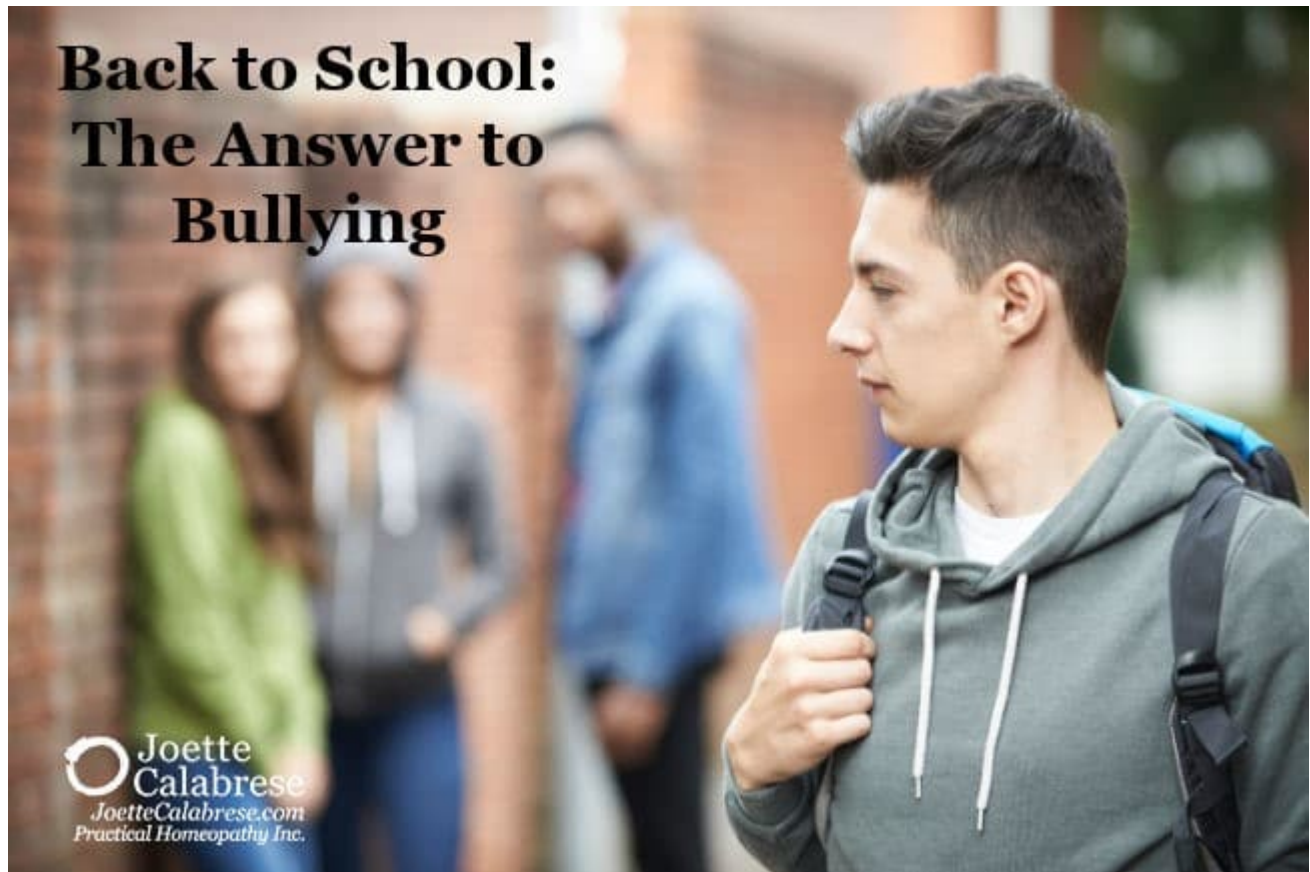


Back to School: The Answer to Bullying



It's back-to-school season – often a complicated time for both students and parents.

There's a lot to contend with: new curriculum, new supplies, new clothes, new friends, new teachers and new life lessons.

One of those life lessons can be learning how to react to bullies.

As a parent, I understand your being concerned if your child has been mistreated by his or her peers.

However, coping with unpleasantness, teasing and bullying is

an inherent part of their growth. Have faith that your child will shape him/herself accordingly.

As humans, we all need external pressure to develop our ability to adjust and mold our relationships. It's not unlike exercise. When pressure is exerted, it may hurt for a while, but it eventually serves to strengthen the muscles and bones.

As mothers, we suffer when we see our children hurt, but their growth depends on a certain amount of pain. Their successful progression from childhood to adulthood depends on much more than academic education and intellectual pursuits.

For instance, to develop robust bodies, they must derive the long-term benefits from getting sick from time to time: getting colds, the flu, chickenpox, etc. **And, yes, their emotional maturation can progress from dealing with bullies.**

The intimidation of bullying helps kids to make needed corrections. Moreover, it teaches them the world is not rainbows and unicorns.

While it seems counter-intuitive, we parents actually shouldn't protect them from the realities of life.

I have no doubt that in order to build a solid man, we must expose them to manhood as early as possible. (The same goes for our young ladies.)

Sometimes it's important to force children to make their own decisions. It will help them come out of their formative years with a muscular ability of character to resist popular opinion when they need to or calibrate when necessary.

Your child's maturation process will awaken as they are required to navigate contentious events on their own.

Having raised three boys to adulthood, I suffered watching them suffer. That's what mothering is: suffering right along with them. But if I may give you one takeaway from my experience: This is all within the range of normalcy.

You're doing a great job. Don't worry when you can't do more. If you become overwhelmed with worry and grief over your child's situation, perhaps consider [*Ignatia 200*](#), twice daily, until you return to emotional stability and strength. Usually, only a couple of days will do the trick.

Your measured response will help influence your child's more mature reaction.

The outside world, as unkind as it can be, is there for a reason.

Your role is to be the good, steadfast mother. Stand in the distant background ready to clean your child's wounds and send them back out into the world – then stay emotionally prepared, possibly to witness the process happen all over again.

It will be all right. In time, your child will develop coping skills and strength of personality. And after all, isn't that precisely what you wish for them?

Warmly,

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

P.S. I've encouraged you to join a [Gateway to Homeopathy study group](#) to turbocharge your education. It's the way I

learned homeopathy – with others of like mind who helped me delve more deeply into homeopathic topics and solutions that I might otherwise have missed without their stimulus.

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

Start on the path of finding your new bestie on my dedicated Facebook page: [Joette's Study Group: Find Your New Study Group Friends.](#)

Take a look at this group of happy faces. Zoom in. These are just *some* of my Gateway to Homeopathy group members from all over the world. (As of this writing, we've had nearly 13,000 (!) of these happy faces take up this way of learning homeopathy.) In these groups, you are sure to find other mothers and grandmothers who have experienced what you're experiencing. They can bolster your resolve with your children – and when you're truly overwrought, they'll remind you to consider your *Ignatia*.



A Guided Study Group Curriculum by Joette Calabrese





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Dental Health: Tooth Pain



Wouldn't it be delightful if the tooth fairy left cell salts under your child's pillow instead of money? What if they awoke to discover tiny bottles of *Calc phos* 6X and *Calc*

fluor 12X?

Okay, okay ... your child would probably not be pleased, but their newly emerging permanent teeth would thrive.

As I wrote in a previous blog post, [Cavities? Try Homeopathy](#), [Calc phos 6X](#) and [Calc fluor 12X](#) are excellent aids for tooth and bone growth in growing children. These two medicines, taken thrice daily for many months, have been shown to strengthen and aid in the integrity of children's teeth.

From childhood right through to our senior years, homeopathy offers polite assistance to our bodies' dental needs.

Lest you think dental health isn't significant, let me tell you that you couldn't be more mistaken. Poor dental health coupled with archaic, aggressive or shoddy restorative dentistry begets illness in the rest of the body – so much so, I have actually added dental history to my client intake forms.

Yes. Dental health is that important!

Obviously, we want to stay away from amalgam fillings or having teeth extracted unnecessarily. Sometimes that simply means staying away from a conventional dentist's office. But when experiencing a nasty toothache, it's easy to become desperate and not think clearly.

Instead of embracing procedures that could wreak havoc on your body's health later, learn how to address tooth pain homeopathically.

- [Pulsatilla](#) is a good choice when the pain of a toothache is aggravated (made worse) by hot food or drink.
- [Coffea](#) That's right, homeopathic coffee! *Coffea* is helpful when the opposite is true and cold food and

drinks bring relief.

- [Belladonna](#) is useful for that throbbing, quite painful ache.
- [Staphysagria](#) is a good choice if you find that clenching alleviates the pain.
- If you notice the toothache came on after being exposed to cold winds, we consider [Aconitum](#).
- Think of [Mag phos](#) for toothaches that present with shooting pain and feel better with warmth.
- [Arnica](#) is a good choice when there is bruising, soreness, and pain, particularly after trauma such as surgery, injury, or braces.
- [Silicea](#) is likely the remedy to bring relief when swelling in the face and glands accompany the toothache, and the sufferer desires warmth against the face.
- [Chamomilla](#) is recommended for teething and even wisdom tooth pain! Despite most common misconceptions, wisdom teeth are not superfluous. Unless there is a grossly apparent problem, and I mean *seriously* pathological, be sure to get a second opinion from a biological dentist whom you can trust. Otherwise, leave those puppies in and try *Chamomilla* 200 twice daily for a few weeks (or less).

Ok, folks. these are writer-downers. Stay tuned for more every week.

The more you learn, the more proficient you'll become in caring for your family's dental health. And when friends comment on your beautiful smile, pass on the good news of homeopathy!

Warmly,



P.S. Don't have a dentist you can trust? A few weeks ago, my Mighty Members received a list of dentists curated from my clients' and students' recommendations. (If you missed that one, it's on your Mighty Members' page archived as Memo to Mighty Members #58.)

If you want that information but you're not a [Mighty Member yet, please join us](#). My Mighty Members enjoy a private playground that's housed on our own servers, away from outside censorship. Mighties get daily quotes for inspiration, short personal video musings, and an additional weekly tip or discussion (often follow-ups to sensitive blog topics in greater depth). Plus, my Mighties also have access to an exclusive discussion group, a safe place to ask questions and share with fellow members.

P.P.S. Attention Students! I have some exciting news. I'm holding a contest – just for my students!

I want to be sure you're aware of the [Students of Joette group in my Social Center](#), a safe place away from Facebook's prying eyes and ears. You can speak freely without the worry of Facebook taking down or flagging posts and comments. No more using code words or talking around the subjects you want to discuss. It has the potential of being a truly vibrant forum for like-minded students such as yourself.

But, I need everyone's help to get the momentum going.

For the next several weeks, the student who is the most

active with quality contributions each week in Joette's Social Center will get a surprise gift from Boiron. Four weeks – four prizes! After the final week, there will also be an additional prize for the most active student of the month. That student will receive one of Washington Homeopathic's popular kits.

We'll announce the winner each Monday in the Facebook Students' group *and* in the Students' group in The Social Center.

If you're looking for ideas for posts, how about:

- Success stories. Be sure to include your thinking for picking the remedies you did. Was it because you learned that protocol in a course?
- How about finding an interesting document in the files section of the Students' group on Facebook and re-posting it in The Social Center, so that we have it safely stored there in case the Facebook group gets shut down? Tell us why you chose that document.
- Post your thoughts on Joette's latest blog post, podcast, or Facebook Live video.



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When Is a Cell Salt Not a Cell Salt? (Spoiler Alert: Never.)



Misconceptions can take on a life of their own. Right?

One common misconception in homeopathy surrounds cell salts, and this misconception rears its ugly head over and over again. I've seen so many questions and comments on my Facebook group about this very subject that I decided I should clarify.

Cell salts, also called Schuessler's tissue salts, is a subcategory of homeopathy that encompasses minerals. Some believe that they enhance the body's ability to utilize nutrients. However, they're powerful medicines used to treat specific conditions without a specific association with nutrient uptake.

Most importantly, they follow the same homeopathic manufacturing principles, methods of administration, and rationale for their use as other homeopathic medicines.

Cell salts are made from solids, so they must first be triturated (ground to a fine powder). Is the process of trituration what makes them a cell salt?

No! *Calc carb* requires trituration because it's made from the inside of an oyster shell, and yet it's not a cell salt at all! So, just being triturated doesn't distinguish cell salts from other homeopathic medicines.

Many people incorrectly believe that a cell salt is a cell salt only when it is prepared in the 3rd, 6th or 12th potency. Other people believe a cell salt is only a cell salt when it is in dissolvable tablet form (such as Hyland's) instead of pellets (such as Boiron or Washington).

So, let's say you notice *Nat mur* in your homeopathy kit in a 30th potency in pellet form. Would you say, "Oh my gosh, is this a cell salt or not?"

Let me put it this way:

A cell salt is always a cell salt, no matter the potency or form. The product just may not be advertised as such in the public square.

Hyland's had the good intention of making cell salts available to the mainstream public in the most expedient way possible. So, they said, "Here are the 12 cell salts in tablet form in the potencies that are most commonly (3, 6 and 12)."

Unfortunately, some people have become confused and believe that makes them different than other homeopathic medicines.

Remember, whether your *Nat mur* is a 3, 6, 12, 30, 200 or 1M potency, it's still a cell salt!

Different potencies apply to different conditions. So, let's

see how that works:

One use of the cell salt [Nat mur 6X](#) is as nature's water distributor. It has a powerful ability to keep the body's water content in balance. *Nat mur*, twice daily, is indicated for both ends of the spectrum. So, whether one's symptoms involve too little fluid (as in the case of dehydration) or too much (as in cases of water retention), *Nat mur* will prompt the body to regulate itself back into balance.

At the same time, while a bit too complicated to fully cover in this setting, the cell salt [Nat mur](#) in the 200th potency is a capitol choice for someone who suffers from certain headaches.

You see? Two conditions call for two different potencies of the same cell salt – the same homeopathic medicine.

A couple of years ago, I produced a series on cell salts you might find helpful. Like everything on my blog, this information is 100% free. Here are the links to the individual articles:

[Calc phos](#)

[Ferrum phos](#)

[Mag phos](#)

[Nat phos](#)

[Kali phos](#)

[Calc fluor](#)

[Nat mur](#)

[Nat sulph](#)

[Silicea](#)

[Calc sulph](#)

[Kali sulph](#)

[Kali mur](#)

Pass on the good news of homeopathy!

Warmly,

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

P.S. If you want to take a deeper dive into the world of cell salts, consider [Cell Salts: The Easy Homeopathy](#). Originally produced as a 2-CD set, it is now available as a digital download for your convenience.

More than anything, I suggest you have a good *materia medica* at the ready for your reference.

There are several free versions available online, but those *materia medicas* are often a bit more challenging to work with. So, I wrote [A Materia Medica: Practical Homeopathy® for Busy Families in plain English – my English](#). I share stories and observations from my 30+ years of working with clients to help you discern which remedy best meets your needs.

P.P.S. I discovered this topic in a thread in my Facebook students group. These days, however, I'm spending less time

on Facebook. Instead, I am turning my attention to our private [Students of Joette group in our Social Center](#). This new discussion group is hosted on our own servers, providing true privacy to discuss your issues away from the prying eyes of Facebook.

Granted, because the group is brand new, there is not much activity yet. But that's where you come in! Look at this as your opportunity to [help form this community](#). Be a pioneer! I know that you can make the [Students of Joette group](#) just as robust as you did our Facebook group.

Going forward, I plan to be more attentive to the items you post in our [Social Center](#) rather than on Facebook. So, you never know when I might stop by to comment on your questions or experiences. So, come and learn in this new private environment. I'll be looking for you!



Concussions
Condition: Concussion
Remedies: Arnica 30C, Arnica 200C, Lachesis 30C, Belladonna 6C or 12C, Cuprum met.
Details/Directions: Alternate immediately to deal with the shock of injury, and alternate with Arnica as needed (approx every 15 min). Add Lachesis 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
Author of 100 Remedies

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Seasickness



What goes better with a hot summer day than water sports? Whether swimming, splashing, floating or boating, it all sounds refreshing.

But ...

(and this is a very big but ...)

Boating can bring on a ruinous issue: seasickness.

For some people, the dream of taking a vacation cruise is a nightmare. Sure, for some, boating is no problem. Certain folks, however, are so psychologically sensitive to motion that they can become seasick at the mere image of a boat on the water.

My husband and eldest son recently helped deliver a friend's sailboat from Ft. Lauderdale, Florida, to New Bedford, Massachusetts. You read that right: they had to travel almost the entire length of the Eastern seaboard – 1,200 miles! And believe me, they don't hug the coast. Instead, they are way out at sea, taking the shortest, most efficient route possible.

Before they left, I put together a collection of potential homeopathic medicines they might need.

Indeed, during the first leg of the trip, they navigated 12–15-foot waves! That was a recipe for relentless seasickness. Not very comfortable!

Early on, my son took the remedies I supplied, and he was up in a jiffy. My husband didn't need anything. (He's an experienced sailor – an old salty dog.)

So, what did I pack in their ditty bags?

Tabacum might have initially come to your mind as one answer to queasiness. Good idea! I previously discussed its use in my blog post, [It's Nauseating: Peer Pressure and Your Cure for Nausea](#). So, yes, I did include a tube of *Tabacum* for my sailors. However, it's not the only potentially helpful medicine in cases of seasickness.

As you know, in homeopathy – say it with me – there is more than one way to skin a cat!

Therefore, I'd like to call your attention to two others:

[Cocculus indicus](#): This medicine is called for in cases of motion sickness that is spurred by watching moving objects and is accompanied by nausea, fatigue, vertigo and weakness, or a “hollow” sensation in the stomach. The nausea will also result in an aversion to the sight or smell of food. Dizziness, weakness and headache may force the sufferer to

lie down. Generally taken in the 30th potency, *Cocculus* may be taken every 15 minutes for the first hour after seasickness strikes and then once every hour after that until very much better.

Petroleum: For persistent nausea that may also be marked by excessive salivation, vomiting, dizziness or headache, *Petroleum* is an outstanding choice. This type of seasickness is uniquely indicated when symptoms are reduced by eating. Also used in the same manner, *Petroleum* 30 may be taken every 15 minutes for the first hour and again once every hour after until the condition is resolved.

If your chosen homeopathic medicine generates no improvement after four or five doses (which, according to this schedule, would be after the first hour or so), it most likely was not the best fit for your specific condition. Move on to the next remedy. (And there are even more potential homeopathics you might consider. I'll add those to the list in this coming week's [Memo to Mighty Members](#).)

Homeopathy may sometimes be used prophylactically. For someone who consistently experiences motion sickness, these medicines may be taken in advance.

So, before embarking on a boat trip, tossing the best-chosen remedy under the tongue is a good plan. Should a bit of motion sickness still creep in, the remedy should be begun immediately.

Remember to bring an assortment of seasickness medicines on board so you can offer assistance to anyone else suffering. What a clever way to pass on the good news of homeopathy, right?

It's boating made perfect, thanks to homeopathy! (Now, if only there were a homeopathic remedy to repel pirates and attract fish!)

Warmly,

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

P.S. Have you ever wondered what you're missing by not taking part in a [Gateway to Homeopathy study group](#)? Let me tell you, you're missing a LOT! Not only will you receive a foundational education in homeopathy, but you'll also learn specific medicines and their keynotes, along with potencies and frequencies. Plus, you'll make lifelong friends, a camaraderie to enhance learning and practice.

Over 9,000 mothers and others – just like you – have joined a study group. That's a lot of people honing their homeopathy skills, meeting other like-minded people and having fun doing it. So, no more fear of missing out!! The cure for FOMO is [Gateway to Homeopathy](#)!

P.P.S. Remember the famous line from the movie "Field of Dreams": "If you build it, they will come"?

Well, we built it! We now host a [Students of Joette group in our Social Center](#) on our own servers, away from the prying eyes of Facebook censors.

The next step is up to you! You have to come!

This group is free of charge to students of my courses. You don't have to be a [Mighty Member](#) (they have their own separate social group to post in), but you do have to be a paid-in-full student. A students-only membership allows for open discussions of slightly more complex topics with other students who possess a similar knowledge level.

Right now, there is only a little bit of activity in this group. Instead of being discouraged by that, look at it as your opportunity to [help form this community](#) and flesh out our dream of a dynamic, safe, private discussion group. Be a pioneer! I know that you can make the [Students of Joette group](#) just as robust as you did our Facebook group.

Look, the writing is on the wall, folks. I'm not sure how long we can stay on Facebook without falling victim to their crushing interference.

Let's be ready! I urge you to get posting in this new private environment. To help spur you on, I will be more attentive to items you post in our [Social Center](#) than on Facebook. You never know when I might stop by to comment on your questions or experiences. So, come and play in this private sandbox with me today. I'll be looking for you!



Remedy Cards

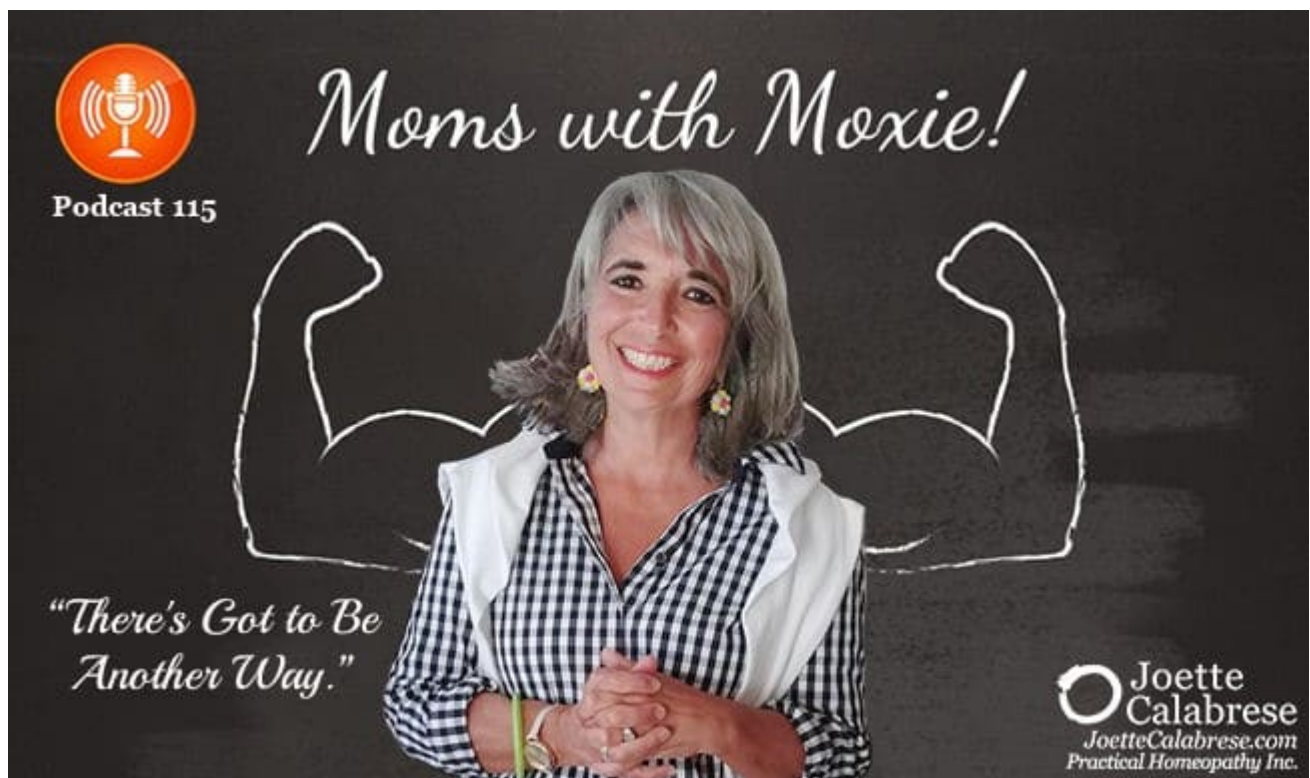
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Podcast 115 – Moms with Moxie: There's Got to Be Another Way



IN THIS PODCAST, WE COVER:

- 09:33** Advice for Learning Homeopathy
- 11:58** Stories of Medicines Used for Animals
- 20:00** Stories of Medicines Used for Humans
- 32:15** Carry Your Remedies

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy](#)

[Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back](#)

[Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good](#)

[The Survivalist Guide to Homeopathy](#)

[Joette's Mighty Members](#)

[Sepia for Mother's Day! This Time for Headaches](#)

[Double, Double Boil and Trouble](#)

[The Eyes Have It: Chronic Dry Eyes](#)

[Dental Infections and Bone Spurs](#)

[Let Me Google That for You](#)

[RuralHillCreations on Etsy](#)

[My blog, podcasts, Facebook Live events and courses](#)

[Gateway to Homeopathy: A Guided Study Group Curriculum](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 115.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories.

With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

Kate: Hi. This is Kate, and I want to welcome you back to the Practical Homeopathy® podcast. I have a very sweet friend here with me today. Her name is Elaine.

I'm excited to talk to you, Elaine, because we've just been chatting on and on about homeopathy. And, actually, I had to stop us because we were just sharing so much information – so much good information – that I wanted Joette's listeners to hear what we were saying.

I'm excited because you have a lot of things to share. You've studied homeopathy quite extensively. You're in school. You've taken quite a few of Joette's courses. You help other people. You get calls. You just told me about a veterinary that called you. You have a lot to share. I am just thrilled to welcome you to the podcast, Elaine.

Elaine: Thank you for having me, Kate. I'm really excited to be here.

Kate: Yes. Tell us about your background.

Elaine: Well, my background is I am actually a college instructor, a nutritionist. I mostly teach nutrition. Sometimes I teach a drug course for the criminal justice students. I love my job. I love working with older, college age, as opposed to young kids. I have two grown daughters. One seriously believes in homeopathy. One is torn, not sure. So that's a little bit about me.

I've dabbled in homeopathy years and years ago when my kids were really little, but I really only knew a little bit about *Arnica*, *Calendula*, *Oscillococcinum*. That's kind of about my limit. I knew I believed in it, but I really didn't know where to go. I didn't even know how to find a homeopath, if I'd wanted to.

Kate: Right. You were telling me about the tubes, and all you knew was you pick up a homeopathic medicine and what it says to use it for on the tube.

Elaine: I remember *Thuja* because *Thuja*, it is so common today. I've been hearing about it, but I remember picking up *Thuja* and going warts. Okay, I don't have warts. I put it back on the shelf. There was only one thing on each tube. Now of course, we know each remedy takes care of multiple things, but they can only put, like, one thing on the tube. I was kind of confused by that, so I really left it alone. And they didn't have all these wonderful books that they have today.

Kate: Right, so many resources. In fact, we were just comparing *materia medicas* and repertories and having fun reading the introduction to those.

If you own a *materia medica* or a repertory, I want to encourage you, even the Banerji protocol book, go to the beginning and read because there's a lot of extra information that you can learn in those books – just a wealth of information. So, definitely start at the beginning.

Let's talk about how you found Joette and what you've done with homeopathy – kind of your progression throughout the years since you've learned that it's more than just what it says on that little tube.

Elaine: I guess the hardcore stuff started four or five years ago when my asthma got really bad, kind of peaked, and I had two really bad asthma attacks that scared me. So, I went to my regular doctor, and she wanted to put me on two

different inhalers and one or two different pills – mostly steroid based – and I was very upset. I didn't have a problem with the emergency inhaler, but I did not want to put steroids in my body.

I just said, "There's got to be another way."

Her comment to me was, "No, this asthma is a chronic condition. You have to learn how to live with it and how to treat it. There is no cure for it."

I kind of left there thinking, "I'll find a way."

So, it started about that same time. I started doing a lot of research, a lot of digging. I actually did start taking a couple remedies on my own. Then I bumped across Joette's website and kind of started reading a lot of her blogs and listening to her podcasts. And I fell in love with her take on homeopathy and decided to become a client.

It took me a while because I had fill out the paperwork and think about it, right? I finally sent the paperwork in about a couple years ago. I did meet with her as a client. It really did help me ... I think I was on the right track; she told me I was definitely on the right track ... help me come up with other remedies and some other problems that I was dealing with like migraines.

That's about it. I didn't really have a lot of health issues, but the asthma and the migraines were very, you know, very, say, frustrating. The asthma was very scary to me.

Kate: Right. So, do you still have the asthma?

Elaine: It is, I would say, 90/95% gone – or better. Occasionally, I have a ... and I think it's part of ... there are some allergies. I have the spring allergies which I think is what triggered some of the asthma or spasms. But to be honest, some of the remedies I have taken have really helped those. Mostly S.O.S., I take *Kali carb* which has been wonderful when I have any kind of wheezing.

Kate: So, what you're saying is *Kali carbonicum*, and what potency do you use?

Elaine: *Kali carbonicum* 200 will pretty much stop a wheezing attack right in the middle of it. It just stops. It's really interesting, fascinating. Every time I take it, I go, "How long is this going to take?" And I'm surprised every time. It takes like 30 seconds – maybe a minute.

And then, sometimes, I often have a lot of clearing of my throat and mucus production due to allergies, and *Ipecac* 30C, literally, within one to two minutes, will clear my throat and everything will calm down. It'll pretty much dissipate, go away.

Kate: That's great. I think a lot of people have problems with that. I don't know if there's just more allergies going on in the world or what, but it seems like a pretty common problem.

Elaine: In so many people. I was what they call age-onset asthma. I didn't have it my whole life. So, when I developed

it probably 10 years ago, maybe 15 years ago, I just used the emergency inhaler once or twice when I'd have a cold, but that'd never go away. Then I had these two asthma attacks. I knew something else was brewing. I think it was just culminating, the combination of allergies with the asthma and all of a sudden ... and my age, probably getting a little older.

Kate: You've consulted with Joette. You've taken many of her courses. In fact, I think you said you own how many courses?

Elaine: I think I have six now.

Kate: Six.

Elaine: Not counting [Gateway I](#) and [II](#). I actually started with the Gateway I, and I ran the class myself. I got just about five friends of mine and myself, and we had a ball with it. I was going to do the Gateway II when we saw you had a class online. We thought, "Let's not wait. Let's take the class with Kate." So, we actually all took the Gateway II with you.

I had already purchased the [Skin class](#). I was kind of working on the Skin class while doing the Gateway II, and I really enjoyed the Skin class.

Then the next one was the [Allergic?!](#) Then the [Pain class](#). I

really wanted to take a live class with Joette just to see if it was different, right? It was really good information.

I have a few others. I haven't finished all of them. The [Survivalist](#) is one of my favorites. I'm about a third of the way through that one.

Like I said, I have six of those done. I plan on doing all of them, but it takes time.

Kate: Yes. And you're busy. You're also going to school for homeopathy.

Elaine: Yeah, yeah. The nice part is its part time, (so you can go part time, because I still work full time), but it's very interesting. Doing that and taking Joette's classes, it's pretty much my spare, my free, time is homeopathy.

Advice for Learning Homeopathy

Kate: Right. Looking back Elaine – how you started and the classes and consulting and going to school – maybe give us some advice. Looking back, what would you do or what would you recommend that people do? Because you've gone through a lot of trial and error, you've done so many different things. Tell us what you think would be helpful.

Elaine: That's a good question because had I known, I think my sole research was good because I was really getting into some good stuff and some good books. But had I known, I really would have started with the Gateway classes right away because I learned so much basic information that I already had, but I had it from like 10 different sources. Everything was in Gateway I and II. I would tell anybody, do that first.

Also, I think the Facebook Lives and the podcasts are wonderful. I would tell everybody to be part of those. If you want to go a little bit deeper, I belong to the Mighty Members, [Joette's Mighty Members](#). That's kind of fun, a little more detailed, a little more depth than the Facebook Lives, but I would start there.

Then when you really want to delve in, take one of Joette's courses. I did it kind of backwards.

Kate: Yes. Then if you're interested in pursuing education maybe from there, you would say?

Elaine: Yes. Absolutely. Well, you and I were saying earlier, there's so much information out there on homeopathy. Taking a couple of classes through Joette would be the best, a good secondary step or third step before you really contemplate going to college or going to further your education (like going for a certificate), because that is trying to say, where do you want to go? Do you want to go online? Do you want to go international? Do you want to stay in this country?

Of course, I'm really looking forward to Joette's Practical Homeopathy® Academy when that starts.

Kate: Yes. You said you're going to fit that into everything else that you're doing.

Elaine: I hope to. I hope to. So, just pick and choose but start small and then add on. There's plenty to do just with [Joette's Mighty Members](#), [her website](#), and [her courses](#).

Stories of Medicines Used for Animals

Kate: So, let's get into some of the nuts and bolts of how you've used all these medicines that you've learned about over the years. Tell us some stories.

Elaine: Okay, well, I guess I could start with some of my cat and dog stories. I have two dogs and two cats. I kind of started with them. Your own kids or your own animals are your kind of like guinea pigs. I've saved so much money not going to the emergency clinic for my animals.

My cat ... Cats are interesting. Cats can't throw up or get sick because they can get dehydrated really easily, whereas

dogs, it's not that big a deal. My cats, on occasion, about twice a year, they will throw up. They don't go outside. They're indoor cats, but they still get stomach aches occasionally. I just gave them *Nux vomica* one time and within 5-10 minutes, they were back to normal. I was like, "Okay." I used the *Nux vomica* on my cats every time they throw up and don't want to eat.

Kate: Hey, that's a good tip. I've used *Arsenicum album*. I think I've used it in the 30th potency when I've had a cat that has thrown up, and it stopped it. What potency did you use of the *Nux*?

Elaine: I think it was 30. Yes, just 30.

Kate: Okay.

Elaine: Then one cat, I couldn't get it in his mouth no matter what. I know it's best to get it in their mouth. A friend of mine told me you can also put it in a water solution and wipe it in their ears or the top of their head. But, I sprinkled it on their food, and he ate it, and he still got better.

Kate: That's good. Yes, I put some drops in some water, and then I put the cat's face near the water and splashed it on the mouth area.

Elaine: That would work. The other cat, I put it in his

mouth real easily. But the one ...

Then my daughter called me one day kind of nervous because her cat was acting really funny, not eating and kind of salivating and making funny noises with its mouth. She was getting ready to rush her to the emergency room. She said, "Do you have anything I can try?"

I'm like, "Try the *Nux* because it sounds stomach and same kind of symptoms."

Sure enough, she texted me back in 10 minutes. She was, "You're not going to believe this. She's totally normal and eating her food." So, I probably would have done the *Arsenicum album*, like you mentioned, if that one didn't work. But it worked on her cat and my two cats.

Kate: Yes, I think the other thing about with *Nux vomica*, I've used it with our dogs as well, because when they go outside, who knows what they get into. Even the cats indoors like, what do they actually ingest because, you know, cats tend to play with and eat a lot of things that they're not supposed to. So, that is it. A wise choice. Yes.

Elaine: That's a perfect segue to my dog, my one dog, who's a Staffordshire Terrier who likes to eat anything. He was down in the basement with the kitties. And he loves the cats, but he ate one of the cat toys. We didn't know until he couldn't pass it about a week later. He couldn't throw it up, and he couldn't pass it.

So, we took him to the emergency. Sure enough, he had swallowed a fuzzy catnip toy. It was stuck in the very early part of his intestines in the duodenum area. So, he had to undergo emergency surgery to remove the cat toy.

It was complicated because he has Addison's disease. His body doesn't produce cortisol. He does take a very low-dose prednisone. But it complicated the surgery. He was very sick. He was in the emergency room intensive care for six days. I finally brought him home on the sixth, and they didn't release him because he wasn't going to eat. I think he didn't want to eat because he wasn't home. Because as soon as we brought him home, he started eating, but he was very, very sick. His entire stomach was blood red from a bruising from the surgery. So, they were very good though. They let me bring in all my homeopathy kits and let me treat him.

Kate: Nice.

Elaine: Yes, I gave him *Arnica* for the bleeding. I gave him *Staphysagria* for the incision site. (I think that was a 200.) I gave him *Calendula* for the skin, the skin area. I'm trying to think what else. *Hypericum* for nerve. Dogs and cats don't tell. They can't talk, right? I gave him *Hypericum*. I do think they helped. He was stable. He just wasn't allowed to come home because he wasn't eating.

But the sixth day, we brought him home ,and he would eat small amounts. I really do believe that the remedies helped

him stay stable while he was in the intensive care hospital. That was a really scary, a scary thing.

Kate: Yes.

Elaine: The chiropractor that takes care of ... she does people *and* dogs. She had had a cat who seemed to have some issues and asked the cat's owner if she would like to talk to me and my friend because we were both in homeopathy school. You know, we're not homeopaths, but we are learning. Would we want to talk to her about her kitty?

We met with her, and we talked with her. Her cat was afraid of everything, hiding everywhere, picked on by the other cat. So, we talked about it. We repertorized it – meaning we looked in the repertory and tried to look up just the same as an animal is a person, right? We looked at fear, hiding, afraid.

We basically came up with *Aconite* 30, one dose and to try that. We asked her to have *Thuja* 30 on hand because he came to her as a three-month-old kitty having had like multiple vaccinations pretty much all done in the same day. So, we didn't know if he was having leftover reactions from that. But the *Aconite* works so beautifully, she stopped there and didn't go to the *Thuja*.

I said, "Call me if you have any questions. We'll proceed if he's backtracking or becoming afraid again."

Kate: Yeah.

Elaine: That was kind of fun.

Kate: That's great!

Elaine: Yes. Let's see. My daughter has a dog who gets pneumonia. She has some health issues, and she gets pneumonia very easily. So, we gave her the pneumonia protocol which was really *Kali carbonicum* and *Antimonium tart*. I'm not sure, I want to say 200 each.

Within two days, her pneumonia was under control and not coughing. She uses that probably once or twice a year, and she can tell because of her breathing with allergies will get very, very raspy and mucousy. She will use the pneumonia protocol on her dog.

The only other animal one: I had a friend whose kitty cat ... No, I'm sorry, it was her dog who had a very bad UTI, bladder infection. We thought she sounded more like *Medorrhinum* which is a nosode for UTIs. One dose – one dose – and the dog went to sleep.

Kate: Oh, my gosh!

Elaine: I know. We were surprised. The next day, she was totally fine. She was going to the bathroom every 15 minutes for about six hours.

Kate: Before?

Elaine: Before. Before the *Medorrhinum*.

Kate: Wow.

Elaine: That was a shocker.

Kate: I know. I feel like when I've used homeopathy with animals, they've responded so quickly. So, people who talk about homeopathy being a placebo, and it's the placebo effect, they clearly haven't seen homeopathy work with animals.

Elaine: Right. Right. Babies and animals. There's no placebo.

Kate: Right. Exactly.

Stories of Medicines Used in Human

Kate: Let's move to people. Tell us some of the stories with people.

Elaine: I'm going to start with my favorite one because this was a shocker. One of my best friend's husband had ankle surgery this past December. He had fallen off a ladder putting up Christmas lights on the house, and he broke his ankle.

She was really excited. She wanted to use the homeopathy and so did he! He didn't want to do any of the traditional pain meds afterwards.

We had him mostly on *Arnica* 200 and *Hypericum* 200. I think I said he could take the *Hypericum* 1M if the pain got really bad. I don't even think he used the 1M. I think he was able to keep with the 200. He did not take any traditional allopathic pain medications.

We also gave him *Staphysagria* and *Calendula*. I believe they were also in 200. The *Calendula* might have been 30C for skin health and the incision.

Calc phos for the bone because he had splintered ... he actually broke the bone. *Symphytum* and *Calc phos*, and we think the *Symphytum* was the magic. He went to the doctor two weeks later. He was in a boot, but he had the boot on like one of those carts because he couldn't put any weight on it at all. Two weeks later, he was going to the doctor. He was so frustrated with the boot. It was banging into everything, and he wanted to get off of it.

The doctor was like, "It's very doubtful you will be putting any weight on your foot even with the boot on." So, he went to the doctor that day and they x-rayed it and the doctor couldn't believe his bone healing. They said, "You can walk around on the bone. You can walk around in the boot now."

Kate: Wow. Two weeks?

Elaine: Two weeks with a shattered ankle. He had two plates in there and multiple staples, and he was allowed to walk with the boot and put pressure on it.

Kate: Wow!

Elaine: That was, I think ... My friend and I, we were shocked by that. We thought that was amazing.

For my migraines, I used the protocol *Picricum acidum* 200 and *Belladonna* 6. I think the protocol is for 3C, but I couldn't get 3C anywhere in the United States. I used the 6C, and it works amazing. Just within not even five minutes, the migraine will have calmed down.

I still get some sinus headaches. I'm a headache person. I get sinus headaches on occasion, definitely not migraines, and the *Sanguinaria* 30 or 200 ... I try to go to 30 if it works. If it doesn't work, I try the 200. The *Sanguinaria* works beautifully for any kind of sinus, forehead sinus pain.

Kate: You can actually find some of those medicines on a blog called [Sepia for Mother's Day! This Time for Headaches](#). Well, that was in 2016 that that blog was posted but that I know has the *Picric acid* and the *Belladonna* on there. So, if you want to look up, and you need some other ideas, Joette writes about *Sanguinaria* as well on that blog. If you have headaches, you might want to check that blog out.

Elaine: Yes, it's an excellent blog.

I have two different friends who have ... One friend has a chronic problem with cysts, boils, pimples – I guess they're all pretty related. I had one friend who had an emergency cyst from a headgear that she was wearing where she teaches exercise classes. (They sterilize it, but she's like, "I don't know if somebody forgot to one day." She said, "I have no idea.")

She was going away the next day on vacation to Mexico. She was frantic because she didn't have time to go to the doctor's. She's like, "Is there anything I can take with me?"

So, I suggested that she take the protocol ... I sent her to Joette's blog, [Double, Double Boil and Trouble](#) and to use the protocol for cysts or boils. It's *Hepar sulph* and *Belladonna*. She actually emailed me the next day from Mexico and said it was almost gone after two doses. She stayed on it for a few more days, but after two doses, it was almost gone.

Now my other friend who has the chronic cysts, she said it works within three to four days. It probably happens two or three times a year. But every time, it works. And she thinks that the time in between the cysts occurring is getting

longer each time. I told her that's one of the hallmarks that it's probably rooting out the problem in that she's having it less often.

Kate: Right. Yes. That's something you look for is how often the problem occurs or how long it lasts ...

Elaine: And the intensity of the pain.

Kate: Yes. Those are what we call the three magic markers.

Elaine: That's the magic markers. How can I forget that? I knew that.

Kate: Right, that's in the Gateway study guide.

Elaine: Yes, exactly. That's why I love going to the Gateway book.

Kate: Yes.

Elaine: I have three really short, easy, acute problems that happened to me. They're my stories I tell friends when I'm trying to get them interested in homeopathy.

I had a wasp sting – I know this has happened to many

people. I picked up the hose last summer, and a wasp was on the handle. And just a horrible sting. There was no stinger in my hand, but it was immediately red, swollen, a big bump. I thought, "Well, I'm going to experiment on myself," right?

So, I took the *Apis* 30 – just 30 because I had it handy – and I counted. I literally counted to 20. The redness was almost gone, and the pain was gone. About five minutes later, I had no swelling, no redness, nothing. I was like, "Okay, fast, fast."

My other fun one was my dog slammed my finger – running full force slammed my finger – the first joint on the corner of a wall. It was, you know, how you get a bruise, a very bad bruise. It was immediately turning purple, swollen. And anybody who knows me, I have my nails done, I thought, "Oh God, I'm going to not only lose my nail, I'm going to lose part of my finger."

I took the *Arnica*. I took *Arnica* 30C that night, and I thought, "Oh, I'll do it again in the morning. I'll just see how bad it is." The next morning, all I had left was a very thin purple line long the cuticle. The swelling was completely gone.

I don't think I even took a second dose. By the end of that day, you couldn't even tell I hit my finger. That was kind of interesting.

Then my other acute one was I grabbed the pan – the potholders slipped in the oven. I was taking a pan out of the oven.

Kate: That sounds horrible.

Elaine: Yes. I got a blister almost immediately. It wasn't

too big. It was like moon-shaped on my index finger. I thought, "Oh, Lord."

So, I took *Cantharis* 200 for burns. And I had some *Cantharis* in a cream also, so I put that on my finger. Again, within about two hours, the blister had gone flat. It was still there, but it was completely flat. The next day, the blister had completely reabsorbed. It was gone.

Kate: Did you take the *Cantharis* again?

Elaine: Yes, I took it once before bed because like I said it was still there but flat. I only took it twice. The next morning, it was completely absorbed.

Kate: You know that would have lasted for days.

Elaine: Yes, when you see a bruise appear that quickly.

I have a couple that I have used with my boyfriend. He has a chronic problem. He has a heel spur, a bone spur. I believe there's a protocol for bone spurs. I think it doesn't matter if it's in the shoulder or the heel. He takes the cell salt called *Calc fluor* and *Hekla lava* 30C is the remedy.

It's been about six months, but the heel spur is almost gone. You have to really push hard. He can feel it, but it

seems like it's almost gone now.

He also tends to have very ... his eyes, the wind, too much computer ... his eyes get very dry and very bloodshot. I used *Euphrasia*, *Euphrasia* 30, which is for eye health. There's a really good blog Joette has called [The Eyes Have It: Chronic Dry Eyes](#). The photo really stands out because the photo in the blog is a woman with really bloodshot eyes. We use *Euphrasia* 30 for my boyfriend's eyes, and it works after maybe one or two doses. It's pretty much gone the next day.

Kate: Going back to when you were talking about the bone spurs, Joette did a Facebook Live, and I believe it's called [Bone \[Dental\] Infections and Bone Spurs](#). You can look up that Facebook Live video as well.

Elaine: Right, and he did have shingles a couple of years ago. I mean, he had a good case of it, but he didn't have it *horribly*. He really didn't want to take any medication. I'm not even sure there is anything if you have an outbreak of shingles.

The protocol for shingles was *Antimonium crud*. We did that. I think it's twice a day for a few days. And I would say by the fourth or fifth day, it was tolerable. The blisters were almost gone.

Kate: Yes, a friend of mine had shingles, and I know she found *Hypericum* very helpful for the pain.

Elaine: Yes, for the pain.

Kate: Yes. This is a good learning point here. If ever you need to look up what remedy to use for a condition, just Google even Joette and then the name of the condition, and you'll find things oftentimes on that condition and see what to use.

In our Gateway study group last night, we were just talking about this because people were asking, "Well, what would we use for this, or what would we use for this?"

We just said, "You know, [just go and Google it.](#)"

It's good to learn to use Joette's name and then Google and you'll often find the information that you need.

Elaine: I do that all the time because I want to share, I want to just not tell somebody what to take, I want them to read about it, so, I look it up for them if they can't find it. But if they can find it on their own ...

If not, I'm looking it up all the time and sending them the actual link.

Kate: That's great. You know that whole thing about teaching a person to fish.

Elaine: Right.

Kate: Because then you can tell them just Google “Joette Calabrese” or even just “Joette.” Her name is so unique that you can often just Google “Joette”.

Elaine: Exactly, and it almost always pops up. There are usually two or three different things that will pop up, and I look at all of them to see which one is the easiest to understand or the most recent one that she’s written.

Kate: Right.

Elaine: The only other friend one that really pops out at me is I had a friend who had hot flashes and mostly hot flashes with sweating. I believe we used the *Lachesis* 30, and it worked beautifully. She just used it S.O.S. When she had a really bad hot flash, she took it, and they gradually diminished over a couple of weeks. She’s pretty much hot flash-free as far as I know.

Kate: Nice. When you say S.O.S, explain what you mean by that.

Elaine: Emergency, like I’m having an acute thing at the moment. Like I had a hot flash, so she would treat the hot flash at that moment. It wasn’t really a chronic because it wasn’t happening all the time.

Carry Your Remedies

Kate: All right, thank you. Well, Elaine, you've really given us a lot of information. This is a packed podcast. But let's just wrap it up and tell us anything else that you've learned from your experience over these years of study that you want to share with the listeners today.

Elaine: I guess the only thing I would add to the earlier tips we talked about is to not leave home without some remedies with you.

I have two very small pouches that I carry some remedies in. One is just for me, for my asthma. And then I have another slightly larger one that has very common things in it like *Arsenicum album*, *Apis*, *Arnica* so that I can share it with a friend if they hurt themselves (hit their head, neck and give them some *Arnica*). I probably have six remedies in that kit, but they're all emergency remedies. I almost always can help somebody or help myself by having those two little pouches with me.

Kate: What do you put the medicines in?

Elaine: I have little EMF-protected pouches that I think I learned about from you, Kate, from the Gateway II class. And I bought them from the woman that you purchased your little ...

Kate: Yes, my friend Sue. She's so sweet. She has a store on Etsy called [RuralHillCreations](#) – all one word. She sells those. Yes.

Elaine: I bought three or four from her. I have a friend who bought a bunch. I have one that I carry around. If I'm going to share a little remedy with somebody, I'll put it in there so I can take it with them.

Kate: Yes. Great. Thank you so much for your willingness to talk to us and share all of your wisdom. I look forward to talking to you again after you're done with more of these courses and school that you're doing. I don't know. It was very fun talking to you today.

Elaine: Thank you, Kate. I've enjoyed it immensely.

Joette: As I hope you know by now, on my [blog](#), [podcasts](#) and [Facebook Live](#), I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising.

But let me be clear. When it comes to more complex conditions, it's key that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my [courses](#) in which I walk students through each method with step-by-step training.

In these podcasts, I focus on those students of mine who have already tunneled in and learned how to take care of themselves, family, friends, and pets, and even livestock using homeopathic medicine. Many of these students began their education by participating in one of my [Gateway to Homeopathy study groups](#). And now, after taking one or more of my courses, they're well-trained to use my specific brand of homeopathy.

I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify and iHeartRadio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit [PracticalHomeopathy.com](#).

These Moms with Moxie podcasts are designed to be

inspirational, not specifically educational. No Remedy Card is provided.

Loss of Taste and Smell



Probably ever since mankind was, well, mankind, it's been noted that one or another common cold or sinus infection will cause a loss of taste and or smell in some people. Sometimes it's associated with a lessened ability concomitant with distortion of these senses.

Now, while we've been led to believe this is a unique symptom of one particular virus, in truth, it is prevalent among many different colds and flu. Sometimes the distortion

or loss retreats quickly; other times, those senses may take weeks or even months to return to normal.

To be honest, I suggest patience. It's not the end of the world. Most of us will be just fine letting nature take its course.

But for specific individuals, a loss of taste and smell can be more difficult. For instance, my thoughts go to Lucy, a chef here in Florida. Without her own reliable sense of taste and smell, Lucy had to hire a sous chef with a sophisticated and sensitive palate to stand by in her kitchen to taste her food!

Okay, I can certainly understand why Chef Lucy wants to find a solution sooner than later!

Months ago, I private spoke to my [Mighty Members](#) about this phenomenon (see Mighty Musing, "A Loss of Taste and Smell"). However, because so many folks are experiencing the common cold right now, I'd like to share my thoughts with you now as well.

So, summon your inner cheerleader and shout along with me,

"Give me an S!"

S is for Smell. Sniffer. Schnozzola. Sinuses.

And *Sanguinaria*.

[Sanguinaria 200](#), twice daily, is a first-line remedy for the loss of smell and taste. For many, this may be the quick and easy answer.

It may encourage the senses of taste and smell to return, plus the *Sanguinaria* can clear sinuses to pre-sickness perfection.

Win-win-win!

However, it may not be a perfect fit for your experience. I've had it work beautifully for some clients, yet I'm aware of others who saw no improvement with *Sanguinaria*.

But as you know, in homeopathy, there is more than one way to skin a cat. If after several days or so of *Sanguinaria* with no improvement, [Sulphur 30](#) (also used twice daily) is another good choice. I especially lean toward *Sulphur* if the sufferer has had the cold or sinus infection for an extended time.

Now, don't tell me that you think having a cold for a week is an extended period – because it isn't. Colds typically last for ten days and even two weeks! So, I would consider a cold to be extended after about three weeks.

But let's say *Sulphur* doesn't fit well with your symptoms either.

There are even more choices. For those with whom *Sanguinaria* and *Sulphur* haven't provided improvement, I discussed [Colchicum](#) in a recent Facebook Live entitled [Phantom Smells](#).

Colchicum is especially beneficial for a *distorted* sense of smell (where certain foods smell metallic, rotten or even smell like something else entirely). I've received several happy responses stating it's worked well for those who didn't respond to *Sanguinaria*.

Additionally, [China](#) may be an intelligent match for a loss or distortion of taste!

How did I discover that China might fit? Why, by using a repertory, of course.

Are you curious about using a repertory? Then I urge you to watch my Facebook live entitled, [How to Choose a Remedy When You Don't Know the Protocol](#). You can follow along with me as I peruse my repertory to discover the appropriateness of the

remedy, *China*.

I bet Chef Lucy will be glad to release her sous chef as her own sense of taste returns to normal. (Can you imagine trying to cook without being able to discern if your dish is salted or seasoned correctly? Not fun at all.)

So, if you find yourself with a summer cold, first be thankful that you are rebuilding your body's natural immune system.

Then, use your chosen homeopathic remedy to address any overwhelmingly burdensome symptoms.

Lastly, if you use the information in this blog post (or the Facebook Lives I've referenced), **please report back to me in the comment section below**. Your participation will help us all home in.

The next time the common cold passes between your family and loved ones, you can pass on the good news of homeopathy!

Warmly,

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

P.S. In addition to knowing how to use a repertory, it's essential to have a *materia medica* to learn about each potential medicine you are considering for a condition.

There are several available free online, but those *materia medicas* are often a bit more challenging to work with. So, I wrote [A Materia Medica: Practical Homeopathy® for Busy](#)

Families in plain English – my English. I share stories and observations from my 30+ years of working with clients to help you discern which remedy best meets your needs.



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.

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Phytolacca and Breast Tissue



Homeopathy works!

I see it work for various conditions every day. And on a regular basis, students share their remarkable victories with me.

I use the term “remarkable” not as in “unbelievable” but rather something worth shouting from the rooftops.

Today, I want to talk about [*Phytolacca decandra*](#).

Homeopathic *Phytolacca* is made from the American Pokeweed – a plant considered by most to be toxic.

However, perhaps you remember the Elvis Presley hit, “Polk Salad Annie”? Well, the very same American Pokeweed plant (*Phytolacca*) we are discussing here was the focus of that song.

(Trivia alert: Generations of rural Southerners have passed

down a specific way to cook the young leaves before the plant grows berries, which allows it to be eaten without poisoning the family. And don't ask me why the spelling changed from poke sallet to polk salad– most likely because [colloquial pronunciation altered the spelling.](#))

Remember, substances that may be poisonous or toxic in their gross form, when diluted and succussed into their homeopathic formulas, provide us with some of the most powerful medicines on earth. And that's pretty hard to beat. (See [Ooooh, I Love Toxic Substances! \(When They're So Diluted They Become Medicines\).](#))

So, let me tell you about my student's experience with *Phytolacca*. To protect her privacy, I suppose we'll just call her Annie, like the song.

Annie had breast surgery. Unfortunately, after the surgery, her breast tissue didn't return to normal. Instead, Annie described her breast tissue as "strange" – thickened, hard and puckered – and not at all like her other breast.

Once she cleared that it wasn't cancer, she naturally turned to homeopathy.

Here on my free blog, I've covered several medicines that are highly effective for breast tissue. In [Breast Pain: When Even Hugs Hurt](#), I detailed the use of [Bryonia](#) and [Bellis perennis](#) for breast pain. In [Mammogram Pain](#), I added [Arnica](#) as an alternative medicine for soft tissue trauma.

Those didn't address Annie's specific needs. But she remembered that in homeopathy, there's more than one way to skin a cat. So, in Annie's particular case, [Phytolacca](#) was the best fit.

If you have [A Materia Medica: Practical Homeopathy® for Busy Families](#), you'll find the keynote for *Phytolacca* is glandular conditions because it's primarily a remedy for

body aches and glandular inflammations. It's also one of my favorite go-to remedies for mastitis because it uproots the breast tissue issue and addresses the adjacent lymph nodes.

Phytolacca is a perfect fit for breast recovery after a trauma such as surgery, injury, or infection.

Mind you, it's not the only one to consider, but it's an important one.

After a couple of weeks of taking [*Phytolacca 30*](#) twice daily, Annie was gobsmacked! Her "strange" breast tissue became normal again, soft and no longer thickened or puckered. Now, it looked the same as her uninjured breast.

Homeopathy delivered the nudge her body needed to heal the tissue in the abnormal breast.

That's powerful medicine!

This is one of those moments in healthcare when we'd like to use the word "miraculous." But we know homeopathy is not a miracle. No. It's a well-documented, scientific medicine with reproducible results.

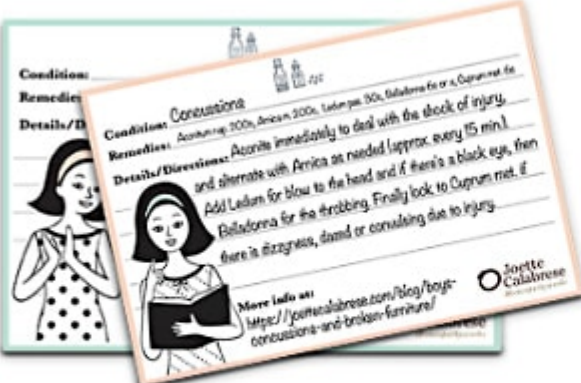
Granted, the results are often so complete and astonishing that they may seem miraculous. But, at the very least, they certainly make excellent stories with which to pass on the good news of homeopathy!

Warmly,

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

P.S. If you don't yet own a *materia medica*, I encourage you to add one to your toolbox. I wrote [*A Materia Medica*](#):

[Practical Homeopathy® for Busy Families](#) with my students in mind. It features over 150 of the most common homeopathic medicines, with their keynote and a short explanation of the conditions for which the remedy is most often used. Unlike many scholarly *materia medicas*, mine is written in plain English – in my voice. As a result, it's easy to understand, the stories are memorable, and I know you and your family will rely on it as a constant reference.



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.

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Independence Day and the Summer Sun



Happy Independence Day.

We who love homeopathy take our independence seriously. Self-reliance is one of the main reasons we love this medicine.

We're not lemmings. We don't blindly follow the recommendations of allopathic medicine. We don't trade in fear.

We encourage competence through self-education. We foster confidence. We are independent thinkers and doers.

Reflect for a moment on the magnitude of the independence homeopathy provides.

For many, today is a day of picnics, boating, beach-going, river rafting, and pick-up games in the park. All manner of outdoorsy activities are enjoyed today.

July 4th is a celebration of freedom and summer.

And with the outdoors, naturally, comes the sun.

You know how much I love the sun (and if you aren't familiar with that fact about me, I'll talk more about it with my [Mighty Members](#) later in the week).

The sun provides us with warmth, energy and a healthy appearance – plus it tangibly improves our health by triggering our bodies' ability to create the most beneficial form of vitamin D.

But as with anything in life, you *can* get too much of a good thing.

For instance, my son spent a day on the beach and boating with a friend. The friend, who is sensitive to the sun, slathered himself in sunscreen but forgot the tops of his feet.

"Sunburned" hardly begins to describe what he experienced. My son said his friend's feet were a vivid, bright red and had swollen to almost double in size! The unforgiving sun had seared his poor feet to a fare-thee-well.

Luckily, my son was with him! He gave his friend [Cantharis 30](#) – a first-line remedy for burns. *Cantharis* calmed the swelling and the burn, and his friend survived his oversight without further complication.

Talk about independence! My son and his friend were able to quickly without drugs of commerce address the sunburn on their own.

But on rare occasions, the sun might do more damage than we immediately realize. We may not know we have sun poisoning until later. We feel fine ... feel fine ... feel fine ... then BAM! A quick onset of sun poisoning.

Symptoms might include nausea, chills or a headache. In addition, sun poisoning often presents with a bright red

intense rash.

Fear not! Because of homeopathy, our independence endures. All we need is a quick trip to our collection of homeopathic medicines.

[Belladonna 30](#) would be indicated for the *quick* onset and bright red rash and pain of sun poisoning. When the symptoms first appear and are most intense, *Belladonna 30* may be used every 15 minutes for the first hour and then every 2 -6 hours or so, as needed.

As the symptoms subside, the frequency with which the remedy is taken will lessen – taken further and further apart until very much better (at which time the medicine should be stopped, as usual).

See?

We don't need to relinquish control to an urgent care facility. We're independent. All we need is knowledge and application of that knowledge – and a fully-stocked cabinet of homeopathic medicines at the ready for any eventuality.

Use opportunities in your life to pass on the good news of homeopathy, just as my son did! If you see suffering, help your neighbor with the knowledge and application of the proper homeopathic medicine.

They'll not only thank you, but they'll most likely become homeopathic devotees as well – just like my son's friend. Win-win!

So, where do you get the knowledge required to become a completely independent caregiver? You can start with my [free blogs](#) and [podcasts](#). Then, join a [Gateway to Homeopathy](#) study group to cement the foundation of your study and make lifelong friends who can share their experiences with you.

But to be fully ready for any eventuality will require a

deep dive – one of my courses. I consider [The Survivalist Guide to Homeopathy](#) to be my magnum opus.

The Survivalist Guide is your ticket to complete independence.

If your internet connection goes ka-flooey, you'll have your printed and bound Survivalist Guide to refer to for a wide variety of conditions.

If the healthcare infrastructure fails, you'll have the essential homeopathy knowledge you'll need for your family at your fingertips.

Adverse health events can happen when we least expect them. Unfortunately, we all witnessed it last year. Protect your independence by being ready to handle anything without assistance.

You'll be your family's hero; I'll be your guide.

Warmly,

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

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.



Remedy Cards

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Podcast 114 – Moms with Moxie: It All Started with a Duck



IN THIS PODCAST, WE COVER:

- 04:09** Getting into Homeopathy
- 14:42** Recommendation for Learning Homeopathy
- 19:31** Venomous Bites Story
- 39:16** Amazing Birth Story
- 43:18** Other Remedies
- 50:23** Words of Wisdom

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind](#)

[The Survivalist Guide to Homeopathy](#)

[Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.](#)

[Practical Protocols to Get Your Life Back](#)

[Homeopathy Needs You and a Tip to Tuck in Your Toolbox](#)

[What to Expect When Using Homeopathy: Part 2](#)

[Survivalist kit](#)

[Birth Series Part One: Turning a Breech Baby](#)

[Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#)

[My blog, podcasts, Facebook Live events and courses](#)

[Gateway to Homeopathy: A Guided Study Group Curriculum](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 114.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories.

With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See

how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

Kate: Hi, this is Kate, and I want to welcome you back to the Practical Homeopathy® podcast. Today, I'm joined by a wonderful Mom with Moxie. This mom has moxie – let me tell you. Her name is Rachel.

Rachel, welcome to the podcast.

Rachel: Hi, Kate.

Kate: Hi. I'm so excited to have you here. This is going to be a gripping podcast. You are going to talk today about venomous bites, right, Rachel?

Rachel: Yes, more than one.

Kate: More than one. Not one, not two, but *three* different venomous bites that you have used homeopathy to overcome. I'm excited to hear your story, and also for you to tell us about how homeopathy just really meshes with – or is an integral part of – your life and all the important parts of your life; how it is really intertwined in each of those areas. I'm excited for you to share your story with the

listeners today.

Let's get started by having you just tell us a little bit about yourself, Rachel.

Rachel: Yes, sure. I'm married with four kids and a whole bunch of animals. I live in California. Yeah, homeopathy just touches all the important points of my life: family, ministry, helping other people, helping my animals and my plants thrive, and also feeding me intellectually. Like Joette says, "Intellectually delicious." It is! It feeds my soul. So, I am thankful to God for homeopathy. It does, it touches all of the important points of my life.

Kate: I know when I had younger kids, it was so important to have that something that I could do with my mind that fed me and helped me to continue to grow – because, I mean, raising kids is amazing. I love being a mom. But it's also nice to have that thing that you can do to continue to grow and learn and then turn around and use it to help your family and others like you said.

How old are your kids, Rachel?

Rachel: They are 12 all the way down to two. So, I've got a houseful.

Kate: You're a busy mom. You don't have time to figure this out as the situation occurs. You really need to know what

remedies to use and have them on hand and be ready to go, I would imagine.

Rachel: Yes, very well said. There are things that you can leisurely say, “Oh, I’ll go research that.” But sometimes, you got to know – on the spot – figure it out. And so studying ahead of time is huge.

Getting into Homeopathy

Kate: How did you get into homeopathy or come to find out about it?

Rachel: Yes, our story is ... it all started with a duck, actually.

One of our ducks, he was this special heritage breed that we had to wait like two years for the back orders to be fulfilled before we could get him mailed to us. He had a problem. It’s this thing that happens sometimes where they just keep getting abscesses on their feet.

We called the breeder, and he said, “Oh, I’m so sorry. Once that shows up, they never get rid of it. You can try to treat it, but they’ll just always get it again and again. And he is not good breeding stock. You don’t want to breed him.”

We were crestfallen! I just refused to give up on this guy. We had tried. Actually, we tried what the breeder said. We tried the antibiotics, and we cleaned out the wound. It was traumatic for us and for him. We bandaged it up faithfully every day. It actually went away, and then just like the breeder said, it came back a week later. We felt, "Oh, man. We're going to have to put him down like the breeder said."

But I said, "Let me just, I don't know ... let me just see if I can find something online."

I just went online and started kind of a last-ditch effort to try to find something. I stumbled on homeopathy – or God led me to homeopathy. I thought, "I don't even know what this stuff is." No clue. I don't even think I was pronouncing the word right. Never heard of it.

I was like, "Hey, babe, I don't know, like I'm thinking maybe these two remedies." I don't even know where I was reading it. "Can you go to the store and go pick them up, and we'll try it?"

We did. We caught the duck, and my husband was holding his little beak open – his little bill – and I was just about ready to put the pellet in, and I stopped. I looked at my husband, and I said, "If this works as good as it says it's going to work, it's going to change my life." He kind of laughed. I was like, "No, I'm serious. If this works as good as it says, I'm going after it. I want to see what happens."

So, we gave him the pellet then put him to bed for the night in his pen. You know, I didn't know what to expect. I kind of expected nothing. It was just a last-ditch effort.

He was not moving. He stayed right where he was; he could not walk. He'd been like that for days. When I went out there in the morning, he was hobbling around – just from overnight. The infection was less angry and red and hot.

I thought, "What?" So, I gave him another dose. Then by that night, he was running. He was *running*!

I think the next day, maybe the day after, there was nothing. There was no infection whatsoever. It had completely gone down. He's still running around outside to this day. He has never gotten it again. Needless to say, that was enough to convince me, and I have not stopped falling down the rabbit hole since.

Kate: It's deep and wide, that hole. I love that. It all started with a duck. If he only knew he changed your life, that duck did.

Rachel: He's a profound part of our family now.

Kate: Yes. How did you come to find out about Joette?

Rachel: I started to dig down, and I started to see a lot of good information online. But it was only half of what I needed. It told me all about these wondrous remedies, and then I said, “Okay, okay, where do I buy it? What do I do?”

Then I thought, “Oh, my gosh! There’s 6X and C and 30 and 200, and what and how often.” I started thinking I need something that can actually lead me through this. This is very complex.

I wonderfully stumbled on Joette’s website somehow. Then I thought “*this*.” This is what I was looking for. After I found Joette’s website, I prayed, and I talked to my husband. I said, “I think I really want to go after this,” because, you know, in my life, I want to be like Jesus was. He was always helping people. He was always healing people and helping people. I can’t do miracles, but this is about as close as I can come. This really helps people. It really relieves people’s suffering. My husband and I thought it would be good to just dive into her courses, and I have not looked back.

Kate: So, where did you go from there?

Rachel: From there, I didn’t have the funds at the time to do a course, which I immediately wanted to do. I did what I thought at the time was second best, and I decided to just start stalking her [blog](#) and reading everything that she’s ever written.

You know what? Everybody says it now and it's true: it's an education in and of itself. I have since gone on to take the courses which are fantastic, but I just started reading, and I just started absorbing.

The first class I took was the [Good Gut, Bad Gut](#). I listened to it eight times through before I decided to actually start treating what was first and foremost in my heart, which is our family's food intolerances.

Kate: Wow! *Eight* times you listened to that course.

Rachel: Yes. It is so chock-full that I wanted to just ... Every time you kind of go a layer deeper, and so you just listen again and again. Finally, I felt like, "Okay, I got a handle on the overall picture," and I felt competent enough to jump into our lifelong food intolerances.

Kate: How has that gone since you started working on the food intolerances?

Rachel: It has changed our life. I know that sounds all cliché or something, but I can't even tell you. Our family – we were down to about, I don't know, six or eight foods that we could eat. I had to make everything from scratch. I couldn't even use baking powder because it had corn in it. I had to use only certain spices, and they had to be ground fresh because there might be mold on the pepper.

I mean like it was outrageously awful. It was like a prison. Our family did our best to try to help us with that. But, you know, it's kind of a bummer, birthday parties and stuff. It was so awful.

We tried *everything*. We tried everything to take care of it, and nothing was touching it. If my children even had like a bite of something with wheat in it, they would blow up. They would get blisters from head to toe. I, as their mother, would not recognize them ...

Kate: Oh, my gosh!

Rachel: ... they looked so awful.

Kate: So, we're not talking about some minor food intolerance. We're talking about *debilitating* food intolerance.

Rachel: We're talking working with the doctor and really, like, scary food intolerances. The reaction would last weeks. They were miserable. It was so awful. It was so hard.

So, we started on the protocols talked about in Good Gut, Bad Gut. I knew to not expect anything for a while, you know. I conveyed that to my family, but somehow one of my little ones didn't quite ... he misunderstood.

Someone had brought over English muffins (not sure why they brought them over to us), but my little guy, he ate one. I think we were on the protocol for about three months. He ate one.

And I was planning on, like, "Okay, we're going to try like this tiny little bit on the tip of your tongue and not even swallow it, and then we'll see. And, you know and like, make sure the doctor is there" and all this stuff.

He was like, "Hey, Mom, I just ate an English muffin."

In my mind, it was like this red flashing light started going off and a siren, like, "waaah, waaah, waaah," like glass doors went down. I was ready to jump into action.

Kate: Oh, my gosh!

Rachel: He saw the panic on my face. He's like, "No, no, Mom, Mom, Mom, I'm okay. Look, I'm fine." He showed me where his blisters usually start, and he was fine – completely fine. English muffins have everything that they shouldn't eat. Every ingredient is bad, and they were fine.

Kate, seriously, like we can go out for pizza. We can eat birthday cake. I mean, the only problem now is not eating too much junk food because we can eat it all now!

Kate: Rachel, this is incredible! I want to let everyone know that you did this by studying on your own with the information. It's not like you consulted with Joette. You studied and studied and learned this stuff, and you are healing your family.

Rachel: I cannot thank God enough. It literally has changed our lives. I think we were the weirdest family at the pizza place that first time because we all just sat there eating with our eyes closed and just silent. We were so in awe that we were eating pizza!

Kate: I can picture that you all are enjoying every bite and savoring it.

Recommendation for Learning Homeopathy

Kate: You've also, I know, joined in the study groups because you're a part of our study group which is super-fun. So, I got to know you that way.

What's great is that I remember you talking in the Q & A and asking Joette a question which relates to what we're going to be talking about in the podcast today.

But tell us about the study groups and just kind of help

people to know, since you've done the study groups, you've gone through all the information that Joette has for free. You've taken courses. What do you say for those people who are wondering, "Where do I go and where do I start?" What would be your recommendation as far as learning homeopathy?

Rachel: Oh, boy! Hang out on her blog; listen to the podcast; soak up everything that you can; and definitely do the [Gateways](#). My favorite part is the live Q & A at the end where you actually get to ask Joette a few questions. If you have a chance to hear Joette talk, just listen. Just do it. Be there. You will learn so much.

Kate: Yes. It's surprising to me when people don't opt to participate in the live Q & A. There is always so much information and wisdom that is shared. Like you said, sit there and absorb it. Try to take notes and remember what was talked about.

And it's always so different. I don't know how it is for those of you who have taken other people's study groups, but I think it's the same way that once you've taken a study group, you can just join in again at no additional cost and keep participating in those Q & As. You can do that over and over again.

Rachel: Yes, that is one of the best reasons to take a Gateway, in my opinion.

Kate: Yes. So, that's a great segue – the Gateway and the Q

& As – into your stories. I know people are probably on the edge of their seats wanting to hear how you've used homeopathy with these venomous bites.

Do you want to just share your experiences? I know they are really amazing.

So, I'm looking forward to hearing the details about what you've done. Will you share that with us?

Rachel: Yes, sure. The first one was a black widow spider bite. It bit this person two times. They tried various things to treat it. It just got infected and was getting worse.

This person wasn't sleeping at night. Their arm and their thumb where they got bit was fiery red, fiery pain, just awful looking – so swollen, probably double the size. The thumb was double the size, and I kind of came across it after six days and said, "Oh, my gosh! Do you want some help with that?"

So, it was actually on one of her blogs. This was when I was just barely kind of getting started. I looked up "Joette Calabrese black widow spider bite" and crossed my fingers hoping that she'd written about it.

And she did! She had written about it.

I basically did what she said. The only thing I added in was

I soaked it and cleaned it with diluted *Hypericum* tincture. I literally saw the difference in minutes.

It was, I think, a minute and a half or two minutes. This person's shoulders were up around their ears, tense with the pain, grimacing with the pain. I literally saw within minutes the shoulders dropped down and relaxed. They started to talk and kind of chat.

Then you could see ... I mean, there were like red streaks going from the wound up, like dangerous, you know, sepsis kind of stuff. You could watch the red line receding.

Kate: Oh, my!

Rachel: You could watch the red becoming a little less angry. Over the course of a few days, it began healing, and it was better within ... oh, I'd have to check my notes. Within a week, it was clean and healthy-looking and on the mend. He slept that night for the first time. No pain meds (and pain meds were not touching it before).

It was wondrous to see.

Kate: Rachel, that is a great story. It's so nice when we can just Google "Joette Calabrese" plus "spider bite" or whatever it is. I love it when that information is easily accessible like that.

Venomous Bites Story

Rachel: The next one was my turn. I stepped on a scorpion. It was wonderful.

Kate: By wonderful, you mean horrible.

Rachel: Yes, probably like feeling like I stepped on a red-hot nail. It just immediately started sending like lava pain up my foot and back up into my shoulder blades of my back. I started having kind of a tingling sensation in my mouth. It was this *strange* reaction.

I took the appropriate remedies. I yelled for my husband, "Get my kit. Get my kit!! Get my kit!" I just started popping the remedies every few minutes. Within 15 minutes, I remember I was able to sit down and start teaching school again.

Kate: Oh, my gosh!

Rachel: I was still taking the remedies every five minutes or so, but it wasn't like, "Oh, my gosh, climbing on the walls" kind of pain anymore. The reaction went down. The blotchy rash went away. It just took it away, so fast!! It was amazing.

Kate: Rachel, that's incredible. You went back to teaching school 15 minutes after being stung by a scorpion!!

Rachel: I was even amazed myself. I was teaching but in the back of my head, I was thinking, "Wow, God, thank you. Thank you for homeopathy."

Kate: Yes. How did you remember what to take?

Rachel: You know, I had been studying what to take, in case for scorpion, just because they can be around here. I wanted to be ready. It just popped into my head when I needed it from the studying.

Kate: That's fantastic. It's a good thing you were prepared that day.

Rachel: I'm glad because that's not the time when you want to start looking through your book.

Kate: Right. Yes, that is such a good point. That's what you were saying earlier is really to know the medicines and know the things that are in your environment that you could encounter. I mean, we can't know everything, but that was very wise that you studied those things.

You had also prepared for the next venomous bite. Tell us about the question that you asked Joette in the Q & A.

Rachel: Okay. Here's the big enchilada one. I had been anticipating that someday at some point, someone, some animal, would be bitten by a rattlesnake because they are *everywhere* out here. I mean, just all over the place. You will encounter one at some point where we live.

I thought, "Yeah, I need to know what to do ahead of time, and I want to make sure I have the remedies ahead of time." I learned about what to do in the [Survivalist course](#) for a rattlesnake bite, but I had some other questions and just kind of wanted to understand the thought behind the remedies a little more and ask her some questions.

And that is where those beautiful Q & As came in. She was so, so helpful. Yes, those Q and As, they are amazing. They're my absolute favorite thing to do.

Kate: Yes, I agree. You got the information from Joette. You felt like you were prepared if something were to occur?

Rachel: Yes. I just kept studying the remedies that are involved so that I would really be able to recognize which one was needed. I put together a kit so that if we were out hiking or something, we'd have it on us. I felt as ready as I could be.

Then one day, I got a phone call. A horse had been bitten twice by a rattlesnake. Those suckers, they cause excruciating pain. This poor horse shaking, and the leg was swelling immediately.

I got called, "Is there anything that homeopathy can do?"

I thought, "Oh, my gosh! Here we go. All the studies that I'd done, I'm going to have a chance to try it."

All that they had on them though, I was like, "All right, I'm ready. Okay, I know the remedies."

They said, "We don't have any of our remedies with us. We only have a few combination remedies."

I thought, "Oh, boy!" So, I looked up the ingredients, the remedies in there. Thank God, one of them had *Lachesis* 30, which was one of the remedies that I wanted. Another combination that they had had *Crotalus* 30, which is the other remedy that I wanted.

They started giving the horse those two combination remedies that were not for rattlesnake bite, but it had the correct remedies in there. The horse started to improve.

But they were also giving steroids and pain medication and a

bunch of other things. It's impossible to tell what was acting. The owner, he made the decision that he wanted to do the antivenom.

They continued giving those combination remedies – with those two beautiful medicines in it – to the horse even after the antivenom. The horse was doing okay. Okay – not great, okay. Then they were running out of the combination remedy, and they thought that the horse was okay, and so they stopped giving it.

Pretty quickly, the leg began to swell and swell and swell until it was twice what it was before.

Kate: Oh, my!

Rachel: The horse started going downhill. He stopped eating. His head drooped down. His eyes were dull. He didn't really care what happened to him. Then I got another phone call saying, "Is there anything we can do for this horse?" (That was a day and a half after the bite.)

I heard how he was doing, and I said, "Well, you can try this: *Lachesis* 30 by itself (not in the combination) and the *Crotalus* 30 by itself. Alternate them every five minutes because he was in dire straits, and I'll come over there."

I went over there. It took me about 45 minutes to get there. When I got there, I was almost thinking, "Did I come to the

wrong stall?" because this horse's head was up. His ears pricked forward when I walked up. His eyes were bright. I looked down and sure enough, he had this huge leg.

I said, "Oh, he looks better."

They said, "I know. I *know*! After we started giving those remedies, he just picked up. He just perked up."

Kate, they were telling the owner, they were talking to him and preparing him for euthanasia.

Kate: Wow!

Rachel: There were concern for compartment syndrome, and that the skin would actually split because it was still swollen. It appeared the only option left for him was more antivenom and a \$10,000 surgery where they would keep him sedated in a sterile environment with his legs open, and the tendon to be cut open, and the wound in the sheath repeatedly flushed out for days – and hopefully not get an infection. But this was financially out of the owner's reach. He was devastated, just devastated.

So, they were gently preparing the owner for the fact that euthanasia was the next thing for his beloved horse. I'm looking at this horse in front of me, and I'm thinking, "This is not what they were describing."

I stayed there for half the night observing the horse. He began to put weight on the leg. He began to eat again. He started to be playful and nibble at our shirt then asked for a treat. It was astonishing, *astonishing*! 30 was what brought the change.

But here's where things got a little complicated was his demeanor was night and day. He looked like a happy guy. He wasn't in pain anymore that we could tell. His legs stopped quivering. All really good things, but the swelling wasn't going down.

Then we went up to 200 – from a 30 to a 200. No change. Tried that for a little while. Then we went up to a 1M of both. No change.

I began to observe, and I had asked them before this, "Is he usually that itchy? Does he itch that much usually?"

Nobody there that was there at that time of night was very familiar with the horse. They said, "Oh, I don't really know. I'm not sure. I think so. His owner mentioned that he is itchy sometimes."

So, I kind of wrote it off. But then he began itching so bad. He was scratching his own hair off on the edges of the stall, in different places, beginning to do himself harm. He was itching so hard.

I asked again, "Is that normal for him to itch that much?"

They said, "You know, I was just thinking that's pretty excessive."

Then it dawned on me that we were no longer dealing with a venom problem. We were dealing with a reaction to the antivenom which can happen. Serum sickness can happen, and different things can happen – an allergic reaction. Then I began using some of the study that I put into the [Allergic?! course](#) and started using some of those things. Also on her blog, she talked about [anaphylactic reaction](#).

As soon as we switched to the allergic remedy, then the swelling started going down. He immediately stopped itching – just immediately – and the angst stopped.

From then on, we no longer did anything toward venom but toward the allergic reaction.

One thing that was so helpful, and Joette never mentioned this exact thing, but she's stresses this over and over in her courses, "Take good notes. Take good notes. Take pictures. Get the [magic markers](#). I thought, "I can't get magic markers from this guy. He can't tell me how he's feeling. How am I going to do it?"

And to take pictures of swelling in a shadowy stall, a horse stall, is kind of deceptive to be able to tell, "Is it going down?" So, we got one of those flexible measuring tapes that you use for sewing. We began measuring six different points along the leg like the fetlock, the pastern, the knee. We then began comparing.

Is the swelling going down?

That way, it wasn't up to our eye or a memory, but it was scientific. With those numbers, we were able not just to conclusively prove that the remedies were working, but also it helped us to determine how frequently he needed the remedies. So, those numbers showed us that tipping point that Joette was always talking about – you know, balancing how often the remedy is given based on the symptoms. That was so helpful.

He got other remedies to prevent sepsis and other things. But he just kept improving in every way. Seven days after it looked like there was no hope at all for him, he was back with his owner.

You know, Kate, he only lost a little bit of hair right at the puncture site and had a little bit of scabs right there, but there was no necrosis. I don't know if you've seen those awful pictures of the tissue death.

Kate: Yes, I have.

Rachel: They're horrific! I mean, like, "viewer discretion advised." They just look terrible after a rattlesnake bite. There was just simply nothing like that at all. He looks great. He's running around, eating, playful, energetic.

And you know what else? I had to laugh because the owner recently contacted me and asked if he could possibly continue giving him those remedies because the horse's yearly summer allergies are gone. He's actually *better* than before the snake bite because of homeopathy!

Kate: Wow! Now, when you say continue the remedies, you don't mean continue all the remedies that you were doing, of course. You meant just the ones that would be for allergic reactions?

Rachel: Yes. At the end, he had finished up with all the things that he was doing and was just on a simple allergy remedy to finish off the swelling. Apparently, it helped him in other ways, too, that we didn't intend.

Kate: That is what I love about homeopathy. It always does more than you expect it ... I shouldn't say *always* but quite often.

Rachel: Yes. It was amazing.

Kate: Yes, that's an incredible story. You know what? It makes you wonder how soon that allergic reaction actually started, doesn't it?

Rachel: Yes. Yes, I do wonder. But he is good today. He is happy today.

Kate: Yes, that's great. Well, I'm thankful that you studied those medicines, and you asked the questions and were prepared. Just the other day, you were telling me earlier that your kids came super close to a rattlesnake. So, I mean, you're surrounded.

Rachel: Surrounded, surrounded! You know, while on the way to a hospital, I'll know what to do. Maybe by the time I get there, they won't be in such bad shape. It's very empowering. Instead of being afraid of what is going to happen might they get bit, I just know what to do.

Kate: Yeah. Yes, that's great.

You have a lot of other stories about using homeopathy. Maybe just share a couple more, or tell us all the different things that you've used homeopathy successfully for and any other insights that you have.

Rachel: Sure. Just real quick. There was an old dog, a rescue dog – old, old guy. One day, he just couldn't get up. His back legs just wouldn't work. He would try to stand up.

He would yelp in pain, and his legs just sort of were paralyzed and just kind of fold under him like an accordion. He couldn't get up.

If anybody tried to touch him, he would cry out in pain. He was in just agony. Nobody even knows what happened. He was like that for a while and the vet didn't know what to do. They said, "Well, he's just, you know, he's an old dog. He's lived a long life."

Right before they were going to put him down, because he was just miserable, I said, "You know, maybe you could try this if you want."

I kid you not. The next day, he was able to stand up. He had a little bit of a limp, but he was able to get his legs under him. He was moving and not looking like he was in pain. He was wagging his tail and looking happier.

Then the day after that, he was out walking around and even running after the car. That dog is literally alive still because of homeopathy.

Then another time, we have a dog, we named her Bella for *Belladonna*. And she, brilliant thing that she is, swallowed a big rock.

We didn't know it. But all of a sudden, she's not eating. She's throwing up. There's blood coming out the other end.

And we're thinking, "Oh, my gosh! What is this?"

So, because of all the fear and all of the stuff that's going on right now, things weren't open. The vets were not accepting anyone at this time. So, I thought, "Okay, I'm going to open up my Banerji protocol book, see if there's something in here."

My best guess was that she had swallowed something, and it was a bowel obstruction. So, I gave her those remedies, stayed up with her throughout the night.

My husband, he had been gone when all this happened. He came home right before I started giving the remedies. Her head was like ... her nose was practically touching the floor. She was miserable, miserable, in so much pain. She looked horrible.

He said, "I think we're going to lose her. I don't think she's going to make it."

But I said, "Well, let's try." I stayed up throughout the night giving her these remedies, and she passed the rock, and she healed up. And she is 100% fine today.

Kate: Rachel, what remedies did you end up using then?

Rachel: I went with, in the Banerji protocol, the gastrointestinal bleeding and the gastric outlet obstruction protocols from their book. I made up water doses of each remedy and used disposable pipette droppers to deliver the remedy to her. It was easier for me, and she was getting dehydrated, so I figured the liquid was good for her.

Kate: Yes.

Rachel: I tell you, we were sure glad – that night in the middle of the night on a weekend – we were sure glad that we had gone through the Banerji protocol book and purchased ahead of time all of those remedies just in case we'd need them someday. Because that someday came, and it saved our Bella.

Kate: Yes, I can't even tell you the number of times I hear either the person didn't get those remedies or the kits, [the Survivalist kit](#), and they end up needing them or they did get them, and they're so thankful. Yes, once again, get those remedies. Purchase the remedies above all else.

Amazing Birth Story

Kate: Let's switch now from talking about animals to humans, and you have a pretty amazing birth story that you would love to share. Tell us about it.

Rachel: I would love to share it. I was invited to be at a birth where the parents used homeopathy. It was very incredible to see how many times – and then how many different ways – homeopathy came to the rescue.

It totally came through for mom and baby, but what I didn't expect was that it also made all the difference in the world for the father, too.

This is a long, long, loooooong labor and the mom needed a lot of support. Much of this support was emotional, like, there were times that she had fears anticipating the upcoming pushing stage. *Gelsemium* 200 calm that anxiety right down. She would go three, four, five hours after dose. Then as soon as she voiced those fears again – and it happened a handful of times – *Gelsemium* would again bring courage. It was just beautiful to see her go from wanting to give up to having an “I've got this” attitude.

More than once I heard an attendant whispering, “What was that?” because the change was so dramatic.

Kate: That's so funny. Wow!

Rachel: The mother also often showed a tremendous neediness for the father to stay exactly by her side, sometimes so extreme she couldn't even bear to let him quickly run to the bathroom.

Kate: For those of you who are listening who have been following Joette for a while and studying homeopathy, I'm just curious if you already have in your mind what remedy she could be talking about.

Rachel: Right. It was the perfect picture of *Pulsatilla*.

Kate: Yes.

Rachel: *Pulsatilla*. She would say, "Oh, don't leave. Don't leave me. Are you going to leave me?" He was not going to dream of leaving her, but she was so clingy and needy.

Pulsatilla 200 just did its work beautifully. The clinginess disappeared, and if it reappeared again later, *Pulsatilla* resolved it each time. It also helped her with the nausea she was experiencing since the labor began.

So, *Pulsatilla* was a big help for the mom.

But what really impressed me was what the remedy did for the position of the baby. That was something. The baby was in a posterior position which means he was facing the wrong direction when labor started. After *Pulsatilla* was used, he rotated to the correct position. Everybody was happy, thought that that was finished, but that little guy was quite determined. He did not want to stay in the correct position.

Three more times, Kate – *three* more times, during active labor – he reverted back to the posterior position, and three more times, *Pulsatilla* corrected it. The birth attendants were very impressed by its action especially since the head was already very engaged down the pelvis. Babies don't usually move at that point.

Kate: That's what I was going to ask you is how far along was she at that point, but the head was already down.

Rachel: It was quite engaged in the pelvis. They were pretty amazed that the baby moved.

Kate: I know that Joette wrote a blog about this very thing, turning a breech baby, and it's called [Birthing Series Part One: Turning a Breech Baby](#). In that blog, she does say *Pulsatilla* 200. Besides the [Feminopathy course](#), there is information on birthing in Joette's blog. So, be sure to check that out.

Other Birthing Remedies

Rachel: There were many other remedies that were used for stalled labor, weak contractions, fatigue, back labor, even after the delivery for the crippling postpartum depression that the mom experienced. But, like I said, it helped for father, too. I wanted to talk about that.

Since it was a really long labor, it was exhausting for everybody. This poor first-time father had been running around doing everything possible for his wife. He hadn't really been eating and basically hadn't slept at all for days. So, not surprisingly, it took a toll, and he began to feel a migraine coming on.

He was going down hard, and he was going down fast. It was so ... the timing of it, Kate. His migraine started coming on towards the very end of the pushing stage when the baby was finally almost going to be born. After all they have been through, I mean, it really looked like he was going to miss the whole thing.

Kate: Oh, my gosh!

Rachel: He tried at first to push through it, but he was, like, green with nausea. The room was spinning, and he was getting unsteady on his feet. He was a mess.

After we promised that we wouldn't forget to wake him up before the baby was born, he agreed to lie down. He decided to take *Tabacum* 200 and *Cocculus* 30. He promptly fell asleep. Later, when we woke him shortly before the birth, all his symptoms were completely gone. He felt fine.

Because of homeopathy, he was able to be by his wife's side and enjoy that beautiful moment. Neither of us think he

would have been able to see his first born entering the world if it wasn't for homeopathy.

Kate: Now, *Tabacum* is for nausea. It's a great remedy for nausea. *Cocculus* is good also for dizziness and fatigue from caring for others. It sounds like it was a great remedy for him. Okay, and then just that one dose?

Rachel: Just one dose.

Kate: Wow! Great.

Rachel: Yes.

Kate: That's wonderful.

Rachel: Now, the baby, it had also been a long ordeal for him. He came out in distress. He was the perfect picture of panic. Eyes wide open and staring, arms up with his little fists tightly clenched and shaking. And I mean, nothing could console him.

His breathing was compromised from aspirating meconium. Despite suctioning and oxygen, his lungs were not clear, and his crying sounded garbled.

Remedies were tried but without much change. The parents were being gently prepared that he was going to need to go into the NICU if he did not quickly improve.

When it was observed that the baby was still quite cold despite all the normal warming method, *Camphor 200* was given. Kate, within minutes, his pulse and breathing slowed down to normal. His little fingers unclenched, and his arms just relaxed down. His body warmed up. We could actually feel the difference in the temperature. He stopped crying.

That struggling little guy, he just melted in his father's arms. He just laid there completely serene and content and just gazed up in his daddy's eyes. The change was moving and incredible. There wasn't a dry eye in the room.

Kate: I'm getting emotional just listening to it. Wow!

Rachel: Miraculously, when they listened to his chest again, his lungs sounded completely clear. I mean, *totally and completely clear*. There's no more gargling, rattling, wet sounds at all.

They monitored him for quite a long time after just to be sure, but all the respiratory distress had vanished. He didn't need any further intervention.

The staff all wanted to know more about homeopathy after that, and the parents tell everyone who will listen about

how God used homeopathy to give them the birth experience they wanted. They say, "We don't want to think what would have happened without it."

Kate: Right. Wow! Incredible. This is just an amazing story. What an amazing thing to be a part of, Rachel.

Rachel: It was beautiful to watch.

Kate: Are there any other stories that you want to share with us today, Rachel?

Rachel: Oh, my goodness! I've so many more stories I could tell you. Our plants have even benefited from homeopathy.

My husband had watered in and sprayed a remedy on our tree to just completely get rid of leaf curl and fire blight.

Let's see, there was someone who had gallbladder surgery scheduled, and they were able to cancel the surgery.

Knee replacement surgery canceled.

People on antibiotics forever for lifelong UTIs since she was like five years old, and she's an adult now. She doesn't have them anymore.

Like, regular migraines canceled. Just incredible.

One more story if I could share, if I have time.

Kate: Yes.

Rachel: Someone called me about rabbit hemorrhagic disease virus which is going around right now, and it is extremely deadly for rabbits. They were losing about one a day. They said, "Is there anything that can be done? There's nothing that can be done that anyone knows of."

Then I said, "Well, you know, you could try putting *Hamamelis* and *Arnica*, *Hamamelis* 200 and *Arnica* 3," which is the Banerji protocol for vascular issues, "then also put in *Crotalus* 30 in their water. And you know, let's try it."

They were losing about a rabbit a day in their large rabbitry, and the deaths stopped – just stopped. Not one has died since and the ones that were looking a little off are fine now.

Kate: Oh, wow!

Rachel: They're fine.

Kate: That's great. You have so many amazing stories. I feel like we could go on and on. I'm super grateful for homeopathy as I know that you are. I love hearing all the ways that you've used homeopathy successfully. I thank you, Rachel, for sharing that with us.

Rachel: Yes, you're welcome. Happy to do it.

Words of Wisdom

Kate: Before we finish today, I would love it if you could just share some words of wisdom with us about homeopathy.

Rachel: I'd say just keep going, just keep studying. So much of what I've learned was while I was doing the dishes listening to the courses, listening to podcasts. Then every free minute I had, I have a *materia medica* in my lap and just studying. And there's not always a lot of free time in my life, but you just keep studying, just keep learning.

We hear Joette's amazing stories and look at her so seemingly effortlessly doing all these wondrous things, but she worked hard to get there. She put in the time to practice. If we do too, then slowly but surely, we become a little better and a little better. If you make the wrong choice, try again. Also, when something is above your head, then ask for a doctor to come in or a homeopath. There's a lot that we can do.

The other thing is knowing what to do is only half the battle, and the other half is having the remedies right at your fingertips when you need them. So, buy remedies – lots of them. Take them with you. I don't go anywhere – nowhere – without my remedies. I have, actually, (so that we can have a set in the car and a set in the house and even a set somewhere other than the house, in case there's a fire or something like that) I have taken my main bottles of remedies and gotten a little teeny-tiny bottle that you see in the Washington Homeopathic's kit. I have divided my larger bottles into those smaller bottles so that I can have some in my purse, and I can have some in the car, and I can have some in a snake kit, and I can have them all over the place so that they are there when I need them.

Lastly, I just want to say thank you to God for these amazing remedies. He is showing us His kindness and how much He loves us, I think, through these remedies, they just make my heart sing.

Kate: That is beautifully said, Rachel. We're just going to leave it right there. Thank you so much for sharing with us.

Rachel: Yes, thank you, Kate. I really appreciate the opportunity.

Joette: As I hope you know by now, on my [blog](#), [podcasts](#) and [Facebook Live](#), I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising.

But let me be clear. When it comes to more complex conditions, it's key that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my [courses](#) in which I walk students through each method with step-by-step training.

In these podcasts, I focus on those students of mine who have already tunneled in and learned how to take care of themselves, family, friends, and pets, and even livestock using homeopathic medicine. Many of these students began their education by participating in one of my [Gateway to Homeopathy study groups](#). And now, after taking one or more of my courses, they're well-trained to use my specific brand of homeopathy.

I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can nurture and protect the health of your family and loved ones with Practical Homeopathy®.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry, Pandora, Stitcher, TuneIn, Spotify and iHeartRadio.

Thank you for listening to this podcast with Joette

Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

These Moms with Moxie podcasts are designed to be inspirational, not specifically educational. No Remedy Card is provided.

Outdoor Allergies



Happy Father's Day! We say a loving thank you to the men who keep our families safe, secure and loved. You mean the world to us.

Now, please go mow the lawn.

Only kidding. Today is your day. The lawn can wait until tomorrow.

In all seriousness, though, mowing the lawn can be a dreaded chore made worse by allergies. So, wives, instead of sending our husbands and fathers out into the allergens with no defenses, let's take today to look at an easy way to relieve their discomfort.

As is generally the way with homeopathy, you address allergies depending on how they present – how you're suffering.

Unfortunately, however, outdoor allergies can cause different symptoms in different individuals. For some, the allergens head straight to their eyes – they itch, water, turn red and swell.

Still other people experience more symptoms in their noses – clear, runny noses that drip, drip, drip like a leaky faucet, along with relentless sneezing.

And then there are those poor souls who suffer it all – red, itchy eyes, runny nose and a general feeling of fatigue.

Given all those differing symptoms, what should you have on hand to counteract all the various discomforts stemming from a beautifully maintained lawn?

Our friends at Boiron have the answer. (They usually do!)

[Boiron's AllergyCalm®](#) (formerly *RhinAllergy®* or *Sabadil*) is a combination remedy that warrants a place in every medicine cabinet.

Perhaps the use of AllergyCalm® will help you narrow down which single remedy might be most beneficial for your husband in the future. So, let's look at the back of the box

to see the ingredients. (This is how I encourage you to learn from any combination remedy.)

So, while your husband is out mowing the lawn, you sit inside and read and research. (It's only fair that you're working, too!)

To relieve allergic eye symptoms, you'll note AllergyCalm® contains the homeopathic remedy [*Euphrasia*](#) (whose common name is eyebright). *Euphrasia* is not the only homeopathic remedy that can relieve eye allergies, but it is a stellar place to start.

(I'll be talking more about *Euphrasia* in my Memo to Mighty Members later this week ... so, stay tuned.)

For someone who is suffering the nasal symptoms, AllergyCalm® contains [*Allium cepa*](#) (red onion). Think about the symptoms cutting onions causes – weepy eyes and runny nose. *Allium cepa* is a capital idea for those symptoms.

For an individual who experiences general allergic symptoms along with a prevailing feeling of fatigue, AllergyCalm® offers both [*Histaminum*](#) and [*Ambrosia*](#). These are both sweeping remedies for overall allergic conditions.

AllergyCalm® will cover your husband's immediate needs (when he comes back in the house covered in grass, sniffing and rubbing his eyes). However, we want to go further – deeper.

We want to uproot the allergies, not merely address the symptoms. That's why understanding the keynotes and details of single remedies is essential.

Unfortunately, I can't accomplish extensive teaching in a short-form blog post.

That's why I wrote my course, [Allergic?! Escape Allergies, Sensitivities, and Intolerances, With Homeopathy. Practical Protocols to Get Your Life Back.](#)

If you're ready to take a deep dive into learning efficacious, safe, alternative solutions to outdoor allergies – actually, any allergy for that matter – this course is for you.

Not only do I cover these common outdoor and seasonal allergies, but I also teach homeopathic medicines for skin allergies, pet allergies, chemical sensitivities, and food intolerances. This sweeping course ties many of my other courses altogether.

If you truly want to get to the bottom of your family's allergies, the [Allergic?!](#) course is exactly what you've been waiting for.

Here's what one of my students had to say:

"The Allergic?! course is one of my favorite courses that Joette has offered. It was the first course that I took live when she launched it on Zoom. It was a springboard to my falling in love with homeopathy. I have been able to overcome many allergies within my immediate family, including dog allergies and seasonal allergies. I have even overcome lifelong asthma for myself and my son. I was so excited about this course that I got together a bunch of ladies from our Gateway group and went through it again. Thank you, Joette, for sharing. It truly was a gift to myself and my family.☺☺"

– Michele K.

Learn as much as you can – not only for yourself and your family, but so you can pass on the good news of homeopathy! Imagine the lives you could change by uprooting your loved ones' allergies!

Warmly,

joette

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.

When you purchase any product on Boiron's site, be sure to use my 1st name (Joette) in the *coupon* window for a discount.



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