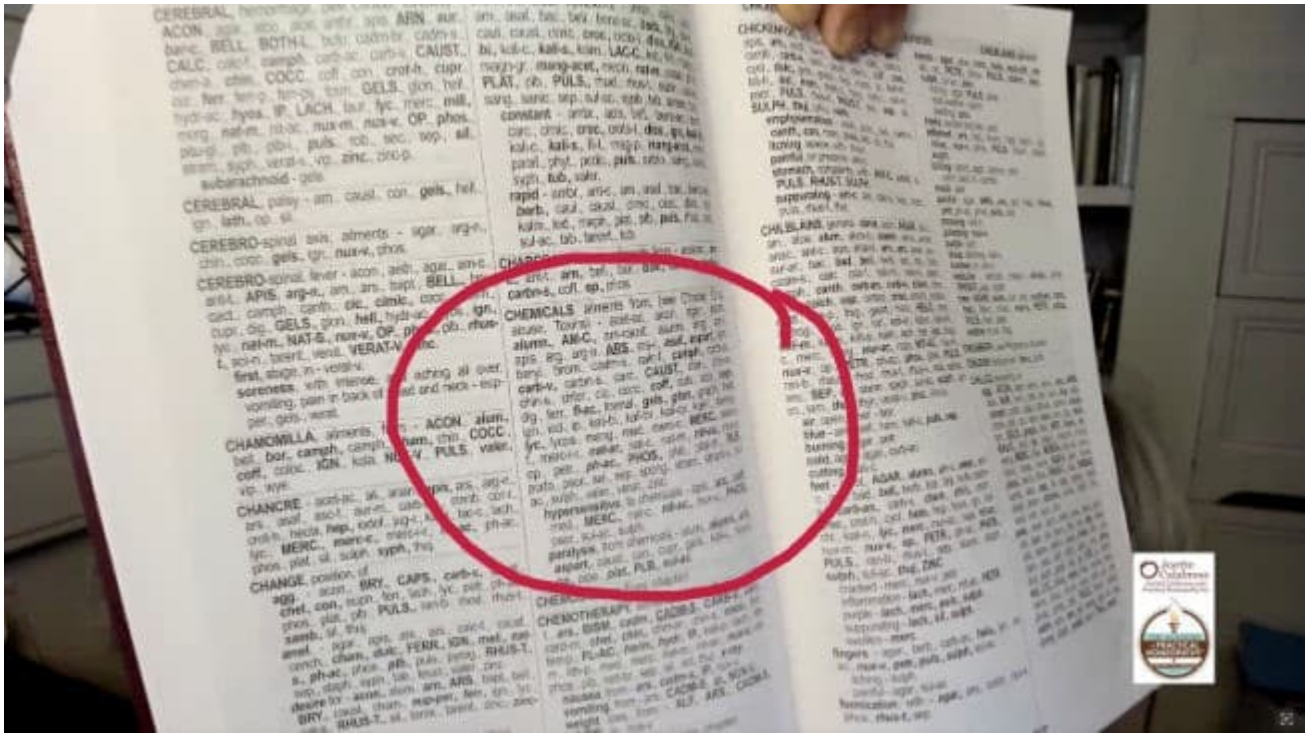
We use the symptoms to determine which medicines are best for whatever the sufferer is experiencing – regardless of etiology. In other words, whether the noteworthy symptoms have been caused by a chemical spill, a bee sting or contact dermatitis, it matters not. The homeopathic thinker uses the symptoms to choose a medicine.

In this particular instance of the train derailment in Ohio, symptoms currently seem to range from urticaria (skin rashes) to breathing issues. We don't yet know the long-term effects. It's too soon. However, chickens, fish and pets have died.

In a blog post, I certainly cannot direct anyone as to which homeopathic medicine may be the best choice for them individually. But I can teach you how to get the information you need to make an informed decision for yourself.

It involves utilizing a homeopathic repertory – a compendium of all human suffering. A repertory is a dictionary-thick book printed on super-thin Bible paper in which almost any imaginable symptom and condition is listed, along with the homeopathic medicines most specific for that particular rubric.

My current favorite is Dr. Robin Murphy's "MetaRepertory, Fourth Edition." The **Clinical**-Generals section in the back of the book is the first place I would turn in a situation such as this chemical spill. If you own this book, turn with me to page 2126, where you'll note in the right-hand column, "**CHEMICALS,** ailments from," where there are 70-plus homeopathic medicines mentioned as being worth consideration after a chemical exposure results in illness.



So, how do we pick?

The potential homeopathics are listed with different font treatments highlighting the medicine most commonly found to act. Several medicines are in bold font; several medicines are capitalized. (I go into this much more in my Live event, so I urge you to listen on Facebook or join the Mighty

Members.)

But the most agreed upon, successfully utilized medicine for ailments due to chemicals is listed in bold capitals and underlined: **ARS** (short for *Arsenicum album*). We don't know that this medicine is specific for the chemical released in this instance. However, we do know that *Arsenicum album* has been shown to be so sweeping and useful (regarding susceptibility to illness after chemical exposure) that its a top consideration.

So, let's say we choose to employ *Arsenicum album* for chemical exposure. How do we know which potency to use? That, my friends, comes with more education. That's why folks take my courses at The Learning Center. A pattern starts to emerge with each medicine.

For instance, *Arsenicum album* 3 is more for stomach issues (which we discussed recently in the blog post, Stomach Flu). *Arsenicum album* 6 is more for the nose, while *Arsenicum album* 30 tends toward addressing diarrhea. And finally, *Arsenicum album* 200 (one of my favorite potencies of this medicine) is generally called upon for chronic issues.

If exposed to toxic chemicals, I would generally lean towards utilizing *Arsenicum album* in a 30 or 200. But that is up to each individual to decide according to their symptoms.

Remember, homeopathy is medicine. If we use it injudiciously, it can cause a proving (which means a specific symptom that a homeopathic medicine can *address* can actually be *caused* briefly if someone takes the wrong medicine unnecessarily). As discussed in Podcast 49: Shedding Light on Provings and Aggravations, a proving is not something to fear. But it's something to keep in mind when utilizing a medicine.

Now, I also teach how to look in the repertory under *other*

symptoms that may be experienced – in addition to the general category of ailments for chemicals. So when a medicine such as *Arsenicum album* appears under several different yet applicable rubrics, that's a healthy indication that it's a good place to start.

Arsenicum has been noted to address angst and fear. It also addresses diarrhea, respiratory distress, skin conditions, liver inflammation and poisoning. With that many applicable keynotes, *Arsenicum* will generally become a standout in our homeopathic thinking for this situation. Again, it's not an absolute – not 100% – but it's a well-informed place to start.

However, as with any condition, we don't hang our hat on one medicine without careful observation. If the first chosen medicine doesn't act, we pivot to another. As I said, under the repertory rubric of ailments from chemicals alone, there are 70-plus medicines to choose from! The best way to determine another possibility is to look up each listed remedy in a *materia medica*.

A *materia medica* is a companion book to a repertory. (Dr. Robin Murphy's "Nature's Materia Medica, Fourth Edition," containing over 1,500 homeopathic medicines, is an excellent consideration.) While a repertory lists illnesses and conditions, a *materia medica* lists each of the homeopathic medicines with their keynotes and clinically observed actions. Together, they provide the entire picture to inform our decisions better.

If you're looking for a more user-friendly *materia medica*, you might consider one I wrote just for busy moms and dads, "A *Materia Medica*: Practical Homeopathy® for Busy Families." It contains about 150 of the more common homeopathic medicines.

Again, I am not telling you what to do. I'm teaching you how

to THINK through these medicines. Competence and confidence – especially in an emergency – depend on having developed homeopathic thinking and accumulating education. Then, you need to own these medicines. Own as many as you can. As I said at the outset of this post, we never know what we may need tomorrow. So, order as many homeopathic medicines as you can afford from reliable pharmacies. (See Where to Buy Homeopathic Medicines.)

And my friends, no matter what life throws at us, we're going to be just fine. We have our medicines, our trained brains and our prayers.

That's a hard combination to beat!

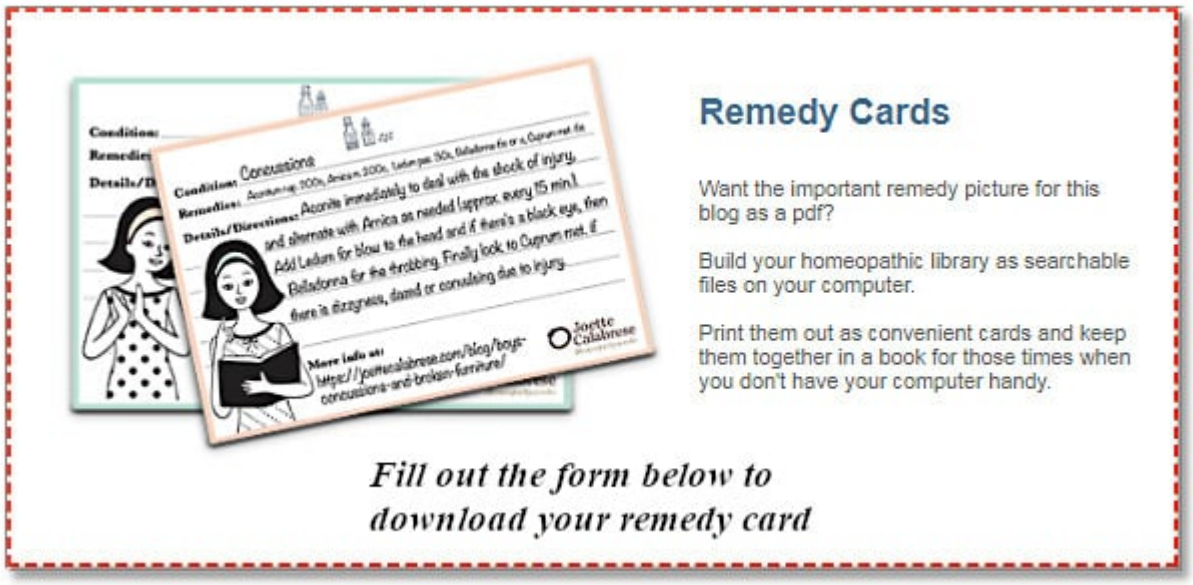
My team and I will continue to hold the Ohio area in our hearts. And as always, pass on the good news of homeopathy to all those affected!

Warmly,



P.S. Joette offers a homeopathic strategy for self-reliant health care in her course, The Survivalist Guide to Homeopathy. Whether your family must navigate medical care alone after a natural disaster or you suddenly become your elderly parents' caregiver, the Survivalist Guide will be your anxiety reliever. It provides a plan of action with time-proven and clinically tested homeopathic protocols for countless conditions. Click on this link and download my free infographic containing 23 emergency homeopathic remedies.

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.



Wartime Suffering



When the conflict in Ukraine became more evident, I began making notes for this article. But the optimist in me hoped the conflict would be short-lived, so I never sat down and completed the post.

It’s hard to believe that this has been going on for a year.

Observing violence and atrocities – even by watching from afar– can be a significant shock to the nervous system. As a result, sensitive individuals (and even those not so sensitive) can be thrown into an “*Aconitum* state,” meaning anything along the spectrum from aghast shock to full-blown panic attacks.

For this condition, *Aconitum napellus* 200, twice daily for a few days, has been shown to restore balance.

In fact, *Aconitum* (*Aconite*, for short) is this week’s must-have medicine to add to your well-stocked homeopathic kit!

There's always a tube of *Aconite* 200 in my purse. We never know what life will throw at us when we least expect it, so I never go anywhere without it. (You can read more about this in Emergency Remedy Series: Aconite in My Purse.)

But shock and panic attacks are not the only conditions that can arise during wartime. Often, individuals who have witnessed violent atrocities can internalize the event so profoundly that they experience violence in another way. Perhaps their thoughts become more violent, or they experience violent dreams. Children may become more violent in their play.

Homeopathy, as always, offers a countermeasure to gently and politely assist the body in naturally restoring equilibrium. It's *Stramonium* 200, generally utilized twice daily until very much better.

I have discussed this subject before in Podcast 94: Stramonium and The Swiss Family Robinson and, more recently, in The Angry Child. But this homeopathic medicine is equally applicable to adults as it is to children.

Men and women who have served in the military and witnessed atrocities – or even had to commit one themselves – have been helped with this medicine. It's a terrible burden to the healthy psyche of a soldier to feel forced to follow orders to do something unthinkable. Even though they generally have no choice but to comply, now they have to live with what they've done.

This medicine may be important for bystanders as well. Observing something shocking and egregious can affect the central nervous system to such a degree that the witness cannot cope. It throws them off in such a way that they manifest violence as though they are looking for parity against potential continued aggression.

Remember the old expression, "Practice random acts of

kindness”? The implication is that kindness begets kindness. Well, in like manner, violence begets violence.

It matters not if one is enmeshed at ground zero of a conflict or watching hellacious videos from the relative safety of home a continent away. Experiencing violence can create emotional upheaval in any individual.

But *Stramonium* has been shown to counter this turmoil whether nearby or remote. (And by remote, I mean remote in time as well as physical distance. Veterans have often reported success with *Stramonium* well after their time in service has ended.)

Look, my friends, watching the news is an invitation to fall down a rabbit hole of emotional chaos these days. Endless news coverage of the spy balloon and other objects shot down in our airspace can make even level-headed folks consider the fragility of peace and the horrors of war.

But our homeopathic medicines stand at the ready to counteract wartime suffering – both real and imagined.

So, pass on the good news of homeopathy. And consider sharing these valuable medicines with all those who suffer – whether at home or abroad! We must keep our faith strong, yet always know that at times when our faith might waver, homeopathy has our back.

Warmly,

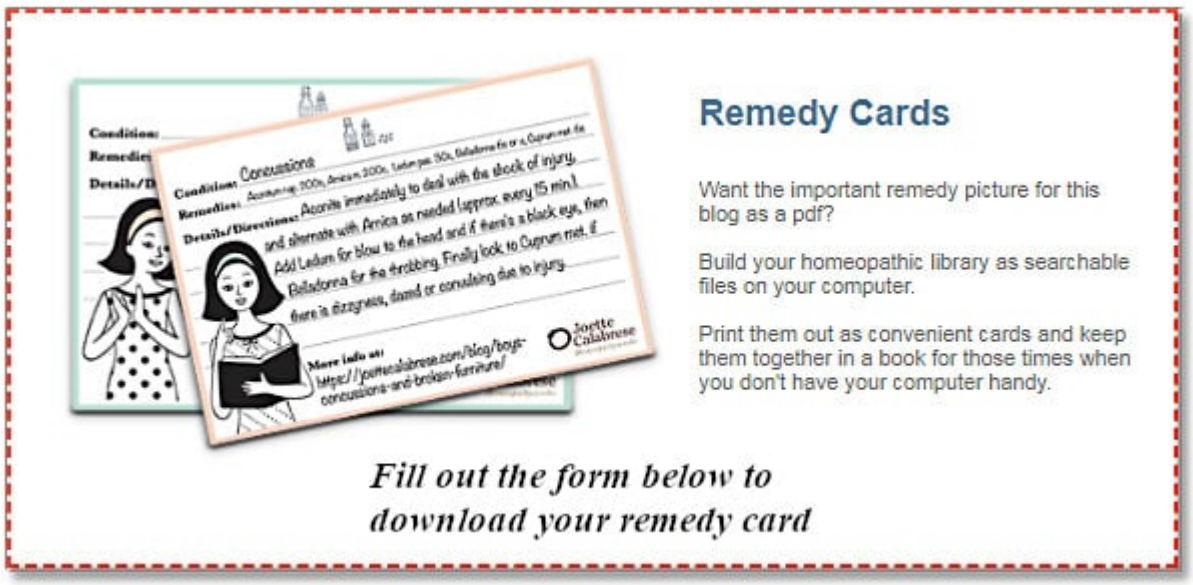


P.S. Another excellent coping mechanism for concerns about

war and disaster is preparation. That's why I wrote "The Survivalist Guide to Homeopathy." The Survivalist Guide is my magnum opus – a homeopathic reference book that can be utilized even if the internet infrastructure has failed. In it, not only do I cover first aid, shock, radiation and chemical exposure and epidemics, but I also teach how to address many common systemic illnesses and conditions if the hospitals and medical facilities are no longer available. Homeopathy allows us to deal with our family's health, even if support from the outside world is no longer available.

But the time to learn is *now* – before anything happens! If you wait until you *need* this information, it will probably be too late. That's just the nature of emergencies, right? So, I urge you to learn more about The Survivalist Guide by clicking on this link. The homeopathic competence and confidence you will gain will offer true peace of mind.

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.



Stomach Flu



“Everything on the inside wants to be on the outside.”

That’s how my family describes the adventure of stomach flu. If you’ve ever had it, I’m sure you know exactly what we mean.

Recently, I received a request from a Mighty Member to teach about homeopathy and the stomach flu. As luck (?) would have it, I had just gotten over a bout myself. So, I can speak from recent, personal experience here.

It started with cramps in my upper abdomen – in the stomach area. Then the nausea came … in waves. Every time a cramp hit, the nausea would follow, washing over me like a suffocating blanket. It grew and grew until … well … until I

became the human embodiment of a confetti cannon.

Everything on the inside tried to get on the outside in whatever way it could. Exit stage right, left and center!

Now, lest you think this was just some little brush with stomach upset, let me tell you, my friends, I had relentless cramping that resulted in *severe* vomiting. Indeed, I turned into a pathetic ball of mush, declaring to my husband, "I want to die! No, I think I AM dying!"

It seems almost laughable now. But it certainly wasn't funny at the time.

Now, you'd think that after all the years I've been in practice and have spent researching as an educator, I would immediately employ the perfect matching homeopathic remedy.

I did not.

My mind was reeling with potential possibilities. What on earth did I have? I hadn't been to a restaurant in the previous days, so it wouldn't likely be food poisoning from an unknown source. Likewise, it couldn't be food poisoning from our own food. I had prepared our family meals, and everyone who ate the same things was just fine.

Could it be a stomach bug? At the time, we were up north, trapped indoors by the blizzard. I hadn't been around anyone for a few days to catch a bug. And that colored my thought process.

So, what was the etiology of this decidedly explosive event? Who knows? I couldn't figure it out. And perhaps in my state, I temporarily forgot that the "cause" really didn't matter. As is often the case, our struggling brains may emphasize particular symptoms and scenarios more than others. Sometimes we may ignore symptoms altogether.

So, in my misery, I tried several homeopathic medicines,

giving each their due time to act. But they did not. It wasn't until I tried *Arsenicum album* 3C that I hit the nail on the head! It was miraculous! (Well, it's not really a miracle, now is it? It is a well-documented homeopathic medicine for vomiting and stomach pain, substantiated by years of clinical use.)

I took one dose, curled up on the sofa, and promptly fell asleep.



Those familiar with homeopathy know that in most acute situations, sleep is a good sign. The body is relaxing into the healing process, signifying (more often than not) that the correct homeopathic medicine has been administered.

My husband covered me with a blanket. To my great surprise, in the morning, it turned out I was going to live after all! I woke up feeling fine, ready to meet my responsibilities of the day! What a difference a few hours – and the correct homeopathic medicine – made!

However, as they say, "Your mileage may vary." Not everyone will respond as quickly as I did. Resolution after just one dose is pretty spectacular and certainly not always to be expected.

A similar sufferer might require one dose every 15 minutes or so during the first hour. Then they might back off in frequency to perhaps once every one to three hours

(depending on severity) until very much better.

While we're on the topic of my story, I should say that *Arsenicum album* 3C is not an easy remedy to find. You're not going to pick it up at Whole Foods, Wegman's or Walmart. My clients and students can order it through OHM Pharma, a non-retail homeopathic manufacturing pharmacy. But not everyone has earned access to that resource.

As an alternative, quite a few retail pharmacies (such as Boiron, Hahnemann Labs and Helios) carry *Arsenicum album* in the 6th potency. And, as of this writing, Boiron even carries it in the 5th potency on their website.

Now, before you start writing a comment below, yes, I have seen it sold in a 3C on the internet through unfamiliar pharmacies. But as you know, I do *not* encourage purchasing from foreign pharmacies where the manufacturing process may be less controlled, professional and meticulous. Instead, always buy from a reputable pharmacy, such as those mentioned in my previous post, Where to Buy Homeopathic Medicines.

But that said, do keep in mind that many of our reputable pharmacies offer potencies that are not visible on their retail websites. So, it's worth a direct call to their customer service to ask if they can fulfill a request for *Arsenicum album* 3C.

However, when we can't get our chosen medicine in the correct potency, we use what we've got – the closest potency available.

So, this week, I nominate *Arsenicum album* for inclusion in the well-rounded homeopathy kit. Perhaps own it in several potencies!

For instance, *Arsenicum album* 30 acted beautifully for

little Buster in Homeopathic Emergency Series: Just One Lick. In a 6X, *Arsenicum* may be considered one potential alternative for nasal allergies, as mentioned in Water Damage and the Worry of Mold. And *Arsenicum* 200, as part of a protocol, has been shown to be effective for severe itching, as mentioned in A Fungus Among Us.

Arsenicum album is undoubtedly a versatile and powerful homeopathic medicine to have on hand.

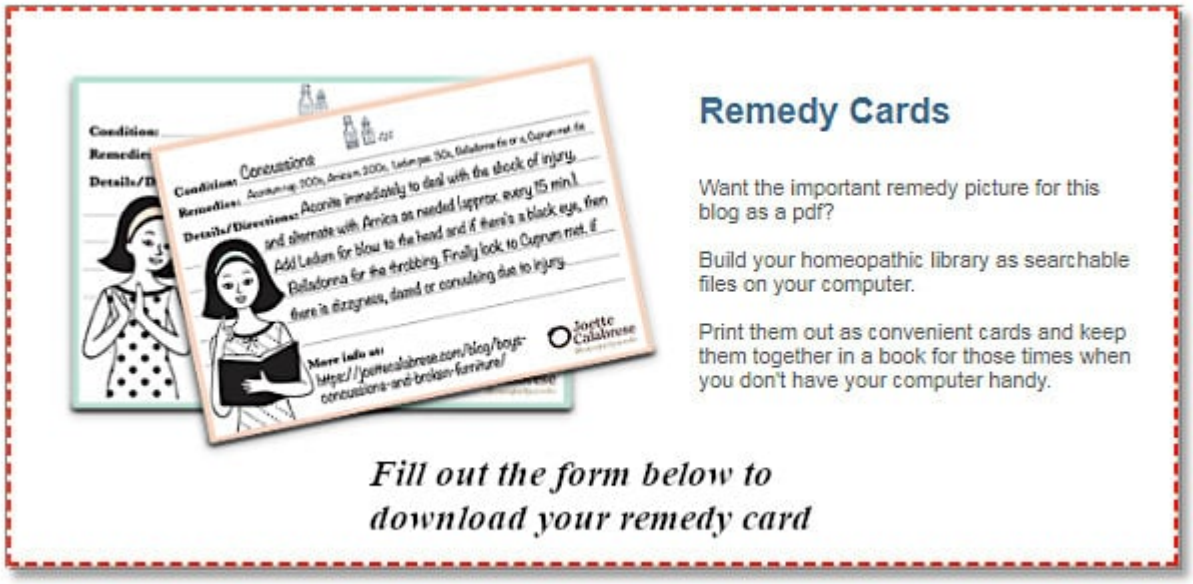
And if anyone you know contracts the stomach flu – or whatever I had – pass on the good news of homeopathy!

Warmly,



P.S. If stomach upset, food intolerance, bloating, gas or chronic diarrhea is common in your family, perhaps my course Good Gut, Bad Gut would be an excellent investment in health. And tummy troubles are not all that this course covers!

As any good practitioner will tell you, much of the body's health emanates from the gut. So, this deeply foundational course also offers education on anger, anxiety, chronic fatigue, C. diff, depression, eczema, gallstones, headaches, immunity, parasites, reflux and … well, the list goes on. Click here and see for yourself the numerous topics covered in Good Gut, Bad Gut! It's the perfect course to elevate your competence and confidence in homeopathy.



Get a Shovel and Start Digging



My father had a friend – a world-renowned MD and educator in the field of cardiology. He was a cool man. He lived in a Frank Lloyd Wright house; everything about him was just "cool." But at the same time, he held a lot of old-fashioned wisdom.

He said something to my father once that has stuck with me ever since. "You know how you find health? Get really, *really* sick and then figure it out."

Thought-provoking, isn't it? Wise words!

We can't expect somebody else to figure out our health. It's not their job! It's OURS!

I mean, we all *wish* we could outsource our health to someone else, but it's our responsibility. Sure, maybe we can glean hints from various sources. But when the rubber meets the road, we have to put our minds to it and "figure it out."

Get a shovel and start digging.

What did we do wrong? What lifestyle choices do we need to change? What should we eliminate? Who do we trust to give us advice?

If we align ourselves with the answers to those questions, we will be back on the road.

Now, those who haven't suffered don't need to do all that! For instance, studying health paradigms would never have crossed my mind if I hadn't been sick. I would have just lived my life!

But instead, I got a shovel and started digging. That's when I discovered that even the most sobering conditions can be reversed using garden-variety problem-solving skills.

Why? Because the body is a miraculous machine and always seeks to create homeostasis (a stable balance). In other words, our bodies *want* to be healthy. So, with a gentle, polite nudge – yes, that means homeopathy – we can assist our bodies in the endeavor to regain homeostasis.

Gaining knowledge about our conditions and the appropriate, corresponding homeopathic medicines is OUR responsibility. So, we have to get to work – get digging – until we discover the answers.



For instance, let's talk about the homeopathic medicine of the week – one that should be in all our homeopathy kits – Oscillococcinum® from Boiron.

You'll read on the package that Oscillo® is homeopathically prepared *Anas barbariae* – liver and heart tissue from duck. But lest you're not able to readily pronounce Oscillococcinum®, Oscillo is good enough, and interestingly, it is one of the most popular homeopathic medicines available today.

Boiron's website states, "Used for almost 80 years and available in 50 countries, Oscillococcinum® remains the overall best-selling flu medicine in France. Consecutively since 2009, Oscillo® has been named by *Pharmacy Times* magazine as the #1 homeopathic flu medicine in the U.S."*

Impressive, right?

But when I first employed Oscillococcinum® for myself and my family, I'll be honest with you; it didn't act! Many of my clients and students had utilized it with success, so I assumed it just wasn't a good fit for my family.

But then, I got out my shovel and started digging.

When I first began using Oscillococcinum®, I had thought, "Look at all those teensy pillules in each tiny little tube. Do I really need to take a *whole* bottle? Nah."

And so, I only took about a third of a bottle s one dose.

When I dug deep to consider what I might have done wrong, I realized the error in my thinking. Subsequently, my family and I utilized *all* the pillules contained in each tiny tube (exactly as the directions on the box clearly state).

Guess what happened? Yes! The Oscillo® acted effectively!

You see, I hadn't done my work. I hadn't read the directions – or, more accurately, I had *disregarded* them. But, as my father's friend advised, when I got really, *really* sick, I figured it out. And then, I quickly returned to health.

The problem hadn't been with the homeopathic medicine. It had simply been my errant employment!

So, when people ask me if they can save money by scrimping on the number of pillules recommended by the manufacturing pharmacy, I try to educate them on the pitfalls and encourage them to experiment only with less serious conditions.

For instance, if a person merely has an unsightly hematoma on their arm, well, maybe they can play around with that. However, if they are vomiting relentlessly from food poisoning, why on earth would they take a chance? But it's *their* choice … *their* responsibility. As my father's friend said, "You know how you find health? Get really, really sick and then figure it out."

Pass on the good news of homeopathy!

Warmly,

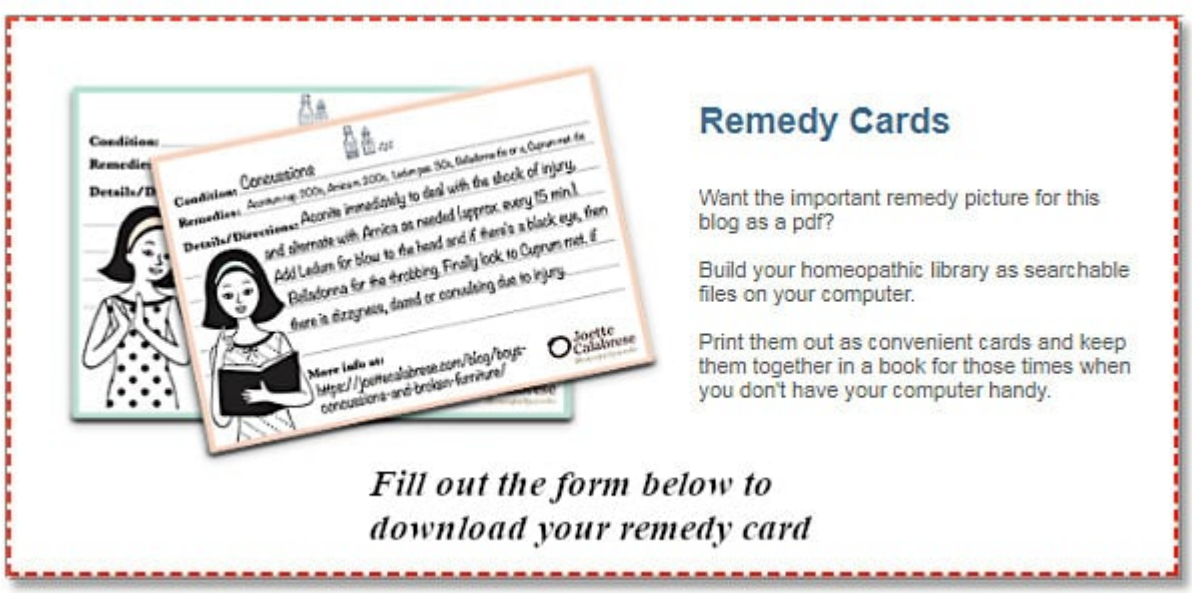


P.S. To help you dig for more answers, click here for a free shovel – oops, I mean a free *infographic*, Developing a Homeopathic Brain – A Cold, A Flu, A Cough; Which Is It; Which Remedy?

And check out The Learning Center for more educational

opportunities. If you're anything like I am, the more you dig, the deeper you'll want to go. Indeed, education is the healthiest addiction I know. So, stay curious!

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.



Carpal Tunnel Syndrome



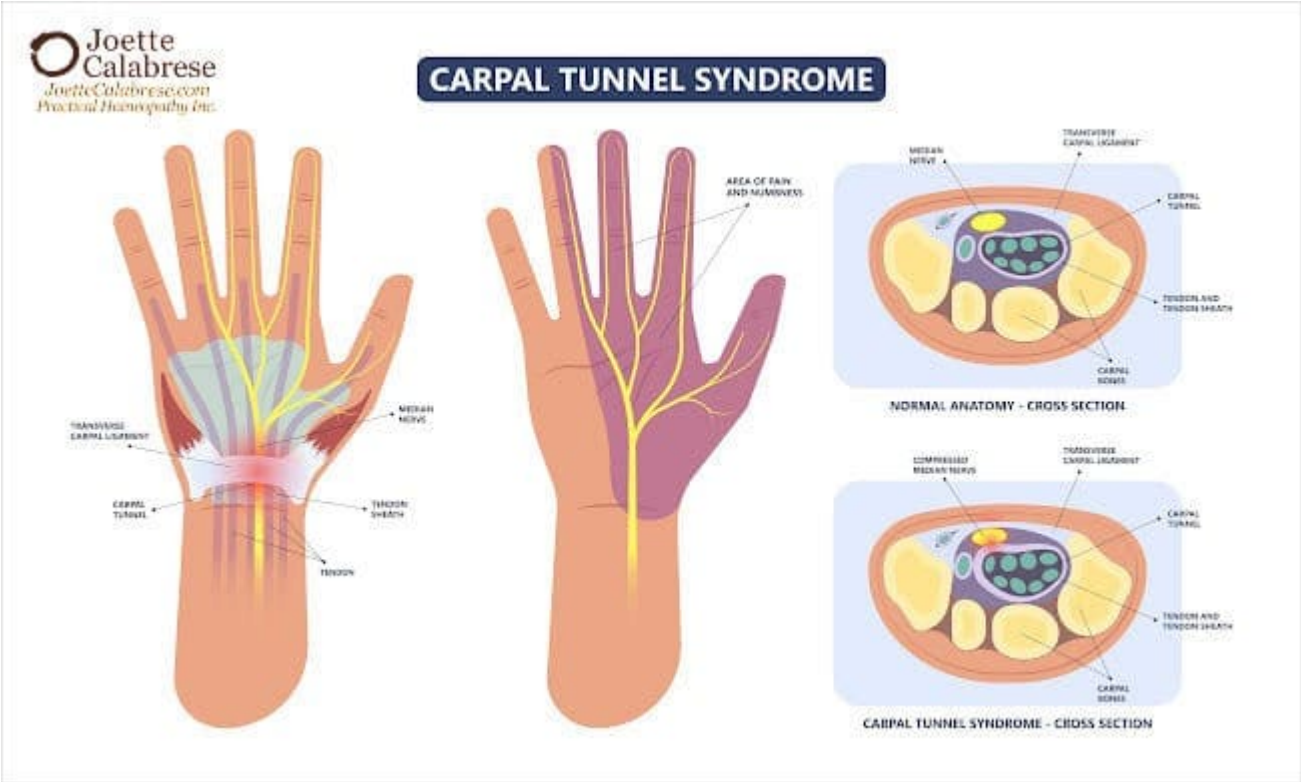
Modern life with all its conveniences.

We should be experiencing less pain, right? But sadly, these days, we are experiencing more than ever before. Society's sedentary lifestyle is causing a pandemic of back pain, while the fixation with keyboards is increasing injuries to wrists and hands.

Imagine being unable to hold a phone, grasp a steering wheel or pick up a beverage!

Carpal Tunnel Syndrome. That may be the diagnosis. But to the sufferer, it presents as anything from tingling and numbness in the wrist and hand to excruciating pain and weakness.

What causes Carpal Tunnel Syndrome? Pressure on the median nerve that runs through the carpal tunnel space in the wrist.



There are anatomical contributors and health factors that may increase risk. But all too often, repetitive motion can push an individual's predisposition to this condition over the edge.

And think about it. Who among us doesn't spend a good amount of time on a keyboard these days?

I wrote once about my experience with painful hands in India at the Prasanta Banerji Homeopathic Research Foundation. In my case, it was simply cramping from writing too much. (I was taking handwritten notes on over 100 cases a day!)

But when faced with a conventional diagnosis of Carpal Tunnel Syndrome in my practice, I have often turned to *Symphytum officinale 200* mixed with *Ruta graveolens 30,* twice daily, until very much better, with much success.

Symphytum is specific for bone conditions. As I say in *A Materia Medica*: Practical Homeopathy® for Busy Families, *Ruta* is indicated for sprains, bone bruises and any complaint involving cartilage, tendons or bone surfaces. So,

Ruta is a natural consideration for Carpal Tunnel Syndrome.

And, of course, I would add *Hypericum perforatum 200*, as needed, for acute nerve pain. *Hypericum* 200 is this week's must-have homeopathic medicine for a well-stocked homeopathy kit. Consider *Hypericum* for pain from incisions, lacerations and penetrating wounds – particularly those that involve nerve-rich areas. It also has been reported to be helpful for dental pain.

As usually found in homeopathy, there are other ways to skin a cat. So, I'll discuss the precise Banerji Protocol™ for Carpal Tunnel Syndrome later this week in my Memo to Mighty Members. I hope you'll join us!

Granted, it's desirable to curtail the repetitive motion that causes Carpal Tunnel Syndrome. Stepping away from the keyboard to move about, stretching one's wrists and even bracing might help. But why turn to dangerous NSAIDs and corticosteroids as conventional medicine would advise?

Instead, homeopathy offers a gentle nudging of the body back to its natural state of health and functionality without manifesting dire consequences in other organs, as drugs of commerce often do.

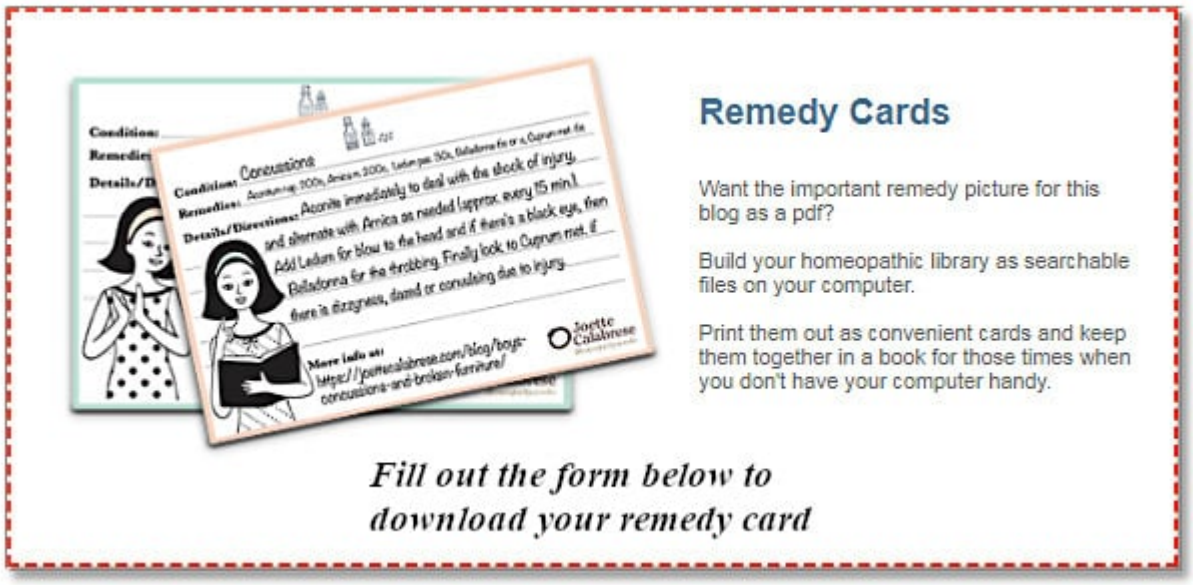
Pass on the good news of homeopathy!

Warmly,



P.S. We've heard rumblings here in my office – many of you are concerned about accessibility to the courses you've

purchased in the event that the internet collapses and fails. Well, fear not, my friends! We are instituting a plan. No details yet, but we just wanted you to know that we hear you and are devising a solution.



What's in a Name?



With sincere apologies to William Shakespeare, “a rose by any other name” might just be a chrysanthemum!

Now before you think I’ve lost my mind, let me explain what I’m talking about.

Have you noticed the letters behind my name – the “credentials” that supposedly give assurance that I’m qualified to practice and teach homeopathy? What do they mean? Does a chorus of angels sing as the letters are read? Not exactly.

Credentials might mean someone is a good homeopath. Credentials might also mean someone is good at taking exams. But credentials can also mean someone forked over a few bucks to Udemy.

Do you think I’m being facetious? I’m not. Over the holidays, a colleague pointed out to me that there was a

course on Udemy advertising itself as granting a “Fully Accredited Certificate in Homeopathy” for $15!

You read that right. For $15, someone could throw some letters behind their name and claim to be an accredited homeopath. I doubt you could even buy a meal at McDonald’s for $15, and we all know what *that’s* worth.

My friends, we have to be careful. We shouldn’t allow homeopathic expertise to be reduced to a five-and-dime store novelty. In my opinion, irrefutable harm could be done to the reputation of homeopathy if “certification” is granted after dabbling in a course of only three videos and a few articles.

So, how does a person in need choose a qualified homeopath? How do you separate the roses from the chrysanthemums?

I recommend using the same method that has been used for years – word of mouth! Get a recommendation from someone you know and trust. That’s how many of us find dentists or chiropractors or naturopaths. Word of mouth – success stories from people you know – are invaluable.

Or perhaps you have taken courses from a particular homeopath. You know their methodology, their professionalism, their level of commitment. You know something about them in some way – not simply that they have some alphabet soup spilled behind their name. That familiarity might provide a level of trust.

But remember this: **At the end of the day, it’s all about foundation, education and experience!**

For instance, to earn credentials from The Academy of Practical Homeopathy® (PHom), one must immerse oneself in a year-long, demanding educational endeavor. My students take an intense dive with full emersion into the history of homeopathy, human disease and pathophysiology, a thorough

and deep dive into Hahnemann's "Organon," use of the repertory, feverish study of *materia medica*, keynotes of our medicines, the manufacture of medicines, symptoms, protocols, and cases! (And that's just the tip of the iceberg.)

The amount of effort required to complete this intense year was often alluded to by my students as a "firehose" of intensity. One of my clever students actually gifted me with an antique firehose nozzle that weights down the papers on my desk. It's a happy reminder of her as well as a year of immense effort and commitment.



The Academy of Practical Homeopathy® is comparable to more than a year in college – not for the faint of heart. So, if you see PHom behind someone's name, you know they have engrossed themselves in the study of Practical Homeopathy® for an entire year and passed rigorous testing – not simply watched a few videos on Udemy.

In fact, should you be interested in contacting a practitioner who is a graduate of The Academy of Practical Homeopathy®, you may do so here: aphalumni.com. After reading the introduction on that page, click on "Find a Homeopath" in the top menu bar.

As I always say, "Pass on the good news of homeopathy!" Your word of mouth may go beyond helping a sufferer find a

homeopath they can trust. You may nudge them just enough that they join you on this path of learning homeopathy to become the healer in their own family!

And let's face it, self-reliance is the greatest goal of all. I mean, who cares about your family more than you do? No one – not even the most qualified homeopath in the world. YOU are the keeper of your family's kingdom, so I encourage you to learn as much as you possibly can and envelop yourself with like-minded folks.

For instance, consider joining my Mighty Members. Join our private discussion groups, much like the Facebook forums but without external censorship. You'll also receive my weekly Memo to Mighty Members. It's essentially an extra blog post on certain topics I don't feel comfortable sharing on my public blog. There are extra videos from me to my Mighties, occasional additional "private" content added on to the Monday Night Live events, and so many more extras. (For instance, all my Mighties qualify for a 10% discount on course purchases.) Join us and become MIGHTY!

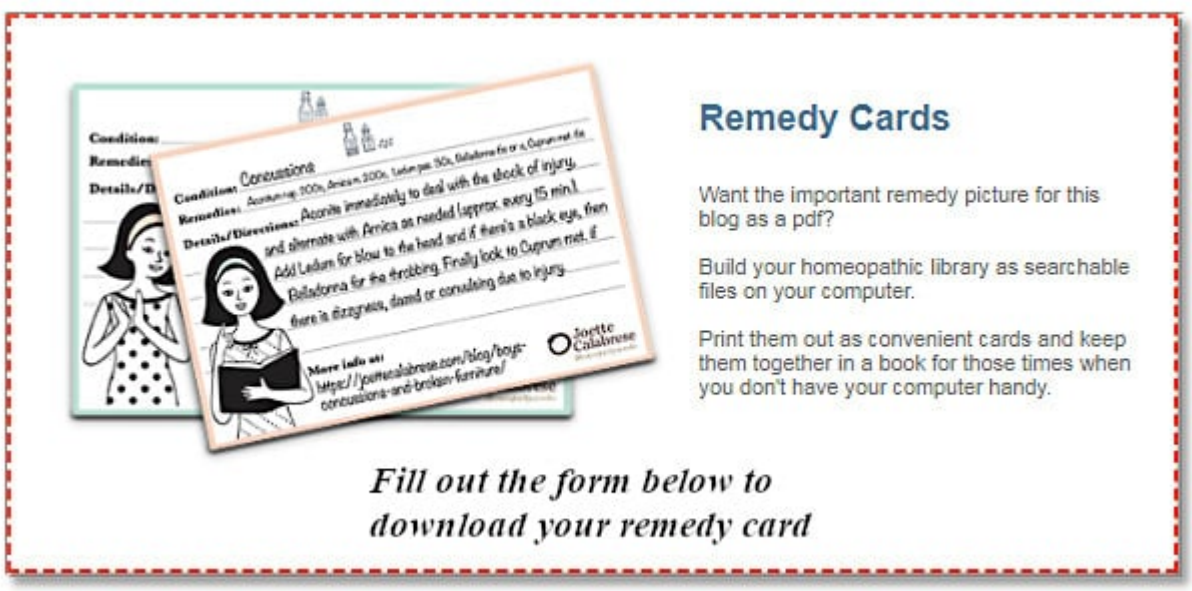
Warmly,



P.S. Lest you think I forgot to give you this week's "must have" homeopathic medicine for your kit, here it is: *Arnica montana*.

No homeopathic kit should be without *Arnica,* as it is the premier first-aid medicine for trauma. Many of my students wisely own it in 3, 6, 30 and 200 potencies. Even many

forward-thinking conventional M.D.s utilize *Arnica* for their patients. [Click here for a few blog posts that will educate you on some of its uses.]



—

Shin Splints



The ankle bone's connected to the leg bone.

(You know me; I can't ignore a song cue!)

Since my blog post lesson last week was about the ankle, let's move up our lower extremity to the leg itself. A common injury – especially for runners – is shin splints.

Whether caused by stepped-up workouts or plain ol' repetitive stress, shin splints cause soreness and pain along the length of the leg bone (the tibia). Now, while that may *sound* like a bone injury, it's actually damage to the tendons and tissues surrounding the bone.

On its website, Johns Hopkins Medicine advises, "Treatment includes stopping the activity that causes pain."

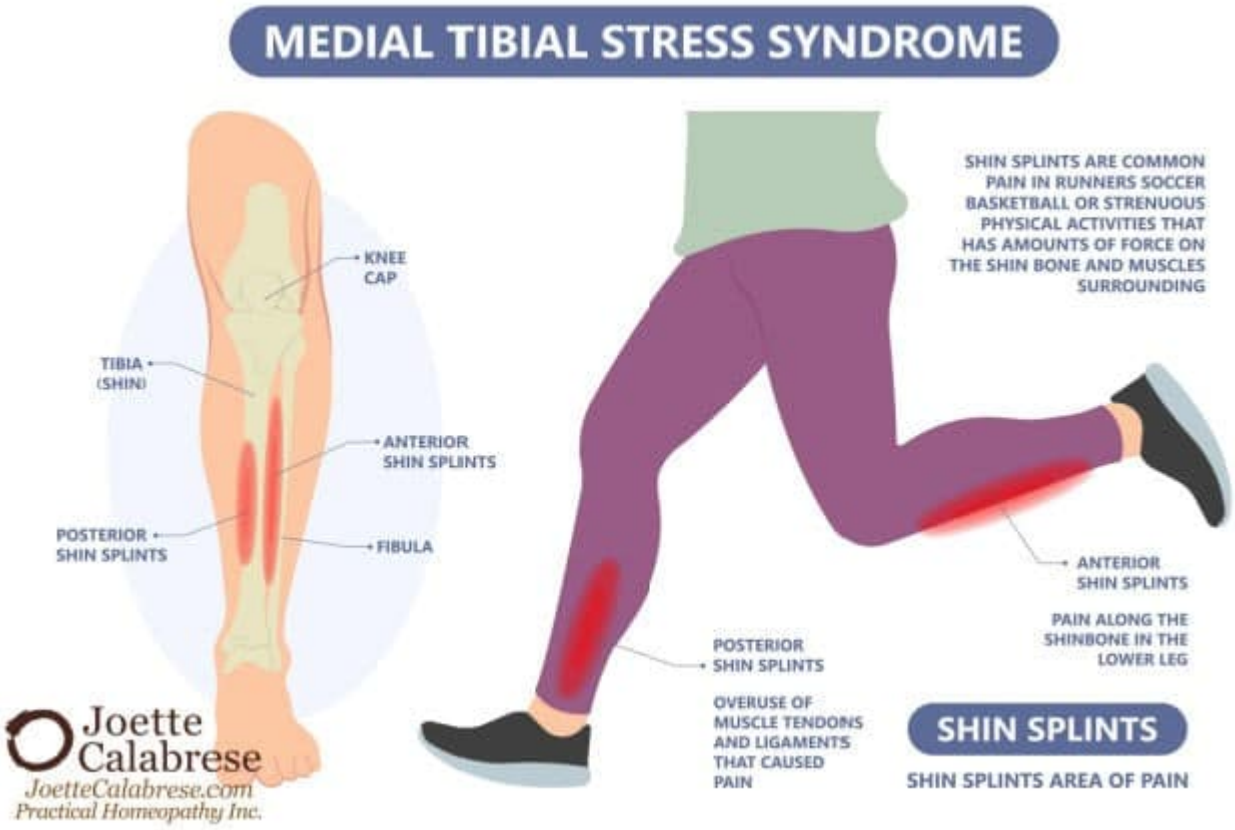
Oh, for crying out loud! Doesn't that sound like the old doctor joke? "Doc, my leg hurts when I do this!"

"Well, don't do that!"

Hmmm. Is it just me, or does that seem a wee condescending?

Enter homeopathy! (And some *real* common sense)

Several homeopathic medicines have been known to meet shin splints with a more efficient approach. Sure, rest is beneficial. But a gentle, polite medicine – with no adverse side effects – can help to shorten the required downtime. (And who wants lengthy downtime? Have you ever met a runner? They have to run! It's in their DNA. Asking them to rest is like asking a mosquito to stop buzzing – nearly impossible.)



In my experience, the most effective homeopathic medicine for shin splints has been *Ruta graveolens* 200. In fact, regardless of the location on the body of an injured tendon, *Ruta* 200, twice daily, has been shown to be quite effective. (Remember the ankle sprain blog post? The damaged tendons in the ankle responded beautifully to *Ruta*!)

Additionally, one might also consider *Symphytum officinale*

200, twice daily. Why *Symphytum*? *Symphytum* is the premier homeopathic medicine for bones, and it also addresses tendons and ligaments. While shin splints do not involve a *broken* bone, the periosteum (the tissue surrounding the tibia) is often damaged when one suffers from shin splints – indicating *Symphytum* could be a good match.

In fact, these two medicines, *Ruta* 200 and *Symphytum* 200, may be mixed together in the mouth to create a combination medicine – a veritable one-two punch for shin splints!

However, as I always say, there's more than one way to grease a pan. So, there are a couple of other homeopathics that are also considerations. However, I'll reserve those for this week's Memo to Mighty Members*.

But if you'd like to do more reading now, an older blog post of mine might be of use.

From Tendon, Bone, and Cartilage Problems to Healing with Homeopathy details an experience our departed poodle, Buster, had with a leg injury.

Don't forget, both animals and humans benefit from well-chosen homeopathic medicines used in the very same manner. It doesn't matter if you're a woman, man, child, dog, cat, cow, camel, giraffe or penguin – homeopathy works!

So, pass on the good news of homeopathy!

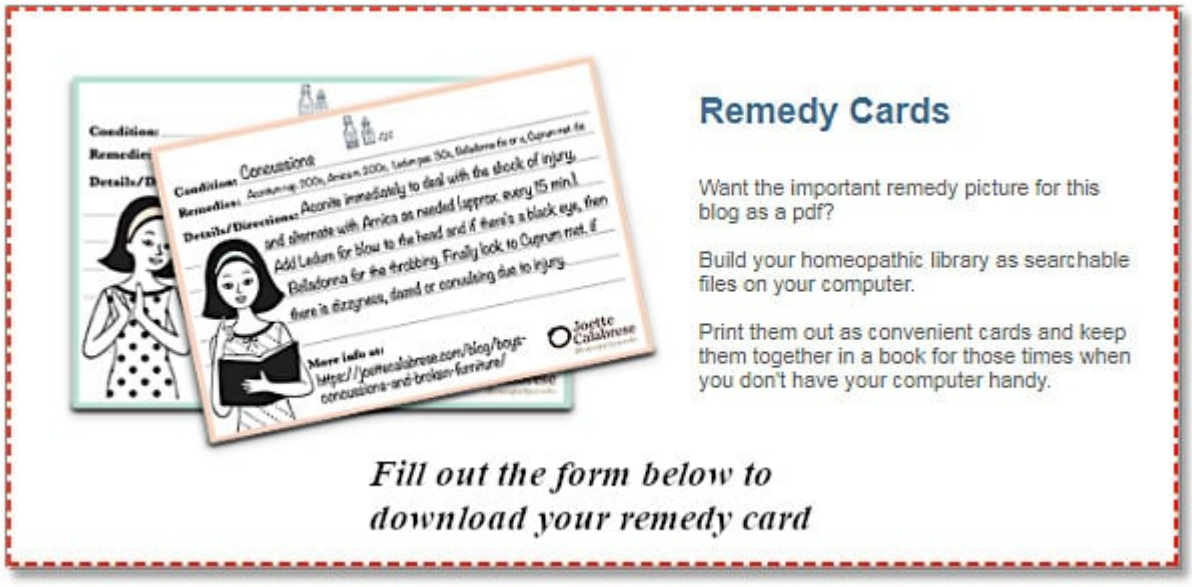
Warmly,



P.S. In case you didn't notice, this week's must-have medicine for your kit is *Symphytum officinale* 200. However, remember: When utilized for broken bones, *Symphytum* should only be employed *after* a medical professional has properly set the break!

* If you're not yet one of my Mighty Members, what are you waiting for? Each week, the Mighties receive additional information in the form of video Mighty Musings or Memos to Mighty Members. (And let's face it, those memos are actually extra weekly blog posts). Plus, you'll have access to a private social center to bring sensitive discussions away from the prying eyes of public social media, access to Facebook Lives without joining Facebook, and so much more.

And remember – 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.



Sprains, Strains and Pains



Ouch.

No, seriously, OUCH!!

We've all experienced sprains at one point in our lives – ankles, wrists, knees, elbows. Ouch! Right? Sprains and strains can happen in an instant yet leave weeks and weeks of painful recovery.

How can something as simple as a misstep, a slight fall or an overextension of a joint cause such misery?

The Mayo Clinic defines the difference between a sprain and a strain thusly, “a sprain injures the bands of tissue that connect two bones together, while a strain involves an injury to a muscle or to the band of tissue that attaches a muscle to a bone.”

They go on to advise, “Initial treatment includes rest, ice, compression and elevation.”

That’s excellent common sense, but they missed the opportunity to add a surefire method to address sprains: homeopathy!

While I’d love to tell you that the photo for this blog post is a stock shot, it’s actually one of my team member’s ankles from right before Thanksgiving. Tracey’s story – and she’s sticking to it – is that she tripped while rushing into a busy intersection to rescue a small, wounded animal from oncoming traffic.

(What *really* happened? Well, let’s just say she misstepped when standing up from the sofa because her leg had fallen asleep, and she proceeded to go down in a heap on the living room floor, rolling her ankle in the process! Unfortunately, as is often the case, the truth is less heroic … and much more klutzy!)

But no matter how the injury occurred, as you can see, her sprain was a doozy. Everyone around her thought it would take months to heal fully. But guess what?

In less than two weeks, her ankle looked like this:



No pain. No swelling. No inability to bear weight. Full mobility with only a teensy spot of the old bruise. It was almost as though the injury had never happened. Athletic friends were gobsmacked, as they knew how long that type of injury can take to resolve!

How did she do it, you might ask? (And before you assume it was simply the healing power of youthful vigor, let me tell you that she's in her sixties. So, no, that wasn't it!)

Tracey used homeopathy!

Immediately after the injury, she utilized *Arnica montana* 200. Obviously, the damage was rather severe. So, meeting the severity of the injury with the frequency of the medicine, she employed *Arnica* several times during the first few hours and then twice a day for the next couple of days.

However, from my blog post, Royal Pains, Tracey also remembered reading about *Ruta graveolens* 6 or 30 for sprains (and strains). So, she added *Ruta* 30 to her twice-daily schedule.

Indeed, *Ruta* is a spectacular medicine for injury to tendons and, undoubtedly, was responsible for her swift and complete recovery.

She also had a *Ruta graveolens* first aid cream on hand, and now she swears by it! The pillule form of homeopathic *Ruta* would have certainly done great work alone. But Tracey observed that the cream also added an extra "boost" of homeopathic attention that more fully eliminated the pain. I certainly can't argue with her results!

One important note: Following my teachings, she also saw a conventional medical doctor to get an ankle X-ray. Had the ankle (or one of the myriad foot bones) been broken, she would have needed it to be properly set before utilizing a different protocol for bone breaks. Once again, this illustrates the hand-in-glove fit of a conventional medical diagnosis with homeopathic medicines!

Wintertime, with the ice and snow, is known for slips, falls, sprains and strains. Whether out on the ski slopes or just trying to walk to the car, we must be especially mindful. (Apparently, living room sofas should als be on the "dangerous" list.) But when accidents happen, thank goodness we have homeopathy.

So, add *Ruta graveolens* to your homeopathy kit, most likely in the versatile 30^{th} potency. Then, when a friend or loved one is injured, it's a perfect opportunity to pass on the good news of homeopathy with a medicine that will relieve their suffering.

Warmly,



P.S. As the new year gets underway, consider joining my private Mighty Members group. There, I feel free to share additional information on medicines, current events, personal discoveries and so much more. For instance, I'm making a note right now to discuss another use for *Ruta graveolens* that may surprise you! (Something Tracey unintentionally benefitted from as she tended to her ankle injury.)

And later this month, I will be starting a new series for my Mighties called "Joette's Bookshelf," in which I'll share titles from my library – books that have shaped my thinking!

And speaking of books, discover the usages of over 150 commonly used homeopathic medicines – and the nuances between them – in A *Materia Medica*: Practical Homeopathy® for Busy Families. I wrote this handy guide with you in mind. It's all plain English – easy to understand – with helpful stories from my practice for illustration.



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