

Buster's Birthday Blog



Happy Birfday to me. Happy Birfday to me. I'm turning seventee-eeeen. Happy Birfday to me!

Hi there! Buster, the Bad Office Dog, here again! I'm turning 17 this month!

They say that's 119 in human years. (Who is this "they" anyway?) I definitely don't feel 119.

At least not anymore.

Last November, I wrote [New Trick for an Old Dog \(or Old Human\)](#) to tell you that my mom had started giving me *Arf-nica* 30 (oops, I mean [Arnica 30](#)) for my cardiac condition. Welp, I've been much, much perkier since then. Homeopathy works!!

But remember how I was telling you in that blog post that *Arnica* can be effective for all kinds of issues? Well, guess what? Guess what? Guess what?

Okay, wait. I'm getting ahead of myself. (I'm just so excited.)

So, I've been deaf for years. I could hear high-pitched sounds (like our squeaky sliding door). But that was about it. I couldn't hear other doors around the house, music or my parents yelling for me. (And to hear them tell the story, they say they would really SCREAM!!!) Instead, they resorted to catching my eye and giving me hand signals to give me a hint of what they wanted me to do.

Obviously, hearing is not supposed to get better as we age, right? So – and this is the exciting part – imagine my mom's surprise when my hearing started to improve! No kidding!! Of course, it's not perfect, but I can hear again!

Now, they can call me in a regular voice, and I can hear them! (That comes in really handy around dinner time.) And I can provide much better security for my home now that I can hear potential intruders. (Okay, they say he's just the mailman. But I'm not buying it.)

The ONLY thing that has changed in recent months is the addition of [Arnica 30](#) to my daily water bowl. So, it's gotta be the *Arnica*, don't you agree?

Believe me, it's so exciting to be able to hear again! But now I have no excuse when Mom or Dad tells me something I don't want to do! Hmmm. I'll have to figure out a way to fake just a little deafness. (Shhh. Don't rat me out.)

Oh, and one other thing. I had a giant lipoma on my chest. What's a lipoma? Mom taught me that word. It's just a fancy way of saying a big lump of benign fatty tissue right under my skin. It was huge, though. It was somewhere between the

size of a ping pong ball and a tennis ball, and it was very firm.

So, guess what?

Now my lump is softer and smaller! And again, the *Arnica* is the only thing that has changed in my routine – no change in food and no vet interference.

Can you imagine? All these great unexpected benefits came from Mom's amazing *Arnica* 30 in my water.

Thanks to *Arnica*, I'm perkier, my tail is wagging, and I can even go upstairs by myself (instead of having my parents carry me because I would get too breathless). I am definitely feeling better than I did just a few short months ago.

Look, I know I won't live forever – even homeopathy can't change that. But it's okay. I feel pretty good for my age, and I wouldn't change a thing. It's actually quite lovely to have the wisdom of an old dog. You see, I've learned a thing or two over my 17 years, so let me share a couple of extra thoughts with you.

1. **Don't chase cars.** Believe me, you won't know what to do with one if you catch it.
2. **Squirrels are annoying.** You have to drop whatever you're doing to bark at them when they come anywhere near your home, and worst of all, they [BITE!!](#)
3. And most importantly, **listen to your mom – especially about homeopathy.** If you no longer have your mom, then listen to MINE!! And if you're the mom in your family, that means people should listen to *you*! (So, learn lots about homeopathy and help your family, too!)

Oops. Speaking of Mom, she's calling me. I think she wants me to get off her computer. Watch this ... I'll pretend I can't hear her. (Gosh, I crack myself up!)

Love and licks,



Buster

P.S. Joette, here. If you've forgotten the method I used to administer *Arnica* to Buster, here it is again. I purchased *Arnica* 30 prepared as a liquid from the homeopathic manufacturing pharmacy and placed a few drops of it in his water bowl. If you can't readily locate *Arnica* in liquid form, don't worry. You can simply use one dose of [Arnica 30 pillules](#) dissolved in the water.

May I also suggest that you own a copy of [A Materia Medica: Practical Homeopathy® for Busy Families](#). In it, I spend several pages discussing various other uses for *Arnica* than what we've discussed here. Plus, there is rich information on over 150 different medicines. This book is written in plain language – my language – and I think you'll find it more accessible than the difficult-to-comprehend traditional *materia medicas*. It's an excellent place for you and your family to start laying your foundation in homeopathy!



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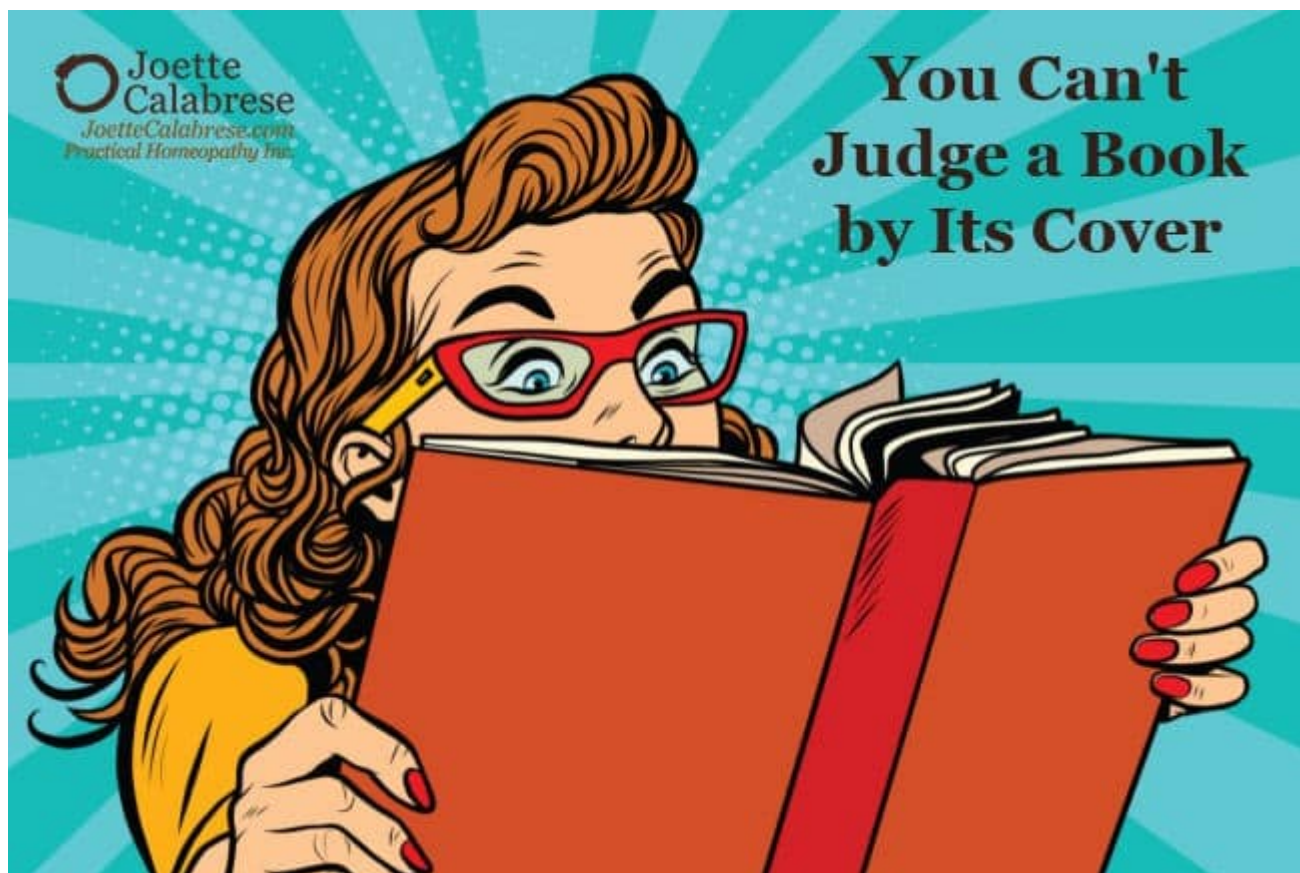
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You Can't Judge a Book by Its

Cover



I'm regularly asked if I can direct someone to a book that has the name of all conditions and which medicine to use for each.

Why, yes! Yes, I can. But are you sure that's what you want?

Before you make your decision, let me give you some background.

Since 1805, homeopathic repertories are the books in which that information has been collected and organized. These books have been through many incarnations and written by many different homeopaths. The internet offers a few free repertories online from such storied homeopaths as [Kent](#) and [Boericke](#).

However, in my opinion, a recent publication stands out among the rest. "[Robin Murphy's MetaRepertory, Fourth](#)

[Edition](#)" is a masterpiece. (I've linked here to Robin Murphy's website because after seeing the current price Amazon is asking as of this writing – double the usual retail price – I almost needed *Aconite* for shock!)

Murphy's "MetaRepertory" is a compilation of all historical and recent homeopathic practitioners' provings and clinical evidence culled from prior repertories. Plus, it incorporates thousands of new conditions and rubrics and the associated homeopathic medicines to be considered.

Even though Dr. Murphy created his repertory to be more modern and clinically easier to use than the older repertories, it is still a complicated book! While it is an undoubtedly exciting book, it can also be painfully difficult to slog through the detailed, extraordinarily in-depth listings.

Let's face it, "MetaRepertory" is over 2,600 pages of ultra-thin Bible paper! Can you imagine how huge this book would be if it were printed on regular paper? It would resemble a set of encyclopedias!

Let's look at a common condition as an example – constipation.

If you don't own Murphy's "MetaRepertory," take a look at this photo from page 2164.

Prior to the Banerji Protocols, this is exactly what each homeopath was expected to wade through before determining the appropriate medicine for each sufferer. And that's not even the end of it. After eventually choosing the proper

medicine, then the homeopath would need to figure out the proper potency and frequency!

Do you see how difficult, remote, *recherché* or elite homeopathy might seem to the average individual?

Homeopaths who don't use the protocols must still trudge through their repertories. But what the Banerjis have created – and what I am giving to you – is a distillation of this vast amount of information so that you don't have to wade through it all!

I'm sure you can more fully appreciate why it was worth my going to India for eight years to learn protocols at the side of the Drs. Banerji.

So, now, instead of considering the 200+ potential medicines listed for constipation, I simply teach, "For constipation, consider [*Nux vomica* 30](#) twice daily, until the condition is resolved. To address hard, reluctant stools, consider [*Lycopodium* 200](#) mixed with [*Plumbum metallicum* 200](#), twice daily until stools return to normal."

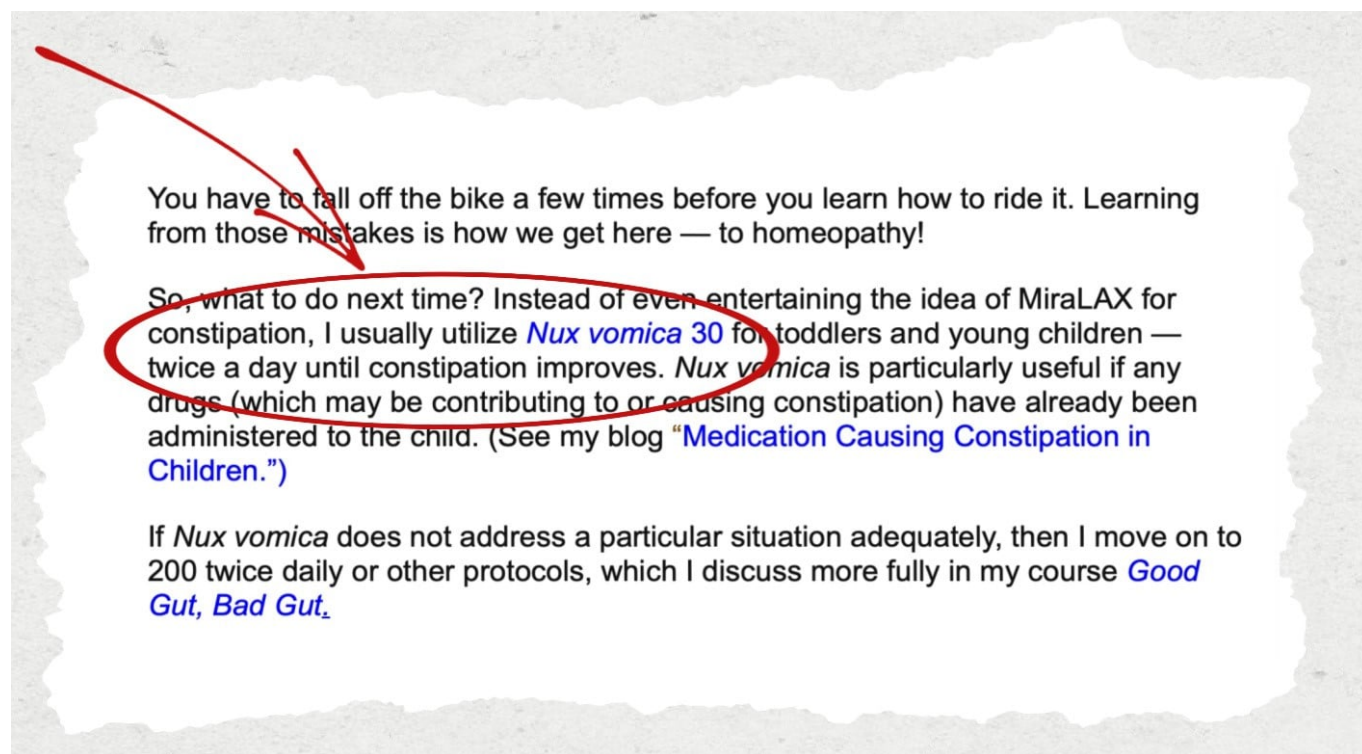
That's it – the end. We're done. (And many times the constipation will be done, too! These protocols work!)

Folks, I am trying to make homeopathy more accessible to the masses so that families across the globe are not forced to sink into a quagmire of complexity.

I'm going as fast as I possibly can to get information about Practical Homeopathy® into the hands of the public. I honestly can't go any faster to get these protocols out there!

So, rather than researching endlessly in a repertory, the fastest and easiest way I know for individuals to learn which medicine applies to which condition is through [my blog posts and my courses](#).

Consider my blog posts to be your first stop – your “Remedy Reference Guide.” Going back to our example, let’s search for “constipation” on my website. I’ve discussed the topic several times, so there are several blog posts and podcasts for you to choose from. But let’s look at one entry from the article [The MiraLAX Blues](#).



Now, isn’t that easier than wading through the repertory?

If you want to learn more about any particular health topic, you can purchase a more in-depth course. Using our example, I cover constipation in [Good Gut, Bad Gut](#) particularly if the protocols I discuss here don’t act fully. For a different condition, use my [Course Selector](#) to determine which course would be right for you.

Lastly, if you want to go straight to the masters, own a copy of “The Banerji Protocols” by Drs. Prasanta Banerji and Pratip Banerji. Keeping with our example, here is their entry for constipation.



Wouldn't you say that's much more straightforward than the repertory page?

However, I do urge you to read the book! Please don't simply use "The Banerji Protocols" as a shortcut to "finding the remedy" without reading the extremely valuable information in the book's written chapters – especially in the Background section.

A word of concern that I would like to share out of an abundance of caution. A version of the book purchased from Amazon was reported to me as being counterfeit. Because I don't have a connection to any of the marketplaces that sell "The Banerji Protocols," I cannot give assurances as to whether any particular source is legitimate or not. So, instead, let me give you this warning: If the price seems too good to believe, it is most likely a counterfeit book.

I encourage you to check the reputation of the third-party

seller (should you choose to buy the book from Amazon) or purchase from another source that you know you can trust.

So, let's sum this up, shall we? For years, when I practiced as a classical homeopath, I slogged through all these potential medicines contained in the repertory. But now, thanks to the Banerjis and years of clinical experience, you have access to resources that don't require hours and hours, a magnifying glass, and plenty of trial and error! Instead, utilize my blog, in-depth courses, and "The Banerji Protocols" to learn the most appropriate medicine for most common conditions.

If homeopathy becomes your passion, then you may certainly consider Robin Murphy's "MetaRepertory" as an erudite addition to your library.

As always, pass on the good news of homeopathy ... by sharing my easy-to-understand blog posts!

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. [My Mighty Members' private website](#) is an abundant source of additional information I post each week – as well as an enjoyable place for you to share freely with like-minded people without the prying eyes of Facebook.

And remember – all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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Strength in Numbers



A homeopath, a naturopath, a pharmacist, an author, a medical doctor and a nurse walk into a conference ...

Yes, it may sound like the beginning of a very complicated

joke, but it actually describes the vibrant scenario surrounding the [Joint American Homeopathic Conference \(JAHC\)](#).

The [National Center for Homeopathy \(NCH\)](#) – THE organization that advocates for homeopathy – has hosted this intellectually stimulating conference for many years.

This year's speakers at the JAHC are a who's who of respected homeopaths, pharmacists, authors and, well, representatives from the entire list of professions I mentioned earlier!

From April 22-24 in Reston, Virginia, both new and familiar faces will gather to discuss homeopathy.

Kim Elia, who provided marvelous foundational lessons contained in my Academy of Practical Homeopathy® and is a personal friend, will be a featured speaker.

Jay Yasgur, whose excellent homeopathic dictionary I recently discussed with my [Mighty Members](#), will also be speaking.

Who else? Well, Dr. Todd Rowe (whose book is required reading in The Academy), as well as Dana Ullman and many, many more brilliant minds in homeopathy.

I've been a supporter of the NCH for 35 years. I've written articles in their well-received magazine, Homeopathy Today, and I've also spoken at the JAHC twice.

In fact, in my keynote address to the conference in 2013, I introduced the Banerji Protocols to the NCH community. How exciting! The very next year, the Banerjis themselves were invited to speak at the conference!

The photo above is from that engagement at the JAHC. ([Mighty Members](#), you can look forward to receiving the video of that speech later in the week.)

So, if participating in this lively community of diverse homeopathic perspectives appeals to you, click the "register"

button below and go!

But what if you're unable to travel to Virginia in April for the conference? No problem. I have great news for you. Virtual attendees can view a live stream of the bulk of the JAHC.

Of course, not all homeopaths in attendance will be proponents of Practical Homeopathy®, but I have found there are always gems to be extracted from all viewpoints.

More than anything, it is essential that all of us who advocate for homeopathy stand together for this efficacious medicine. There is strength in numbers! Register below.

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', written in black ink.

P.S. If you're not yet involved in [Joette's Mighty Members](#), now's a great time to join. Receive additional information from me each week, daily quotes for motivation and the occasional special video with me going more in-depth on topics I can't thoroughly discuss here. Plus, share your thoughts with fellow members in our own private discussion group and watch my Facebook Live events within our site (far away from the prying eyes of Facebook).

And remember – all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



JAHC

REGISTER

When in Doubt: Arnica!



They say it's a woman's prerogative to change her mind.

Well, maybe so. But in this case, it is an experienced homeopath's prerogative to digest additional information and reassess accordingly!

Continuing education is one of my passions in life. I'm always learning from other homeopaths and, of course,

clinical experience. Sometimes, taking in new information nudges me to change my mind completely.

Such is the case with [*Nux vomica*](#).

I used to say, “When in doubt, consider *Nux vomica*.” You can tell in how many situations *Nux vomica* is applicable by a simple search on my blog site. ([Here, I’ve done it for you!](#)) *Nux* was my go-to because we lived in a very medicated world. So, in more cases than not, *Nux vomica* could help push aside the ill effects of a person’s lifetime of synthetic medication.

However, people are catching on now! More and more individuals have eschewed synthetic drugs – or at least reduced their dependency on them – so that prior drug-ingestion is not a large component in their case.

These days, I find that [*Arnica montana*](#) has an even greater sweeping ability than *Nux vomica* to address a wide variety of conditions.

How did I arrive at this conclusion? Well, it was two-fold. First, a major contributing factor was the rediscovery of my own notes! You may know that during the past year, I have been creating in-depth lessons for The Academy of Practical Homeopathy®.

Each week in The Academy, I present about a 40-minute lesson from the *materia medica*. I usually cover anywhere from 2-5 homeopathic medicines. Last semester, when I presented my lesson on *Arnica*, I could only cover that one medicine. Yet it took me an entire *hour* to get through all my notes! That’s right. I rediscovered how much information I had on *Arnica*. I just needed to put it all together!

Most everyone (even those who do not study homeopathy) knows that *Arnica* is great for pain and injuries. But after going through my notes, it suddenly hit me ... the list of

conditions that *Arnica* addresses is so huge, it's ridiculous!

Arnica can be used for:

- Longevity (Yes, some attribute their longevity to daily ingestion of *Arnica*!)
- Sleep (My mother taught me this!)
- Old dogs (This is based on clinical experience passed on from a seasoned veterinarian that Buster, the Bad Office Dog, wrote about last year in his article, [New Trick for an Old Dog or Old Human.](#))
- Jet lag ('Has worked for me countless times.)
- Chronic fatigue
- Alopecia
- Skin eruptions, i.e., eczema, psoriasis (And I plan to write a helpful hint on this for my [Mighty Members](#) later in the week.)
- Blood disorders
- Hematoma
- Head injury
- Old concussions
- Soft tissue injury (Plastic surgeons use it to help prevent and minimize ecchymosis.)
- Prophylactically, before surgery
- Post-surgical pain
- Joint pain
- Menstrual pain
- Dental procedures
- Angina
- Arthritis
- Sepsis
- Myalgia
- Boils
- Gout
- Influenza
- Labor

- Malaria

And there's even more! I could keep going, but unfortunately, we don't have an hour to spend together here in this venue as I had in The Academy.

Remember that *Arnica* might be considered the Swiss Army knife of homeopathic medicines. And the beautiful thing is that it is readily available in almost any store. *Arnica* seems to be one of the few homeopathic medicines that has almost become – dare I say it – mainstream! So many people use *Arnica* cream or gel without even realizing that it's homeopathy!

When employing this medicine, I should mention that the generally accepted potency may vary from condition to condition. But in general, for chronic conditions, I use it twice daily in the 30th potency. Lately, I have been using it in the same manner that Joe De Livera (you may know him and his method as [Joepathy](#)) uses *Arnica*.

I bought *Arnica* 30 in liquid form* (rather than pillules in a tube). It can be purchased either in water or alcohol. I then put one dose of the liquid in a bottle containing 15 ounces of water. When it's time for me to administer a dose – making sure to shake the bottle 10 times before each dose – I take one capful (about one tablespoon).

Joepathy is the first homeopath to convince me to try this method, and I have seen a marked improvement in efficacy for some individuals in my practice. And I employ it for my husband, Buster and me.

So, yes, this homeopath has changed her mind! And that's my prerogative. So now I say, "When in doubt: *ARNICA*!" And I think after perusing that list above, you will, too.

Pass on the good news of homeopathy!

Warmly,

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

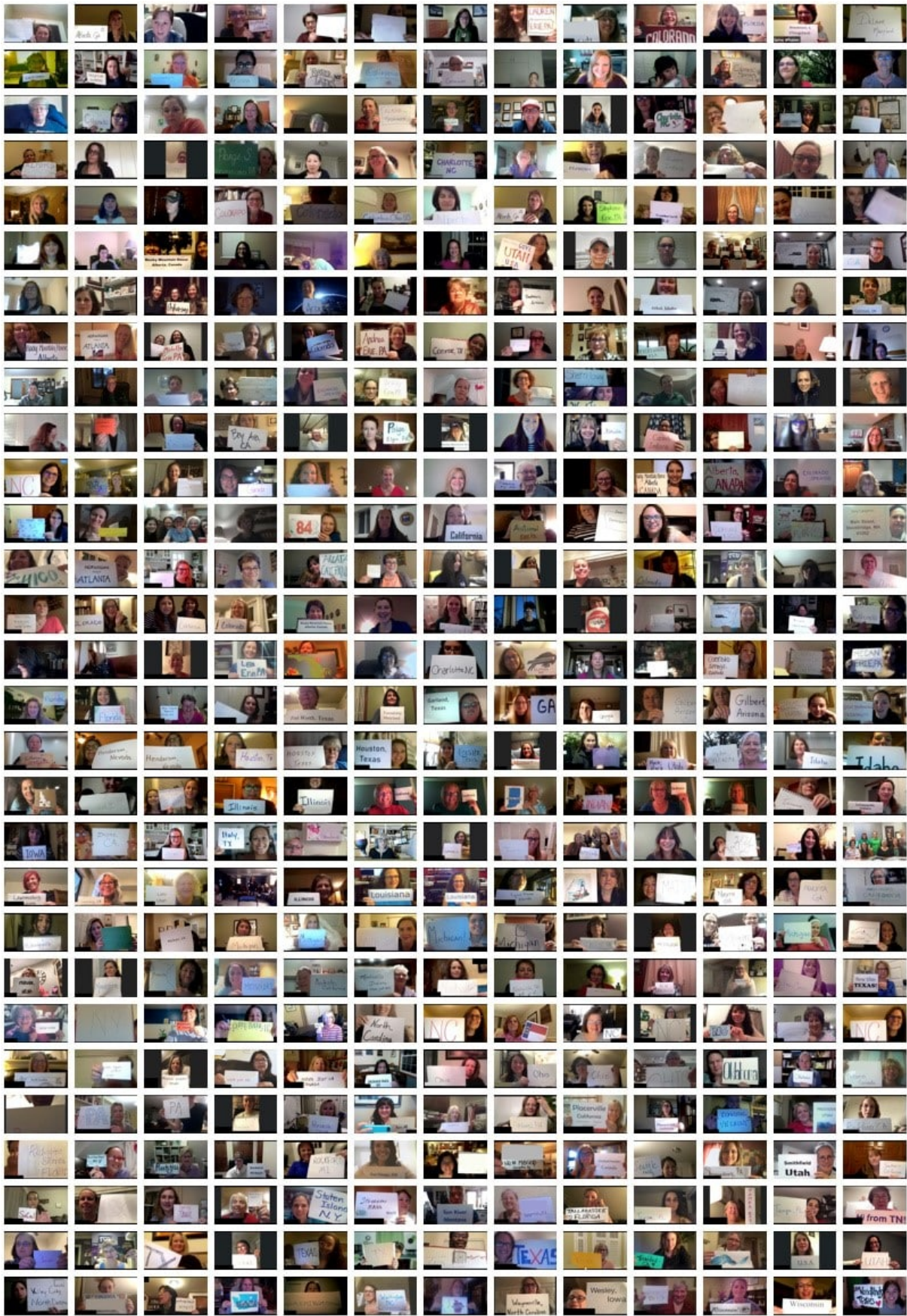
* *Arnica* in liquid form can be purchased from [Helios Pharmacy](#) in the United Kingdom. Alternatively, it can be purchased here in the United States from a non-retail pharmacy, available only to my clients and students. It can be found on Amazon as well, but due to feedback I've received about inconsistencies with certain homeopathic medicines ordered through Amazon, I have decided not to link to them at this time.

P.S. Today's blog post is a perfect example of how conversing with like-minded individuals can increase your knowledge and even occasionally change your thinking! What better way for you to learn about homeopathy than with others who will keep you on your toes?

If you haven't already, I urge you to consider joining a [Gateway to Homeopathy study group](#). The benefits of joining a study group are almost as extensive as the benefits of *Arnica montana*! You will never regret having a network of moms, dads, grandmoms, nurses, chiropractors and others who will walk beside you in lockstep as you head down the path of learning this sweeping medicine – homeopathy.

Look at these smiling faces from all over the globe. Zoom in. Doesn't it look like fun? In case you can't tell, each is holding up their homemade signs indicating from where they hail. I might add, that they're from all over the world. You, too, can join this exclusive group. Study groups are forming all the time. Don't wait. Check out the

available groups now on the [Joette's Study Group: Find your new Study Group Friends' Facebook page.](#)



Gateway to
HOMEOPATHY
 A Guided Study Group Curriculum by Joette Calabrese





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A Show of Hands



Show of hands ... how many of you believe in the efficacy of

homeopathic medicines?

Well, that's certainly the majority of you, my dear readers. But wait. Do I see a few skeptics in the back who are not raising their hands?

Allow me to introduce you to a fellow student, Keryl A., who has experienced homeopathy's effectiveness firsthand (or perhaps I should say with both hands). Keryl sent me this beautiful, unsolicited testimonial and graciously allowed me to share it with you.



"The problems with my skin started many years ago before I even started going to grade school. I have had many years without skin problems, so when they return, I am always taken by surprise by how aggressive they can be.

"This last round of skin issues has been particularly bad. It started in June 2019 as an itchy rash between my index and middle fingers on my left hand. These rashes spread and were over most of my body. My hands were the worst. Skin was peeling off and leaving sores.

Before



“I have been under classical homeopathic care since 2009. In 2020, I continued with homeopathic care. I took care of my aunt until she passed, and we all thought that my skin would improve with less stress.

“That did not happen.

“In 2021, I found Joette’s website and blogs. I started reading, listening to her podcasts and learning. I was hesitant to do the [Gateway classes \[study groups\]](#) because I had taken homeopathy classes in the past. After reading more, I started Gateway I, and I started the Banerji Protocol for Seborrheic Dermatitis with Dandruff at the same time.

“My notes say that I started [Arsenicum album 200C](#) twice daily on November 12, 2021. I also started [Hepar sulph calc 200C](#), one dose every other day at bedtime on November 12, 2021. I took *Tuberculinum bovine* 200C* (not

Tuberculinum bacillinum [200C as was listed in “The Banerji Protocols”]), one dose once every week on Saturday, starting on November 13.

“I continued these medicines until January 1, so seven weeks total.

“I continued the protocol into Gateway II, and by the end of that class, my hands were so much better. I had no open areas from peeling skin. But I was back to having eczema and itchy skin with cracks, so I started that protocol on January 4: *Antimonium crud* 200C mixed with *Arsenicum album* 200C twice daily and [Petroleum 200C](#) twice daily.

“I saw my homeopath on January 10. She was thrilled with the progress and very happy that I started taking Joette’s classes ...

After



“My hands continue to gradually improve. I am very happy

with my new skin. At present, I am taking the [Skin course](#) and am taking Gateway I again.

“I am thrilled, but I may have to start washing dishes again. LOL (My husband has been washing our dishes since this whole thing started.)

“Thank you for sharing so much information to help so many people.” – Keryl A.



So, let's try this again. Show of hands ... how many of you believe in the efficacy of homeopathic medicines?

Yep. That's all of you this time!

I imagine many of you might be thinking that Keryl's experience is unique. But this outcome is not uncommon. I consistently see hands clear like this for clients with eczema, dermatitis and red skin syndrome.

When I take a case, I write the organ affected in the client's main complaints in the left-hand margin of their intake sheet (liver, skin, mind, etc.). Then during subsequent consultations, I place an exclamation point before the name of the organ that has shown improvement so that I can more easily visualize the client's results.

I also write *how* the organ has improved (i.e., the skin eruptions have healed, the liver enzymes are no longer elevated, etc.), and I highlight it in green – exclamation points and all. That way, I can quickly refer to the same medicine that resulted in the improvement should the condition recur later.

Years ago, when I was a practicing classical homeopath, the exclamation points only appeared here and there. But now,

because of Practical Homeopathy®, the first three organs in almost all cases have “!!!” in front of them. It’s a beautiful thing! Practical Homeopathy® works better!

So, this kind of jaw-dropping result from a well-chosen homeopathic medicine is not unusual for me. I see it every single day.

What *IS* unusual is for the sufferer to offer such incontrovertible photographic proof.

I mean, when I hear, “Oh, my gosh, I could not eat dairy. But I can eat dairy now,” I certainly can’t compare photographs of their dairy intolerance. Likewise, when a mom tells me, “Holy cow, my child’s ear infection has cleared,” there most likely is no way to take a before-and-after photo inside their ear canal. And we certainly cannot illustrate, “My menses is not as painful anymore!”

This is why Keryl’s testimonial is so beautiful – because it’s VISUAL!

But believe me, the results I see every day in all areas of the body are no less inspirational, even though we may not have photographic proof.

So, the next time someone asks you to raise your hand if you believe in homeopathy, I hope Keryl’s hands will come to mind as you raise yours – straight and tall and with enthusiasm.

Sharing visual results like this is a great way to pass on the good news of homeopathy.

Warmly,



P.S. As Keryl's testimonial proves, joining a [Gateway to Homeopathy study group](#) is an effective first step in learning – and utilizing – homeopathy. Not only will you learn the basics from my curriculum, but you'll also learn from like-minded others in your group. Plus, having your group's support during times of need is invaluable.

You might also consider a specific protocol course if you have a particular area of interest. For instance, in today's case, [Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy](#) helped the sufferer understand and pinpoint protocols that applied to her.

Perhaps you have different needs. If so, try my free [Course Selector tool](#), designed to help you choose which course would be most beneficial for you and your family.

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



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Bedwetting



I get asked quite often about bedwetting and incontinence.

Previously, I've hesitated a bit to write a general blog about these conditions because there can be more to the subject than meets the eye. However, I want to use these conditions as an example of a principle I'd like to teach this week.

So, let's not bury the lede. The main point I'd like to impart is that people need to understand that a lot of sufferings – not all, but a great many – are extrinsic. This means that certain conditions stem from something outside of the body, which can affect how we address them.

What do I mean?

Well, just because you've been taking the same over-the-counter allergy medication for five years doesn't mean that it can't cause sudden trouble for you now!

Just because you've been on birth control pills since you were in your twenties doesn't mean that you can't start experiencing ill effects from hormonal tinkering in your late thirties.

Just because you've had three cups of coffee every day for your entire adult life doesn't mean that your body won't be bothered by those very same stimulants now.

Body's change! Mother Nature is brilliant; we just need to pay attention.

Yes, homeopathy uproots conditions politely and effectively. But if we're dumping something antagonistic into our bodies every single day – something that is exacerbating our suffering – then we can't always expect to erase the continual stimulus we're exposing ourselves to on a daily basis.

Isn't that logical?

So, let's look at the examples. Did you know bedwetting can

be triggered by chocolate? Did you know coffee, tea, wine and liquor can cause incontinence?

These are all stimulants and diuretics! These are *extrinsic* forces that we are asking our bodies to overcome. The defense of “I used to be able to handle it” bears no weight. Again ... bodies change. We must stay in tune with our bodies as we progress through our lifetimes.

For instance, I ate a candy bar every day when I was a teenager! We’d walk home from school, stop at the store and grab a candy bar. It’s just what we always did!

There is absolutely no way that I could get away with that now.

So, the first step in evaluating any condition is assessing what is *extrinsic* – what’s coming in that may be contributing to our disorder. And I’ll share with you a little piece of wisdom that I’ve learned along the way. That one thing that you’re already prickling up about, leading you to say, “Oh, I could *never* do without that!” is often the culprit. By the way, this goes for drugs too. But that’s a subject for another blog.

“What? Take my daily allotment of chocolate?! No way!”

Now, I’m not necessarily telling anyone that they have to give chocolate up. But it might be prudent to know if it is the most likely extrinsic factor contributing to the condition. If we want the best chance of uprooting our suffering, we may need to identify and perhaps resist consistently “replanting” the condition with our daily behavior.

Humans rationalize. Many times, we never reconsider old decisions. If we want to eat chocolate, we’ll soothe ourselves by reinforcing that it’s never bothered us before. But again, bodies change. We need to re-examine how

extrinsic factors affect us here and now.

So, if you've considered all the various issues that could be overstimulating hence contributing to bedwetting or incontinence, then allow homeopathy to nudge your system gently back to normal.

But an excellent medicine to think of for bedwetting (as well as for leaking and general incontinence not related to sleep) is [*Cantharis 30*](#), most often taken twice daily until the condition resolves. Then, if the issue reappears at a later time the medicine would be reintroduced.

Now, here's an important point that I want to make: I'm not saying that *Cantharis* will not act unless chocolate, coffee, wine, etc., are eliminated. I'm simply urging folks to consider what could be causing or stimulating the condition so that they can adjust accordingly.

This elegant homeopathic may be utilized by young and old alike. It matters not whether the sufferer is a child or an older adult. I hope by now that all my students feel empowered to consult a *materia medica* to determine if *Cantharis 30* is a good fit, but it's undoubtedly one of the first medicines to consider.

However, keep in mind that there's more than one way to skin a cat when we address bedwetting and incontinence – as well as many other conditions. To that end, I'll return to this topic with a deeper dive for my Mighties in my [Memo to Mighty Members](#) later in the week.

Meanwhile, be mindful of how your body exists today – not what its “always” been able to tolerate. It's surprising how many solutions reside in the extrinsic details.

Pass on the good news of homeopathy!

Warmly,



P.S. I teach protocols for bedwetting (as well as a host of other conditions) in my course [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#). I also discuss female incontinence in [Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive, and Effective Homeopathy](#). And of course, both topics are covered in my magnum opus, [The Survivalist Guide to Homeopathy](#).

Are you confused about which one you should choose? My team has designed a [Course Selector on my Learning Center website](#). Take a quick survey (by simply checking a few boxes next to the conditions your family is facing) to find out which of my courses is the best fit for you right now.

And remember – aside from receiving more detailed information from me on a variety of topics, 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.



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Brrrrr-sitis



Suffering from bursitis can be miserable any time of the year. But for some folks, cold weather (such as we have been having around the United States recently) can really flare

up their pain!

You see, many joints contain a bursa sac filled with lubricating fluid that cushions the joint as it moves. Unfortunately, this sac can become inflamed due to an injury, repetitive stress, even food intolerances and overall GI conditions resulting in a painful and frustrating condition.

While the condition doesn't necessarily worsen in winter, cold temperatures can limit blood flow to the extremities where bursitis is experienced. That limited blood flow can make pain more severe. In addition, barometric pressure changes during winter storms can also influence the inflamed bursa.

But no matter why bursitis feels more painful, as always, homeopathy can help!

I discussed shoulder bursitis several years ago in the blog post, [My Bad!](#) Although now, I would probably use the Banerji Protocol [Symphytum 200](#) mixed with [Calc phos 3*](#) (twice daily until very much better) rather than *Symphytum* alone.

If the sufferer is experiencing general bursitis (meaning many joints are affected), the remedy will likely also be [Symphytum 200](#) mixed with [Calc phos 3*](#) (twice daily until very much better and resumed as needed after that).

However, choosing the most well-suited homeopathic medicines may differ from joint to joint. For example, even the Banerjis addressed bursitis in the right shoulder differently than bursitis in the left shoulder, as the previously mentioned article detailed.

So, what if the sufferer's bursitis is in his knee? In that situation, I would likely use [Symphytum 200](#) mixed with [Arnica 30](#) (also, twice daily until very much better).

If bursitis occurred in the hip, I would instead consider [Symphytum 200](#) mixed with [Rhus tox 30](#) (once again, twice daily until very much better).

And just like that, we've landed on an excellent teaching moment!

Before we choose *Rhus tox*, we must check our symptoms more tightly. *Rhus tox* is distinguished from other remedies by a specific set of sufferings. Conditions requiring *Rhus tox* often exhibit pain that is worse on first movement but improves as the movement continues (think of a rusty gate), but then becomes worse again from overuse, such as for standing too long. The pain is also often associated with stiffness.

We distinguish those symptoms from a picture calling for *Bryonia*, for instance, in which the pain is worse with any movement (to the point that one must remain almost motionless to avoid suffering).

The consideration is also different for a joint that always aches. Constant joint pain, which does not ebb and flow with usage, would better fit *Arnica*.

So, as you can see, we must distinguish the subtleties of the pain a little bit as we choose the most fitting homeopathic medicine. But in general, those joint-specific Banerji Protocols should successfully serve as the first line against bursitis.

I should add that if the pain is excruciating – no matter which joint is affected – then we would add [Hypericum 200](#) in a similar manner to the schedule until the pain diminishes sufficiently.

If the choice of medicine still feels elusive, I delve much more deeply into the subject of pain in my course, [Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain](#)

[Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good.](#)

This comprehensive course covers pain from a variety of conditions, whether from bursitis (as discussed here) or arthritis, headaches, neuromas, sciatica, back pain, carpal tunnel or many, many more painful conditions. There is no need to suffer in silence when homeopathy offers these polite, side-effect-free, deeply acting means of resolution.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in black ink, appearing to read 'Joette', with a stylized, flowing script.

* As always, we attempt to follow the Banerji Protocols precisely. However, occasionally, specific potencies of homeopathic medicines can be challenging to find. If you are unable to purchase *Calc phos 3*, [Calc phos 6](#) will suffice.

P.S. Remember – all of my Mighties ([Joette's Mighty Members](#)) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

P.P.S. Don't forget the best way to learn homeopathy is together with others. [Gateway to Homeopathy: A Guided Study Group Curriculum](#) is an inexpensive yet indispensable part of your homeopathic journey. There is no better way to learn with others – whether in person or virtually – to study homeopathy. Gain confidence and competence so that you can care for your family in times of need. Plus, enjoy the camaraderie of like-minded individuals – many of whom will become friends for life!

Study groups are starting up all the time, so keep an eye on [Joette's Study Group: Find your new Study Group Friends' Facebook page](#) to find a group that fits your schedule. Or start your own! It's easy when you own the curriculum. You'll be the hero, and I'll be your guide.



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Pelvic Organ Prolapse



As I discussed in greater detail with my [Mighty Members](#) last week, I endeavor to write blog posts with broad appeal to both women and men. However, at times, I get so many questions on a gender-specific topic that I feel I should address it.

Such is the case with women's pelvic organ prolapse. I notice this question pop up quite often in our social media forums, and I even received a question about it on my recent [Update: Hernias and Homeopathy](#) article.

So, first, let me say that generally, most people believe a strong pelvic floor will prevent pelvic organ prolapse. But I have found that, more often than not, a prolapse is related to hormonal issues in women entering, going through and finishing menopause. And all the Kegels in the world won't address those hormonal fluctuations.

Now, in homeopathy, we don't treat the hormones directly. Instead, we address the *conditions* that the hormone issues

lay at our feet, so to speak.

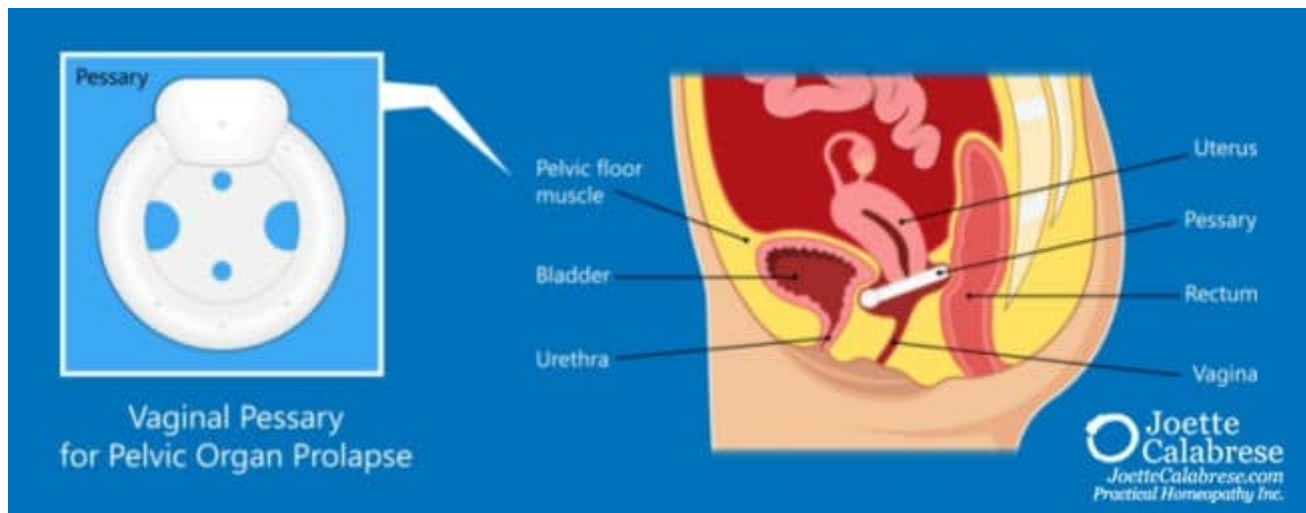
If a prolapse were to begin, I would turn to one of our best little hormonal remedies, [*Sepia 200*](#) – in this case, taken once every third day.

I have often used this in my practice and seen results running the complete gamut. For example, I've witnessed *Sepia 200* completely resolve a prolapse, and I've seen it do nothing at all. But in most instances, the results lie in the middle between those two extremes.

The proper use of *Sepia 200* can decrease the prolapse to the point that there is no longer any bleeding, no aching or pain, and no continued feeling as though one can't stand or lift without risking a total "gravity" disaster!

I consider that outcome a success because it gives the quality of life back to the sufferer. Now, of course, as with anything that we have a propensity toward, we can't pretend we're Superwoman just because we have the prolapse under control. I'm not suggesting we can lift a piano or enter a pogo stick competition right away! But with a little common sense and a \$15.00 tube of *Sepia 200*, an individual can get her life back!

As an aside, this is also one of those subjects for which modern medicine can be helpful. Certain prolapse conditions can be controlled with a pessary – a removable device inserted vaginally to support the prolapsed organ or tissue (see photo below). No surgery. No drugs. Just a removable device fitted especially for an individual's unique body type and gynecologic condition.



Isn't that exactly what we wish to receive from our conventional doctors more often ... the least invasive solution possible?

But – and I'm sure this comes as no surprise – I would start with homeopathy. *Sepia* 200 remains the best homeopathic choice! I consider *Sepia* to be one of the most valuable remedies for all women, so learn as much as you can about it! I've previously taught about a few of *Sepia*'s other merits in my blog post, [Strong Enough for a Woman: The Ultimate Remedy for Us](#).

If you want to learn even more about this condition, it's contained in my course, [Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#). In the course, I discuss not only *Sepia* for pelvic organ prolapse, but I also give a second- and third-line protocol for this condition.

Before I sign off, let me clarify that I would not use *Sepia* willy-nilly in an attempt to prevent organ prolapse. No, no, no. That's not the way homeopathy generally works. However, should a prolapse become evident, *Sepia* 200 is the sufferer's best bet!

You'd be surprised how many women need this information but don't even realize there is a solution! So, pass on the good

news of homeopathy!

Warmly,



P.S. In [Feminopathy](#), I also cover a myriad of women's concerns, such as pelvic inflammatory disease, urinary incontinence, cystitis, issues with menses (in all ages), infertility, pregnancy, labor, breast pain, varicose veins ... the list seems endless. I believe that you'll find [Feminopathy](#) to be an extraordinary value.

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.



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Sleep Apnea



Isabelle couldn't sleep. No matter what she tried, she woke up repeatedly throughout the night, and her workdays were suffering.

Izzy knew about homeopathy. In fact, she'd been in one of my [Gateway to Homeopathy](#) study groups! So, she tried a few common medicines she had learned for insomnia. But unfortunately, neither *Nux vomica* nor *Coffea cruda* nor even *Ignatia* improved her ability to sleep through the night.

One night, after awakening with a start, she lay in bed contemplating what to try next. As her mind whirled, she listened to her husband James's rhythmic snoring. The noise stopped for a moment, and the room became deathly quiet. But then he lurched, sputtered, gasped and grunted as his

breathing began again.

That's when Izzy learned an important lesson in homeopathy. Not only does one need to choose the correct medicine, but one must also address the correct PERSON!

Yep. The problem didn't lie with Izzy at all! It was her body's reaction to the cacophony of James's sleep apnea that caused her to wake up several times throughout the night!

The following day, they compared notes and realized that neither of them had been getting a good night's sleep! Obviously, James's sleep apnea was more disruptive than either of them had previously considered.

Bingo!

So, at long last, Izzy had the correct diagnosis for the correct person. Now, she just needed to choose the correct homeopathic medicine for James.

Back in June of 2021, Izzy had listened to my [Facebook Live on this very topic](#). At the time, she didn't realize it pertained to her family, but luckily, she had taken copious notes. So, she rediscovered that my preferred medicine for sleep apnea is [Sanguinaria 200C](#), twice a day.

As discussed in that Facebook Live, *Sanguinaria* is a capital choice for a wealth of sinus and throat conditions. For example, it can address snoring, continual clearing of the throat from dust, burning sensation in the mucus membranes, excessive phlegm, post-nasal drip or sinus headaches originating above the right eye.

But aside from the appropriate homeopathic medicine, I want to impart more with this lesson to both Izzy and James, and all of my students.

When one uses *Sanguinaria* (just as with any homeopathic medicine for a chronic condition), it's up to the sufferer

to notice the *nuances* of their improvement.

Impatient folks tend to start evaluating after only a couple of days.

However, with chronic conditions, I advise not to assess immediately after beginning the use of a medicine. As I teach in my classes, we generally wait until after two months of using a remedy to assess chronic conditions. At that point, one should be able to recognize a shift in the condition.

For instance, after two months, did James say, “The *Sanguinaria* didn’t work because I still snore, and I still have apnea?”

No!

While James noticed he was still occasionally snoring, it was not as frequently. He still experienced occasional moments of sleep apnea, but not as severely. He could also see improvement in his sleep quality and energy levels during the day. And Izzy was also observing those same improvements – especially because James’s sleep apnea was no longer startling the wits out of her several times a night.

So, James continued his use of *Sanguinaria* because he saw *improvement*.

He didn’t expect perfection because perfection doesn’t exist! If anyone expects a chronic condition to vanish entirely in a matter of days, then they’re reading the wrong blog!

Undoubtedly, acute conditions and infections can be uprooted in relatively short order with homeopathy. But chronic conditions take more time – and may, in fact, just fade into the background rather than be completely eradicated.

Indeed, that’s our goal – to diminish a chronic condition

until it no longer detracts from our ability to live a full and productive life.

Is the condition so severe that one is suffering? Or has the condition retreated so much so that only the occasional telltale signs appear?

I've experienced this myself with my severe allergies! Homeopathy delivered me from the debilitating days when I basically had to live my life in a bubble. Now, I only experience rare, brief episodes of swollen, itchy eyes from time to time when the pollen is high. But I can freely live my life, and I no longer think about allergies on a daily basis.

Just remember, don't expect perfection. Successful use of homeopathy in a chronic condition is when it's no longer sobering enough to consider calling for medical help! The condition retreats from being catastrophic to merely an occasional annoyance.

Homeopathy works! So, be sure to pass on the good news!

Warmly,

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

P.S. I discuss the homeopathic medicine *Sanguinaria* for several conditions in my course, [Allergic?! Escape Allergies, Sensitivities, and Intolerances with Homeopathy:](#)

[Practical Protocols to Get Your Life Back](#). This course can be indispensable for addressing underlying chronic allergic conditions of the mucus membrane and throat, potentially contributing to sleep apnea.

Plus, this course is chock-full of protocols applicable to other allergies. [Allergic?! is](#) an allergy sufferer's dream!

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.



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A Well-Rounded Homeschool Education Starts with Homeopathy



One can get whiplash from the abrupt changes in school policies these days. One week, in-person learning prevails; the next week, there may be limited teaching staff available to keep the schools open.

I know many of you have decided just to remove your children from public school and begin homeschooling instead.

I applaud you! I homeschooled my kids over a period of twenty years! It was one of the better decisions I made in my adult life.

But these are rather annoyingly uncertain times. So, what if you haven't fleshed out your curriculum yet?

Look no further! I can help!

So, what do you want to achieve through homeschooling? I would imagine you'd want a curriculum containing a bit of math, an introduction to chemistry through examining natural elements, a smidgen of botany, a tad of history and a dab of

human biology.

What about instruction on zoology and animal care? And why not a dash of civics, law and even Latin?

Most importantly, how about a curriculum that builds self-sufficiency, competence and confidence?

By now, you probably realize I'm talking about [**The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary Independent Thinker with Practical Homeopathy®.**](#)

As parents, we endeavor to teach our children to be all they can be ... to reach their highest potential and take on the world! The study of homeopathy will not only provide your children with valuable information on self-reliant healthcare that will last a lifetime, but it will also help them learn to think for themselves – logically – without falling prey to conventional beliefs.

That's a powerful win-win from a homeschool curriculum!

My goal is to help you challenge your child so they stretch, grow and develop – not just physically, but mentally, emotionally, and in their character, knowledge, and skill.

What exactly is included in this 13-week curriculum? Check out [my syllabus](#) and learn more. But I can assure you this course will teach your adolescent or teen the basics of homeopathy in a fun, hands-on, inspiring way. It's specifically designed to engage and inspire young minds.

Kids adore animals, dogs, cats, ferrets, whatever! So, in this course, I often use animals as examples in my teaching. In fact, scroll down for a free remedy card derived from Lesson 6. This particular homeopathic medicine addresses animals who have suffered a fright. (And yes, it works for people, too!)

Here's what one homeschooling mom had to say about my curriculum:

"I used to homeschool my kids and loved it! When Joette sent out the information about her Cool Kids' class, I was so excited and wanted to try it, but I don't have any kids to teach.

So, I asked a few homeschool families if I could teach their kids. The kids are between 10-12 years old. They watch the videos on their own, then on Zoom, I review it, add information like Joette's MM information, and give out prizes (which are the remedies we learn).

One of the girls can be challenging to get her schoolwork completed. She has great spunk and moxie! The first day, I told them to get out a notebook because we were going to create our own homeopathy book. She took lots of notes and completed her assignment. Her mother was so amazed when she got home that she contacted me and couldn't believe all the beautiful work her daughter had completed. And just yesterday her mother told me their other daughter had splinters in her foot, and she told her sister to take Silicea. Her mother was so overjoyed! We have a new homeopath!

I absolutely love teaching the kids, they absorb the information so quickly and are able to apply the information right away." – Andrea R., Fairfax, VA

Join me in my mission to raise a generation of free-thinking, self-reliant individuals who can contend with anything life throws their way.

If we've learned anything from the debacle of the last two years, it's this: at the end of the day, we must be able to take care of ourselves and our families, often without external support. So, begin today. Enhance your child's education with a well-rounded homeopathic curriculum

designed for that very purpose!

And pass on the good news of homeopathy!

Warmly,



P.S. The beauty of [The Ultimate Cool Kids' Guide to Homeopathy](#) is that the entire family can learn together. So, I have no doubt this study will benefit you as well. But even if you don't have children, newcomers to homeopathy may want to purchase the curriculum and reap the rewards of this fun, foundational course. I can think of no better way to absorb the basic tenets of homeopathy and begin your journey.

P.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.



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