

New Year, New Information



New Year, New Information

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

What is it about nice round numbers and clean slates that appeal to us as humans? We are conditioned to believe that something magical happens at midnight on January 1, allowing us to start over again from scratch.

Some years may bring minor adjustments toward our best selves. Other years may result in no changes at all. But some years ... ah, some years result in a sea change of our thinking.

That's what happened to me in 2013.

My office fields several calls each week seeking clarification on what some readers consider to be

“inconsistencies” when comparing my early blog posts to today. Now, you’ll note that I put inconsistencies in quotation marks, for I don’t see them as such. Instead, I see the variations in my teaching as progression, growth, evolution.

If you’ve scoured my blog, podcasts and articles, you’ve no doubt observed the most apparent distinction occurred in 2013.

My pre-2013 blog posts are based on classical homeopathy. Sure, I had adopted a few protocols here and there, but, for the most part, I still considered myself a practicing classical homeopath, albeit with a deep-seated yearning to evolve.

So, what changed?

In 2013, I traveled to India to study under the Drs. Banerji at the Prasanta Banerji Homoeopathic Research Foundation.

Talk about a fresh perspective! I relished the overwhelming amount of protocol information that surrounded me there. 2013 was one new year that lived up to the hype, for it ushered in a new paradigm for my homeopathic practice and educational offerings!

Now, almost ten years later, I plan to address some of those changes that occurred in my thinking. So, occasionally throughout this coming year, I’ll be going back through some of my pre-2013 blog posts to help you understand the logical unfolding of my journey from classical homeopathy to Practical Homeopathy®. (Please let me know in the comments section below which pre-2013 blog posts you would like me to revisit.)

This week, at my office team’s behest, I want to readdress the proper care and handling of homeopathic medicines.

Many of my older articles repeat the classically strict and almost arcane rules for maintaining the effectiveness of homeopathic medicines. “Don’t keep them in the heat.” “Keep them away from electromagnetic fields, such as the microwave, computer and VCR.” (Okay, you can tell how old that article is by its reference to a VCR!)

But recently, someone called my office concerned about having the newest smartphones in their purse with their remedies. Believe me; I get it. I understand. The old school of thought contributes to making people think that homeopathic medicines are enigmatic and non-scientific.

But they are a lot hardier than we used to think.

As my team member shared with the caller, “I personally have my remedies next to my computer and beside my phone. They have gone through the airport X-ray. I’m sure I could even have them next to the electric lines outside, and they’d be okay!”

I agree. Here in 2022, my advice is to treat your homeopathic medicines with respect, but their storage does not need to trigger neurosis. I have remedies from 1918, which I doubt were meticulously handled at every moment. Imagine the heat, cold and electromagnetic waves they’ve absorbed throughout the last one hundred years. Yet, I’ve used them, and they still act!

So, as far as heat? Granted, I wouldn’t leave anything I cared about in a blisteringly hot car. However, as I mentioned to you in last week’s blog post, [Heartburn, Reflux, Indigestion](#), we do keep *Nat phos* 6X in the car in case we run into a case of agita while we’re away from home. Does it still work after having been in the car’s moderate heat? Yes. Yes, it does.

Think about this. Homeopathy is prevalent in India – a sweltering country where air conditioning is not widely

adopted. Do their medicines still act? Yes, they do!

When my boys forgot to remove remedies from their parka pockets, I've accidentally run tubes of *Arnica* through the washer and hot dryer. In fact, as a scientific experiment, I marked those tubes with "in the dryer" to allow me to test if they still worked. Indeed, they did!

So, in my experience, I think these homeopathic medicines are much more robust than we've previously given them credit for. So, as a result, I don't tie myself in knots over some heat.

Have my homeopathic medicines been near electromagnetic fields? Absolutely. I have homeopathic medicines in my purse with my cell phone. They're still as efficacious as the tubes in my linen closet at home.

Have my medicines gone through X-ray machines? Yes, they most certainly have, and yes, they still work.

In India, many shopping plaza requires purses and bags to be X-rayed upon entrance. So, even if I had taken the utmost care of my medicines when they passed through airport security, the malls would have done them in! But the remedies in my purse came through unscathed – and so did the remedies of myriad Indian individuals who've gone through this same level of security for their entire lives.

To quote myself from [Podcast 59 – Myth Busters](#), "I have played it safe, but I'm becoming more and more nonchalant, to be honest, because I'm noticing that it doesn't seem to make any difference."

So, as you read through my blog posts, be sure to make a mental note of the date of each article. It's an easy way to follow along with my journey as my homeopathy knowledge expands, and I hone my practice of Practical Homeopathy®.

The older blogs are still valuable. Variation in information doesn't necessarily imply an inconsistency; it means there are options! It demonstrates that, in homeopathy, there's always more than one way to skin a cat. But if anything, a new year allows for new information to fine-tune our opinions.

So, as far as the storage and handling of medicines? As I said before, I simply pay the same due respect to my homeopathics as I would with anything else that I value. Remember, a medicine is only as good as its proximity to you when you need it. So, I can't keep them all hermetically sealed in climate-controlled conditions. At certain times I need them with me. In my purse, in my car, on a plane – with me.

Let's not conflate homeopathy with old notions of fragility. Pass on the good news that our homeopathic medicines are hardy, resilient and robust!

Warmly,

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

P.S. There is no better way to learn homeopathy or continue progressing in your understanding than joining a [Gateway to Homeopathy Study Group](#). You'll start to learn how to observe the entire picture of a condition and how to use that observation to choose the best medicine for your unique situation.

And every study group member is given the opportunity to

meet with me for a live question-and-answer group session via Zoom to help clear up any ongoing confusion you might have.

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. Group study is what catapulted my abilities to care for my family decades ago, and I know it will help nurture you as well.

**Heartburn,
Indigestion**

Reflux,

Heartburn, Reflux, Indigestion



If you listened to [Podcast 100](#), you might recall my husband Perry's courting confession. Yep, it's right there for all the world to hear. While we were dating, my spaghetti with red meat sauce caused Perry tremendous suffering – heartburn, reflux, indigestion.

Italian Americans call it agita. But no matter what you call it, it's unpleasant.

Poor Perry suffered in silence back then because he didn't want to throw a wet blanket on our burgeoning sparks. But after we were married, he confessed.

We certainly couldn't abstain from a lifetime of delicious spaghetti and meat sauce – come on, I'm *Italian* for crying out loud. So, instead, we turned to homeopathy.

I've mentioned various medicines that successfully can address agita in years past. (See [Stomach and Gastro-Intestinal Ailments](#) and [Plop, Plop, Fizz, Fizz.](#)) But I haven't discussed the topic since I have honed my practice utilizing Practical Homeopathy®.

So, let me teach you three homeopathic medicines for indigestion that you should know and include in your collection.

1. If indigestion strikes after every meal – regardless of what was consumed – the remedy is often [*Nat phos 6X*](#). If it's bad enough, it may be taken after every meal. However, as the condition improves (and it will!), then back off the frequency. If the symptoms recur at a later time, resume!

Because *Nat phos 6X* has become such a go-to for us, we keep some in the car so it's with us if agita strikes when we're away from home. (I further discussed how *Nat phos 6X* helped my father kick his dependence on Tums in [David vs. Goliath](#). You may also be interested in a 30-minute Facebook Live about *Nat phos* that is archived [here on Facebook](#) and also on my private server exclusively for my [Mighty Members](#).)

2. If indigestion ensues specifically from restaurant food, I have found that [*Pulsatilla 30*](#) is amazing.

Now for clarification, by "restaurant food," I also mean any food that one is not generally accustomed to. So, that means *Pulsatilla* may be equally considered after a restaurant meal, dinner at a friend's house or a new elaborate recipe that is new to the belly.

It's especially noteworthy for correcting the collateral damage of creamy items such as macaroni and cheese or something with whipped cream. But it's also good for the ill effects of foods laden with questionable ingredients.

If the discomfort is overwhelming upon onset, a good method is to use *Pulsatilla 30* every 15 minutes for the first hour. But I have found that, generally, the suffering will diminish after the first couple of doses.

I have even suggested that clients use it prophylactically

if they know beyond a shadow of a doubt that an impending event will cause suffering. For instance, if a child has a history of tummy upset with creamy foods, it's a given that going to a birthday party – replete with ice cream and cake – is going to trigger their discomfort. So, why not head it off at the pass and give them *Pulsatilla* 30 on the way to the party?

3. The third medicine is one that people are already the most aware of – [*Nux vomica* 200](#). It's a capital remedy when there are other symptoms (such as nausea or constipation alternating with diarrhea) or when the suffering was triggered by overindulgence. The other two remedies I mentioned (*Nat phos* and *Pulsatilla*) don't necessarily address overindulgence specifically.

Nux vomica is also the medicine I have historically turned to when alcohol has played a part in the condition's onset. (Hmmm, perhaps you needed to know this medicine yesterday!)

So, now you're armed! You have learned about three medicines to keep agita at bay – whether you are courting an Italian woman, diving into a bowl of ice cream or toasting the new year.

And remember, nobody enjoys an upset stomach, so be sure to pass on the good news of homeopathy!

Warmly,

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

P.S. Sometimes, additional homeopathic medicines are required to uproot the underlying conditions that can cause chronic indigestion. Needless to say, this short blog format

is insufficient for explaining more complex issues. But if heartburn, reflux and indigestion are a problem in your family, I encourage you to look closely at the curriculum for my course, [Good Gut, Bad Gut](#). I cover more complicated indigestion issues and much more in that jam-packed course.

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.



Although cluttered with flashing lights and inflatable yard Santas, the Christmas season should serve to renew our faith.

So, this week, as I contemplated the importance of faith, my mind segued to my trust in homeopathy and to the seemingly infinite number of times I have been asked, "How does homeopathy work?"

Am I asking you to take homeopathy's effectiveness on faith? No, I am most decidedly not; [homeopathy is not a placebo](#).

But I do have faith that it will work. This is based on my own 414,000+ cases in my 35+ years of experience.

But don't take my word for it. Homeopathy has been proven with double-blind and other methods of scientific studies.*

However, when asked to explain how homeopathy works, I have to read the room. It's complex! If I'm addressing The

Academy of Practical Homeopathy® students, I get into the more intricate detail, researched by Dr. Samuel Hahnemann, the Drs. Banerji and years of clinical observation and scientific studies.

If I'm holding a live Question-and-Answer webinar with [Gateway to Homeopathy](#) students, I cover the high points that I can in the time allotted.

But if a casually interested individual asks me how homeopathy works, I turn it around and ask them a question instead. "Can you tell me how your aspirin works? Or Tylenol? Or beta-blockers?"

Of course, they don't know how those medicaments work. But they freely admit to taking them with the faith that they will act.

I don't mean to be facetious, but some of the most profound things in life don't necessarily have an easily understandable answer.

Why do birds sing? Why do our parents die? How did Christ become human on this earth?

Isn't it enough to help the helpless – even if we don't know the precise mechanism of our aid?

As humans, we need to have beliefs. And I see no disadvantage to believing that homeopathy will work even if you don't completely understand the biological underpinnings of its methodology.

But if that's not scientific enough for you, how about clinical observation?

My dog Buster will soon be 17 years old. His breed is expected to live only until about 13 or so. So, as much as my husband and I treasure his company, we realize that he is an old dog. A very old dog.

Last weekend, Buster was at death's door. He was so weak that all he could do was lay on the floor. He couldn't move; he wouldn't eat; he had diarrhea and his breathing was wheezy and labored and he was anxious. And he was shaking – petrified. I was so sure this was the end, that I researched for a veterinarian who would euthanize him at home – in case he continued to hold on out of loyalty to us. It was difficult to see him suffer in this obviously terrifying and weakened state.

But, with a lump in my throat, I decided to try one final homeopathic medicine. Based on his symptoms, I chose [*Arsenicum album* 200](#). By the way, this is one of the most important medicines for end-of-life treatment.

Buster immediately fell asleep. This is an encouraging indication that the medicine is well matched to the condition. (Remember this, my friends. No, I mean write this down and adhere it to your bathroom mirror). He awoke a bit later, only to return to the alarming shaking. (An indicator that another dose is needed. Remember this, too.) So, I gave him another dose of *Arsenicum* 200, and he fell asleep again. (All indicating signs.)

This morning, Buster is prancing around the house. He ate all of his meal, and he is back to following his beloved human (my husband) with a waggly tail! The weakness is gone; the shaking is gone; the wheezing is gone; the lump in my throat is gone. (By the way, that's key here – homeopathy removes the angst of the mother!) All because of two doses of *Arsenicum album* 200. I plan to continue with this as needed. How will I know when to use it? I'll watch for symptoms. (The gold standard in homeopathy.)

So, how did this homeopathic medicine work? What was the mechanism behind its action?

WHO CARES?!

My dog is comfortable. He's back to his old self.

Granted, some may argue that a vet could have treated him with steroids, which might have helped make him feel better. Okay, assuming I accept that supposition, steroid treatments can be costly. But more importantly, they leave serious side effects in their wake, causing additional conditions, some of which are long-term – long after the drug has been halted. Plus, excuse me for my bias, but I don't really trust the industry that manufactures them.

But worse yet, we would have had to leave the house to go to a vet. A long car ride, the inherent stress of a vet's office, strangers manhandling him for shots or pills? No. given his condition, I am not convinced he could have survived my imposing that on him.

Instead, Buster was revived with a few cents' worth of *Arsenicum album* 200, with no side effects, in our own home. And the satisfaction and, well, ok, personal pride for having accomplished the task at hand.

That, to me, is proof beyond a double-blind scientific test. My experience justifies my faith in homeopathy. (Let it be yours.)

How long will Buster live? I don't know. But what I do know is that four or five years ago, when he was diagnosed with congestive heart failure, the veterinarian (who was actually a holistic vet) told us he wouldn't last long, and there was nothing that we could do.

She didn't recognize the extent of homeopathy's ability.

But Buster has lived an additional four-to-five years – years that the vet had tried to convince us was an impossibility.

I might add that Buster's two siblings died many years ago,

so there's no evidence of inherent longevity here to muddy the waters.

So, while I know Buster can't live forever, homeopathy has given him a longer, likely more comfortable life than what conventional, synthetic, drugs of commerce can offer.

Do I know precisely – down to the nanoparticle – how this *Arsenicum* 200 and other homeopathics I've used have helped Buster?

No.

Do I care? Absolutely not. All I care about is that homeopathy works!

So, as always, I encourage you to pass on the good news of homeopathy!

Warmly,

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

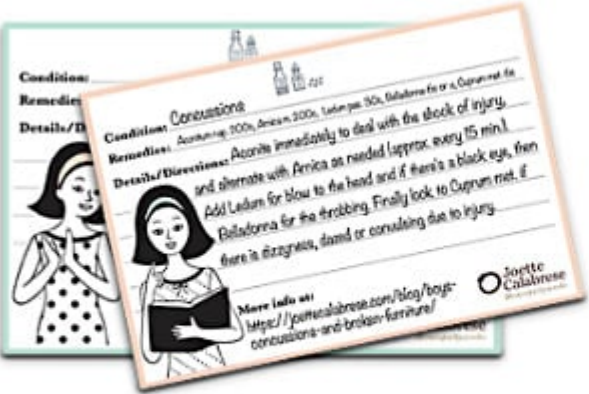
* Here are just a few scientific studies for reference. More can be found [on my website](#).

- https://joettecalabrese.com/wp-content/uploads/2020/10/Brinkhaus_et_al_2006_Complem_Ther_Med.pdf
- <https://pubmed.ncbi.nlm.nih.gov/22963271/>
- <https://www.thieme-connect.de/products/ejournals/abstract/10.1055/s-0041-1731312>
- <https://pubmed.ncbi.nlm.nih.gov/19590483/>

P.S. If your gift for a loved one didn't arrive in time for Christmas, it's not too late. You can immediately deliver a digital gift card for an educational gift of homeopathy.

Just head to [The Learning Center](#) and click on "Gift Cards." Then, pick out the appropriate dollar amount and select an applicable photo to personalize the card. My team will send an email to your recipient with all the information they'll need to finalize their course choice, pay with their gift card and register themselves as a student!

If you didn't get the gift of homeopathy that you were hoping for on Christmas, why not buy it for yourself? If you don't have your eye on a course already, try the [Course Selector](#) to determine which course may be right for you. Then, start the new year off with confidence.



Condition: Concussions
Remedies: Acupuncture 300s, Arnica 300s, Euphrasia 300s, Belladonna 6x or 6x Cuprum met. 6x
Details/Directions: Arnica immediately to deal with the shock of injury. and alternate with Arnica as needed (approx. every 15 min). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or confusing due to injury.

More info at:
<https://joettecalabrese.com/blog/concussions-and-brain-injury/>

Joette Calabrese
Diplomate, NCAH

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

A Pox Upon Your House



This week, I was shopping in a store that was playing Christmas music from the radio through its sound system.

However, much to my disgust, between each song ran utterly fear-based news stories and commercials. Now, I don't listen to the television or radio at home, so this was a rare exposure to what the rest of the nation is being fed.

I was shocked!

It was all fear and panic! Whether it was an advertisement for drugs to keep your husband's heart from exploding, or drugs to keep your children from getting sexually transmitted diseases, or drugs to lower your cholesterol or the disease du jour that may overthrow society as we know it – all fear.

Oh, Holy Night ... FEAR ... Hark the Herald Angels Sing ... FEAR ... Joy to the World ... FEAR!

No wonder everybody's afraid.

And now [Bill Gates is even telling us that smallpox may make a return?](#)

I wonder how he knows this.

I can't even get an accurate weather report!

I don't know if you've ever seen smallpox – most of us haven't – but it is horrible. After a 12- to 17-day incubation period, it resembles chickenpox at the beginning. But soon, the rash, fever, headache, and muscle aches give way to the second stage, where lesions form in the mouth, face, arms, trunk, and legs. In other words, all over the body are lesions that can become infected. Unfortunately, there is no conventional treatment, and 30-50% of the cases prove fatal.

So, sure, Bill. To paraphrase Shakespeare, "A pox upon your house!" Let's scare everyone to death with THAT!

Naturally, homeopathy provides methods to address smallpox. But unfortunately, that's not something I can teach in this public venue. However, I did create a much more detailed educational video on the topic – with protocols – exclusively for my [Mighty Members](#). So, should this topic be of interest to you, you might consider joining my little band of Mighty Members on a Facebook-free private server platform. You'll receive access to not only the smallpox video but also all of my past videos and articles on topics that, for various reasons, I chose not to discuss here.

But let me say this, many times when a virus first hits, we don't know exactly what it is! We just know that it feels as though we've caught something. An excellent place to start

during the first stage of this kind of feeling of a cough or cold is the Banerji protocol of [*Aconitum* 200](#) mixed with [*Bryonia* 30](#).

Both medicines go into the mouth simultaneously, creating a combination remedy. Generally, this protocol is taken in direct correlation to the severity of the onset. On occasion, one dose will suffice. However, if I'm hit especially hard, I'll repeat the medicine every 15 minutes or perhaps every hour, gradually lengthening the time between doses as the symptoms subside. Finally, when I feel very much better, I discontinue (as is the case with all homeopathic medicines).

Aconitum 200 mixed with *Bryonia* 30 is perhaps one of the most essential protocols you can have in your arsenal. When I feel that I'm coming down with something – but uncertain about the precise diagnosis – this protocol has historically been shown to diminish and even abort certain conditions altogether. As always, however, it's valuable to get a diagnosis from your friendly doctor. (Choose him or her carefully.)

Plus, *Aconitum* 200 mixed with *Bryonia* 30 is especially effective against fearmongers!

Okay, okay, I'm slightly kidding. Of course, you can't exactly wave your bottles of homeopathic medicines in front of the television and silence them. But the confidence of having such a sweeping protocol in your possession is a potent antidote to fear.

But complete confidence requires competence. And competence only comes when one has the knowledge and/or resources to draw on for the answers. So, for complex conditions, such as the ones being bandied about in the news, I suggest you might just want to set aside [some time and start becoming competent](#). It is easier than you might think.

The next time someone tries to make you fearful, you'll be ready to competently and confidently, employ the good news of homeopathy!

Warmly,

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

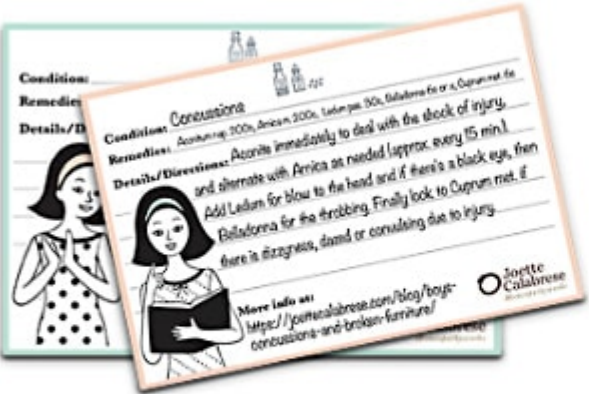
P.S. When you join [Joette's Mighty Members](#), you can expect to receive a slightly different kind of discussion about topics such as this. You'll have access to exclusive videos and additional weekly articles, plus a private Mighty Member discussion group-housed on my own servers (no prying Facebook eyes). 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.

P.P.S. Christmas shopping is complicated this year by long postal delivery times and supply-chain delays. But you don't have to feel like The Grinch! For the first time, I am offering digitally delivered gift cards. No worries – these gifts will make it by Christmas!

[Go to The Learning Center](#), click on "Gift Cards," decide on your desired dollar amount and select an applicable photo to personalize the card.

An email will then be sent to your recipient – on the date of your choosing – with all the information they'll need to finalize their course choice, pay with the gift card, and register themselves as a student! Before long, your loved one will be taking care of their family's health with competence and confidence.

Just [click here](#) to be the gift-giving hero this year!



Condition: Concussions
Remedies: Arnica 30C, Belladonna 30C, Cuprum met. 30C
Details/Directions: Alternate immediately to deal with the shock of injury. and alternate with Arnica as needed (approx. every 15 min.) Add Lulium for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.

More info at:
<https://jennalabrese.com/blog/boys-concussions-and-broken-furniture/>

Joette Calabrese
www.joettecalabrese.com

Remedy Cards

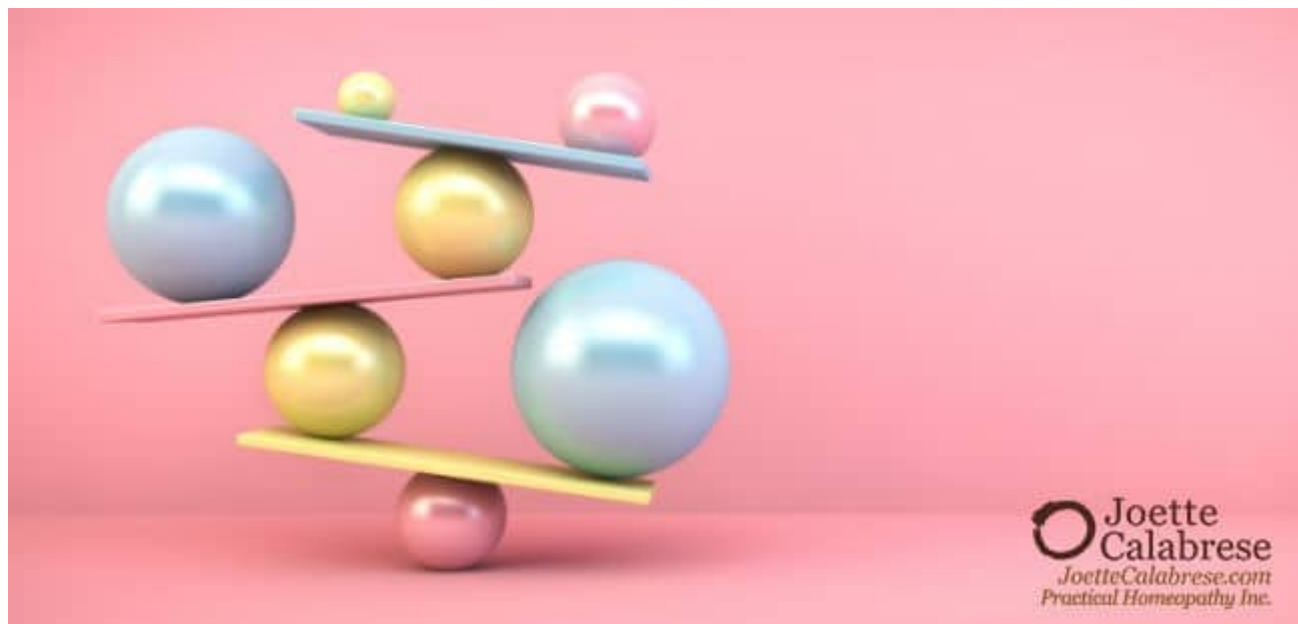
Want the important remedy picture for this blog as a pdf?

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.

[Click Here To Get Your Card](#)

A Delicate Balance Disrupted



We women know our bodies. We know when something is not quite right, especially in our reproductive areas.

In general, our bodies miraculously thrive on a balance of microorganisms, both good and bad bacteria. I've devoted much of my teaching to the resolution of imbalances in the gut. However, our actions can easily disrupt this natural balance in our reproductive region as well.

When the bad bacteria overwhelm the good bacteria, we may find ourselves suffering from bacterial vaginosis (BV).

BV is quite different from vaginal candidiasis (commonly referred to as a yeast infection, which I have discussed previously in my article, [Vaginal Yeast Gone with Homeopathy](#)). While a medical diagnosis is desirable, most women who have experienced candidiasis can easily tell that bacterial vaginosis is different. The burning and itching may be similar, but an overgrowth of bacteria (unlike an overgrowth of yeast) will result in a very strong, unpleasant odor sometimes accompanied with gray or green discharge – a different color and consistency than yeast overgrowth. BV can also present with a fever.

So, what creates this imbalance in our bacterial community?

Sexual habits can be a contributing factor. But often, improper use of highly advertised feminine hygiene products can be the culprit.

Listen, ladies, our bodies don't require Proctor and Gamble!

The vagina is self-cleaning. Douching or utilizing perfumed tampons or sprays are unnecessary and can be downright damaging to the delicate feminine ecosystem. Don't be influenced by glossy advertising. Natural external cleansing with a bar of mild soap – or better yet, no soap at all – will suffice to maintain a healthy, pleasant environment.

But as we know, even “the best-laid plans” can go awry at times. When that happens, if conventional medicine had its way, you'd be given an antibiotic! Seriously? What sense does that make, considering the use of an antibiotic virtually assures an ensuing yeast infection?

Why trade one condition for another?

Homeopathy is available to help address bacterial vaginosis naturally and politely – without the risk of side effects.

The Banerji Protocol generally used for BV is [Hepar sulph 200](#), twice daily, and [Arsenicum album 200](#), twice daily (taken separately, not mixed together).

When very much better, we halt the use of the medicine. If the condition returns, the method is taken up again.

The body's natural balance can be restored simply and effectively with homeopathy. What can be better than that?

In my course, [Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#), I teach a great many protocols targeted specifically to women. The protocols contained in this course and the knowledge of

their use should be a part of your homeopathy library. As much as I plan to be, I know I won't be around forever, so I want to pass the torch onto you!

Pass on the good news of homeopathy – especially to your women friends who may be suffering in silence.

Warmly,

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

P.S. While I'm on the topic of the perils of antibiotics, let me remind you of my course, [The Antibiotic Alternative: Balance Your Bugs Without the Drugs](#). Don't fall prey to a recommended misuse of antibiotics, when there are homeopathic protocols designed to work with your body to create balance without side effects. Learn the protocols. Own the medicines. Protect your family's health.

P.P.S. There are only a few weeks left before Christmas. If you are struggling to think of a gift for a loved one – especially one that can arrive before the big day – consider giving a gift card good to purchase homeopathic education!

Just head to [The Learning Center](#) and click on "Gift Cards." Then, pick out the appropriate dollar amount and select an applicable photo to personalize the card.

On your chosen date, my team will send an email to your recipient with all the information they'll need to finalize their course choice (perhaps they'll choose [Feminopathy](#) or [The Antibiotic Alternative](#)), pay with the gift card and

register themselves as a student!

Could there be a more meaningful, practical and loving gift than the gift of homeopathy?



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.

[Click Here To Get Your Card](#)

That's Not Placebo!



How often have you heard that homeopathy is, at best, a placebo?

If I had a nickel for every time I had to counter that argument, I'd ... well, I'd have an impressive stack of nickels (with which to buy more homeopathy, of course)!

So, as an early Christmas gift to you, I'd like to share an excellent retort to that baseless argument.

When I lived in Canada, we had a gorgeous old maple tree on our property. I estimate that it was at least 60 feet tall and would take maybe three people's outstretched arms to encircle the trunk. Its large canopy stretched for metres! (Since it's a Canadian tree, I suppose it might think of itself in the metric system.)

This was an ancient tree. Neighbors whose parents and grandparents had lived in the neighborhood estimated the tree to be about 200 years old from the stories they'd been told.

Think about that. That means this maple tree was a mere samara (the fruit/seed pod of the maple family) while homeopathy was a kernel in Dr. Samuel Hahnemann's mind! As this tree grew in Canada, homeopathy grew across the world!

Our tree had lived a healthy and gorgeous life – until our neighbors decided to put in a pool.

Now, even though the tree was on our property, as I mentioned, its canopy stretched way past our property lines. Generally, tree roots spread underground to an equivalent distance as the branches above. But to make matters worse, maples are known for aggressive root networks extending beyond the pruned and carefully tended canopy.

Take a moment, close your eyes and imagine a tree's root system. What can you compare it to in the human body?

Yes! You got it! A tree's roots compare to our vascular system. Both systems carry life-giving nutrients through a complex network.

When the digging occurred (to accommodate the neighbor's pool), our tree's root system was severely injured, and that whole side of the maple began to suffer immensely.

So, what could I do homeopathically to help my tree?

I've often given [cell salts](#) to my trees and plants as support for their health. That might have been a place to start.

Once, when a massive windstorm blew through, big branches broke off of the maple. I gave it [Arnica 30](#) at that time. So, perhaps, *Arnica* alone would have sufficed quite well.

But this was a severe injury to the plant's "vascular system" – a level of damage that could have killed this ancient, majestic tree!

This situation called for more. So, using the same method with which I've addressed injuries to the human vascular system, I chose to give my maple [Hamamelis 200](#) mixed with [Arnica 3](#).

It's easy to do. One can simply dissolve the medicines in a watering can and apply liberally around the root line.

Lo and behold, the maple began to recover; the stressed foliage began to revive.

But how could that be? According to the detractors, homeopathy is mere placebo! Did my conversation with Buster as I watered somehow convince the tree that homeopathy would help? Yep. That's it! The tree heard me talking!

Obviously not. Plants have no mechanism to be persuaded that a medicine will help. Okay, okay, corn stalks do have ears, but I don't think they listen very well.

Folks, if this doesn't prove the validity of homeopathy, I don't know what does!

Want something even more technical? I've mentioned the video of this particular study before, but I think it bears repeating. Watch this [two-minute video illustrating a study in which duckweed was used to investigate the effectiveness of homeopathy](#).

That's not a placebo!

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', located at the top left of the page.

P.S. Remember what a great gift homeopathy can make for the holidays! You may choose to give the remedies themselves (read [Give the Gift of Homeopathy](#) for some tips).

Or you may prefer to give a gift of education! Might I suggest [A Materia Medica: Practical Homeopathy® for Busy Families](#). I wrote that book with my readers in mind – no vague terms – just plain talk, memorable stories and plenty of education!

And for that very special person, I'm introducing new gift cards available through [The Learning Center!](#) Just pick out the dollar amount and personalize your gift card. Then, we will send an email containing the card to your recipient on your chosen date. No reindeer required! They'll receive all the necessary information to finalize their course choice, pay with the gift card and register themselves as a student!

What could be merrier than that?



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.

[Click Here To Get Your Card](#)

Give the Gift of Homeopathy



As we approach the holidays, the idea of gift-giving invigorates some of us while it paralyzes others.

What makes the difference?

I believe it's giving gifts with purpose!

If you're simply ordering out of a catalog for a loved one, there can be too many choices leading to too many quandaries. Instead, if you'd prefer to wrap a bow around something that can improve the health of your recipients—and the lives of their families – then gift-giving becomes a labor of love.

I'm sure you're ahead of me here ... I'm talking about giving the gift of homeopathy.

Let's say you buy four or five of your favorite homeopathic medicines and perhaps a couple more that you deem appropriate for your recipient. Is that enough to put in the gift bag? Hmmm, I don't think so.

If they have little or no experience with homeopathy, they'll wonder what on earth they're supposed to do with those tiny tubes of pillules!

"What are these?" they'll ask. "Like ... Tic-Tacs® or something?"

Well, rather than try to explain the science of homeopathy while balancing a cup of eggnog on your knee on Christmas Day, I suggest you print out a few of my blog posts – one pertaining to each remedy – as an educational accompaniment in their gift bag.

However, there's a good chance they might look at you with skeptical eyes and say, "Who the heck is this Joette Calabrese?"

So, while you may be able to gather all of this information from different places on my website, I'm going to give you my history with homeopathy in this one post. Print this blog post out and include it in your package. With any luck, it will lend some credibility to your exquisite gift of homeopathic health. At the very least, your recipients will know that I was once in their position – searching for elusive answers to plaguing health problems.

After my first vaccine at six weeks old, I developed chronic, blanketing eczema that lasted for 14 years. My mother sought conventional medical help resulting in the use of steroid creams and allergy shots.

My initial condition was accompanied by repetitive ear infections and the requisite rounds of antibiotics. After various medicaments and years of "treatments" with no

improvement, my mother sought alternatives: dietary changes, botanical methods, chiropractors and reflexology.

But my story is not unique. You can fill in the blanks with other conditions and describe the experience of countless lives on this earth over the past many centuries. Many of us have experienced the failings of conventional medicine in the treatment of chronic disease – and worse yet, the long-term side effects of its attempt at a solution.

My list of conditions was long. I developed asthma, food intolerances, migraines, anxiety attacks, UTIs and chronic fatigue.

I swallowed and smeared drugs daily – week in and week out – whatever was prescribed. I grew skeptical of conventional medicine but knew no other way.

At the age of about 32, I realized what I had been doing wasn't working; my health was declining. So, I made a bold move – something that forever changed the direction of my life.

I deduced that I was quite sick from taking drugs. It seemed the more I took, the worse I got – despite what my doctors declared. And declare they did! Not one doctor ever whispered the idea that perhaps the drugs were potentially the cause of – or at least exacerbating – my ills.

But I had a hunch, so I abruptly put an end to the daily practice of dutifully taking drugs. I simply stopped. I emptied out my purse, cleared out my bedside table and chucked every single conventional prescription and OTC drug in my cabinet. It was bold. It was defiant. Even scary.

But it was freeing.

Soon after this decision, I replaced the drugs with vitamins and supplements.

After some time, I became suspicious of them, too. Why? I realized most vitamins are synthetic and are manufactured by the same industry that manufactured the very drugs I had just eschewed! Later, I learned that the manufacturer of many vitamins, supplements and drugs also manufactured the very first vaccine that likely set all my ills in motion at the tender age of six weeks old. And that's when I dropped the vitamin regimen as well.

I then turned to the study of botanicals and wildcrafting from around my home. I was getting warmer, but I wasn't there yet.

By the time I was about 35 years old, I finally found my cadence: homeopathy. One single dose of *Nux vomica*, prescribed by a homeopath, gave me about 50% relief from all I had suffered for three and a half decades under the "care" of conventional MDs.

This initial improvement was accomplished in less than a month or so. The remaining 50% of my conditions took a bit longer. But in less than a year, I was so much improved that I decided to study homeopathy.

Fast-forward.

I had been practicing classical homeopathy full-time for nearly 15 years when I grew to recognize how frustrating it was. Over time, I began to incorporate a few protocols into my practice. It was reproducible! One medicine could be chosen for the same condition, and the results were successful.

My thinking was further solidified a few years later when I met Drs. Prasanta and Pratip Banerji. Their methods neatly tied up all the observations I had just barely touched upon.

I was granted a fellowship with them in Kolkata at the Prasanta Banerji Homeopathic Research Foundation, where I

spent months at a time for eight consecutive years.

They were treating difficult cases of tuberculosis, leprosy and AIDS. But I also observed how they treated more common conditions such as autism, depression, IBS, arthritis and eczema. In short, I was watching them successfully address health issues that a mother, a father or a grandmother could learn to treat in relatively short order.

I sat in on 100 cases every single day – six days a week. Over the span of eight years, I came away with what the world needs to know: much of homeopathy can be learned at home, including chronic conditions, without the arduous study of classical homeopathy.

I fully recognize some conditions and cases require the expertise of a fully trained homeopath. Still, much healing can be achieved at home – an individual can be charged with their family's care without resorting to unsavory conventional treatments.

And that is my mission: teaching others that homeopathy is not as difficult, recherché, or elite as one might think.

So, now, I spend my days and nights passing on the good news of homeopathy.

I hope you will, too!

Warmly

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

P.S. Don't forget, if you order medicines from [Boiron](#), use my name (Joette) in the coupon box to receive a 20%

discount! And I should mention that I do *not* have an affiliate program with them. This means (and this is important) that I *don't* get kickbacks from them or anyone. My desire to get you going in homeopathy is not driven by percentages that come back to me.

If you want to give your loved one more than a few homeopathic remedies, might I suggest [A Materia Medica: Practical Homeopathy® for Busy Families](#). I wrote that book with my readers in mind – no vague terms – just plain talk, memorable stories and a lot of education!

And for that very special loved one (or maybe you can drop this as a hint for yourself), I'm introducing new gift cards you can purchase through [The Learning Center!](#) Just pick out the dollar amount and select an applicable photo to personalize the card.

An email will then be sent to your recipient with all the information they'll need to finalize the choice of their course, pay with the gift card and register themselves as a student! Before long, your loved one will be taking care of their family's health with competence and confidence.

Just [click here!](#) It's so easy, Santa and Mrs. Claus can get all their shopping done, put their feet up and eat a few more cookies before the big day.

Are You a Stupid Mother? Not to Worry; There's a Cure!



Are you a stupid mother?

I know it can be embarrassing to admit such a thing. But no one will know that you're reading this, so take this simple test and find out. (We must keep it simple because, by nature, we all know mothers are not very bright.)

So, concentrate. Try really hard to see if you can get through this.

1. Do you think you can make good decisions by doing research and counting on yourself to treat your child?
2. Do you wonder whether there's wisdom in going to the doctor to determine if your child is well?
3. Do you question whether the antibiotics given to your child years ago might be linked to why they have food intolerances today?
4. Do you think homeopathy is good medicine that you, yourself (God forbid), might use to treat your child's ills?

If you answered yes to any of these questions, then by mainstream medical standards and their sycophantic media, you are indeed a stupid mother.

But no worries. There's a cure for this special kind of stupidity.

Here are three easy-to-follow rules, and you should be cured in no time.

1. Read, listen to and watch mainstream media.

They will set you straight in no time. I used to work for NBC, so trust me on this one. Okay, okay, no doubt the media outlets are given their talking points via their Big Pharma advertisers as well as the network owners who have huge stock holdings in the pharmaceutical industry. Just remember, they only have your child's well-being in mind! We know this is true. Why? Because they say so.

2. Never count on your intuition.

It's just plain stupid to do that. In case you don't realize it, your doctor has spent many years in medical school being taught by professors who gained tenure by getting published. They know best because their published grants come from Big Pharma! Remember now (pat-pat), Big Pharma is the good guy! So, your doctor has been taught to use drugs that contain only the purest ingredients and best intentions.

3. Start taking your child to the doctor as soon as he or she is born.

You know, just to be sure that your baby has the right-sized head and all. This will ensure that you don't get the notion that you can figure this out yourself. And as your child grows under his authority – oops, I mean “care”– be obedient when he advises that your 13-year-old daughter should be put on the pill for her acne or that gender fluidity is not only normal but ought to be encouraged!

Oh, and don't think twice when your doctor just happens to have an opening in his schedule that will be the perfect time to remove your three-year-old's tonsils permanently. You know, the tonsils that the doctor's antibiotics did nothing to help.

Remember, that's what the doctor is for ... to convince you to say "yes" as often and early as possible. You needn't be burdened with the weighty decisions that only a doctor can make for you. You're stupid, remember? You have better things to do than to waste your time on intellectual pursuits that could prevent a lifetime of misery for your child.

Besides that, do I even need to mention that you can count on the doctor to give you precisely the latest "soon-to-be-taken-off-the-market-for-its-apparent-danger" synthetic drug that your child *needs*?

Indeed, he's part of an intricate system devised by Big Pharma to help him choose the best course of action for *your* child. He relies on those at the tippy-top of medical corporations to direct him to the hottest new drug to test on – oops, I mean "advise for" – your child.

In case you didn't know, his drug rep has the best legs in town. So, when she walks away, he can't help but notice! Well, we needn't be too detailed here. We wouldn't want to worry your pretty little head with details. So, let's just say that your child's doctor is a healthy American male – and don't you want to take advice from a *healthy* doctor?

Okay, I know this is a lot to digest in one sitting, so I'll stop here. Now you can answer those relentless calls from the doctor's office, lovingly and caringly convincing you to keep their calendar intact by keeping that well-child checkup! Don't forget, it's an important element of raising your children. After all, how would your child get all of

his drugs, shots, superfluous tests and surgical procedures without those checkups?

And perhaps most importantly, how would you get your comforting pat on the head?

Warmly,

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

P.S. Get your Remedy Card for tonsillitis by scrolling down to the bottom of this page. If you don't know how to scroll, I'm sure your doctor can show you! (I just can't let it go, can I?)

P.P.S. If all of this sounds too familiar, I suggest you join a [Gateway to Homeopathy](#) study group filled with other like-minded women. Compare notes! You'll be amazed how many women have been treated as though we have no intelligence, intuition, or power of observation. Traveling the healthcare road alone can be demoralizing. But with your study group friends at your side, you will bolster your confidence to deal with condescending conventional medical practitioners.

Then with your study group clicking along, you'll want to become a Mighty. As one of [Joette's Mighty members](#), you have a safe (non-public social media) place to hang out and discuss topics safely with other Mighties (from around the world).

Plus, you'll also learn homeopathy that much faster! Win-win!

I began my journey into homeopathy by belonging to a study group. So, I can guarantee you will never regret creating or joining one yourself.



Condition: Concussions
Remedies: Aconitum nap. 200c, Arnica m. 300c, Ledum pal. 30c, Belladonna 6c or 12c, Cuprum met. 6c
Details/Directions: Administer immediately to deal with the shock of injury, and alternate with Arnica as needed (approx. every 15 min.). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.
More info at: <https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>

Joette Calabrese
B.S. in Homeopathy

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.

[Click Here To Get Your Card](#)

Update: Hernias and Homeopathy



It's that time of the year when we send our menfolk to fetch the decorations for our upcoming festivities. And off they go – up into the attic, out to the garage or over to a storage unit. (Sometimes, we get impatient and try to manage it ourselves!)

Those heavy boxes, filled with a lifetime of holiday accoutrement, may not look treacherous, but believe me ... they are. Improperly lifting is not only hard on the back but potentially can result in a hernia.

You see, a hernia occurs when either fat or part of an organ slips through a weak spot in a person's muscle tissue. This vulnerable area may have existed at birth (some babies are

born with hernias), or it may have developed during adulthood due to obesity, poor muscle tone or even pregnancy.

Once it exists, this weak area can be exploited by any considerable increase in the abdomen's internal pressure. Heavy lifting is a common way that hernias occur; however, they are not the *only* way a hernia can develop. Straining during bathroom duties, pregnancy, heavy coughing, even a grand sneeze can trigger a hernia. And before you know it, a measure of tissue is jutting out between the muscle fibers, causing an unsightly, uncomfortable and sometimes painful bulge.

So, do we succumb to surgery for repair? No! We turn to homeopathy.

I wrote about hernias years ago, back in 2013. At the time, I was still a practicing classical homeopath. As such, I did not share a protocol with potency and frequency in my article, [Get Back in the Game: Hernias and Homeopathy](#). Recently, I noticed how many questions that article inspired, so I thought it wise to revisit the topic.

I continued to teach the same homeopathic medicine for hernias – *Lycopodium* 200 – that I discussed in that article. In fact, I used *Lycopodium* with much success 16 years ago on Buster the Bad Office Dog's sister, Marcy. Unfortunately, Marcy was born with an umbilical hernia. But *Lycopodium* resolved her little issue in just two or three days!

However, because of my subsequent studies in India, I can now share a slightly different protocol that the Drs. Banerji used – [Lycopodium 200](#) mixed with [Plumbum metallicum 200](#).

What do I mean by “mixed together”? I mean pillules of each medicine placed together in the mouth simultaneously or combination pillules purchased from a pharmacy that mixes

the two medicines together during the manufacturing process.

We call it *LycoPlumb* for short. The Banerjis observed great success when their patients used it twice daily until the herniation receded. (Scroll down for your free remedy card to help you remember this protocol.)

Going back to that earlier blog post, I noticed quite a few questions on the various types of hernias. For example, there are inguinal and femoral hernias (in the groin), umbilical hernias (like Marcy's, near the belly button), and hiatal hernias (internal hernias at the top of the stomach by the esophagus).

Do you need to remember all that? Absolutely not!

In my years of experience with homeopathy, a hernia is a hernia is a hernia. In the Banerjis' clinic, they were all treated in the same manner – *LycoPlumb* 200, twice daily until resolved.

How long will it take for resolution? Well, that depends. I think the reason it acted so quickly with Marcy was because she was a puppy. (Ah, the benefits of youth!) For an adult, however, complete resolution of a hernia may take many weeks.

But whether helping dogs, babies, pregnant women or men who lifted too many holiday boxes, *LycoPlumb* 200 covers the whole shebang!

A hernia is not the kind of Christmas gift you want! So, lift your boxes carefully, repack them lighter for next year and have some *Lycopodium* and *Plumbum* on hand ... just in case.

And don't forget to pass on the good news of homeopathy!

Warmly



P.S. Speaking of the holidays, it's not too early to get started on your shopping list. A lovely gift (if I do say so myself) for your friends in homeopathy is [A Materia Medica: Practical Homeopathy® for Busy Families](#). Written in everyday English, they'll learn about 155 homeopathic medicines with keynotes and short examples. It's a fun read and a great reference!

Or perhaps your family is asking for hints for you! Well, you might consider asking them to gift you a homeopathic protocol course. Which course? Well, my team devised a [course selector](#) to help you discern which course would best fit the conditions you are dealing with in your family. Try it! And then leave a few little notes out and about where Santa's elves can find them.

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.

[Click Here To Get Your Card](#)

New Trick for an Old Dog (or Old Human)



New Trick for an Old Dog

Hey, Buster the Bad Office Dog here.

I know it's been a while since I've written you, but I've been finding it more and more difficult to jump up into Mom's computer chair. Boy, that thing is HIGH! (Come to think of it, Mom's kinda short, too. I wonder if it's hard for her to get into this chair?)

Anyway, let's face it. I'm not as young as I used to be. In fact, I'm 16 and 1/2 years old, which is about three and a half years older than my breed's (Bichon-Frise/Poodle) life expectancy.

Perhaps I can thank good genes for my long life ... although, I can't be sure because, unfortunately, my sisters passed away when they were seven (under someone else's care).

But personally, I think my longevity has to do with Mom's homeopathy! I mean, really, how else would you explain my good fortune?

Don't get me wrong, I have a few issues. I sometimes have canine bloat, which causes me to make this horrible hoarfing sound that Mom loathes. (I guess I usually do it when she's trying to record videos for her students. Oops! But how else am I supposed to make my presence known?!)

You know what? While I'm already here in this dreadful chair, I'll write more about how Mom solved my canine bloat and share it with her [Mighty Members](#) later this week.

I also have some cardiovascular issues, which have caused me to be a little lethargic. But once again, Mom (and homeopathy) came to my rescue.

Mom knows about a really cool remedy called *ARF-nica*!

Wait, I think it's pronounced just "*Arnica*." (Sorry for the mistake, but don't forget ... human is not my first language.)

Anyway, Mom began placing a few drops of *Arnica* 30 (prepared as a liquid) in my water bowl. (If you are unable to purchase it as a liquid, you could always use [Arnica 30 pillules](#) dissolved in the water.) Mom, of course, changes my water every day and then adds fresh *Arnica*.

I drink from my bowl several times a day, so I'm always getting my daily doses of *Arnica*. Mom and Dad think that since I've been taking it my energy level has improved. They say I'm "perky."

Hey, maybe I should be renamed Buster the Perky Office Dog! I like that!

In case you haven't noticed, one of Mom's favorite homeopathic medicines is *Arnica*. How do I know? Well, I lie in her office as she's creating lessons for her Academy of Practical Homeopathy® students. Every week, she does a 40-minute video lesson covering the use of two or three different remedies.

When it came time to do *Arnica*, she spent an entire HOUR talking about its many uses. As she says, "It's a remedy of important measure" for acute illnesses and injuries, especially for chronic conditions like mine. In fact, *Arnica* is so important that one of the images featured in The Academy's videos is an animation of *Arnica* flowers blooming. It's almost their mascot. (Hold on! I thought *I* was the company mascot. Grrrrrrrrrrrrr.)

Anyway, they tell me that Mom used to say, "When in doubt, use *Nux vomica*." But I don't think I've ever heard her say that since I've been alive! So, yep, she's definitely changed her mind since the old days!

Now she says, "When in doubt, use *Arnica*!"

So, whether you're an old dog (like me) or an old cat, chicken, llama, or human, remember your *Arnica* 30. Heck, even if you're young, *Arnica* can help with cardiovascular issues that zap your energy. (Scroll down to download your free remedy card to learn the specifics.)

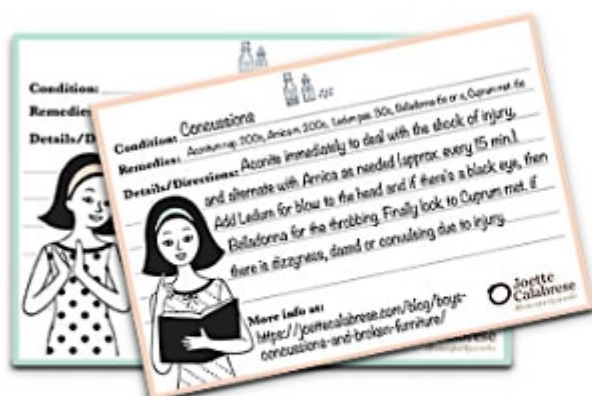
I'd love to stick around and chat, but all this talk about my water has made me thirsty. Now, how do I get down from this chair?



P.S. Joette, here. Owning a *materia medica* is the best way to learn all of the conditions each particular homeopathic remedy can address. While there are free *materia medicas* online, for some, they may be challenging to comprehend without some training.

I wrote [A Materia Medica: Practical Homeopathy® for Busy Families](#) in everyday modern English, along with illustrative examples from my many years in practice, to help you become

familiar with these tried-and-true medicines and their applications. I encourage you to own a copy so that you can acquaint yourself with *Arnica* and 154 other commonly used medicines – and pass on the good news of homeopathy!



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.

[Click Here To Get Your Card](#)