

Must-Have Memorial Day Medicines for Hay Fever, Overindulgence and Anxiety



Happy Memorial Day weekend!

Some consider it the unofficial beginning of summer. No doubt, there will be plenty of picnics, baseball games, parades, beach days and other sorts of commemoration. So, this weekend may be synonymous with allergies from the outdoors or perhaps overindulgence from having too much fun.

Yet, depending on the school district, some of you may be cramming for upcoming final exams. So, this weekend may be overtaken by intense study – and perhaps a bit of apprehension.

To tackle all these issues, we need only look as far as our

homeopathy kits for answers!

Whether you spend the day in your local military cemetery placing flags or just enjoying a fun-filled day in the park with family and friends, one common issue that accompanies an outdoor spring day is hay fever. One of my all-time favorite medicines for hay fever is [*Ambrosia 30*](#).*

After moving to my new clime in Florida, I have used this myself from time to time when my eyes got watery, itchy and swollen. However, after using *Ambrosia* occasionally in the past (for a couple of days or so), I rarely need it now. It's just another beauty of homeopathy – as opposed to the almost addictive quality of over-the-counter conventional allergy concoctions!

Are you planning on attending a party? Along with contributing your world-renowned potato salad, you might win other partygoers' eternal gratitude by also bringing a medicine to counter overindulgence.

Do you remember which medicine that would be?

A few doses of [*Nux vomica 200*](#) (or 30, if that's all you have on hand) can alleviate the unpleasantness resulting from an over-the-top day!

From [*A Materia Medica: Practical Homeopathy® for Busy Families*](#): “The inability to fall asleep from an overactive mind, an upset stomach or a headache from every noise that he notices and resents calls for *Nux vomica*. Awakening in the middle of the night, especially with digestive distress, can be an indication for employing this remedy as well. It has won a stellar reputation for quickly removing the ill effects of a hangover (or even just the sensation of a hangover) after a night of drinking alcohol.”

So, if you notice someone at your Memorial Day celebration has perhaps imbibed one too many adult beverages, present

them with a little lavender tube of *Nux vomica* 200. They'll thank you in the morning. (Actually, maybe even that night – since *Nux vomica* is often helpful for insomnia.)

And lastly, I can't forget those of you with your noses buried in the books this weekend. Fear not! You're doing precisely what you need to do to excel on your upcoming finals! Plus, one robin's-egg-blue tube of [*Gelsemium sempervirens* 30](#) contains a first-rate medicine for relieving anticipatory anxiety! Those exams won't stand a chance against your well-earned knowledge and your nerves of steel.

Folks, having these three medicines at the ready this weekend will make you the hero in your family! And you'll deserve all the credit, as I am simply your guide.

You can purchase all these medicines through [BoironUSA](#), where you'll find their 30th potency medicines in blue tubes and their 200th potency medicines in purple tubes.

And don't forget, Boiron has graciously created a unique discount code for my readers. Just enter the word "Joette" on the checkout page. I receive no kickback. But as of this writing, you will receive 20 percent off any order. And by ordering directly from the manufacturer, you will be assured of Boiron's quality and the integrity of their direct shipping and handling.

So, have fun today with the confidence that you can handle anything with homeopathy! What better purpose can there be than helping others become healthier and happier?

With that said, I hope you'll also take a moment to commemorate the true reason for this holiday – remembering the individuals who gave *their* lives so that *ours* could be free. The very fact that we can enjoy the weekend with our families is a testament to the soldiers who fought and died to protect our way of life.

In fact, it's not too much of a stretch to think that our right to care for our loved ones autonomously – with homeopathy – is also because of soldiers who gave up everything to ensure our nation has never fallen to an oppressive regime.

Don't let their sacrifice be for naught. We owe it to them to appreciate and utilize our freedom every day. So, I urge you to reaffirm your dedication to keeping this nation as free as the Founders intended.

And for those of you who are veterans or family members suffering this Memorial Day from memories of wartime atrocities and loss, take a moment to read my blog post on the use of [Ignatia for PTSD, grief and stress](#). Then, if someone you know is having a difficult time, share the article and a tube of [Ignatia 200](#) with them as a "thank you" for their service and sacrifice.

As always, pass on the good news – of both freedom and homeopathy!

Warmly,

A handwritten signature in black ink, appearing to read "Jette". The signature is fluid and cursive, with a large loop at the bottom.

*P.S. There are many more homeopathic medicines that address allergies than can be discussed here in this abbreviated blog format. So, if you want to take a deeper dive, may I suggest my course [Allergic?! Escape Allergies, Sensitivities, and Intolerances with Homeopathy. Practical Protocols to Get Your Life Back](#). I share my lifetime of learning how to uproot allergies in this online course,

which is chock-full of education and protocols. And there's no better time to get started! Indeed ... 'tis the season! (Allergy season, that is.)

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.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

Fill out the form below to download your remedy card

Must-Have Memorial Day Medicines for Hay Fever, Overindulgence and A

First Name *

Last Name *

Email *

Confirm Email *

Captcha

Submit

If you are human, leave this field blank.

Δ

Lumps and Bumps: Homeopathy for Thyroid Nodules (Warts and Moles, too)



The road of life may hold a few lumps and bumps along the way. Unfortunately, I can't help you there. But if lumps appear in the thyroid gland or bumps emerge on the skin, I've got a secret weapon.

Before I go further, I want to add a caveat. In Practical Homeopathy®, we address pathologies, not minor annoyances. Benign thyroid nodules are lumps caused by abnormal growth

of thyroid cells. These benign nodules are super-common and generally don't need to be treated. So, simply receiving a diagnosis does not necessarily require immediate action, as there is no reason to assume that they will become dangerous.

However, occasionally, thyroid nodules can become obstructive or uncomfortable. If they present in such a manner that it becomes difficult to swallow or induces frequent coughing, then that would be the time to employ a homeopathic medicine.

As I've said before, there's more than one way to skin a cat in homeopathy. So, while several other medicines and protocols may be beneficial, I strictly want to talk about *Thuja* today.

A helpful reminder to think of for *Thuja* is that it's a good "lumpy" remedy. So, *Thuja* would also be considered for warts, nevi (moles), skin tags, oral granuloma, uterine cysts and nasal polyps, as well as for thyroid nodules.

So, what is *Thuja*?

Well, believe it or not, it's made from the plain ol' arborvitae plant, which grows like a weed in many locales! Almost any stereotypical photograph of Italy shows arborvitae plants lining the winding roads. (Now you know why I chose this photo for the blog post!)

My husband and I generally plant them wherever we live because they're inexpensive, grow fast, provide excellent privacy and require no maintenance. Plus, I can make my own botanical *Thuja* from it! (Stay tuned, my Mighties. I will tell you how I make my own botanical remedy in this coming week's [Memo to Mighty Members # 101](#).)

However, for the previously mentioned conditions, I have successfully employed homeopathically prepared [Thuja 30](#),

twice daily until very much better.

Now, in some clients' estimations, it took a long period of time for the remedy to act fully. It can, indeed, take a while when using homeopathy for a chronic condition. However, a lengthy time frame does not mean that we are not moving along steadily toward our goal.

But whereas those clients' particular thyroid conditions may have required many months, this is not necessarily true for *all* conditions and individuals. Other individuals have seen a vast improvement in 6–8 weeks!

One student of mine was shocked to discover a dramatic reduction of her thyroid nodules after taking *Thuja* 30, twice daily, for two months for another condition! That's how sweeping this polychrest medicine is!

And just between you and me, there's one other significant use for *Thuja* 30 – addressing vaccinosis (conditions resulting from vaccination). In a medical climate where so many various vaccinations are thrust upon our families – from birth until death – *Thuja* is a vital medicine to have in your collection.

Indeed, with this one medicine in our arsenal, we can address so many different conditions! So, perhaps purchase a few extra tubes for your loved ones and pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. Addressing your family's conditions requires confidence. And confidence comes from competence!

There is no better way to begin than by joining a [Gateway to Homeopathy Study Group](#). For far less than a doctor's visit co-pay, you'll learn Practical Protocols® ***you can use as you learn.***

Plus, you'll discover how to observe the entire picture of a condition and use that observation to choose the best medicine for your unique situation.

All that while meeting like-minded friends and making new friendships that can last a lifetime!

My curriculum makes it easy to start your own group, OR you can join a group that is forming. You can find the groups starting soon at [Joette's Study Group: Find Your New Study Group Friends](#).

I urge you to join a group today. It worked for me! Group study catapulted my abilities to care for my family decades ago.

But my office advises that you order your copy of [Gateway to Homeopathy](#) first! Due to increasing demand, it can take a few weeks to receive your study guide. So, don't wait! Don't let choosing your study group leader (or building your own group) become a hurdle. Get your guide and go from there.

The inexpensive cost of this curriculum will be repaid many times over with the money you'll save on unnecessary medical visits and expensive allopathic drugs.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

*Fill out the form below to
download your remedy card*

Strabismus

Strabismus

**Joette
Calabrese**
JoetteCalabrese.com
Practical Homeopathy Inc.



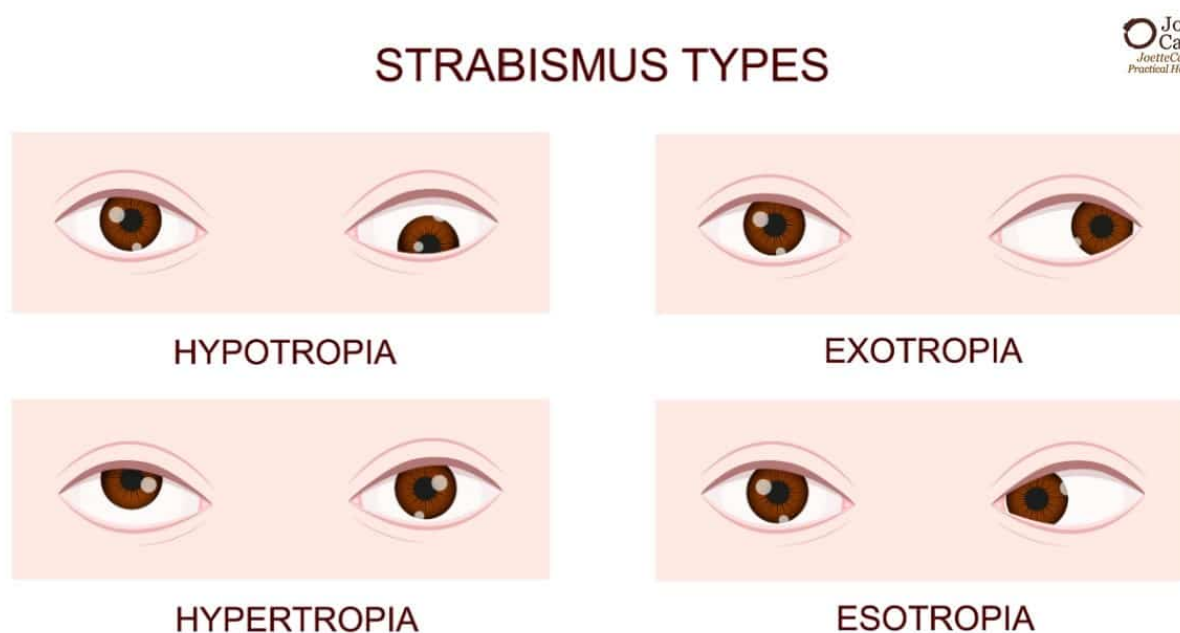
“Be careful with that stick, or you’ll poke your eye out!”
Have you ever said something to that effect?

Yep, guilty as charged. Right? Unfortunately, we moms tend to create common expressions out of worst-case scenarios.

How about this one? “Don’t cross your eyes, or they’ll get stuck that way!”

Okay, okay. One might experience muscle fatigue from too much eye-crossing, but I’ve never heard of anyone actually getting their eyes stuck!

However, there is a medical condition of crossed eyes called strabismus. Some call this condition by the vernacular term “cross-eyed.” But in truth, strabismus also includes many different manifestations of eye misalignment.



It’s estimated that about 5% of pre-school children exhibit some degree of strabismus. The condition can be subtle, or it can be pronounced, forcing the sufferer to squint in order to see adequately. However, in cases where the eyes do not track together correctly, the “binocular effect” of normal 3-D vision may be adversely impacted and even lost.

Strabismus can result from damage, synthetic drugs, muscle weakness, or even serve as a manifestation of other medical conditions. So, it's important – as always – to get a diagnosis. However, there is no need to panic that surgery will be required.

There are several homeopathic medicines that we might call upon to address strabismus, either alone or with or without surgery. Of course, this blog format does not allow enough time for a complete education on all the potential medicines, so let me share two and some of my ideas surrounding them.

Today is a lesson on how to choose a homeopathic medicine when we have to differentiate between a couple of choices. So, there will be no remedy card with specifics.

The first medicine that one might consider is [Argentum nitricum](#). Given that this medicine has sweeping effects on the eyes in general, we ought to at least consider it in the running. So, we're more or less *extrapolating* from a general eye protocol medicine.

Using the homeopathic method, we strive to keep medicine schedules tidy by observing other pathologies that might influence the medicine choice. This is done by using a homeopathic repertory as well as a couple of *materia medicas*. Indeed, if we can uncover another clue about the sufferer's total picture – even something that doesn't necessarily relate to the eyes, such as mental, emotional or general symptoms – it may help pinpoint the best homeopathic medicine for the specific condition of strabismus.

For instance, does the individual also suffer from anxiety or muscle spasms?

Those “seemingly” unrelated pathologies can all be clues to which Strabismus remedy would be most appropriate.

So, for instance, if I have discerned that the person suffers from anxiety, then [Argentum nitricum](#) might very well be especially warranted, as it addresses both strabismus and anxiety – wrapping two pathologies in one tidy package!

If the eyes shutter or spasm, that would be a slam dunk for my second-choice medicine for strabismus: [Cuprum metallicum](#). Why? Because *Cuprum* also addresses spasms!

So, even if the sufferer commonly experiences muscle spasms in another part of the body (such as leg cramps or twitching), I would still lean towards *Cuprum* rather than *Argentum* for the simple reason that its a more inclusive choice.

If they've had a head injury, I would also lean towards *Cuprum* for the strabismus condition because *Cuprum* is a particularly good medicine for head injuries.

Do you see how this works? We strive for a neat, tidy package. We choose a homeopathic medicine that benefits not only the primary pathology but also addresses any secondary issues.

Ophthalmologists warn that if left untreated, strabismus can lead to another condition called amblyopia (the medical term for a lazy eye), leading to loss of sight.

So, it's important, as always to work with a medical doctor who has your best interest at heart.

But we need not panic. Homeopathy has a history of addressing this and a myriad of other conditions without side effects.

Remember to pass on the good news of homeopathy! We can't keep this medicine to ourselves. You owe it to your family, friends and community to share the knowledge that you've learned!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. How does one determine which potential homeopathic medicines are best in any given situation if there is no specific protocol to follow? Why, with a *materia medica*, of course. I've written an accessible *materia medica* covering over 150 of the most used homeopathic medicines.

Why do I call it "accessible?" A typical *materia medica* can be thousands of pages written in a homeopathic language that takes a bit of education to fully and instinctually appreciate.

Instead, my *materia medica* is written like this blog post – in my everyday language with my stories and examples.

But I don't consider it simply for entry-level students. No! Even those who have studied homeopathy will appreciate my *materia medica*'s clinical examples, illustrations and ease of use. After all, we don't always need thousands of pages when we can find the answer more readily in [A Materia Medica: Practical Homeopathy® for Busy Families](#).

—

Night-Watching: A Medicine for the Exhausted Mom



They say that moms have eyes in the back of their heads!

It's true. No matter what a child gets into, chances are their moms are keeping closer tabs than the child thinks.

Why? Because moms worry. It's their job; it's in their DNA.

This can be said especially when a child is sick. Moms will

stay up all night, watching their child closely for escalating symptoms or a glimmer of hope that the illness is abating.

But who's watching after Mom?

Homeopathy, of course!

We just need to choose the correct medicine to provide the necessary support.

Now, just because I'm addressing this to moms doesn't mean one has to have a child. "Mothering" takes many forms. You may have a sick husband or a sick pet! That's mothering!

You may have an elderly parent with whom roles have switched. Now, you're mothering them instead of the other way around.

Heck, you might be caught in the "middle-age squeeze" – what I like to call the years when one might be caring for both a parent AND a child! Indeed, that's mothering on the grandest of scales.

(You may even be a dad yet find yourself in a "mothering" role.)

If a mom has been up all night tending to someone's needs, she might drag the next day due to sleeplessness. The feeling of being physically beat is a good fit for [*Arnica montana* 200](#), twice daily until revived.

Losing sleep can make even the strongest among us more prone to getting sick. Consequently, employing *Arnica* after a missed night of shut-eye will make us feel better the next day and bolster us just enough to avoid falling prey to illness.

Win-win!

But if *Arnica* has been well-used – say for a week – and Mom is still dragging, then it's time to reassess.

If intense worry is a part of the overall picture, then we should strongly consider [*Cocculus indicus* 30](#), twice daily until very much better.

A keynote of *Cocculus* is “night-watching” – an old-fashioned term for, as [Jay Yasgur's Homeopathic Dictionary](#) puts it, “staying up at night to care for a loved one who is ill.”

Night-watching implies a certain level of stress and worry in addition to the physical act of staying awake overnight.

Picture the bedside vigil – that's night-watching. That's *Cocculus indicus* 30.

So, although I am teaching two medicines, we need to choose the one that best fits.

As you have probably gathered, the differential between the two is worry. If it's strictly physical exhaustion from sleeplessness, it's *Arnica* 200. On the other hand, if there is a strong component of worry, then it's *Cocculus* 30.

Mothering – of children, parents, spouses or pets – is a full-time job. So, even though today is Mother's Day, there is truly no holiday from the responsibility and the mental anxiety of mothering and nurturing.

But when the going gets tough – too tough for even the toughest of moms – remember homeopathy is there to help you soldier on and remain the steadfast rock of your family.

Happy Mother's Day to you, my friend!

Warmly,

joette

P.S. If you're still shopping for a Mother's Day gift for your own mom (or if your kids are still asking *you* for hints), consider the gift of homeopathy. [Click here to peruse my Learning Center.](#) Choose a course with the highest impact on your family or use my course selector to help you narrow it down.

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.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

*Fill out the form below to
download your remedy card*

Sundowner's Syndrome



Nothing can be more beautiful than a gorgeous sunset. However, the waning day can trigger a fog of confusion or upset for people with dementia.

It's called sundowner's syndrome or sundowning.

I'm sure I don't have to explain it to those of you who are beginning to feel these symptoms yourself or are caregiving for your aging parents or loved ones. Unfortunately, roughly

20% of dementia or Alzheimer's patients will suffer some measure of sundowner's syndrome in conjunction with their disease.

But for those of you who are unfamiliar, sundowning can take many forms. For example, one might observe unusual emotional outbursts, sadness, anxiety, agitation, fatigue, restlessness, wandering, confusion, paranoia, hallucinations and even downright fits of anger.

Getting enough sleep, spending time outside each day, providing adequate household light (avoiding shadows) and minimizing changes to routine are practical techniques that can help mitigate the unpleasantness.

However, nothing is more practical than Practical Homeopathy®!

I am delighted to share this testimonial from my student, Monique B., who figured out the correct medicine through the techniques she has learned to utilize when there is no given protocol:

"My father had dementia, and in his last few weeks, his sundowners got progressively worse with anxiety and restlessness. One night when I was caring for him, I looked in the Materia Medica, and Arsenicum album fit perfectly. He would be calmer and relaxed for about 3 hours before needing another dose. The next morning, he was more coherent than any other morning, and all without drugs or side effects. So grateful for your teaching!"

"P.S. We found out later (no doctors told us – we found out "accidentally" from hospice) that my dad actually had the triple threat of Alzheimer's, Dementia, and Cerebral Arteriosclerosis."

Monique, employing *Arsenicum* was brilliant. That's precisely the medicine I would choose.

However, contrary to its name, symptoms of sundowning don't always wait for sundown. The symptoms can begin even earlier in the day. So, because of that, I would probably utilize [*Arsenicum album* 30](#) every day in the early afternoon – just after lunch.

If the sufferer were experiencing an unusually distressing episode later, it could certainly be employed again as an SOS. But hopefully, utilizing this schedule of once daily will provide the stabilization needed.

If someone you love has been diagnosed with dementia or Alzheimer's Disease, may I suggest my course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#). In this course, I delve more deeply into psychological conditions and the homeopathic protocols to address them. It's a good resource for people with early-stage dementia and a must-have for all caregivers.

Plus, the course covers so much more. You'll also learn about other conditions of the mind that can benefit almost any family going through the joys and traumas of life: ADHD, addictions, anger, body dysmorphia, depression, insomnia, PANDAS, PTSD, and the list goes on.

Homeopathy is powerful – if you have developed the competence and confidence to employ it adeptly. So, keep learning and continue to pass on the good news of homeopathy!

Warmly,



P.S. Mother's Day is almost upon us. So, what is the perfect gift to get your mom – the treasured caregiver of your family? Are you stumped?

Why not give the gift of health? Choose one of my homeopathy courses from the various topics I offer. Or you can send your mom a digital gift card and allow her to pick out a course she's been eyeing! Shopping for a meaningful gift has never been easier. [Just click here!](#)

And remember – all of my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases. If you need assistance getting your discount for [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#), email contact@practicalhomeopathy.com for more information.

P.P.S. In the absence of a specific protocol to follow, it's best to look up conditions in a repertory followed by a more thorough consideration of the most appropriate medicines in a *materia medica*, as Monique mentioned. Might I suggest you own a copy of [A Materia Medica: Practical Homeopathy® for Busy Families?](#)

Unlike the professional books, my *materia medica* is designed for busy mothers and others who cotton to healing their families themselves but don't have the time to sift through voluminous choices. The book contains over 150 of the most frequently used homeopathic medicines, their key features and my take on their proper use.

With the proper education and resources (like this *materia*

medica), you can regain autonomy over your family's healthcare.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

Fill out the form below to download your remedy card

April Showers Bring ... Sinus Headaches

April Showers Bring ... Sinus Headaches



Susy has suffered from sinus headaches and infections ever since she had mono in college. Long ago, she noticed that every time the barometric pressure shifted as the weather changed, a headache would come on – often followed by a sinus infection.

She tried analgesics, antibiotics and even steroids, but nothing relieved the pain. And worse yet, Susy learned that steroids could cause bone loss. She suspected that it was no coincidence that she recently broke her ankle in a minor fall.

A little hesitant about venturing into the world of alternative health, Susy's apprehension lifted after she consulted with a homeopath. She learned that homeopathy is gentle, causes no side effects, and can be used in tandem with conventional drugs. So, she finally had hope that as her sinus pain diminished, she would be able to cut back on those side-effect-laden sinus pain prescriptions. (And that's just what happened!)

You see, the homeopath listened to her headache symptoms carefully and recommended [Kali bichromicum 30](#), every 1-3 hours as needed until the pain subsided. Other symptoms supporting this remedy choice included intense pain above the eyes and sinus pressure that worsens when stooping down.

Although Susy had been skeptical, once she began this new regimen, she had to admit that the pain did lessen. In addition, the chronic post-nasal drip (that had become a part of her daily life since who-knows-when) was also resolved.

After a few weeks, Susy was completely free of head pain – even when a storm came through and the pressure dropped.

After a few months, she also realized it had been some time since she had suffered a sinus infection – even though she had eliminated the antibiotics.

Susy's sinus issues were history!

Now, let's consider Lucy.

Lucy suffered terribly from pollen allergies and sinus pain caused by weather changes. Years ago, she had tried allergy shots but found that instead of improving her symptoms, they only worsened. Her doctor told her that it was because she was getting older – that life is just like that, and she simply needed to accept it. Her list of triggers continued to mount.

She found some relief from her symptoms after eliminating wheat and pasteurized dairy, but a significant portion of her allergies lingered.

Changes in barometric pressure ushered in sinus pain that began above the eyes and spread into the sinuses. In fact, whenever the barometric pressure changed or the cottonwoods released their fluff, her sinuses would become so painful she could barely function.

Lucy had joined a [Gateway to Homeopathy](#) study group to learn about homeopathy in a fun, supportive group of like-minded individuals. The weekly online meetings were Lucy's happy place! She was taking her health matters into her own hands, and she knew that this path would one day make her both confident and competent in using homeopathy for herself and her family.

During a meeting, a fellow group member was excited about her recent purchase of [A Materia Medica: Practical Homeopathy® for Busy Families](#).

I wrote that book for people just like Lucy – people who wanted to learn more about the more commonly used homeopathic medicines in an easy-to-read format.

Excited to delve deeper, Lucy ordered a copy of my *materia medica* for herself! Her eyes opened wide when she got to the section on *Kali bichromicum* (also known as *Kali bi* or *Kali bich*). She could hardly believe her good fortune as she read a case that precisely mirrored her own!

Her Gateway to Homeopathy study group reminded her to search my blog for further information. So, after typing "*kali bichromicum*" into the search box on my website, she discovered my blog post from a few years ago, [Not Tonight, Honey](#), in which *Kali bich* 30 had uprooted another person's suffering!

She learned that *Kali bichromicum* is our first thought for acute or chronic sinusitis. This homeopathic medicine is made from potassium dichromate, a bright orange, caustic, corrosive compound used in the manufacture of dyes and batteries, to tan leather, to etch or clean glass and in photography – deleterious to health in its **gross** form.

Wait. What?

Well, for those who don't know, homeopathic medicines are often derived from toxic substances. When harnessed by employing the homeopathic super-dilution and succession process, the harsh material becomes a helpful aid – even curative for some. And in this case, for conditions featuring thick, stringy, yellowish, or greenish mucus, especially from the nose – but also from the throat or larynx.

Kali bich coughs are dry, forceful coughs that often go on for some time without relief. These coughs often worsen when breathing damp cold air, worsen in the early morning hours, and improve in warm air.

The person often feels pressure and fullness in the sinuses and experiences extreme pain at the root of the nose that improves when pressure is applied to the painful spot. They may also experience fullness or pressure in the middle ear or migraine headaches that start at night.

So, the next time a front moved through her area, triggering an overwhelming episode of dripping sinuses, stringy mucus and powerful sinus pain, Lucy took a dose of *Kali bichromicum* 30.

She repeated the dose two hours later, realizing that it might take a round of three to four doses before improvement ensued.

Just after the third dose, Lucy fell asleep for two hours.

This was unusual for her, but those familiar with homeopathy know that sleep is a noteworthy sign that the correct homeopathic medicine has been chosen (and is hard at work).

Historically for Lucy, the pain and weariness from one of these episodes lasted for days. But this time, upon awakening, she found that the head pain wasn't merely minimized – it had *vanished*! Lucy was energized and pain-free even though the usual provocative weather conditions were still at hand.

A month later, when the rain pelted after a long stretch of drought, Lucy got another characteristic headache. However, this time, its intensity was uncharacteristically mild. Nonetheless, she took a dose of *Kali bichromicum* 30 again and promptly fell asleep for 20 minutes.

When she awoke, the aching and soreness were absent once again, replaced by a sense of well-being.

Many months later, Lucy again noted a developing weather change. But because she had experienced no sinus pain for the last several months, she smiled to herself knowingly. No headache, no dripping sinuses, no fatigue.

It's been two years since her first dose of *Kali bichromicum*. And thanks to her [Gateway study group](#), her [materia medica](#), and [my blog posts](#), Lucy is still pain-free!

Thanks to their experience with *Kali bich*, both Lucy and Susy learned firsthand why homeopathy has a reputation for addressing self-limiting illnesses and ensuring that those problems never return. These two ladies now understand the difference between feeling okay and radiating authentic health.

Gentle, efficacious and cost-effective homeopathy brought them to a better place in life, and neither woman is ever looking back.

Now, Susy's looking to lose some weight using homeopathy, and Lucy has taken on her mother's arthritis and her husband's irritable bowel condition.

That's how this works. We can't help but want to do more and more using this medicine.

So, if weather-induced sinus headaches plague someone you love, hand them protection against the storm – a homeopathic “umbrella” called *Kali bichromicum*. What a marvelous opportunity to pass on the good news of homeopathy!

Warmly,

Joette



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

*Fill out the form below to
download your remedy card*

Christus Resurrexit!



Our holiest and most solemn day!

Buona Pasqua a te e alla tua famiglia.

Warmly,

A handwritten signature in cursive script, appearing to read "Joette".

Where to Buy Homeopathic Medicines



Shopping can be fun. But shopping for something *specific* can sometimes become frustrating.

This is especially true when looking for a precise homeopathic medicine that you or your family needs. It starts to feel like a treasure hunt, right? I understand. We've all been there.

With that in mind, I've put together this guide – your treasure map – to give you an organized starting point to help you build your collection of homeopathic medicines. This guide contains my preferred homeopathic pharmacies (the

manufacturers of their specific brand) and one of the top online resellers of homeopathic products.

So, bookmark this list, and let's get shopping!

Keep in mind: This kind of shopping is not like buying a new pair of shoes or a fresh pillow for the couch. Instead, this kind of shopping is an investment in your family's health that will likely save you thousands of dollars in medical bills and countless hours of angst. Plus, these medicines have a reputation for remaining usable well into the future. I have bottles of homeopathics manufactured in 1918 that have remained efficacious over 100 years later! So, don't throw them out when they get dusty.

I generally encourage the support of our American homeopathic manufacturers. However, with homeopathy under closer scrutiny by the FDA, it is more critical than ever that we show our support to our homeopathic pharmacies. We vote with our dollars – so make your voices heard.

Unfortunately, certain medicines are difficult to purchase from American companies because of tightened regulations. In those cases, one may choose to turn to the British companies listed below. But keep in mind that foreign companies cannot control what U.S. Customs allows in through the border. So, certain orders may not be guaranteed to arrive intact.

Once again, this is a reason to make your voice in support of homeopathy heard – to both the FDA and your representatives in our governing bodies.

Homeopathic Pharmacies (Manufacturers of Medicines)

BOIRON

<https://www.boironusa.com/>

Boiron, a French company has been in the pharmacy business since 1932 and established a presence in the U.S. in 1983. I count on Boiron! They are known for their ubiquitous little

blue tubes found at Walmart, Wegmans, Amazon and most health food and drug stores. Use their Store Locator application to find a retailer near you or simply order from their website, where they sell the most commonly used remedies and potencies directly to the consumer. When you enter the promo code **Joette** at checkout, Boiron applies a 20% discount on your purchase. I might add that this is *not* an affiliate program offering me a kickback. The discount is given to you.

Boiron is also well known for its stellar proprietary combination medicines for various conditions. For instance, many people depend on their product for colds (ColdCalm®) and flu ([Oscillococcinum](#)®, the top-selling over-the-counter pharmacological product in France).

HAHNEMANN LABS

<https://www.hahnemannlabs.com/>

Located in California, they offer a large selection of medicines sold through their website. They are also well known for their product SinEcch™, sold through their marketing arm at [Alpine Pharmaceuticals](#). Many traditional plastic surgeons depend on this branded *Arnica* medicine both before and after surgery.

OHM PHARMACY *LF

A professional pharmacy that only provides homeopathic remedies to practitioners, students of homeopathy, and their clients/patients – not directly to the public.

<http://ohmpharma.com/>

OHM is a different kind of pharmacy because they are not public retailers. Not only do they offer a wealth of homeopathic medicines in an array of potencies, but they are also a specialty compounding homeopathic pharmacy where one can buy **pre-mixed combination Banerji Protocols**. In addition, OHM offers lactose and sucrose-free remedies and custom-made medicines in an aqueous solution (either alcohol or water).

My clients and students (who have received their certificates upon completion of one of my courses) are able to contact OHM to order and at a discount. The discount code will be provided to you when you set up your account with OHM. The discount percentage may vary depending on whether you are a student or a client, and the type of discount offered by OHM at the time. Any questions regarding OHM discounts (once you have earned a certificate) should be directed to OHM Pharma.

WASHINGTON HOMEOPATHIC PRODUCTS *LF

<https://www.homeopathyworks.com>

Beginning in 1873, Washington Homeopathic has offered a wealth of homeopathic medicines in seemingly boundless potencies. They also provide a selection of refills for the 100 and 200 remedy kits previously sold through my office. (As of this writing, my office no longer has inventory available.) Washington Homeopathic also sells a vast collection of homeopathy-related books, which are definitely worth checking out.

HELIOS

<https://www.helios.co.uk/>

Helios is a household homeopathic name in Europe, especially in the U.K. Surprisingly, shipping costs are not as high as one would expect when shipped to the U.S. and other areas of the world. However, don't lose hope if you need a medicine not listed on their website. In many instances, they can accommodate special requests. Contact Helios via email here: pharmacy@helios.co.uk. They respond as quickly as can be expected from a busy manufacturer and retailer, and they provide excellent customer service.

HYLAND'S HOMEOPATHIC

<https://www.hylands.com/>

We are lucky to have had Hyland's as a trusted homeopathic pharmacy since 1903. You may recognize Hyland's cell salts because they label each of the 12 cell salts in numerical

order. But they are not simply a cell salt manufacturer. Here you'll find many excellent proprietary combination medicines for both adults and children. Please note however that Hylands has recently come under new ownership which may mean nothing to customers or that there will be forthcoming changes.

AINSWORTHS

<https://www.ainsworths.com/>

Ainsworths is a long-standing pharmacy based in London. Through their ordering process, they make available many homeopathic medicines in a myriad of customizable formats and potencies. They also offer mother tinctures and nosodes. Plus, they additionally specialize in medicines specific to veterinary and farm use and have an interesting library of books available for purchase.

OLLOIS *LF

<http://ollois.com/>

Ollois, formed in 2012, offers exclusively organic and lactose-free medicines. In 2020, this American-based company merged with a French laboratory and homeopathic manufacturer. In their "seed-to-shelf" process, they now plant, grow and harvest their plant-based substances to create homeopathic medicines.

THOMPSON'S HOMEOPATHIC SUPPLIES, LTD.

<http://www.thompsonshomeopathic.com/>

Thompson's, in Toronto, Ontario, was established in 1868, making it Canada's oldest supplier of homeopathic products. They have over 154 years of experience manufacturing a wide array of homeopathic medicines according to Hahnemann's exact standards.

*LF = Lactose-free

The reason most homeopathic medicines are made in sucrose is

that sugar is stable. Nonetheless, many people wish to avoid sugar. Therefore, many pharmacies offer remedies that are sucrose-free (sugar-free). Often, these medicines are carried in liquid form. Contact the pharmacy for more information.

– Compiled April 2022, revised February 2023

Online Retailer of Homeopathic Medicines

ABC HOMEOPATHY

<https://abchomeopathy.com/>

They sell an extensive array of medicines from different manufacturers, allowing you to select which pharmacy (brand) you prefer.

Brick-and-Mortar Stores That May Be Local to You (Some also have websites from which you can order):

Vitamin Shoppe

<https://www.vitaminshoppe.com/c/herbs-natural-remedies/homeopathic-medicines>

Walgreens

<https://www.walgreens.com/store/c/productlist/N=360535/1/ShopAll=360535>

Rite Aid Pharmacy

<https://www.riteaid.com/shop/catalogsearch/result/?q=homeopathy>

Sprouts

Whole Foods

Wegmans

Locally owned health food stores

Disambiguation of Banerji:

Paramesh Banerji Life Sciences

<http://www.pblifesciences.com/>

In India, the surname Banerji is as common as Smith is here in North America. However, this pharmacy is not associated with the Prasanta Banerji Homeopathic Research Foundation (PBHRF).

TIPS

Take photographs of the available homeopathy at your local health food store. That way, you have a log of what is available to you locally – in case you find yourself in need at the last minute.

Your understanding of homeopathic medicines and owning the medicines you need are inextricably tied to your family's healthcare. So, do as much as you can to learn more. Read my blogs, download the Remedy Cards, listen to my podcasts, start a Study Group with [Gateway to Homeopathy](#) or start taking my online courses. (Remember – all of my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases.) I want to provide you with as much education as I can so that you can make good choices for health freedom and we can keep this movement linking mother to mother, grandmother to grandmother.

I also urge you to have access to a *materia medica* – a listing of the homeopathic medicines along with their keynotes and other information. There are free versions of historical *materia medicas* available on the internet. But those can be more difficult to interpret for someone new to homeopathy. So, might I suggest a small investment in [A Materia Medica: Practical Homeopathy® for Busy Families](#). I've created this easy-to-understand *materia medica* just for people like you – in plain English with illustrations and stories to help flesh out your knowledge.

With this list, you should be able to locate and purchase all the medicines you choose.

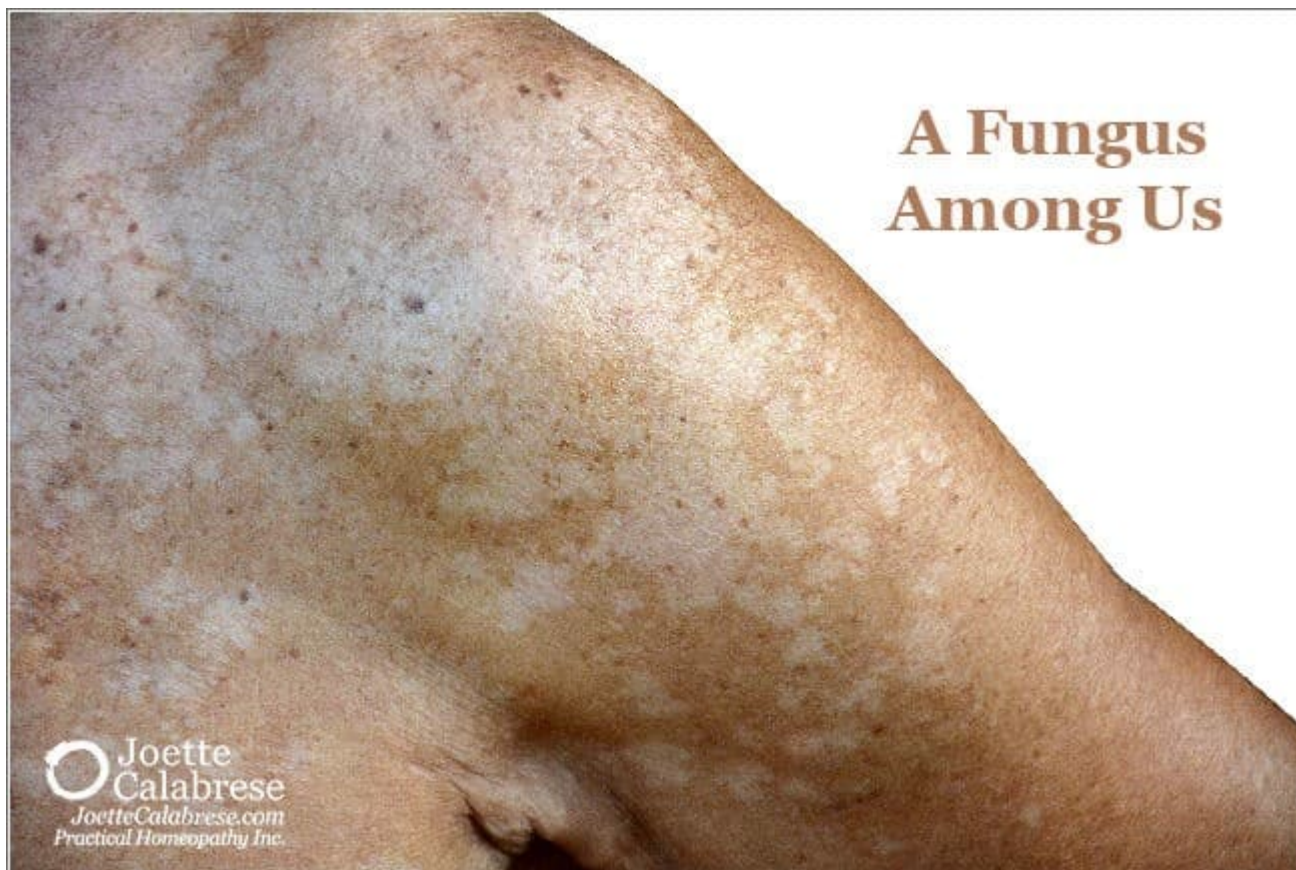
In closing, did you notice anything conspicuous by its absence from this list? Indeed, where is Amazon on this list? Unfortunately, I no longer recommend purchasing medicine from Amazon due to reports of cases of incorrect or even fraudulent medicines being received by students and team members.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

A Fungus Among Us



In answer to your questions, I recently began discussing fungal conditions. (If you missed the first installment, please click through to my blog article, [The Feet of Athletes.](#))

But for now, let's keep the conversation going, shall we?

Have you ever observed someone with skin discoloration, as pictured in this blog's main illustration above?

It's fairly common here in Florida. But don't jump to the conclusion that its prevalence here is simply because the residents display their skin to a greater degree than those in my native Western New York.

No. This condition, called *tinea versicolor*, tends to occur more frequently in warm, humid climates.

During my time in India, as I studied beside Drs. Prasanta and Pratip Banerji at the Prasanta Banerji Homeopathic Research Foundation, I saw this condition a lot. If I'm

being honest, it's hard to find a warmer, more humid climate than India, so it's no surprise that this condition would bloom there.

This disorder is caused by an overgrowth of a naturally occurring organism that exists on our skin – a species of yeast that is part of our normal flora.

So, why do some folks become afflicted while others don't? In general, the cause of this fungal overgrowth often has to do with the climate. But the good news is the cause matters not to our homeopathic medicines.

The Drs. Banerji often recommended their protocol of [*Mercurius solubilis* 200](#) (*Merc sol*), twice daily until very much better.

And as always when treating a chronic condition such as these mentioned here, if new symptoms arise or if there's no improvement the remedy should be halted.

If the condition presented with extreme itching (sometimes it does and sometimes it doesn't), they would add [*Antimonium crudum* 6](#) mixed with [*Arsenicum album* 200](#), twice daily until the itching diminished.

Ringworm is handled in much the same manner.

You see, ringworm is not caused by a "worm" at all – just as a fungus is not necessarily "fun." (Seriously. Who names these things, anyway?)

Ringworm (*tinea corporis*) can be caused by over 40 different fungi. However, while it is more common in warmer climates, ringworm is most often transmitted by direct contact.



Merc sol 200, twice daily until very much better, or the Banerji Protocol of [Graphites 200](#), one dose every third day until the condition resolves is another way to approach this as per the Drs. Banerji.

To the untrained eye, skin conditions* can appear similar, so it's always good to have a conventional diagnosis. But be discriminating when it comes to that antifungal prescription the conventional doctor will insist upon.

They mean well. But they've never been to India to observe these conditions being resolved with homeopathy. No side effects, no adverse reactions, and no kicking the can down the road, resulting in future maladies. Homeopathy simply provides polite, reproducible, and efficacious action.

Common conditions such as these would make such an excellent opportunity to pass on the good news of homeopathy, wouldn't they? So, you be the hero, and I'll be your guide – as we follow in the Banerji footsteps of homeopathic healing. Own

these medicines so that you're ready for anything!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a large, elegant loop at the bottom.

*For more specific information about using homeopathy for skin disorders, I urge you to consider my course, [Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy](#). Through this link (in the Syllabus section), you can see the conditions I cover in this deep-dive course on skin. Of course, some of these maladies can affect anyone, anywhere. But with summer heat and humidity on the way, now is the perfect time to get educated!

P.S. 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.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

*Fill out the form below to
download your remedy card*

The Feet of Athletes



Joette Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

The word “fungus” shouldn’t always cause consternation. Take it from this Italian cook; there are good fungi – think mushrooms and truffles!

But when several of you recently asked about how I would deal with fungus, I assumed that I wasn’t being asked to share a recipe for Fettuccine al Tartufo.

The human body is host to many different fungi in our baseline microbiome. The problem arises when the delicate balance is disturbed. So, what can disrupt that balance? Sure ... environmental influences and hygiene, but also drugs of commerce.

An overgrowth of fungi can cause many different conditions in and on our bodies. Although each type of fungal complaint is generally addressed differently, I can assure you that fungus can be successfully uprooted homeopathically.

We’ve covered yeast infections in a couple of blog posts: [Vaginal Yeast Gone with Homeopathy](#) and [Strong Enough for a Woman: The Ultimate Remedy for Us](#). And more recently, we’ve looked at [oral thrush](#) (also caused by yeast).

As I mentioned, when the body’s fungal population mushrooms (pardon the pun) into overgrowth, each area of the body is generally approached with different medicines. Why? In homeopathy, more often than not, we don’t address specific microorganisms. Instead, we consider the organ being affected!

So, let’s look at another common fungal condition – the highly contagious fungus called *Tinea pedis*. Doesn’t that sound exotic and mysterious? Well, don’t be too impressed by its Latin name. We know it more commonly as athlete’s foot or jock itch (depending on the condition’s location).

Damp conditions – as typically experienced in locker rooms (hence, the attribution to athletes) – is a breeding ground

for this particular fungus. It is typically denoted by itchy, burning, scaling, cracking skin. Not nice.



I recently was introduced to a new method of dealing with athlete's foot from Joe De Livera ([Joepathy](http://Joepathy.com)). Joe suggests utilizing *Arnica* 30 in an aqueous solution sprayed directly onto the affected skin. This is a completely different technique than what I have been using in years past, but it's effective.

So, as of late, I have been creating an aqueous solution with *Arnica* 30 in liquid form* (either suspended in water or alcohol, rather than pillules in a tube). I then put one dose of the liquid in a bottle containing 15 ounces of water.

If you cannot purchase *Arnica* in liquid form, one could also create the spray remedy utilizing a dose of [Arnica 30](http://Joepathy.com)

[pillules](#). (Remember, the number of pillules per dose varies by pharmacy and is printed on the outside of the remedy bottle.)

When it's time to administer a dose, I shake the bottle 10 times before each application. Unlike the more precise scheduling of oral homeopathic medicines, one may use the spray solution directly on the skin as many times a day as is warranted – but at least twice a day. (Just be sure to allow the area to dry well before redressing. As we know, allowing the skin to linger in a damp environment could be counterproductive.)

There must be something in the air recently because I've been receiving quite a few questions about topics relating to fungus. So, in a future blog post, I'll address a couple of other specific conditions, *tinea versicolor* and perhaps ringworm as well. Plus, later this week, I'll share the most valued medicine for toenail fungus in a [Memo to Mighty Members](#).

But if you want to learn more, fungal infections (and how to address them homeopathically) are more fully fleshed out in my course [Good Gut, Bad Gut](#). Many conditions trace their origins back to the gut, so I recommend [Good Gut, Bad Gut](#) as a well-rounded first course covering a broad array of topics.

Don't keep your successes a secret. Share here in the comment section, turn your friends and family on to this blog, and as always, pass on the good news of homeopathy!

Warmly,

A handwritten signature in black ink, appearing to read "Jette", with a long, flowing tail that loops under the name.

* *Arnica* in liquid form can be purchased from [Helios Pharmacy](#) in the United Kingdom. Alternatively, it can be purchased here in the United States from a non-retail pharmacy, available only to my clients and students.

Liquid *Arnica* can be found on Amazon as well. But due to feedback I've received about inconsistencies with certain homeopathic medicines ordered through Amazon, I have decided not to link to them at this time.

And remember – all of my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases. If you choose to enroll in [Good Gut, Bad Gut](#) and need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

*Fill out the form below to
download your remedy card*