The Honey Badger Mom



What is your purpose in life … your motivation for 2023?

To save enough to buy that handbag you've had your eye on? To lose a few pounds to fit into a swimsuit come summer? To learn how to use TikTok?

How about switching your focus to becoming a Honey Badger Mom (or Grandmom)?

"A what?" you might be asking.

Are you familiar with honey badgers?

While I rarely trust the veracity of entries on Wikipedia, I think they have this one right: "The honey badger is notorious for its strength, ferocity and toughness. It is known to savagely and fearlessly attack almost any other species when escape is impossible, reportedly even repelling

much larger predators such as lion and hyena. Bee stings, porcupine quills, and animal bites rarely penetrate their skin."[1]

Honey badgers may look cute and fuzzy, but they can become fierce in the blink of an eye.



So, this is my New Year's wish for you! I want you to be tenacious, impenetrable, relentless and, if threatened, even vicious. I want you to be unafraid, defy conventional "wisdom," and become self-reliant and fierce!

I want you to be a Honey Badger Mom!

So, here's a New Year's resolution for you: In 2023, develop a Practical Homeopathy® lifestyle with a Honey Badger Mom's mettle.

For instance, when organizing your pantry after the food explosion of the holidays, choose the foods you add with a specific eye! If a pantry is filled with cheap potato chips boiled in seed oils and preservative-filled cookies, guess what your family will eat?

Yep. They're going to eat junk! When we get hungry, we grab what is convenient! So, let's give ourselves and our families only real food options from which to choose.

Throw that junk away with impunity! Be relentless … just like a Honey Badger Mom!

Going forward, if we only stock high-quality snacks and foods (like whole-fat, grass-fed yogurt, bone stock, farm-fresh, free-range eggs, or grass-fed lamb), then our families will be forced to eat only these.

And as we usher in the New Year, there's another place that probably needs to be cleaned out: the medicine cabinet.

Toss out that Tylenol® Cold + Flu and replace it with Boiron's ColdCalm®! Again, let's provide ourselves and our families only non-synthetic options with the determination of an unyielding honey badger.

In fact, let's make that OUR goal for 2023. Let's create Practical Homeopathy® kits filled with homeopathic remedies pertinent to our families' needs. The rest of the junk from the drugstore counters has no place in a Honey Badger Mom's home.

To assist in this undertaking, each week in my weekly blog posts, I will mention one remedy that should be included in everyone's kit at home to live a genuine and Practical Homeopathy® lifestyle. Just think, if you join me in this endeavor, you'll have 52 useful, effective homeopathic medicines by the end of the year.

So, this week, it's ColdCalm®. No Practical Homeopathy® kit should be without it! Simply follow the directions on the package. The folks at Boiron have been manufacturing homeopathics for a long time; they know their stuff!

And sharing ColdCalm® with friends and loved ones is an effective and easy way to pass on the good news of homeopathy!

As an aside, I DO NOT receive kickbacks or affiliate remuneration from Boiron or any other enterprise. The product information I offer here is for one thing only, and that is to educate, educate, educate.

Look, once you discover your passion for homeopathy, you're tagged. You're it! With knowledge comes responsibility. You must share what you know; you almost have no choice! And the first place to get the ball running is the most important one – at home.

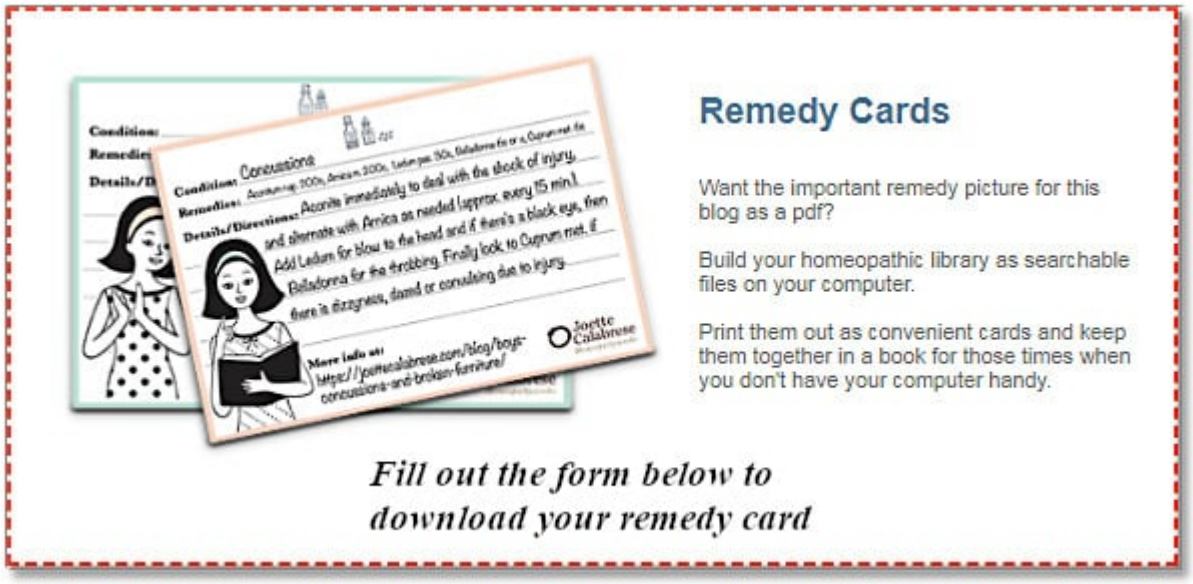
Happy New Year, my friend! This year, we will take on the world, one authentic medicine at a time!

Warmly,



P.S. Did Santa leave money or cash cards in your stocking for Christmas? Perhaps you're looking for a course in homeopathy to purchase and start the new year off strong. I encourage you to take advantage of our Course Selector on my Learning Center. By clicking on a few buttons, you can determine which course would be the more applicable to you and your family's needs. Get a jump on 2023! There's no time like the present!

[1]Honey badger. (2022, October 14). In *Wikipedia*. https://en.wikipedia.org/wiki/Honey_badger



The Honey Badger Mom 1/1/23
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Happy Holidays? No Way!



Sometimes it’s hard to find connections with people.

To have even a tiny bit of commonality is a powerful thing. You know, like the feeling you get when someone says, “Merry Christmas!”

But instead, what if they say, “Happy holidays”?

Does that work?

At first, when it became popular to say that, I thought, “Well, that’s okay, I guess.” But then it started to get to me.

It sounded just a little too noncommittal. I mean, doesn’t it smack of big business seeking to satisfy a larger market

while trying to sound inclusive? And isn't it politically correct?

You know I don't go for that, and my guess is neither do you. To me, the phrase "Happy Holidays" is watered down, insipid woke-speak.

But replace the Happy Holiday message that tastes like a microwaved burger and a Diet Coke with "Merry Christmas! Happy Hanukkah!"

Now, *that's* something we can sink our teeth into!

That's more like a golden, roasted free-range turkey, mashed potatoes swimming in grass-fed butter, a genuine yule log and homemade eggnog with raw cream and freshly ground nutmeg.

MERRY CHRISTMAS!!

It stands for something big and powerful and good.

So, for years now, ever since "Happy Holidays" came into style, I've dug in my heels and retorted, "No! It's Merry Christmas and Happy Hanukkah with all the provenance, the bold religiosity and the political gall that comes with it."

But then again, I do what all of us sometimes do. Since I often seem to be alone in this, I check myself. I wonder if maybe I'm wrong for thinking this way.

After all, isn't this a time to simply show kindness rather than insist on making a point?

Does it really matter what the words are if the greeting is intended with good will? Doesn't that count for anything?

Ponder. Ponder. Ponder.

Then I come back to my senses, and I make an internal (well, sometimes, *not* so internal) declaration and shout,

“NO!” And I let out another big “NO,” and this time I stomp my foot.

The way I see it is that we need to *insist* on it. I’m not letting go of this one!

For every time we let go of something we believe in, a fairy dies (or something like that).

Maybe another way to say it is that every time we acquiesce a little here and a little there, something is weakened. We must be insistent or else our “insistence bone” atrophies and eventually dies.

So, now, every chance I get – at the grocery store, at the gas station, when I receive a delivery – I sing out in my mezzo-soprano voice,

“MERRY CHRISTMAS!”

It’s powerful.

Why? Because it’s an amalgamation of our morals, our yearning for the good in life and the unaffected that we uniformly understand.

Indeed, this is not just any holiday to be happy about. It’s Christmas! And as songwriters Pola and Wyle wrote, “It’s the most wonderful time of the year!”

So, join me and yell it out!

MERRY CHRISTMAS!

Shout it from the roof tops! Be proud of your heritage. Be proud that you’re not going to bend and become a politically correct, fearful, manger animal watered down to suit a corporate, government or political agenda.

Instead, shout loudly at the top of your voice,



And to all a good night.

Warmly,



The Angry Child



“Oh, you better not cry; you better not pout ….”

If a wee bit of childlike misbehavior weren’t normal, those well-known lines wouldn’t have made it into a Christmas carol. So, that’s how we encourage all kids to be on their best behavior for Christmas (Santa’s watching, you know).

But what if their emotions – especially anger – are unmanageable year-round?

Of course, a hissy fit here and there is to be expected. That’s normal. But occasionally, even with the best of parental strictness, unregulated anger can be a pathology – one with which homeopathy is poised to intervene.

But don’t take my word for it. One of The Academy of Practical Homeopathy® graduates shared an impressive success story with her fellow students and has graciously allowed us to share it here.



“For three years, our son has had explosive anger, frustration and rage tantrums coupled with extreme fear of being alone and other emotional aspects. Throwing himself on the floor, punching people/furniture, kicking and resort[ing] to furniture flipping and punching glass/walls during his rages.

“Also, [he] had residual muscle burning from recent Lyme and hadn’t ridden his bike in a year and would cry in pain during the horse riding lessons he begged to do. Bedtime brought more fits of rage. Our goal became to minimize damage to us/property and keep him safe.

“He wouldn’t take herbals, homeopathics, emotional coaching. Doctors offered no diagnosis nor advice. Chiropractor identified a nerve impingement in C2, but our son would not do treatments.

“Halfway through (Joette’s) Academy (of Practical Homeopathy), I decided to skip to [Joette’s] Mindful course. There had to be an answer there! For two days, I locked myself in my office, went through the course, and scoured the materia medica/repertory.

“I chose Stramonium 200C (every other day), [and other homeopathics for other conditions]. Within two weeks, he was riding his bike & horse again; his tantrums had reduced by 15%; he was talking to adults unprompted; he was spending a few minutes alone.

“At eight weeks, his muscle burning was 100% resolved; his tantrums were now a few times a week rather than several daily – less severe if [they] happened – and he ventured a little independently.

"By 10 weeks, we noticed that on days [he was] given Stramonium, he would have severe meltdowns. So, we went to once a week and then dropped it as it had done its work.

"Now, 15 weeks in, we feel like we are finally meeting the sweet five-year-old boy that was there all along! Everything is reaching the magic markers in divine harmony, and all symptoms lessened as the weeks go by.

*"It has been so miraculous that friends and family are in disbelief. My husband says the entire tuition was worth it to see this beautiful healing that we had lost hope could even be possible. Our family is saved thanks to what I have learned this year in APH!"** – Jennifer A.



Well done, Jennifer! My entire team was moved to tears when you shared your story.

My dear readers, do you see what can be done by a mom who prioritized assimilating as much homeopathy education as possible? It's miraculous!

I am particularly impressed with her choice of *Stramonium*, a highly effective homeopathic that has historically been known to address unwarranted anger coupled with fear.

I have previously described its use in both the 200th potency (as discussed in Podcast 94: Stramonium and The Swiss Family Robinson) and also in the 6th potency (as detailed in Is It ODD or Ordinary?). In fact, in my experience, *Stramonium* has accomplished the work on its own, eliminating the need for other remedies. But remember, there's always more than one way to skin a cat!

But I am so pleased by the excellent work that this Academy of Practical Homeopathy graduate did! She embarked on a noble mission, no doubt beginning with the free information offered on this site.

Then she homed in on my protocol course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions (a course that is available to everyone through this link). And while attending The Academy, she cultivated expertise in using a repertory and *materia medica*.

She put in the work to get "skilled up" in her use of homeopathy and was able to change the life of a child and an entire family.

Can there be a loftier goal than that? I certainly can't imagine one.

Pass on the good news of homeopathy!

Warmly,



P.S. With Christmas right around the corner, it's time to read your list and check it twice! If you know a family dealing with a genuinely struggling child, perhaps a gift of Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions would be welcomed. (Or perhaps you want to drop a hint or two for yourself!)

It's easy to give a course through The Learning Center by purchasing a gift card. You can choose the dollar amount and personalize your gift card. My team will email a gift

announcement to your recipient on *your* selected date. They'll receive all the necessary information to finalize their course choice, pay with the gift card, and register as a student!

Or, as you can tell from this graduate's experience, having a *materia medica* is of the utmost value. So, I wrote [A *Materia Medica*: Practical Homeopathy® for Busy Families] with just plain talk, memorable stories, and plenty of education!

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.

*Story lightly edited for clarity.



Can You Afford Health Care?



'Tis the season!

No, no, I'm not talking about Christmas or Hanukkah. Instead, I'm talking about the annual angst many folks feel as they try to decipher the choices for next year's health insurance. And as much turmoil as that process causes, the real anxiety begins when they try to figure out how to *afford* the monthly premiums.

My husband recently came across an article entitled "Young Americans Cannot Afford to Be Healthy." The statistics are disturbing. Young Americans are putting their health on the back burner because of tight finances.

In fact, my clients are voicing the same concerns. I've heard from folks who can no longer afford to buy high-quality cod liver oil (such as Rosita's Extra Virgin Cod Liver Oil that I often recommend). Others can't afford

weekly beef! Many no longer buy grass-fed dairy. I've heard others complain that they can no longer afford to eat fish as often and have to move to a more stretched version. So, instead of a nice, rich broiled haddock, they can barely muster a tuna noodle casserole.

Look, I've said this before, but it bears repeating. You can skimp on clothes; go to the Salvation Army, consignment shops, or make your own. You can skimp on furniture; buy used at garage sales. You can skimp on where you live; you don't need a house with three bathrooms. You can even find inexpensive or free entertainment.

But don't skimp on good food or high-quality medicines!

And that's where homeopathy is the perfect financial solution for our time!

If a child has a screaming ear infection, Mom can buy one tube of *Belladonna 30* for $8.49 (minus 20% if she uses the coupon code "Joette" at checkout on Boiron's site). That one tube can address many episodes of otitis media. (Although, in truth, the child may not suffer many more episodes after the *Belladonna* does its work to uproot the condition. But Mom can use the rest of the bottle for her other kids!)

Homeopathy is the very definition of getting your money's worth!

If Mom is familiar with the symptoms indicating repetitive ear infections, there's no need to visit a doctor for a diagnosis; no insurance deductible, no co-pay, no prescription antibiotic, and no repeat visit to the doctor to then diagnose what I call "antibiotic poisoning" in the form of subsequent food allergies and intolerances!

Lather, rinse, repeat. Mom and child are now on the conventional medicine conveyor belt that gets more and more expensive every year!

Homeopathy saves money and can help avoid future illnesses!

So, instead of paying for insurance company executives to get richer and Big Pharma to become more powerful, Mom invests her money in a deep inventory of homeopathic medicines and education.

I hear people discussing all the time, “Should we invest in gold? Silver? Other precious metals? Bitcoin? Real estate?”

No. In these financial times, I say the most rewarding and economical investment you can make is in your education.

Get skilled up!

Your homeopathy education will make a significant impact on your family’s health AND wealth. And it’s not a splurge. It’s an investment – one in which the entire family will benefit.

Look, folks, I’ve been where you are. When we were struggling financially, in some ways, it hemmed us in. But it also put welcomed pressure on us to find ways to step outside of the lines and become self-governing. We procured our good food by raising our own chickens, wild-crafting, and purchasing raw milk from our local farmer. We ground our own grain, made sourdough bread, yogurt, kefir and generally became independent. It became a source of joy to figure out how to solve these problems. Plus, our forced ingenuity helped us raise our kids with purpose – questioning the status quo. They gained a sense of self-reliance instead of entitlement.

So, I say to young and older people alike, you CAN afford to take control of your health! You just can’t do it if you stay in the lane that you’ve been “assigned.”

Knowing how to use homeopathy for just about anything that comes your way can save a lot of money. It offers relief

from unaffordable insurance premiums, unnecessary doctor visits and expensive drugs of commerce. (Not to mention, it allows one to avoid those nasty, often life-altering, lifelong side effects that generally follow pharmaceutical use.)

The time to get skilled up is not when your child is in the middle of a strep throat event; it's *now* – so that you're prepared with *Belladonna* 30 or *Hepar sulphuris calcareum* 30 and you know how to use them.

Look, nothing in this world is "free," but an investment* in homeopathic medicines and a top-notch homeopathy education will certainly provide freedom!

So, let's answer the question we posed at the very beginning of this blog, "Can you afford health care?"

Yes! Yes, you certainly can … with homeopathy and your brain in gear!

Meanwhile, as I always say, pass on the good news of homeopathy!

Warmly and devotedly,



* With Christmas and Hanukkah around the corner, do you really need another pair of gloves? Or another necklace? A tie? A talking bass on a plaque? No. What you truly need is homeopathy education.

When I was still amassing my knowledge of homeopathy,

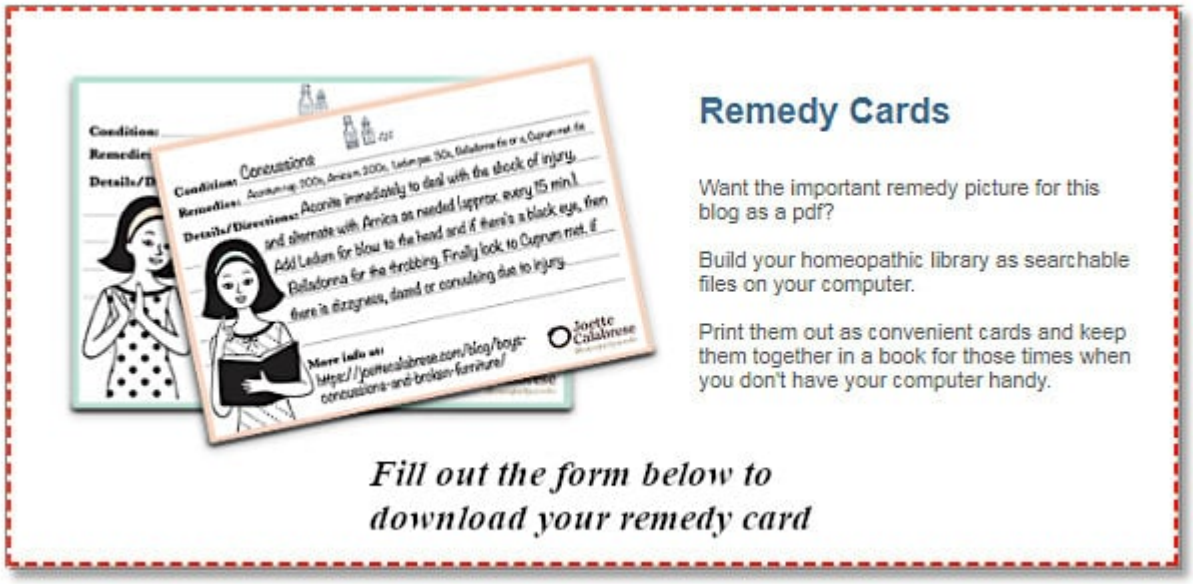
everyone in my family knew exactly what I wanted for Christmas, Mother's Day and my birthday. My husband also knew that it was one of the gifts that would reap benefits for the entire family! So, he always felt justified spending what seemed like more than we usually spent on gifts. And it was!

So, leave a little note for Santa, your spouse, kids, parents and in-laws with this link: JoettesLearningCenter.com.

There, they can purchase a course you've had your eye on, or they can simply give you a gift certificate to redeem for whatever you want – a Gateway study group curriculum (our newly revised second edition will begin shipping in January 2023), my *Materia Medica*, or even an annual membership to my Mighty Members!

Most people love helping hints during this season, and, in turn, with your newfound education, you will be able to help them with their health throughout the coming year!

(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.)



BAM! Bronchitis.



You're going along, minding your own business, when BAM! You

feel something coming on. Maybe that familiar feeling like you're coming down with something. Clues that a cold or other unknown respiratory virus has chosen you as its new residence.

But you're not worried. You immediately know what to do. You have the Banerji Protocol for the onset of any virus that you learned about in last week's blog post, The Alphabet Soup of Viruses. Now, It's RSV.

What? You haven't read it yet! Well, get cracking, my friend. Time's a-wastin'!

But let's build on last week's post for the moment, shall we?

Sometimes, despite our best efforts, a virus will occasionally settle in and wreak havoc on our respiratory system. All of a sudden … BAM! The condition might develop into bronchitis.

To be honest, at the onset of bronchitis, I would still utilize the Banerji Protocol I discussed last week – because of its sweeping ability as it pertains to the lungs. (And, yes, I'm making you click the link to learn more about that protocol. There are no shortcuts to education!)

Although, let me quickly interject that while I generally encourage a conventional diagnosis for an unknown condition, many folks who suffer from bronchitis often know when a virus has made that turn – without an examination. Once a sufferer recognizes the symptoms from a previous experience, I consider them wise enough to determine their own condition without an unnecessary trip to the doctor.

But here is where you need to check your fears! Just because you're *afraid* a simple virus might get worse doesn't mean it will. So, I do not recommend moving to the bronchitis protocol "just because" you're nervous. Wait until there is

a specific pathology before choosing a homeopathic medicine. That's the keyword, my friends – medicine. Homeopathy is MEDICINE. Utilize it prudently and only when necessary.

That said, if you've already begun with the Banerji Protocol for bronchitis and respiratory viruses in general – *Aconitum napellus* 200 mixed with *Bryonia alba* 30 – you may not even need what I'm about to teach you. However, the remedy *Kali carbonicum* 200 is a powerful medicine for mucus membrane disorders, particularly in the chest.

Generally, *Kali carb* 200 would be utilized once a day for a mild case of bronchitis. However, twice a day may be necessary if the condition is more severe. (Again, check your fear at the door and assess the severity *impartially* – without coloration from unwarranted apprehension.)

If the bronchitis continues to develop and evolve, there are other more focused medicines that one can turn to as more specific symptoms present. But, first, let me paint you a picture.

Literally.

Imagine that I am a painter of outdoor landscapes. Because of the overall predominance of the sky, I always start with blue. Why? Because blue encompasses the overall picture.

But today, I'm sitting in front of a forest. So, after I cover my canvas in blue, I need to bring in some green.

And the sun is low in the sky. So, I need to add some oranges and deep reds.

Oh, look! There's a little squirrel on one branch, so I'll pull in a bit of gray.

And I can't resist the detail of that patch of daffodils; I'll bring in some yellow as well.

Do you see what has happened?

I may have started my painting with blue, but as I began to notice more and more specifics, I tightened in on my vision. Of course, the blue still has value; it's my baseline! But as more nuances are introduced, blue takes a backseat to the more specific colors required.

Homeopathy is just like my painting. (And now you understand the photo I chose for this blog post!)

In this case, we begin with our "blue" – the sweeping protocol for viruses in general, *Aconite* 200 mixed with *Bryonia* 30. (And yes, you still have to click to read the full blog post for that protocol. No cheating!)

Then, if bronchitis ensues, we pull another "color" from our palette: the more specific medicine, *Kali carb*. If there is excessive coughing, we choose another medicine. Weakness in the lungs? Yet another.

We move from the more over-arching medicine to the more specific ones as the condition evolves – just as I did in my painting.

In the coming weeks, I will go into a few specific medicines for coughing and weakness in a Memo to Mighty Members. But look at how much you learned today! Nice job!

As usual, I'll close with "pass on the good news of homeopathy!"

"But how?" you may ask!

This time of year, it's easy. Remember what a great gift homeopathy can make! You may want to give the remedies themselves (read Give the Gift of Homeopathy for some tips).

Or you may prefer to give a gift of education!

Might I suggest A *Materia Medica*: Practical Homeopathy® for Busy Families? I wrote that book with my readers in mind – no vague terms – just plain talk, memorable stories and plenty of education!

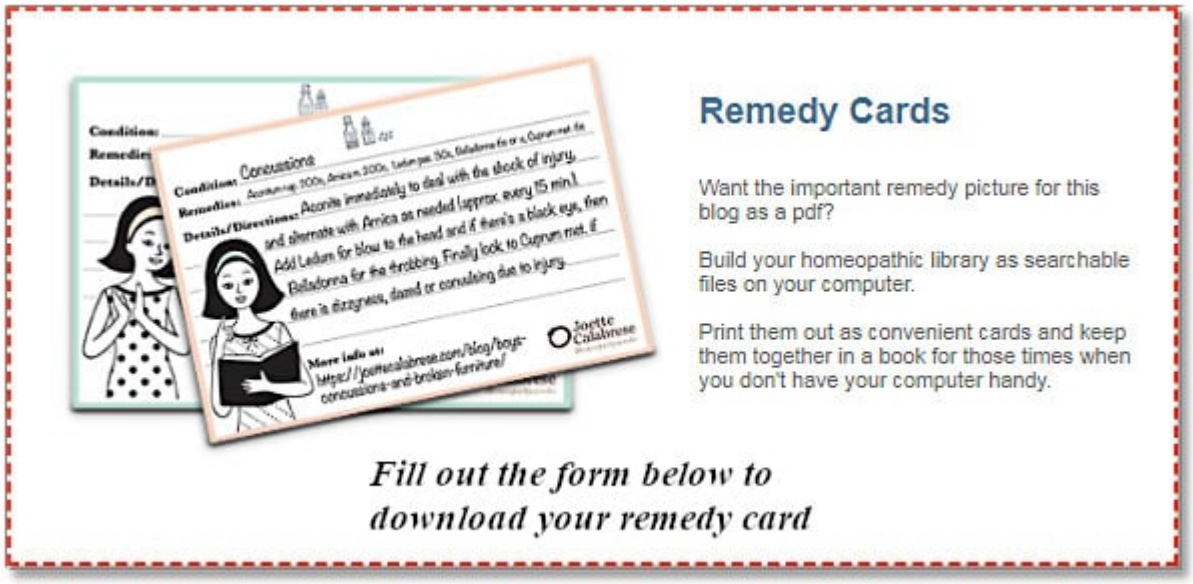
For that *very* special person, gift cards are available through The Learning Center! You can choose the dollar amount and personalize your gift card. Then, my team will email the gift announcement to your recipient on *your* selected date. No reindeer required! They'll receive all the necessary information to finalize their course choice, pay with the gift card, and register as a student!

What could be merrier than that?

Warmly,



P.S. If you missed my Facebook Live on addressing chest infections *without* antibiotics, click here to view the archived video. It is a great companion piece to our discussion here on bronchitis!



The Alphabet Soup of Viruses. Now, It's RSV.



We're certainly getting educated in the alphabet soup of virus names these days. For example, RSV (Respiratory Syncytial Virus) is all over the news as it circulates among school children.

Now, before we all clutch our pearls, let me say that RSV is nothing new. It's an established seasonal illness, which generally makes the rounds every year, along with colds and the flu.

We can't freak out every time a group of letters makes the front page. Viruses have lived alongside humans since the beginning of time.

Viruses aren't the end of the world!

Viruses are a natural part of the world.

But believe it or not, often, the most challenging part of homeopathy is trying to figure out what remedy to use for a

cold or flu.

Why? Well, there are several reasons.

First and foremost, at the onset of a viral infection, we usually don't know what we're dealing with. All we know is, "I don't feel well." Many viruses present in a similar manner, and we can't discern one from another until they ripen.

Also, the same virus may present differently in different people, often giving us no unifying thread to establish a clear-cut homeopathic remedy for each specific virus.

And there can be many unique variants – many variations on a theme, even within a single virus. (Years ago, folks didn't even know the term "variant." But post-2020, it's hard to go through a single day without hearing the word.)

And lastly, viruses evolve. A sufferer may first notice fatigue and weakness, then experience a sore throat, then a fever, then vomiting, then a cough, then lung congestion, and on and on. So, choosing the most effective homeopathic medicine depends on the symptoms in the current moment of the illness's evolution.

Consequently, it can be a bit frustrating because most people actually come to homeopathy thinking they want to take care of their family's colds and flu! When they're unsuccessful (because of these complex factors), they get discouraged and stop studying homeopathy altogether. But oddly, more sobering conditions (such as UTIs or otitis media) are sometimes easier to address because they're more straightforward.

To address respiratory infections that have gone a bit further, we consider not simply the name of the disease but rather the symptoms as they present.

Case in point: Laurie knew that it was inevitable that someone in her family would get a cold or flu, so she owned all the most effective homeopathic medicines and knew how to use them (or knew where to look to refresh her memory).

Good going, Laurie.

So, when Laurie's first grader came home from school with the onset of a respiratory virus, Laurie carefully observed as it evolved. For the initial weakness and other evolving symptoms, she kept Homeopaths Get the Flu Too, Ya Know printed by her daughter's bedside. (Many respiratory illness symptoms were also covered in Ferocious Flu Fears.) When wheezing or asthma-like symptoms developed, Laurie re-read Four Homeopathic Medicines for Asthma. If pneumonia had resulted, Laurie was prepared with No More Pneumonia: Homeopathy and Pneumonia.

Do you see how this works?

Laurie stayed on top of the symptoms by addressing them with homeopathy – no matter what the viral strain's alphabet soup name was. And that made her daughter's condition more manageable and less severe.

But when confronted by a cold, flu or any respiratory virus, my mainstays are a common Banerji Protocol and *speed*. I have averted many viruses with *Aconitum napellus* 200 mixed with *Bryonia alba* 30, taken at the first inkling that a virus is taking over my system. Not later or before bed. Not the next day. I'm talking IMMEDIATELY at the first sign that I'm feeling an illness coming on. (And repeating every few hours – depending on the severity of the illness – until very much better or until the presenting symptoms require a different medicine.)

And not uncommonly, I and my family get sick less and less often as the years go by, by virtue of such knowledge.

That's why I recommend that anyone susceptible to viruses (and that means everyone) carries *Aconite* 200 and *Bryonia* 30 in their pocket or purse. Don't leave home without it!

So, things would have been different when Laurie picked up her daughter from school and heard that first little, "Mommy, my throat hurts." Armed with *Aconite* 200 and *Bryonia* 30 in her purse, Laurie could have pulled the car over and administered this powerful homeopathic protocol immediately – at that moment – not waiting for later that night when they got home.

And who knows? Perhaps the virus wouldn't have settled in so fully. Minimizing a viral condition *before* it gets severe is much easier than waiting until the virus fully blooms and the hospital is required. Once in the hospital, we lose all control. So, this is about prevention – keeping the virus from going that far. We endeavor to keep it at what is considered a perfectly acceptable level in all children's lives – to get a cold or flu every year and recover without difficulty.

So, I bet Laurie will have *Aconite* 200 and *Bryonia* 30 with her next time. How do I know? Because Laurie wants to be the kind of mom I admire – a honey badger mom – resilient, tenacious, thick-skinned, undeterred, and ferocious when need be!

To help facilitate honey badger moms, I'll soon teach my Mighty Members a homeopathic medicine that may be considered if the respiratory virus becomes fully established.

In addition, I've spent the last several weeks discussing homeopathic alternatives to antibiotics in my Facebook Live events. However, I have the freedom and time to teach with much more detail in my course, The Antibiotic Alternative. And believe me when I say that honey-badger moms shouldn't be without that particular course!

Until then, I suggest our viral mantra be “Preparedness, swiftness and knowledge.” Utilizing that strategy, we can generally reduce our families’ respiratory suffering, be it a cold, flu, RSV or even one of the “C-word” variants. And that’s powerful!

(Plus, a little homemade chicken alphabet soup couldn’t hurt! Just don’t get bogged down by all the letters.)

Pass on the good news of homeopathy!

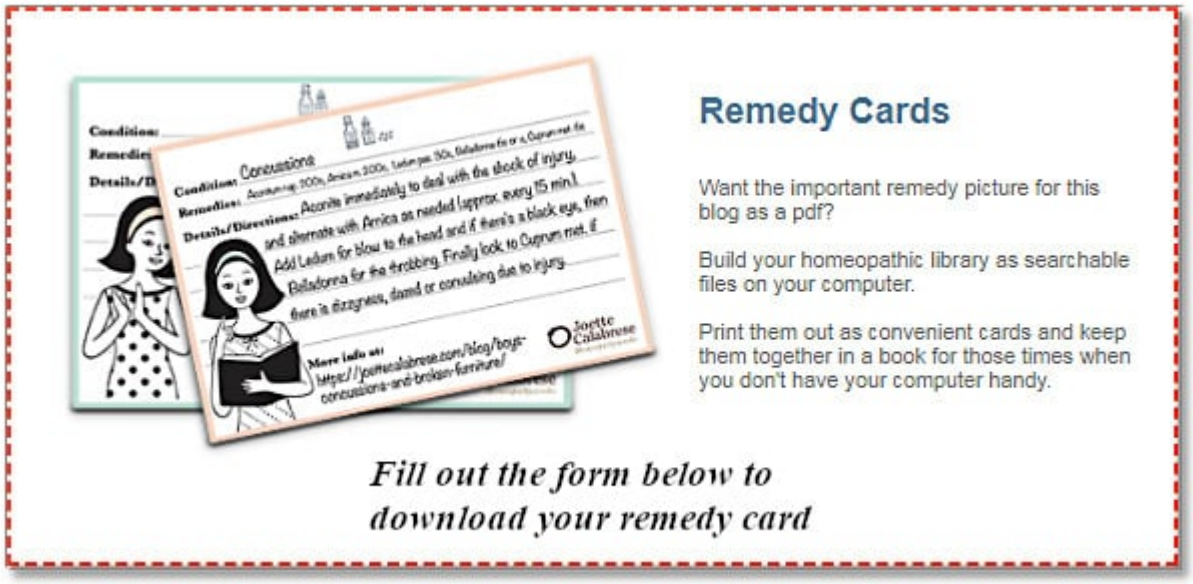
Warmly,



P.S. Have you ever wondered what is the best way to “pass on the good news of homeopathy”? What about giving a gift of homeopathy to an interested friend or family member? Click through to Joette’s Learning Center. The easiest and most valuable gift I can think of is a Practical Homeopathy® gift certificate, available with a simple click.

Perhaps, with your gift, your loved one will join a Gateway to Homeopathy study group! Can you imagine how much productive fun you two will have together – learning about homeopathy, supporting each other and comparing success stories?

You can make it happen. It’s easy. Just click.



Thanksgiving Dinner. Good Times.



Ahhhhh, Thanksgiving is upon us. In just a few days, the entire family will surround a beautifully decorated table with delicious food you've toiled over for days. It's shaping up to be a picture-perfect gathering.

And then Great Aunt Concetta asks why you feel the need to homeschool your kids.

It begins.

Over the years, Thanksgiving dinner has earned the reputation of being a potentially contentious occasion. As a result, we may find ourselves forced to cope with opinionated family members we might not agree with or swallow our reactions to Aunt Concetta's and Uncle Bruno's "suggestions" on how we live our lives.

Staphysagria is an excellent medicine for stifling emotions and suppressing feelings and ideas.

So, should we bake some *Staphysagria* into the stuffing?

Perhaps sprinkle a little over the green bean casserole?

Granted, that idea is giving me a hearty laugh as I write. But no, I'm most assuredly not recommending it!

Homeopathy is medicine. We never use it "just because." We only call upon this medicine when there is a presenting pathology – just as with a pharmaceutical.

Plus, ethics dictate that we shouldn't force our unsuspecting dinner guests to ingest homeopathic medicine. We only provide homeopathy to others after knowing their ailments inside and out or having taken their case!

But, when Uncle Bruno demands to know why you decided long ago not to own a TV when you *clearly* should own one, feel free to look wistfully at the undoctored green beans and snicker under your breath.

My friends, this scenario is all tongue-in-cheek!

Unless Thanksgiving causes an actual trauma that results in symptoms of a true pathology – like being freaked out to such a great extent that upset, shaking and insomnia ensue – we have to rely on more traditional coping mechanisms.

People are too quick to say, "I'll just take this medicine *in case* I might get upset." No. That's not how homeopathy ought to be used.

However, *Staphysagria* is a wonderful medicine when needed; for example, for resulting ailments from:

- when someone gets fired from their job and can't tell their boss what they think
- when someone feels publicly ridiculed
- in cases of spousal abuse
- in situations of sexual abuse of children (especially when the child innocently believes they are at fault for the abuse)

- when an individual has been putting up, and putting up, and putting up with a situation or perpetrator, causing them a deep, deep sense of shame

If the sufferer doesn't have the agency to defend themselves and speak their mind, if they are experiencing stifled emotions and suppressed feelings, if their nervous system has taken a major hit, then *Staphysagria 200* can be a tremendous medicine. It's generally taken every three days until very much better.

For instance, years ago, a parent brought their adolescent child to my practice. She would come home from school crying but wouldn't –or couldn't – explain what was happening.

Eventually, we uncovered that her teacher had been berating her mercilessly every day, and she was repressing her feelings because of a deep sense of shame. Indeed, *Staphysagria* 200 worked beautifully to help her recover from the trauma.

So, here's my point. While you may have to repress your feelings at Thanksgiving dinner, that is not called pathology. That's called family. Just stuff your mouth with more turkey and pass the yams.

But here's a great Thanksgiving idea! Let's introduce the family to homeopathy in the right way.

Eating all that food – gravies, spices, ultra-pasteurized cream – is hard on the gut. So, why not include a little homeopathic gift to send home to each guest with their leftovers?

Do you remember my blog post in the Cell Salt Series, David vs. Goliath? In it, I described my father's success in breaking his dependence on Tums by employing *Natrum phosphoricum 6*. The principal function of *Nat phos* is to break down lactic acid; thus, it is an exemplary antacid.

So, why not tuck a small bottle of *Nat phos* 6 in with the Tupperware containers and plastic bags each guest takes home with them? Maybe tie a bow around it! Make it festive! (To make your gift even more educational, include a copy of David vs. Goliath.)

I LOVE this idea! It's the best way to pass on the good news of homeopathy!

My family, my team and I wish you a wonderful Thanksgiving, my dear reader! I am, indeed, thankful for you and your support of our grassroots homeopathy movement.

Don't worry, I'm sure your dinner – and your Thanksgiving Day – will be a huge success!

Warmly,



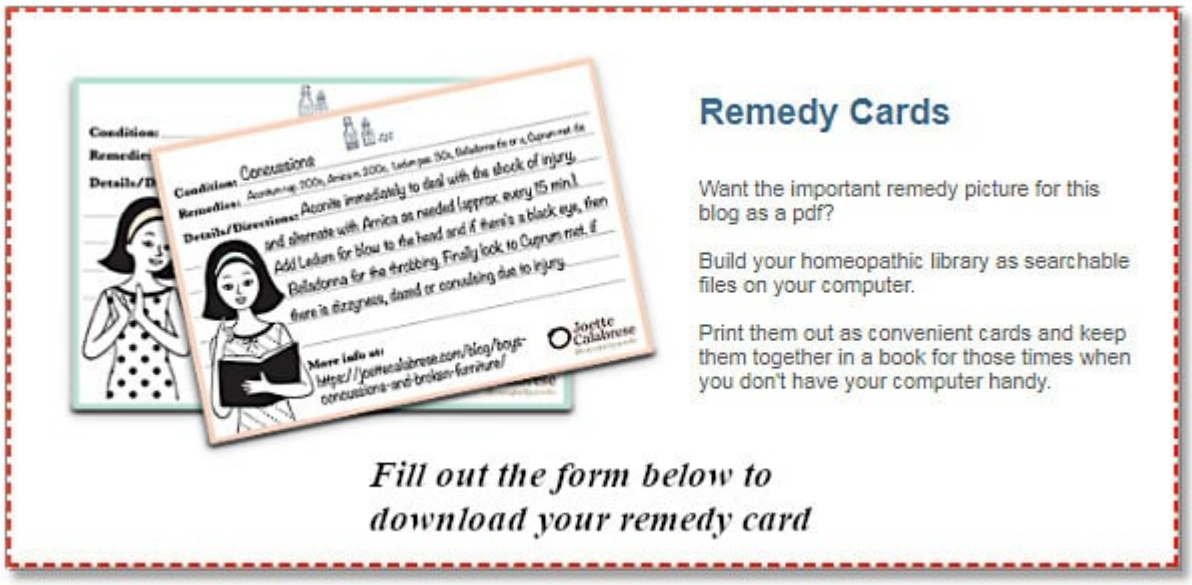
P.S. As Thanksgiving approaches, our minds naturally turn to preparations for Christmas and Hanukkah. Make your gift-giving practical this year by giving the gift of homeopathy – Practical Homeopathy®, that is.

I want to help you make holiday shopping easy! Click through to Joette's Learning Center and peruse the various courses I offer. Perhaps one topic will fit precisely with what a friend or loved one has mentioned they're searching for. Or, if nothing jumps out at you, allow them to choose whichever course they want by giving a gift certificate (also available with a simple click on the same page).

(And it's not a bad idea to leave a few hints around the

house for courses you'd like to take yourself!)

Homeopathy education is a gift that always fits, never has to be returned, and will benefit your recipient and their family for years to come. Now *that's* practical!



The Fear du Jour: Radiation



The antidote to fear is preparedness.

Let me say that again …

The antidote to fear is preparedness.

And what is preparedness to my way of thinking? Owning the homeopathic medicines needed for any expected – and unexpected – eventuality.

So, my friends, the press, and whoever is behind their unified message are at it again – fanning the flames of the fear du jour. I can visualize their meeting in a conference room, saying, "If we didn't scare them to death with the virus or the pox, let's try the threat of nuclear weapons! That oughtta work!"

So, now we're supposed to stay up at night worrying about an atomic blast and radioactive fallout?

However, what we *can* do is know how to use – and own – the

homeopathic medicines that have been known to address the ill effects of radiation.

That's preparedness.

Then we can relax. We've done what we can.

I wrote a blog post over 11 years ago on this subject. For the most part, the information still stands, but I'd like to expound a bit.

The most important thing to remember is these remedies are not used willy-nilly. These are medicines … medicines corresponding to specific conditions. So, something nuclear in nature needs to have actually occurred before employing homeopathy. A REAL event. It's vital to understand that I would not condone utilizing any of these medicines as a knee-jerk reaction to rumors of an impending threat.

These are medicines that homeopaths have known about for a long time – since radiation sickness became a potential condition. But I always like to turn to Robin Murphy's MetaRepertory, Fourth Edition, for the most recent collection of homeopathic information from a variety of sources, past and present.

Ah, here it is: "RADIATION, sickness" on page 2396. *Cadmium sulphuratum*, associated with this condition, appears in bold, capital letters. What does that mean? Well, bold capital letters indicate that this medicine is one of the stronger choices (among the others listed) for ailments resulting from radiation exposure. It is more frequently chosen by homeopaths and has demonstrated success.

But we don't stop there.

To ensure our remedy choice is sound, we would then look up *Cadmium sulphuratum* in a different type of homeopathic reference book – a *materia medica*.

You see, the two books work in conjunction with each other. A repertory is a list of every known health condition and the corresponding homeopathics that may be considered. A *materia medica* alphabetically lists all the various homeopathic medicines and provides a deep dive into each one's characteristics and keynotes.

In Murphy's book, "Nature's Materia Medica," we see that *Cadmium sulph*, indeed, helps the body overcome many radiation-related conditions: "weakness, emaciation, nausea, vomiting, liver damage, hair loss …" In fact, there are three pages of information to comb through. Most *materia medicas* are extensive books written with the professional homeopath in mind, so the language can sometimes be challenging. That's why I wrote my own! *A Materia Medica: Practical Homeopathy® for Busy Families** is written in plain talk with memorable stories to serve as examples and the highlights of 150 of the more common medicines!

Cadmium sulph is generally used in the 30th potency upon exposure to a severe radiological event (such as an atomic blast resulting in fallout) and up to twice daily thereafter until symptoms abate. However, one of my old teachers and now colleague, Dr. Ramakrishnan also used *Cadmium sulph* 30 for radiation sickness after cancer therapy. So, it's a well-rounded choice.

Additionally, although these are not both mentioned in the repertory, *Calcarea fluorica* 12 and *Natrum muriaticum* 6, thrice daily for several months after the initial exposure to radiation, have a history of helping the body eliminate resulting toxins. Regardless of which other remedies are chosen, they may be utilized in tandem with the other remedies.

And there are other choices as well. In fact, I'll give a few more to my Mighty Members in this week's memo.

But these three are good medicines to own – in case. And, hopefully, just as with the symbolic umbrella we carry when it looks like the slightest chance of rain, if we have our medicines at the ready, we won't need them!

Hmm, I'm sensing that you may have a question, so let me answer it before you ask. Yes, my friend, these medicines may also be choices to consider for combatting the side effects of medical radiation treatments. However, I have a few preferred choices up my sleeve, so perhaps I'll do a follow-up blog post containing this subject in the future.

Before I close, I don't mean to make light of such a serious topic, but maybe some levity is exactly what we need now. And I suppose you've been wondering what on earth the photo provided with this blog post has to do with the topic, right? Well, writing this article made me recall the preparatory exercises we did as children to "protect" us from atomic blasts. Does anyone else remember "duck and cover"?

For some reason, as a child. I never fully grasped that I was supposed to be afraid. Instead, I saw it as a time to have fun! We'd each file by the cloakroom (yes, that's what it was called in the 50s!) to get our coats, then hide under our desks. (As though hiding under our desks was going to protect us, right?)

But on the way to the cloakroom, my friends and I would pass by the art table and grab a little chunk of molding clay. Then, in lieu of imagining ourselves vaporized by weaponry, we would make little animals out of our clay and pass notes. I thought it was fun! "Look, I made a kitty!" "Well, I made a fish!" "Here's a funny owl!" We turned the most somber of occasions into a great time to sneak in some illicit entertainment.

All these years later, let's turn my duck-and-cover activity

into a powerful analogy for you to remember. Just like that malleable clay, **we can mold our own preferred state of mind**! We don't have to allow others especially unreliable ones to control our internal narratives.

So, now, as an adult, I prefer to be prepared with a more realistic method of coping with threats and also use that preparedness to embolden my more lighthearted side. Indeed, my favorite antidote to fear is to own the homeopathic medicines I need and have the information on how to use them, gird myself in my faith … and then get back to enjoying life.

I don't live in fear, and I hope you won't either.

Get skilled up and pass on the good news of homeopathy.

Warmly,

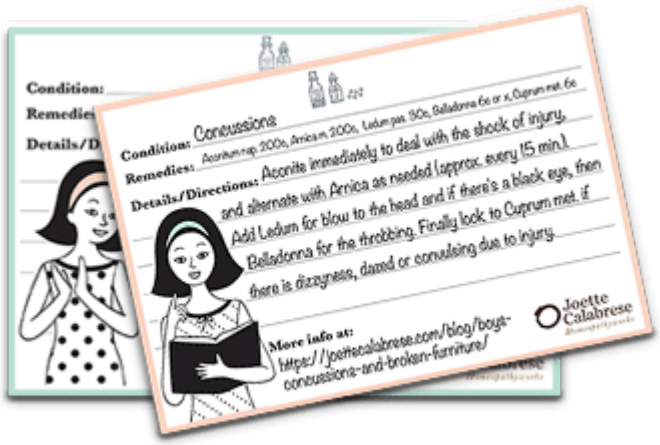


*A *Materia Medica*: Practical Homeopathy® for Busy Families is an excellent introduction to the more common medicines we use in homeopathy. You'll find it an invaluable resource when trying to decide between two potential remedies.

However, some folks get confused about exactly what a *materia medica* is. I hope the description within this blog post helps. Still, to reiterate, a *materia medica* is an alphabetized compendium of the most common homeopathic medicines, along with descriptions of their characteristics and keynotes. **It is NOT a list of conditions and protocols.**

But believe me, you'll use it all the time! And many readers

have told me that my memorable stories help them retain the pertinent information on each remedy.



Amputations and Phantom Pain



This week marks a very “American” week.

On Friday, November 11, we celebrate Veterans Day – honoring men and women who served, fought and sacrificed to protect our rights. Because of their bravery, we are free to participate this week in one of our greatest American privileges, voting. (Election Day is Tuesday, November 8.)

So, to the veterans among us, my entire team and I say thank you!

Veterans have sacrificed in countless ways, but some have paid the incredible price of losing limbs to gunshots, bombs, shells and IEDs (Improvised Explosive Devices). Losing a limb should have been a high enough price to pay, but some amputees also experience the added agony of phantom pain in their missing limbs.

Specific triggers, such as a weather event or even the anniversary of the injury, can worsen the pain. The sufferer generally feels helpless. Sadly, despite the reality of the pain, there is no longer an existing limb to manipulate or massage to alleviate it. Conventional medicine offers little, if any, assistance. Even the Mayo Clinic website says, “Finding a treatment to relieve your phantom pain can be difficult.”

However, I’ve dealt with this devastating condition in my practice. Homeopathy – as it always does – offers hope where other paradigms fail. (Perhaps, we should call it “hopeopathy!”)

If you’ve been following me for any length of time, you may already be contemplating a remedy. If you guessed *Hypericum perforatum* 200, congratulations! You’re learning!

Indeed, *Hypericum* is a capital choice for nerve pain. However, for the unique condition of phantom pain, *Hypericum* would be my second choice.

Why? Well, because homeopaths through the ages have recorded their successes and a quick glance in our repertory (Dr. Robin Murphy's "MetaRepertory," Fourth Edition) guides us to an even more effective homeopathic medicine. But right there on page 2082, under "AMPUTATION, pain, phantom," we see that in addition to *Hypericum*, *Calendula officinalis* is written in all capitals, bolded and underlined, indicating that it's an even more highly noteworthy medicine.

So, with *Calendula* highly emphasized as the primary medicine for phantom pain in amputees, who am I to argue? I've made the mistake of counting on Hypericum alone when the better choice was instead *Calendula officinalis* 200, twice daily, until the pain is very much relieved.

My friends, do you see how we do this? We don't reinvent the wheel at every opportunity. No, we stand on the shoulders of the homeopaths who came before us. Their collective clinical experience and wisdom are right there in the repertory. So, whenever we do not possess a protocol for a specific condition, we refer to the repertory!

And let's say there are multiple medicines listed that could fit the bill. Then we open our *materia medicas* to read about the nuances of each suggested remedy to inform our choice better.

However, by utilizing capitals, bold font, and underlining, Dr. Robin Murphy did everything in this case but circle *Calendula* in red and put arrows and stars beside it! So, *Calendula* is a most prudent place to start. I have certainly seen success with it in my practice. But I'll admit that it wasn't until I'd witnessed a few of these situations that it became super clear to me.

Now, because of the upcoming day of remembrance, I have focused this blog post on sufferers who are veterans. But phantom pain can affect amputees from various parts of the

population. For instance, individuals with diabetes or circulatory issues can also eventually lose limbs, often leading to this very same torment.

However, Practical Homeopathy® is not limited by the "why" behind the condition. Instead, we deal with the diagnosis. Phantom pain is phantom pain, whether the missing limb results from war, accident or health complications. And I might add that a good diagnosis from an M.D. is a valuable piece to the puzzle.

Before I close, let me thank you again, Veterans. We appreciate your sacrifices – from great to small. You stood in front of us to protect us. This week, we stand beside you in support.

My dear reader, if you know someone – veteran or civilian – who could use this information, as always, I encourage you to pass on the good news of homeopathy!

Warmly,

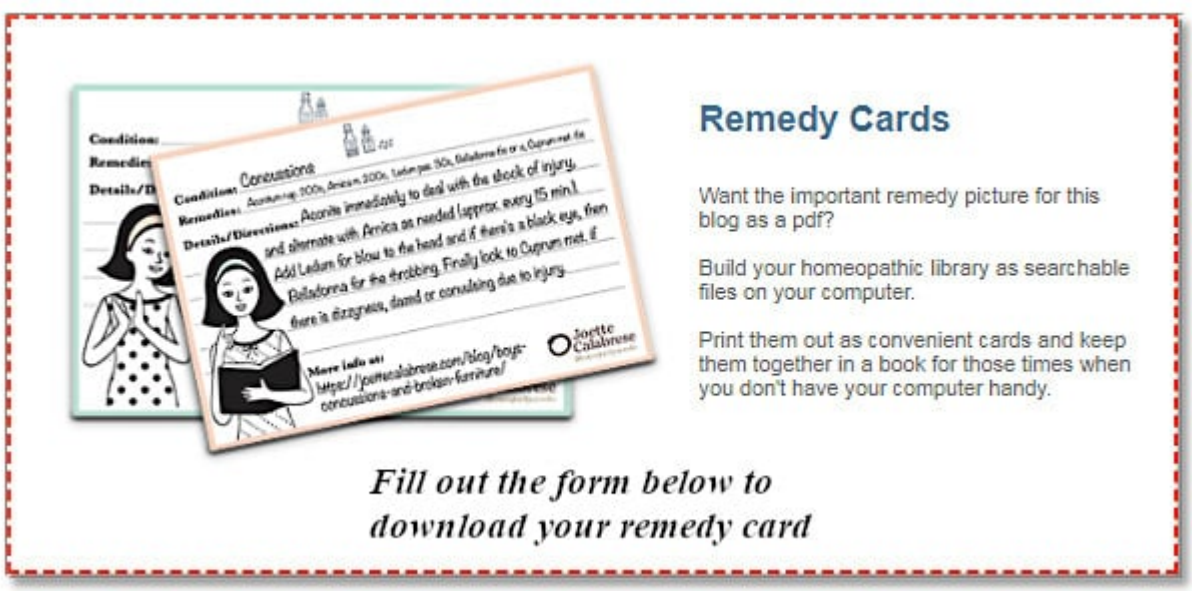


P.S. Have you ever wondered what you're missing by not participating in a Gateway to Homeopathy study group? Let me tell you, you're missing a LOT! Over 15,000 mothers and others – just like you – have joined our study groups.

That's a lot of people honing their homeopathy skills, meeting other like-minded people and having fun doing it. I began my journey into homeopathy via a study group. So, I can guarantee you will never regret creating or joining one yourself.

But allow me to let you in on a little secret: your study group companions will assist you in much more than just homeopathy. You'll make lifelong friends with whom you can confide and share information.

So, start on the path of finding your new best friends on my dedicated Facebook page: [Joette's Study Group: Find Your New Study Group Friends.]



Halloween: Fraught with Fright?



A casual walk around the community has suddenly become a scary event! Evil clowns, ghosts, goblins, skeletons, witches, spiders! What the heck? There goes the neighborhood!

Oh, wait. It’s Halloween!

Although not my cup of tea, some people get a kick out of Halloween and its trappings. Yet, understandably, a horror movie or a haunted house can be too much for youngsters. Unfortunately, we often can’t anticipate something will be too much before a fright has already set in!

Perhaps, folks should add homeopathic medicines to their bag of trick-or-treat staples.

In my experience, either *Aconitum napellus* 200 or *Stramonium* 200 is excellent for calming the residual shock that comes after witnessing something deeply frightening.

But as you know, homeopathy is not a supplement. Some people find it hard to get their head around that, but we're not supplementing something the body is missing. Instead, we are "correcting" an issue with a medicine.

So, let's say a ghost pops out of nowhere, resulting in a little jump and scream. That would certainly not require a medicine. But what if someone gets caught up in something extremely disturbing to them (reacting in an inconsolable fit of tears, fleeing the scene or other equally panicked reaction), and it develops into a real issue? Then we might consider employing a homeopathic upon the first evidence that it's become a pathological event.

And as I always teach, again, given that homeopathics are not supplements, we stop the medicine when very much better.

So, how would we know when to cease utilizing a medicine for fright? It's simple. We'd stop when one no longer feels frightened, and calm or normalcy is restored.

Indeed, this isn't complicated. Properly utilizing homeopathy is common sense based on observation. We use it when needed; we stop when it's not. That's it!

And for the record, today's lesson on fright applies year-round, not just around Halloween.

Witnessing a car accident can be frightening. Watching the news of war atrocities can trigger a lasting fear response. Narrowly averting a severe injury (such as almost drowning) can put the body in panic mode. These may be calls for the use of *Aconitum napellus*.

Stramonium is generally reserved for a deep fright that

causes a neurological response: nightmares, violent thoughts, inability to break from night terrors.

So, when my kids were younger and walked into the library where the scary images were plastered all over the kids' book section, I had confidence. But, if genuine, intense fear had set in, causing a disproportionate reaction resulting in nightmares or such homeopathy had the answer.

The world likes to throw us curve balls. But homeopathy can keep us on a level playing field.

My advice to you? *Get skilled up.*

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

Warmly,



P.S. LAST CHANCE!!

Effective November 1, 2022, we will be forced to raise our prices on Gateway Study Group Curriculums I and II and A *Materia Medica*: Practical Homeopathy® for Busy Families. With the rapidly rising costs of paper, ink, postage, servicing our printer and labor to maintain the content, we simply have no choice.

Over 13,000 mothers and others – just like you – have joined our study groups. That's a lot of people honing their homeopathy skills, meeting other like-minded people and having fun doing it.

I began my journey into homeopathy by starting a study

group. I can guarantee you will never regret creating or joining one yourself.

So, I urge you to take advantage of this short window of opportunity to own Gateway Study Group Curriculums and *my materia medica* at today's prices. Don't miss out!

