

Hives. *Apis* or *Urtica urens*?



When we hear “allergies,” many people think only of hay fever in the spring.

But allergens are year-round. Some present as minor annoyances, while others can be downright dangerous.

Are you or a loved one [Allergic?!](#)

If so, perhaps you’ve experienced the madness of hives. The medical term for hives is urticaria. Conveniently, urticaria can help you remember the name of an effective homeopathic remedy for hives: *Urtica urens*.

Apis is generally the first remedy most people think of for hives. However, *Apis* is more often effective in cases of hives (and the resulting edema) that occur in mucosal areas – the eyes, lips, tongue, uvula, throat, nose.

Because of this, *Apis* is generally called upon in more dangerous allergic reactions, such as mucosal hives causing the throat to swell or begin to close. (Most often, I choose [Apis 30C](#) for emergency intervention. It would generally be used as often as every 5 minutes, depending on the severity of the reaction, until noteworthy improvement is made – as taught in the blog post, [Answering Questions: Homeopathy During Pregnancy](#)).

[Urtica urens](#), however, is a secondary medicine chosen more often for reactions in non-mucosal areas of the body.

For instance, *Urtica urens* is a good choice for hives on the body from an allergic reaction to shellfish. However, if the problem is present within the throat (a mucosal area), a better choice would likely be *Apis*. See how we make our distinction?

Urtica urens is derived from stinging nettle – a fascinating plant. Cooked, it's called a "pot herb," and you can add it to your meatball soup. Dried, it makes a healthful tea with wide-ranging applications, from reducing inflammation to lowering blood sugar levels (certain studies have shown).

In its gross form, stinging nettle is a fabulous botanical for vitamin K. I personally drank stinging nettles tea daily during each of my pregnancies. (Vitamin K shot at birth? Don't be silly; nature's got you covered. I'm going to talk more about this topic later in the week in my [Memo to Mighty Members](#).*)

But when prepared homeopathically, it excels in addressing hives.

Here's another example: Some individuals are allergic to snow! Can you imagine? There they are, bundled up tight in their snowsuits. Yet if a bit of snow gets caught in between their mittens and their cuffs, suddenly, their wrists are covered with hives.

Besides moving to Florida, what are they to do? What is the solution for their snow-induced urticaria?

Yes! *Urtica urens*.

Generally, we would choose [*Urtica urens*](#) in the 30th potency. If severe, it would be employed every 15 minutes or so until the reaction calms down. After that, then we continue to use it every 6-12 hours until very much better.

Now, you may be thinking, “Why is that? Why do they have an allergic reaction to snow on their skin?”

I say, “Who the heck cares?!”

Many of the most profound things in life don’t have definitive answers. As long as we can address the problem with the right homeopathic medicine, the “why” is not germane to the discussion. We need only go straight to the solution and move on with enjoying life.

The secret is to know the solution! And, you may have noticed, I’m terrible at keeping secrets about homeopathy!

I want every household to know how to address allergies – no matter the source or severity – with the appropriate homeopathic medicine.

As I’ve expressed time and again, there is usually more than one way to skin a cat in homeopathy. For instance, in addition to *Apis* and *Urtica urens*, several other remedies can successfully address hives. You just need to learn how to make the correct assessment for your particular symptoms.

That’s why I wrote my course, [Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back.](#) I’m relaunching the course this month and encourage you to consider what this knowledge could mean to you and your family.

The chronic allergies I suffered from as a child and young woman were imprisoning. The more drugs the doctors prescribed, the more imprisoned I became. But homeopathy provided the relief I desired – not for just itchy hives, but for all the various symptoms allergic reactions can generate.

Imagine the freedom you would gain if you could [Break Out of Your Allergic Prison](#) as I did.

But you don't have to believe me. Here's an inspiring story from one of my students who reclaimed her life:

"I have a true victory from the Allergic?! course!

My extreme chemical sensitivity has plagued me for 20+ years.

If I was around a strong odor, I would get allergic/chemical bronchitis, and sometimes, it would turn into pneumonia.

I started Calc carb 1M last May and have not had one bout in a year!

My husband jackhammered out the sewer pipes in our basement 3 months ago. With the dust, fumes, etc. ... all of our smoke detectors went off ... I was scared ... Nothing!!!!"

– Tina

Now, *that's* what I call passing on the good news of homeopathy!

Warmly,

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

*P.S. If you're not a Mighty Member yet, what are you waiting for? Join me for more candid conversations in weekly emails and occasional videos. Plus, get to know other Mighties in the discussion group hosted on our private server. (No prying eyes from Facebook or spammers.) So, join today, and you can read more later this week about using stinging nettle.

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



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The Hidden Dangers of Disinfection



A woman's work is never done ... or at least that's how the old proverb goes.

There's no better example than cleaning. Am I right? We no sooner have dusted our shelves than we can see the dust falling yet again.

But do we burn down the house to prevent more dust? No! That's just silly.

Sure, it might eliminate the immediate problem (there'd be no more shelves left to dust), but obviously, that overreaction would cause much more collateral damage than necessary.

We take the time and care to repeat our cleaning regularly with natural and safe products and methods at home. Sure, it's time consuming, but it's safer.

However, many businesses and public places don't take that time and care. Why? Because their focus is on liability and expediency. Many institutions simply pull out the big guns – the high-level disinfectants – to clean common areas, regardless of their potential collateral damage.

Sure, these disinfectants reduce bacteria and viruses on surfaces, but their collateral damage **adversely impacts fertility**.

I bet that got your attention.

I've known for years that certain disinfectants are hormonal disrupters, but recently, reader Michael D. sent me a litany of articles explaining the topic in greater detail. Generally, this is something I would discuss privately with my [Mighty Members](#). However, access to this amount of information is incredibly valuable, so I decided to share it with you.

The disinfectant offenders in question are called QACs (quaternary ammonium compounds). While you would never choose to utilize them in your home, you and your children

are surreptitiously subjected to them in schools, public places and many airlines – all in the name of virus mitigation.

Most shockingly, the use of these disinfectants might not only be affecting the reproductive systems of those directly exposed to them, but they might also be affecting the reproductive systems of *generations to come*.

At what price do we want to be free of bacteria and viruses?

In a [fascinating article](#) published last fall, research scientist James Lyons-Weiler explains:

“Breeding pairs of mice that had been exposed for six months to a QAC disinfectant exhibited decreases in fertility (the ability to reproduce) and fecundity (the number of offspring). ...

... The authors concluded that exposure to a common QAC disinfectant mixture significantly impaired reproductive health in mice and that exposure to males alone also led to intergenerational risk.”

Imagine utilizing any product that could reduce your fertility and burden your offspring with congenital disabilities and similar reproductive health issues. It's unthinkable, isn't it?

Yet have you heard about these concerns from mainstream media? I doubt it. Don't you wonder if it's all part of the Kabuki? Indeed, the hidden danger of these disinfectants escapes detection by all but the most diligent of individuals.

We who utilize homeopathy, however, are *decidedly* diligent. We are observant. We are not sheep following conventional opinions.

So, now that we are better informed, what do we do with this

information?

We take control.

You have the power to encourage safer alternatives to be used in your public spaces. Contact your school board and your workplace maintenance supervisors. The City of San Francisco published an [article listing many safer options](#). JetBlue airline joined a trial program to [use UV light as a disinfectant](#). (If you require even more studies and information, I've included a few more links at the end of this article.)

However, what if you've been exposed to these chemicals? Is it time to panic?

No.

Do you assume that you have been adversely affected?

NO!

I want to make this point abundantly clear because it applies to our use of homeopathic medicines in general.

We do not assume. We do not speculate. We wait until symptoms arise.

For example, suppose a teenage girl suddenly experiences menses problems after known exposure to high-level disinfectants at school. In that case, we can employ a homeopathic remedy – *Pulsatilla* 30, every other day until regular menses is restored.

In fact, the etiology is not even that vital. If our young lady is experiencing menses issues, *Pulsatilla* is the answer.

No matter the toxins.

No matter the microbes –

homeopathy's got you covered.

So, instead of worrying about potential problems, you can spend your time in more fruitful activities ...

like learning more homeopathic medicines to treat your family.

Warmly,

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

P.S. As promised, here are several additional resources. I hope they help you bolster your case with the powers that be as you try to limit your exposure to QACs and other high-level disinfectants.

- [Ambient and Dosed Exposure to Quaternary Ammonium Disinfectants Causes Neural Tube Defects in Rodents](#)
- [Altered Toxicological Endpoints in Humans with Quaternary Ammonium Compound Exposure](#)
- [Lab disinfectant harms mouse fertility](#)
- [Quaternary ammonium disinfectants cause subfertility in mice by targeting both male and female reproductive processes](#)
- [In Vitro Evaluation of Mitochondrial Function and Estrogen Signaling in Cell Lines Exposed to the Antiseptic Cetylpyridinium Chloride](#)

- [Quaternary Ammonium Compounds in Cleaning Products: Health & Safety Information for Health Professionals](#) (This report also touches on safer ways to disinfect using alternative products on page 6.)

P.P.S. If information such as this is of interest to you, I encourage you to become one of my [Mighty Members](#).

You'll receive in-depth information on various topics such as this one (subjects I generally feel uncomfortable sharing on public venues). You'll also gain access to candid memos and short video "musings" straight from my thoughts of the day.

Plus, our new, private discussion group provides a unique opportunity for you to meet other like-minded homeopathy students in a safe, less-censored environment than commercial, public forums. It's Facebook-like, without the constraints of Facebook.

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



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Podcast 113 – Moms with Moxie: A Nurse Becomes an Ambassador for Homeopathy



IN THIS PODCAST, WE COVER:

- 06:28** The Homeopathy Evangelist – Leading Study Groups
- 10:18** Memorable Homeopathy Success Stories
- 16:06** Homeopathy for family
- 22:58** Special Story
- 24:34** Some Tips

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#)

[Podcast 69 – “Life’s a Tragedy”](#)

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

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

Kate: This is the Practical Homeopathy® Podcast Episode Number 113.

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, and welcome back to the Practical Homeopathy®

podcast. Today, I have a Mom with Moxie here, and it is very exciting. If you are at all interested in leading Gateway groups, you're going to want to sit down and listen to this podcast because she has something exciting to share with you.

This Mom with Moxie – her name is Julie – and she feels called to the healing arts. I can see that in her. I'm very excited to get to know her better and to hear more about her story, as I'm sure you all are. I'd like to welcome Julie to the podcast.

Hi, Julie.

Julie: Hi, Kate.

Kate: It's great to have you here. I'm looking forward to hearing you talk about how you've transitioned from being a nurse to now using homeopathy which you feel is like Joette says, "God's medicine." I'm very excited to hear about your journey and how you've led nine Gateway to Homeopathy study groups in the past year, Julie.

Julie: Yes.

Kate: You just came to find out about Joette a year ago. You've already led nine groups along with a friend of yours through the Gateway I and Gateway II.

But before we get to that, I want to give you an opportunity to just introduce yourself to the listeners.

Julie: Sure, Kate. I was a nurse for about 12 years in pretty much every area of the hospital that you could imagine. I did infectious disease. I did cardiac for a while. Emergency department was the longest. I did enjoy the emergency room, but I did a little experiment while I was in the emergency room.

I asked patients who came into the triage base what their medications were for. I said, "I know what they're for, but do you know what they're for?"

Invariably, they would tell me they did *not* know what they were for. Then we go to the next one. They would say, "Oh, that one I know what that one's for, that's to heal the side effects of this one."

It just went on down the line. I started seeing a really clear pattern there with the medicines that we were giving through the system of medicine. Eventually, through some life circumstances found homeopathy and switched over.

Kate: Tell me about that transition, Julie. You just decided, "I just can't do this anymore because I'm not seeing these patients get better long term"? How did you make that switch?

Julie: Well, the switch was with my son – my oldest son – he was getting croup. It was like clockwork twice a year. That would probably be my first really true introduction to homeopathy because I thought there has got to be a better way.

We would take him into the ER twice a year; his oxygen stats were super low. I'd have to rush there; I was so worried that they were going to have to intubate him every single time that we went. He would get shots of racemic epi which required heart monitoring. He would get Decadron which were steroid shots, and they were giving him horrible night terrors that we couldn't wake him from.

It was taking forever for him to get well. I just knew that it was because he wasn't getting rest. He wasn't getting what he needed. His body, in some way, wasn't getting what it needed.

So, I just had this feeling in the pit of my stomach that something needed to change. I prayed about it. There was one day that I thought, "I wonder if these little blue tubes of medicine could help." I started searching on the internet, and I found a protocol for croup. It was really strange to me because you would give a certain medicine after midnight, a certain medicine after one and a certain one after two. But I thought stranger things have happened before, I'm going to try this.

The very next time he got croup – instead of trying

nebulizers and medicines, then sitting in with the warm shower, going out in the cold – none of that help. Instead of doing that, I just gave him the medicines that were indicated for that timeframe. And it worked. I hate to say like magic, but it was truly like magic.

The next time he got it, he came up, and he seemed very fearful. So, I gave him *Aconite*. He went back to sleep like within a couple of minutes, and I never heard another croup cough from him after that.

Kate: Wow, isn't that exciting? It's so funny how you said, those little blue tubes. You're probably talking about the Boiron blue tubes.

Julie: Yes.

Kate: You told me earlier that you had been using homeopathy before this, but you really didn't know much about it.

Julie: I didn't. I've been giving teething tablets and the stuff for colic and that kind of thing for babies. I had twins, as well as my oldest. I

remember standing at the foot of their cribs and watching one of them sleep for 45 minutes, and one of them cry for 45 minutes – and then switching it up. We started giving him some homeopathy, and it kind of helped smooth things out for

us. I knew there was something to this.

The Homeopathy Evangelist – Leading Study Groups

Kate: You found homeopathy. You use the classical approach for a while. Then you had a friend call you one day. Tell us that story.

Julie: Two of my friends from here – Shelley and Callie are their names – we get together quite often, and we go for walks. We were at the Nature Center and one of my friends (she just moved to Virginia at the time) but she texted, and she wanted for us to join a homeopathy group.

I was like, “Oh, I don’t know what this is even.” I was kind of confused.

She said, “You know, [it’s a seven-week curriculum this other gal has written. Her name as Joette Calabrese. And we’ll just ... we’ll study this together.](#)”

I thought, “Well, it sounds kind of interesting; I’ll bite.”

The two friends that were on the walk with me, I said, “Hey, you guys. I just got invited to this homeopathy class, and

you guys need to take it with me.”

At first, they were a little bit hesitant. But then I talked to them to doing it with me. The rest is history there because one of them actually, Callie, joined me in co-leading these classes. Because at the end, we both decided that we didn’t want to stop studying. We wanted to keep learning. We wanted to spread it to a lot of other moms and dads and teens and kids and anyone we could tell.

Kate: Since that time, you’ve led how many study groups again?

Julie: I think it’s around nine. This last one absolutely exploded on us. We have 23 people in our group. There was one previous that had 20. That was one of our first groups, and we have referrals. I keep a list now, that’s a waiting list for people that want to get into the next Gateway I. So, it’s exciting.

Kate: That’s nine groups through [Gateway I and Gateway II](#). It’s not just nine different ones. It’s all the way through that you’ve gone with nine different groups.

Julie: Yes, it’s been great.

Kate: Yes, that’s very exciting.

For those people who are listening and want to get their friends to know more about homeopathy because they want to share this with their friends, what would you say to them as to how to go about starting a study group or even looking for other people to join a study group?

Julie: We like to say that this is “Generational Blessings” because we truly believe that when members of a family are on the same page, that it’s much easier to treat kids, grandkids. It’s so much easier to get on the phone with your mom or your grandmother or your aunt or somebody who already knows about homeopathy and talk about ways to heal your family.

So, in order to get a group together, what I would suggest is to ask those in your family first and ask your closest friends. Then it will grow from there because everyone else will see how wonderful it is, and they will refer others.

Kate: So, how do you explain what this is? When you invite them into this group, what do you tell people?

Julie: I tell people that it’s a natural way of healing that is nontoxic, completely safe. I just tell them stories of how many successes I’ve had with this in my own family and with my friends and pretty much everyone I meet.

My husband laughs at me because he knows I can’t keep my mouth shut about this. If anyone comes to me and starts talking about their health issues, he knows right away that

I'm going to start saying, "Oh, well, you should do this. You should try this." Eventually, they'll end up coming to our house, and then we'll talk about it more.

Kate: That's great. I love that, the Homeopathy Evangelist!

Julie: Yes.

Kate: Yes, we all who get to know and love homeopathy ... so excited! You just can't keep it to yourself. Thank you for sharing those tips.

All right, you have so many stories to tell. You wrote a huge list. You could probably go on for hours telling us stories. But why don't you pick some of your most memorable homeopathy success stories and share them with us?

Memorable Homeopathy Success Stories

Julie: Okay, I'm going to tell the first story about my great grandmother-in-law, Bernice, because I told her about being on this podcast, and she was so excited. She okayed me telling the story because she thought it was so incredible. She's all in with homeopathy. She's always calling and asking, "What can I take? Hey, I'm really tired today, is there something I can take?" She's nearly 90. She's 89 –

she'll be 90 in October.

She had some family over, and she fell. Their little four-year-old, I guess, started in front of her, and it kind of threw off her balance, and she fell over a chair. She didn't break any bones, thankfully. But she got this huge hematoma on her leg. It was really hurting her.

So, she had me just feel it through her pants, and it was *big*. It was really sore for her. I had *Arnica 1M* with me in my purse, and I gave her a dose of that. She said within a day or two that it started, the swelling started receding, and she started feeling better. Within about five days, she said the bruise had gone down *significantly*.

Then we met with her the next week for a family dinner, and she said, "It's still there, hurts a tiny bit, but not nearly as bad. This is way faster than any of my other injuries have gone away."

I gave her one more dose of the *Arnica 1M*, and then by the following week, she said she was almost completely healed of that. She was really blown away because she said anytime she'd had a bruise that deep, it had never gone away that fast.

Kate: How sweet that your grandmother loves homeopathy.

Julie: Yes.

Kate: Yeah, that's nice. It's very rewarding to be able to help our family members.

All right, tell us another.

Julie: My family in Kansas really wanted me to tell this one. My brother ...

Okay, so my mom has taken this class with us. I think she's gone through Gateway I twice, and she's gone through Gateway II once, I believe.

But anyway, they were getting ready to come out and see us, and my brother had just bought a bull. As you know for a farmer, that's a huge expense. The bull got something called hoof rot, which is basically an infection in the hoof. He couldn't just leave it at home. He really wanted to come but he said, "Well, I can't just leave the bull home when he's sick and expect someone else to take care of that."

I told my mom, "I said you better get out the homeopathy if y'all plan on coming."

We researched what to do for the bull. We finally decided on *Belladonna* 200, *Merc sol* (I can't remember the potency on that one), *Arnica*. She also gave some *Rhus tox* and some *Ruta*, and she put them in his water trough. They also sprayed his hoof with the topical iodine and copper sulfate. They sprayed *Hepar sulph* 30 on his nose a couple of times a

day.

They began that protocol on a Friday evening. By Sunday, they said there was marked improvement. Then he began putting weight on that leg. Then by the time they were ready to come, they were *able* to come because he was completely better. They didn't have to even call the vet out.

Kate: For those of you with cows, cattle, horses, take note of this story because I know it's a big problem. I had horses, and it's a really exciting story. Thank you. That's awesome.

Julie: Another story is that I had a family member who was having severe panic attacks. She was talking about her left arm hurting really bad. Then the top of her head felt like it was about to blow off and palpitations with her heart and her breathing was really fast. From working in the ER, I knew that it was either a heart issue or a panic attack because they look a lot alike.

I did advise her to just go into the ER and have a couple of rhythm strips run to make sure that her heart was okay. They drew some labs, I think, and they did some testing, and she came back, and she said, "No, they said it was anxiety, and they wanted to give me a prescription for that." I guess she just took the prescription and went home, but she didn't fill it.

I've taken the [Mindful Course](#) from Joette. I had no idea how

useful that would come in, especially this last year with everything that's going on. A lot of people are having anxiety and panic and many issues from everything. But the Mindful Course is where I got the Triple A anxiety protocol. And also, we decided that she had pretty severe depression. And so, I also started the *Aurum* 200, every third day on her.

She said within 24 hours, she felt so much more calm. And she ended up not needing the Triple A remedy after the first two or three doses in 24 hours, and the *Aurum* kind of took over.

It's been a couple of months since this and she's now saying that she feels like she could probably even go off the *Aurum*. Her anxiety has been kind of long standing, and it's not something that has been related to this past year – although I will say the past year has contributed some to it. But all in all, she feels way better.

Kate: For those of you who are wondering what medicine Julie is saying, she's talking about *Aurum metallicum*. That's A-U-R-U-M metallicum. Joette did a podcast where she talked about the difference between *Aurum metallicum* and *Ignatia*. That podcast is [Podcast number 69. It's titled, "Life's a Tragedy."](#) If you want to hear more about differentiating between those medicines – *Ignatia*, *Aurum metallicum*, and *Coffea* – then that is a great podcast to listen to.

Julie: Yes, because I debated between the *Ignatia* and the

Aurum, but then after I listened to that, I thought it is absolutely *Aurum* for her.

Homeopathy for Family

Julie: Another story – and not actually a story, but this is something I use regularly on my boys. They grow really fast, and so they're always having growing pains right before bed. I give them *Calc phos* 6X plus *Mag phos* 6X. And they get relief from that really quickly, and they can go to bed and go to sleep then.

Kate: Wonderful. What about your mom?

Julie: My mom had some major health issues, and she'd been seeing a naturopath for them. They were mainly gut related. She'd been seeing a naturopath for about four years. She'd spent a lot of money. She was taking so many supplements that every time I looked at their kitchen table, I just couldn't believe she could get all those down and still have room for a meal.

So, she walked into his office one day, and he told her that they were halfway there. She said, "You've got to be kidding me. Really, only halfway? I thought we were almost done."

He goes, "No, we're halfway there."

She and I talked that day, and she said, "I just can't continue to see him for another four years and spend another time, this amount of money that we've already spent." But I could tell that she was still not feeling well.

The naturopath had gotten her to a certain point where she was off a lot of her medications. She was feeling better, but it just wasn't complete. It had been such long, slow progress. I said, "Mom, why don't you try doing homeopathy?"

We sat down, took her case and put her on a bunch of different protocols. I was a little bit unsure of myself yet at that point, because I thought, "Well, I know Joette says don't do more than this amount of protocols." I think we were like one over or something like that. So, I didn't really know how it would go, but she was willing to be the guinea pig. We just kind of piecemealed our way through it.

She told me just the other day that within six months of being on the homeopathy that her issues were 90% resolved. There's still a few little things that she's working on. But I just got the [Pain Course](#) because one of her issues is pain. I think that that will really help to resolve the remaining issues that she has.

Kate: Wow, six months versus another four years. I bet she's thrilled!

Julie: Yes, she is. She's a believer for life, I think.

Kate: I bet.

Julie: Another time, my boys got some sort of really odd illness where they would wake up around at 2 a.m. just screaming in pain, and they were holding on to their legs. I thought, "What is this?" I'd never even seen anything like it, and then they had some sort of odd rash on their one cheek. It was very bright red and just kind of right underneath their eye. They told me that they were having cramping in their legs.

My husband is a firefighter, and he was working another 48-hour shift, of course, when this happened. I didn't want to run to the store because I didn't want to have to take them with me when they weren't feeling well to go to the store. I was going to go to the store because I only had a few pellets left of *Aconite* and a few of *Belladonna*, and I knew that if they all three got the same illness, whatever it was that I wouldn't have enough to give everyone.

So, I used Joette's method of diluting or making an aqueous dose. I gave them each a teaspoonful, and they kind of fell like dominoes. One morning it was one kid early in the morning, and then the next day it was another kid, and then the next day it was the next one. After I gave them the two remedies that I mentioned, they fell back into a really peaceful sleep.

I decided on *Belladonna* because the redness on the one cheek was the rationale; and the *Aconite* because of the severe and quick onset, and they also seemed really fearful of the pain – which, they're boys; they don't really fear pain. But this seemed like they were very scared. They all three, after every dose of that, fell back into a peaceful sleep.

I was talking with a friend shortly after who'd been in our first Gateway I group, and she'd been having the same leg cramping. She had been walking around at night because she said, that's the only thing she could do. It just was hurting so badly; it wouldn't let up.

I said, "For how many nights?"

She said, "Oh, like the last five nights this has been going on." She hadn't been getting any sleep."

I said, "Well, my boys are complaining of something similar, and so I decided on *Aconite* and *Belladonna* for them."

She took it, and she texted me the next day. She said, "Oh my gosh, it actually worked. I was able to go back to sleep." She said, "You know, I had to wake up once at night and take it."

Then she was able to get, I think she said, like five hours of sleep that night. Then hers went away too – whatever it was.

Kate: Wow! She was probably wishing she had that the first night that that started.

Julie: Yes, I just think that she had no idea what it was. I mean, I thought it was probably some sort of viral illness because of the way the boys went down, one after the other.

Kate: Yeah. What an odd illness.

Julie: Yeah, I know.

We have had a rash of chickens die as well. My son, for his fifth birthday, wanted chickens. We got a whole bunch of chickens for him. He loves chickens. They just all started dying. It was this weird illness where they would kind of spread out one wing, and it looked like they were having trouble breathing, and then in a few minutes, they would be gone.

So, I called our county extension office, and they referred me out to a vet. He said that it sounded like Marek's. I had the diagnosis. I thought, "Okay, this is what Joette says to do: find the diagnosis, and then look it up."

That's what I did. I found online; it was some sort of chicken rubric from India. It said for Marek's disease for chickens to give *Causticum*. So, I dissolved *Causticum* in a

little bit of filtered water, and I just put it in their water weekly. I just did it weekly.

We have had no more chicken death after that. The two that we have now look really, really healthy. I think we can finally get more chickens in the spring here.

Kate: Awww. That's so cute that your son wanted chickens for his birthday.

Julie: Yes.

Kate: Sweet.

Julie: Yes, he says he'd like to be a farmer.

Kate: Awww! Very cute.

You did exactly what Joette says to do when we don't know what medicine to give. We can Google these things, right? You can put in the name of the condition and homeopathy and Joette Calabrese – or maybe if you can't find it on her site, just name of the condition and homeopathy. There's so much information on the internet.

Special Story

Julie: I got permission from a friend to share this one, too. I'm really glad she gave permission because it's a great story.

Her husband recently had a hip replacement, and they gave him spinal anesthesia for the surgery. As a nurse, I know that sometimes spinal anesthesia can stop bowels and bladder from working properly after the surgery. When he woke up after the surgery, he couldn't use the bathroom. He couldn't urinate.

The friend that I lead Gateway I groups with, she actually was able to look up in her new *materia medica* because she said, "Oh, I just read this." She looked it up, and it was *Causticum* for that one, too.

He took it, he fell asleep, which the wife said was amazing because he hadn't slept in a long time. When he woke up, I guess he was able to go to the bathroom. It worked even after surgery because of the drugs he was given during the surgery.

Kate: How many times did you say that he took the *Causticum*?

Julie: I believe she said just once. She also said when he

woke up that he was vomiting a lot. She gave him *Nux vomica* for that. That really helped with the vomiting from the anesthesia.

Kate: Okay. Wow. I bet she was super excited about that.

Julie: Yes.

Kate: Julie, you've shared with us a lot of stories. These have been really fun and exciting to hear how you learned more and more about homeopathy, and you've led these study groups. Since you've gained all this wisdom over these last several years of using homeopathy, would you mind sharing with us some tips that you would have for the listeners?

Some Tips

Julie: Sure. Some advice that I would give to others is something that we talked about just with the chicken advice. In that, if you don't know what remedy to give, or maybe there's not a protocol, that you can always Google.

You can use a repertory, and that's what I've done many times to look up these remedies. I know it doesn't give you a potency or frequency on them. But I normally will go with Joette's advice on that and start with a 30 or 200 because she said those are pretty safe bets to start with.

My other piece of advice is that I really believe that it's important to have Gateway groups so that you can surround yourself with homeopathy-minded friends and family. It's been really a blessing in my life to have friends that I can call on when my kids are sick, or there's something going on with some of my friends or my family. When I'm not thinking straight, they can think straight for me.

Kate: Yes, that is so important. You've really been an encouragement, I know, to so many who are listening. So, thank you for taking the time to do this.

Julie: Yes, no problem. Thank you, Kate. It's been a delight.

Kate: For those of you who are looking for a study group, I'm sure Julie will be offering more in the future.

Julie: Yes.

Kate: She's very sweet. I'm sure you would love her group. Alright. Thanks again.

Julie: Thanks, Kate.

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.

Diastasis Recti: Separation of the Abdominal Wall Muscles



Pregnancy causes numerous changes in the mother's body – some beautiful and celebrated, some ... not so much.

Diastasis recti is a fairly common condition experienced during or after pregnancy in which the muscles in the abdominal wall separate. Some say as many as 60% of new mothers experience this complication.

The separation can present as either an indented gap in the abdomen or a portion of the belly loosely pooched out where the muscles have separated.

Meet Barbara.

She had three young children and had just given birth to her fourth. After the birth, she noticed a stinging, burning pain in her lower back and an unfamiliar appearance to her recovering tummy.

While the separation itself is generally without pain, diastasis recti can cause lower back pain, pelvic burning or hip pain. It also can be challenging to maintain proper posture, and urinary incontinence or bowel issues may ensue.

There had been a hint of diastasis recti during her third pregnancy, but this fourth child brought it on in full force.

Concerned by her symptoms, Barbara called me after she gave birth.

“What am I going to do, Joette? My abdomen looks dented and sticks out in a weird way, and this burning lumbar back pain is awful. While I can manage to lift the baby, I'm too weak to pick up my toddlers. I'm trying to get back to normal, but I feel like my belly is still not my own. Help!”

The information I taught her is not a Banerji Protocol but

is a combination I developed with success over my years of practice: [*Symphytum 200*](#), [*Ruta graveolens 30*](#) and [*Calc fluor 12*](#), each taken twice a day – separately, not mixed – until the condition resolves.

Barbara and I met for our next consult two months later. She couldn't tell me exactly when her diastasis recti abated, but at the two-month mark, Barbara was thrilled to report that the pooch was gone. Her abdomen was back to its old self, and the subsequent lower back pain had subsided.

Homeopathy works!

While some believe that strengthening the core is the answer, I've found the homeopathic medicines I've mentioned are associated with a stronger core – especially *Calc fluor*.

In rare instances, if left untreated, diastasis recti can develop into a hernia (where the organs overtly push through the muscle walls). That is an entirely different condition, best handled with the information I previously published in [*Get Back in the Game: Hernias and Homeopathy*](#).

My focus this month is on moms, but I should point out diastasis recti can also plague men who lift weights (especially too much weight with poor form). However, as is usually the case, the homeopathic medicines are the same for women or men: [*Symphytum 200*](#), [*Ruta graveolens 30*](#) and [*Calc fluor 12*](#), each taken twice a day – separately, not mixed – until the condition resolves.

Even though many of the same conditions can equally affect both genders, the health needs of women are unique. That's why I developed my course, [*Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy*](#).

And remember – all of my Mighties ([*Joette's Mighty Members*](#)) qualify for a 10% discount on course purchases.

This comprehensive course will take you from menarche through menopause. You'll no doubt use this information for yourself, your daughters, your mothers and your grandmothers. Be the hero for *all* the women in your circle when you allow me to be your guide through [Feminopathy](#).

Warmly and with a focus on you,



P.S. If you need assistance getting your Mighty Members' additional discount, email contact@practicalhomeopathy.com for more information.



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Using Homeopathy While Breastfeeding



Mother's Day was last Sunday.

While it may be over for some, I still have mothers on my mind. In fact, I've decided to devote the entire month of May to the unique needs of moms.

Seldom is there a dearer bonding time for a mother and child than nursing. But because nursing is so precious, the pressure on a new mother may feel overwhelming, and difficulties may seem all the more burdensome.

I previously discussed the homeopathic remedies that should generally be avoided or used with caution during pregnancy

in my blog post, [Answering Questions: Homeopathy During Pregnancy](#).

However, since then many of you have asked if there are homeopathic medicines that should not be used during breastfeeding.

Let me begin with this: Homeopathy is medicine, meaning it should be used with the respect that it deserves and within the context of its intended use.

For example, there are homeopathic medicines that are specifically for drying up mother's milk. If one were to use these medicines, I would expect an appropriate response. If taken with little regard for their power, the response may not be what one is seeking. So, we don't use medicine for drying up milk if the goal is to produce an abundant amount.

Having said this, for garden variety conditions (such as coughs, colds, injuries, emotional concerns, etc.), I can't think off the top of my head of a medicine that could be of any consequence to the ability to nurse.

However, as you might imagine, specific homeopathic remedies can be very beneficial if needed.

Bryonia, for example, is a stellar match for breast issues. Here's a writer-downer:

Think "BB" – Breasts and *Bryonia*.

Breast pain is well-met with [Bryonia 30](#), twice daily until very much better. It's certainly not the *only* medicine that could be used, but it's one of the first we at least consider.

I discussed mastalgia in more detail several years ago in [Breast Pain: When Even Hugs Hurt](#).

What's mastalgia? It's simply a 25-cent word for breast

pain. Sometimes, medical terms make conditions sound more complex than they are. I've had clients say, "I have painful breasts, but what if it's mastalgia?" as though there were a sinister diagnosis lurking around the corner.

No. Certain medical terms mean precisely what the symptoms describe. The term mastalgia is derived from the Greek word "*mastos*," meaning breast and the Greek word "*algos*," meaning pain.

Mast-algia. Breast-pain.

In the same manner, some people think, "I don't have arthritis; I just have joint pain."

Well, what do you think "arthritis" means? It's New Latin derived from the Greek words "*arthron*," meaning joint, and "*itis*," meaning inflammation. If you have inflamed, painful joints, you have arthritis.

In my years of practice, I have observed that it's human nature for folks to surmise that their condition is unusual or rare. However, in most cases, your illness is not unique. It's been suffered before, and it has been treated before with homeopathy.

For mastalgia (breast pain) – regardless of cause from menarche to menopause – the homeopathic answer is generally [*Bryonia 30*](#). Even when boys passing through puberty have sensitive or swollen breast tissue, we turn to *Bryonia 30*, again twice daily until very much better.

But *Bryonia* also has another use applicable to breasts. When there is a lack of milk supply during nursing, *Bryonia 30* twice a day can help encourage more milk to come in.

Of course, as is the nature of homeopathy, there is more than one way to skin a cat. Other remedies can help increase milk supply.

For instance, many women also have great success with [Cinchona officinalis 200 \(China 200\)](#) twice a day. However, be watchful should you choose this medicine. *China* can create such an abundance of milk that the baby can become apprehensive about latching on, as though to say, “Yikes! Here comes Niagara Falls!” So, keep in mind, you’re only trying to feed one baby – not feed a nation! Once the remedy has shown improvement, we often halt its use and resume only if/when needed.

A thorough education in homeopathy will help you narrow down which homeopathic medicine would be best applied in your particular situation, taking all of your concomitant symptoms into consideration.

In honor of all moms this month, I am relaunching [Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy](#) at a special 10% discount. Consider it my Mother’s Day gift to you! We spend so much of our time and energy nurturing others in our family and community, we sometimes don’t prioritize taking care of ourselves!

If you are going to be the healer in your family, you’d best be healthy yourself!

I recommend that you master addressing your own needs first through my [Feminopathy course](#). Future family illnesses will be no match for a mom who has kept herself in tiptop shape.

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

Armed with a more profound knowledge of homeopathy, you will become the hero among your family and friends.

What better way to pass on the good news of homeopathy?!

Warmly,

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

P.S. Download my **free** infographic: [The Three Feminopathy Fates: 13 Common Conditions, 13 Practical Solutions](#). It's just the tip of the iceberg of what you'll learn in the course, but a helpful reference guide for you to print and keep at hand.

P.P.S. Some moms find they lose too much fluid during breastfeeding, especially in the hot summer months in warmer climes. As a follow-up to this article, later this week, I will share with my [Mighty Members](#) a wonderful testimonial from a student who resolved her dehydration with help from homeopathy. Watch for it on Thursday, Mighties!



Remedy Cards

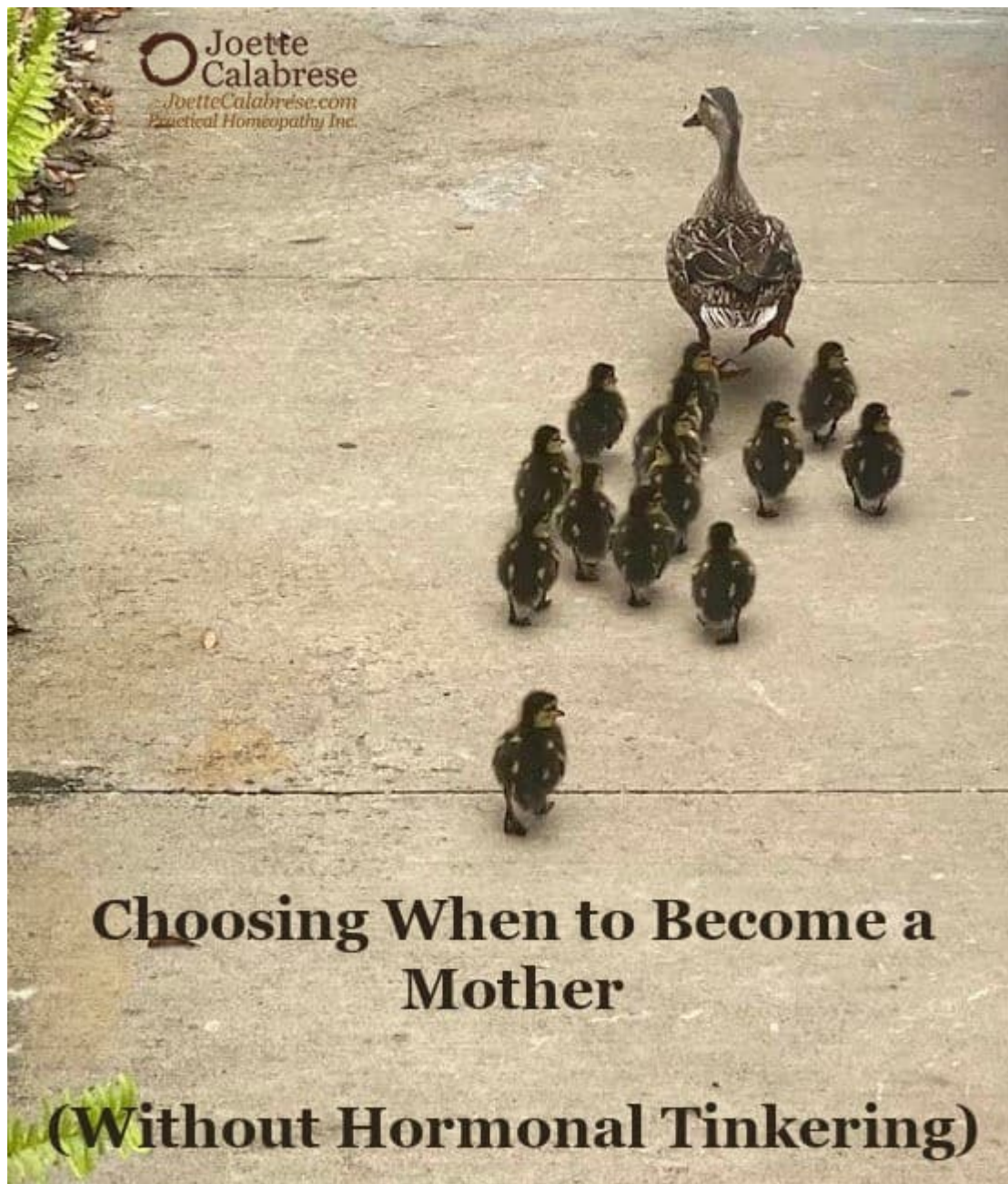
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Choosing When to Become a Mother (Without Hormonal Tinkering)



Choosing When to Become a Mother

(Without Hormonal Tinkering)

Happy Mother's Day!

There is nothing – and I do mean nothing – more rewarding than being a mother. We care for our young. We teach them to care for themselves. We protect. We nurture. We love, and we are loved in return.

But choosing when to become a mother involves careful decision making.

Perhaps we need to assess our stability – financial or

situational. Maybe we have a big enough brood already, and we don't want to add more children to our family. (The more ducklings you have, the harder it is to keep them in a row!)

Whatever our reason for delaying motherhood at any particular moment, we need not succumb to drugs of commerce – birth control pills or Depo-Provera shots that can usher in long-term hormonal disruption.

I've written about natural birth control before in [Ditch Birth Control Pills and Natural Birth Control: The NEW, Up-to-Date Way](#). In response to those articles, I've heard from several of you about your successful experiences with the Billings Ovulation Method®.

I personally counted on this method after taking a class 30 years ago, taught by a nurse practitioner at our local Catholic hospital in Buffalo, New York.

But here's the funny part: I didn't know it was called the Billings method! Apparently, this is an updated version and more readily available.

In her book, [The Billings Method of Natural Family Planning: Controlling Fertility Without Drugs or Devices](#), Evelyn Billings teaches how to recognize the clues about your fertility that your body presents during your cycle, allowing you to determine when conception would be most likely.

As one reviewer on Amazon said, "Using this information, I was able to prevent pregnancy, without using other means of birth control, until I was ready to start trying to conceive. And, once I was ready to conceive, I was aware of my fertile signs, and I got pregnant on the first try!"

The book details the scientific background (including trials documenting its effectiveness) and carefully explains what a

user must do to achieve that effectiveness.

This is powerful information that every woman should possess!

One of my students, an astute nurse practitioner, brings up another perceptive point I'd like to share (with her permission, of course):

"Natural Family Planning (NFP) has the unfortunate connotation that it 'doesn't work' due to very 'successful' messaging that has been passed on to the public and health care providers.

I use the Billings method name, so people have another name without the negative connotation.

The value of the Billings method is the human factor – a human being working with you and explaining and validating the meaning of your observations of your body's signals, AND the human factor of being supported through the learning curve, especially in the context of universal skepticism around NFP. The availability of this support is unknown to most."

If maintaining control over the timing and size of your brood – without resorting to hormonal disrupters – is important to you, I encourage you to investigate the [official Billings Ovulation Method® website](#) for more information.

As we celebrate motherhood on this day, I encourage you also to celebrate the control and self-reliance you have over your health by utilizing homeopathy (of course!) along with other complementary modalities such as the Billings method.

For instance, as you become more familiar with your monthly cycle (especially if you are coming off hormonal birth control drugs, which you should do ASAP for too many reasons

to mention here), you may notice months in which you experience heavier than normal menses. A simple Banerji Protocol I learned through my observations at the Prasanta Banerji Homeopathic Research Foundation provides an effective homeopathic response: [Sabina 6](#), every three hours as an SOS during the flooding, mixed with [Arnica 3](#) for pain.

The *Sabina* and *Arnica* are combined to make a single medicine. Each single remedy can simply be put in the mouth simultaneously – making the two medicines into one powerful action. Alternatively, these remedies can be purchased as one medicine from OHM Pharma (available to my clients and students).

To help all of you women gain knowledge about your own bodies and build the confidence you need to address your health, I am preparing to relaunch my popular course, [Feminopathy](#). (Now at a special Mother's day discounted price.)

To mark the relaunch, I plan to make it Mother's Month instead of Mother's Day! Over the next few weeks, I'll focus my articles on two issues mothers care about – homeopathic resolutions for breastfeeding problems, and another common concern during pregnancy, diastasis recti.

These conditions – and so many more – are explained more fully in the Feminopathy course. ([You can see the syllabus here.](#))

Is there a better gift to give a mother than advanced homeopathic knowledge?

Perhaps you and your family should consider the course as your Mother's Day gift! You've heard me say it before: Dig a moat around your family and protect them from the so-called medical "expert" culture. Hone your ability to provide gentle, effective, non-suppressive healthcare at home.

You'll be the hero, and I'll be your guide.

Warmly,



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

Photo Credit: June Kittay



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Tongue Tumors (They're No Match for Homeopathy)



Hi Folks! Buster, the Bad Office Dog, here again.

Stop what you're doing!! I have important news!

Did you know that today marks the beginning of National Pet Week?

Yep!! Buy some new squeaky toys, chewy sticks and lots of treats because from May 2 to May 8, 2021, it's all about us – your companions, your guardians, your entertainers, your walking buddies, your bed heaters.

And we certainly require a lot of attention from our families – especially when we're sick.

Mom helps me all the time with her unique brand of Practical Homeopathy®.

And I'm not alone!

A nice student of my mom's recently shared a story about her dog, Zelda McBones. (Boy, don't you think that's a much more dignified name than "Buster, the Bad Office Dog"? I'm not sure how I feel about that.)

Anyway, I thought Zelda's success story might inspire you:

"I spoke with you this morning about our 8-year-old retired Greyhound to share some fantastic news.

Two months ago, Zelda went in for her yearly checkup and heartworm test. During that exam, the vet found a mass in her tongue that was a little less than a centimeter in size. She was scheduled for a dental cleaning and removal of the mass for biopsy.

I was told sometimes these are nothing, but most of the time, it is serious.

Well, I have been using classical homeopathy for about 30 years and have always been frustrated with it for all the reasons I have heard Joette talk about. Luckily, I stumbled upon Joette a couple of years ago, and I am also a [Mighty Member](#).

I had purchased The Banerji Protocols book, and I immediately began Zelda on the protocol for tongue and cheek

cancer: Nitricum acidum 3C in liquid, 4 doses daily. She has been on this about two months. For good measure, I added turkey tail twice a day 1,000 mg each dose.

I gained an extra month because we had to reschedule due to a snowstorm. **Well, this morning I got the amazing news that they could not find the mass! It was gone! I am so happy!**

Thank you all so much for how you are educating people and saving lives. Much love to Joette and her entire staff."

How about that, huh?

Zelda McBones must be pretty thankful for her mom's knowledge of homeopathy. Just think of all the vet-angst and pain she avoided with just a few little pillules of [Nitricum acidum 3C](#) every day for a couple of months or until very much better.

Homeopathy works!

Some skeptical humans think homeopathy simply relies on the placebo effect. But that's not true! Seriously, if it were a mere placebo, how could it work so effectively on animals?

We pets don't even know what "placebo" means! (Is a placebo chewy? Can we eat it? Seriously, I need to know these things.)

So, trust me, if homeopathy works this well on your pets, it will work just as beautifully on your humans, too.

Mom says to be sure to save this Banerji Protocol remedy card (scroll down) for any time you need to address a tongue or mouth tumor. Whether you're tending to a pet or a person, don't get scared. Don't run around in circles. Sit! Stay!

Remember Zelda McBones!

And don't forget to celebrate your pet this week. Might I

suggest a ride in the car? Windows down, smelling the smells, ears flapping in the breeze!

Better yet, mark this week by passing on the good news of homeopathy to all the pet owners you know!



P.S. If you have teenage humans, you might want to check out Mom's course, [The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®](#). Within the course, Mom uses lots of pet examples to teach your children homeopathy. So, your kids will learn how to care for us *and* care for themselves. Win-win!

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



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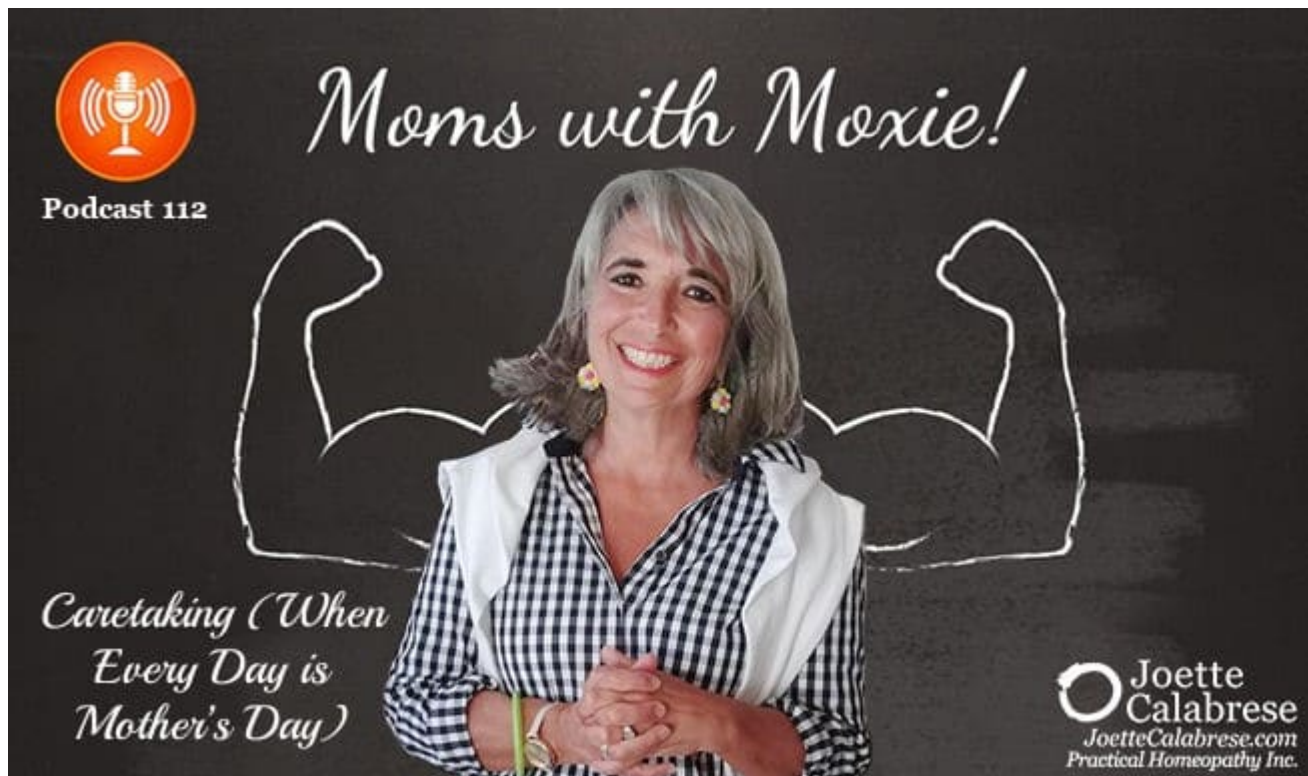
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Podcast 112 – Moms with Moxie: When Every Day is Mother's Day



IN THIS PODCAST, WE COVER:

- 03:34** Road of Change
- 13:17** Homeopathic Medicines Used
- 27:44** Dr. Dale's ALL FLU [Editor's note: ALL FLU is now called Dr. Dale's COLD GUARD PLUS.]
- 29:09** Tips for Caretakers

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Podcast 87 – Moms with Moxie: A “Spouse with Spunk”](#)

[Relish: activities for elders with dementia](#)

[Best Remedies for Seniors](#)

[Joette's free resources](#)

[Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#)

[Role Reversal: Taking Care of the Elderly](#)

[Podcast 92 – Flu Got You, Too?](#)

[Podcast 110 – Moms with Moxie: Eavesdrop on Study Group Friends](#)

[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 112.

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: Welcome back to the Practical Homeopathy® podcast. With me today is a dear friend of mine. Welcome, Tracey.

Tracey: Awww. Thank you, Kate. It's nice to be with you.

Kate: Thank you. For those of you who want to get to know more about Tracey, go to [Podcast 87](#), and you can hear her story.

But today we're going to be talking about something that's near and dear to our hearts. Tracey and I work together – but not only do we work together, we share a very special bond that was created because of our moms. Tracey, you and I ...we live far apart from each other, many, many states apart.

Tracey: Yes.

Kate: But Tracey, even though we've never met in person, I can honestly say that you're one of the few people that "gets" me.

Tracey: I feel the same way. You have been a lifeline for me more often than not. Thank you.

Kate: Yes, like seriously, like tears are welling up in my eyes as I say that because you're just so dear to me, and I

know that you're always there to listen when we're struggling.

I'll explain to you why that is in just a minute. But to give you a little background, our mothers both had a stroke several weeks apart a little over two years ago. Crazy, right, Tracey?

Tracey: It was incredible, Kate, because one moment you were keeping me afloat by sending me your care and concern and lifting me up. Then a few weeks later, you were in the same boat. It was surreal. It was surreal.

Kate: Yes. Right. I mean, that whole time seems surreal in my life. It still kind of does anyway, right?

Tracey: Yeah. Yeah.

Kate: Are we living in a dream?

Life has been extremely interesting over the last two years. I know you feel the same way; you're nodding your head right now.

Tracey: That's one way to put it – extremely interesting.

Kate: Yes, interesting. To me, this whole thing has made me aware that to live each day to its fullest because you never know when your life is going to change. It's gut wrenching, and I don't even know how to put it into words. How ...

Tracey: It almost makes it feel like life is fragile. I don't mean that to sound pessimistic. We should be grateful for every day that's going smoothly and well. But things can change in the blink of an eye. So, we have to be appreciative.

Road of Change

Kate: Right. For both of us and our moms, I know that that has been the road. It's been a road of change daily, just trying to navigate this.

But in case you haven't noticed by now, Tracey and I are going to spend some time talking about what it's like to walk along this road with our moms and to navigate their care. So, we're going to spend this podcast talking about some remedies that have been helpful for us and just some tips about walking down this road in a way that is honoring to our moms and in a way that hopefully is helpful to them physically.

I thought we could start off by giving everyone a sneak peek into our days with our moms – what that's like – and just to help people to understand what that looks like. So, when we

talk about the homeopathic medicines, you'll have a little bit of a picture as to what's going on. Tracey, go ahead.

Tracey: Sounds perfect.

Kate: Tracey, go ahead and share with us.

Tracey: Mom lives with us now. After the stroke, it became necessary.

Um, she ... Let me back up a little bit and just say that her stroke occurred in her visual cortex. She could still speak. She could still walk. But she was basically blind on one side of her body. From her nose all the way over to the left, she could not see.

Since the stroke, that has reduced into just a small blind spot, but it's not a blind spot she's aware of. Her brain fills it in, but it doesn't fill it in with accurate information always. Sometimes a dog will suddenly appear, and she'll say, "Where did the dog come from?" And it's just, he's been in your blind spot until you get to the right place, and then you're able to see him. You know?

It makes navigation difficult. I think it affects her confidence level – just because she's uncertain of what she's seeing. So, that was difficult.

That same region that was affected was also what – I had never heard this word before, and it's a brilliant word – it affected her “sequencing.”

I never appreciated what a big thing sequencing is. It's ... if I tell you, Kate, “Hey, it's time to go to bed,” you know to go brush your teeth, to put on your pajamas, to pull down your bed covers, to do all of that.

Well, that sequencing is gone.

So, we operate (getting back to your day-to-day questions), we operate on lists. There's a getting up in the morning list: comb your hair; brush your teeth; put on your socks and shoes – just all these different things that have to be done in a sequence to help her along.

In the morning, she's usually pretty good. She can get together her breakfast, which is the same thing every day. Then as we go through the day, a typical day includes a shower. She doesn't do that on her own. I'm in the shower with her helping her sequence through the steps.

Crossword puzzles are a big part of her day. It's no longer really working the puzzle. It's flipping back and finding the answer and filling it in. But it's cute and takes up her time.

She is starting to do jigsaw puzzles. I found this company

that has amazing jigsaw puzzles specifically for people who have cognitive decline. It doesn't say that anywhere on the box, so they don't know. But the puzzles are easier, and the pieces are cut in a way that are designed to be helpful. So, she'll do those.

Kate: Tracey! I didn't even know that existed. My mom likes to do puzzles, too, on occasion, and so you'll have to fill me in after the podcast.

Tracey: Yes. Well, I suppose I could say it now.

Kate: Yes.

Tracey: Yes. The company is called Relish, [R-E-L-I-S-H. When you go to their website](#), they have different ... you take a little test with things that are going on for the person, and they'll tell you what stage they suggest. Then they have different stages ... different *puzzles*, excuse me, for different stages. I'm thrilled with them because now she can finally do puzzles, again – jigsaw puzzles.

And we exercise. Mom does Pilates twice a week over Zoom. I assist her with that because she can't ... you know, it needs to be a little hands-on and somebody supporting her. I prepare the meals; keep her entertained; keep her on track. It's just kind of a constant thing. Bathroom duties require assistance. So, I'm just kind of her Girl Friday.

Kate: Yes, right. I don't know about you ...

Tracey: What is your day?

Kate: Well, what you just said there, it makes me think about how – do you feel this way, too – that you're on a heightened sense of alertness?

Tracey: Oh! Yes. Yes.

Kate: You're always watching and listening for the slightest indication that something is wrong, or they're confused, or pain, or whatever. It's just a constant.

Tracey: Yes.

Kate: What is the word I'm looking for?

Tracey: High alert! That's what I call it. I am on high alert all the time. It feels like the stress of an air traffic controller all day every day and barely get away from it at night – because I feel responsible. If any little thing happened, I'd never forgive myself. So, you're right. I'm always listening. I'm always trying to read in between the lines.

Kate: All the signs.

Tracey: Yes.

Kate: Well, our day is a little bit different because my mom is actually in a group home. My mom's stroke affected her a little bit differently than your mom's, in that my mom was lying out actually outside in 30-degree weather on cement with a car running right next to her for an hour before they found her.

So, she had her stroke. She fell down and was laying there. Her neighbor, thankfully, found her. They called the paramedics and got her to the hospital.

But it was *six hours* before they actually removed the blood clot from her brain. Half of her brain was without oxygen for that long, and her body temperature was extremely low. It took several days for it to come back up to a normal temperature.

I think that was a positive thing in a way because it slowed her blood flow down, and it probably saved ...

I don't know. Because really, it was a difficult surgery, I guess, to remove the clot. They tried three times.

So, after the surgery, then she was on a ventilator. And then it was every moment was like, "Well, is she going to come off the vent? Is she going to now be able to open her eyes and sit up?" I remember everyday thinking, "Okay, what's the next thing?" You know?

My mom is still, she's in a wheelchair. For the most part, she's paralyzed on the right side of her body. She has aphasia and apraxia, so that means she has problems with speech. She also has problems with sequencing things – kind of like you said – where if you ... like, she would know that she wants to pick up a paper. But then to get her brain to tell her hand to do it, and her hand to actually pick up the paper – it doesn't always communicate effectively.

Her speech ... she's come a long way in two years, but she's still as I would say, for the most part, nonverbal. She can say things, but it doesn't always come out the right way. I've learned the "yes" that means "no," and the "yes" that means "yes."

Tracey: I understand that.

Kate: That's where we're talking about always being on high alert. Our days are a little different. I usually go there in the mornings. I help them with anything that she needs done.

We usually have some sort of appointment. Whether it's a virtual speech therapy or in person speech therapy, doctor's

appointments, exercise, whatever it is. Because she's still making progress from that stroke two years ago. She's continually improving, even though it's small improvements that she's making at this point.

I will be with her about four to five hours a day, something like that. I do work at her place while she's watching TV or eating lunch or whatever. So, just to be there to monitor her I guess because it seems like there's always a need that she has.

There's been a lot of health things that have come along the way and a lot of pain. Communication, like I said, is hard. So, just having someone there to read *when* she is in pain. Because I know you feel this way, too, Tracey, right – we're connected to our moms. Like I almost feel like I can ... I'm a mind reader! You know? Like we can communicate without saying a word. I can look at her face and know instantly if she's in pain or what's going on.

Tracey: That's an interesting thing you bring up, Kate, and I'd be more interested to hear more about that. How do you use observation to figure out what she's trying to communicate and can't?

Kate: And that's a big part of homeopathy, right? Is observing.

Tracey: Right!

Kate: That is the only thing I have. It's like, when you have a newborn that can't talk yet – you know, a baby, and you're going to use homeopathy. All you have is observation, and that is so critical. We should rely upon that more with people. But I think we kind of skip over that and ask the questions instead of observing first.

Tracey: That is very true because I think sometimes when I talk to my husband about what he's experiencing to try to narrow down a remedy for him, I'd probably be better off observing. Because sometimes he can't verbalize which kind of pain it is. Is it sharp? Or better for motion, worse for motion? You know, sometimes observation is – you're so right – we should use it more with everyone.

Kate: Yes.

We've kind of shared a little bit about our days. Let's talk now about the medicines that we've been using with our moms.

Tracey: Sure.

Kate: The different situations where we found these medicines useful. If you don't mind, I'll let you talk a little bit about some things that have been important to you.

Homeopathic Medicines Used

Tracey: Sure. Because I'm dealing with cognitive issues that were triggered by the stroke, but being honest, were also occurring before the stroke. So, there has been a cognitive decline. Just for the listener's sake, my mom is a lot older than Kate's mom. My mom is about to turn 98. So, you know, with age come these issues.

I found on Joette's site ... she has an amazing resource called [Best Remedies for Seniors](#). You can find it in the [free resource area](#). Hopefully, there'll be a link to it in the podcast. But one of the first remedies that I started using with mom is *Helleborus niger* 30, twice daily. That was to slow the progression of the cognitive decline.

And I think it has really worked. It's hard to *know* because she's been doing that for a couple of years. Where would she have been had I *not* been doing it? You know, it seems like it's kind of kept it at a fairly steady pace.

Recently, I noticed some more decline occurring. So, I did some more reading. Also, in that article I just mentioned is *Anacardium* 200, once every two or three days. And I added that to her regimen. That made a *huge* difference. I'm really pleased with how that's working.

Originally, I was using it every three days, and I could kind of see an ebb and flow of her cognitive ability. I

noticed that it was kind of too much of an ebb and flow. So, I narrowed the dosages to every two days instead of every three days, and that's the ticket! It's really helped a lot.

Kate: Tracey, before we go on, I think it would be helpful for people to understand a little bit more about the *Anacardium*. Give us a picture of that remedy and why you used it.

Tracey: First of all, it was introduced also in Joette's [Mindful Homeopathy](#) course as something for dementia. That course is tremendous if you're dealing with any of these kinds of things with a parent. But looking at online *materia medica*, it's senile dementia, impaired memory, reduction of senses of smell, sight, hearing, absent mindedness, kind of a brain fog. That's really the basic picture – just basically senile dementia. It's made such a difference. I just can't express.

Kate: Yes, it also says in Robin Murphy's, Alzheimer's disease, which is interesting.

Tracey: That's interesting. Yes. Okay. Very interesting.

Kate: Those remedies, you've seen a big change with your mom?

Tracey: Yes, with the *Helleborus*, I feel like it kept her from progressing more rapidly into the descent. Descending

more rapidly, I probably should say. With the *Anacardium*, I really saw it pick her up.

The other remedy that is fascinating because I stumbled on it by accident was Mom had somewhat of some bloating and gas, and so I tried *Lycopodium*. It worked for the bloating and the gas, of course.

The next day, she was more alert. I did some reading on the *Lycopodium* and discovered that it also helps with diseases of the mind. People that are extremely sensitive, headstrong and kind of obstinate when sick (that was a big one), a loss of self-confidence, failing brain power. It just had all of these things that I hadn't even realized it had, and I discovered it by accident.

About every, I would say probably once a week, once every two weeks, when it seems like she just needs a little pick me up, I'll give her the *Lycopodium*, and it works for the brain issues as well.

Kate: That's great. It's wonderful in homeopathy, when you find that medicine. You had a little clue, right? That was the gas and the bloating, and you use that clue to choose a remedy, and that remedy has fixed more than that one issue – which I love that about homeopathy.

Tracey: I really love that, too! And it was so inspirational because I realized that I haven't prescribed to Classical Homeopathy. I've never gotten a constitutional

remedy or what they do. But it just feels like this encompasses so many things about Mom's personality and what she's going through that this might be her constitutional. You know? At least it is in my mind.

Like you never catch me without *Nux vomica*.

Kate: That's because you're overworked, Tracey.

Tracey: Thank you. Yes, you are right.

Kate: I think this leads us to another medicine that you can talk about a little bit, but we're probably both living on *Nux vomica*. For just, I know, we're both up late, burning the candle at both ends, just constantly on high alert like we talked about, exhausted all the time. *Nux vomica* 200 has been extremely useful for me.

Then what's the other one, Tracey that we always used?

Tracey: *Ignatia, Ignatia, Ignatia!*

Kate: Yes, tell us why?

Tracey: Just for the emotional upheaval that this causes. I mean, you and I wouldn't be any other place than by our

mother's side. This is where we want to be.

Kate: Absolutely.

Tracey: But it's hard! It can cause sadness. There's a lot of things that have to fall by the wayside because of what we're doing, and it's sad. There's a grief to it. There's an emotional component to it. Really, you and I, text to each other "*Ignatia, Ignatia, Ignatia,*" quite often.

Kate: Right?

Tracey: It really makes all the difference.

Kate: It's very helpful. For those of you who are caring for *any* age person who's going through a difficult time, and you're the caretaker, *Ignatia* is probably a great one to have. I would add *Aconite* as well. Then the *Nux vomica*, of course, because *Aconite* for shock. There have been so many times where we've had to transport my mom to the ER because of extreme pain that she's having.

Something interesting happens to my mom where, I don't know, we're not 100% certain if it's a seizure. But she just kind of ... when she has extreme pain, she shuts down. Like her whole body shuts down. She leans forward, and you can't talk to her. There's just no communication. Then we're left guessing, like, what is going on with her?

So, *Aconite* and *Arnica* have been my lifesavers as far as remedies to use for my mom and then myself as well. When my mom gets in those states where she just isn't communicating; she's shut down; something's going on. The first thing that I do is *Arnica* 200. That seems to bring her out of it most of the time which has been amazing.

My mom, just like your mom has a team of doctors, from seizure doctors, her regular doctor, speech therapists, all kinds of doctors. Doctor, doctor, doctor.

Tracey: Yes.

Kate: I'm not a person who goes to the doctor very often. But I know that my mom is, and so I respect her wishes. But I love – this is something I wanted to share with everyone – I love our team of doctors. All of our doctors are more than happy for us to use homeopathy. I've talked to them about it. They encourage it. My mom's main general practice doctor who actually specializes in geriatrics, she will actually write it down. When my mom was in a nursing home, she would write down, "Give Dorothy this homeopathic medicine two times a day," because otherwise, they wouldn't administer it, right?

Tracey: That's brilliant!

Kate: I want to encourage you that. I think it's possible

to find doctors that are supportive of alternative therapies because I think a lot of them now are coming to realize that they don't want to just add another drug, another drug, another drug. You know?

Tracey: Absolutely.

Kate: That we need to have other tools, and so ...

Tracey: Forgive me for interrupting, but I think a lot of us feel like we can't say "no" to doctors. That's something that Joette has really bolstered us on that this is our health care, we can control it.

I've kind of always been that way. So, I agree with you; I've done the same thing. If a doctor does not want to listen to me about alternative or adjunct medicine, then they're not my doctor. I leave and go to another doctor.

Kate: Exactly.

Tracey: I've switched doctors. Mom had a cardiologist that I did *not* like. We switched cardiologists, and I love the new one. And our general practitioner – love him!

So, don't take no for an answer. Find another doctor.

Kate: Yes, I agree. There are people out there I think that will listen and will be supportive.

Even pharmacists, I know we've talked about this on another podcast. But pharmacists are your friends. You know? They are a great resource. Joette likes to say, "Bake them brownies; bring them treat. Call them later when they're not so busy. Pick their brains."

I'm thankful to have several pharmacists who I consider to be my friends. They're who I rely on when a doctor does suggest a medicine. I call them up, and I say, "What do you know about this?" (I look it up first, of course.) But then I'll call them, and I'll say, "What do you know about this? Have you seen this to be successful?"

Because the pharmacist, really, they're the ones that are prescribing the medications. They have the monthly face-to-face with their customers, and they really know, I think, what's going on with these medications. So, have a pharmacist that's on your team as well. Don't be afraid to talk to them about medications.

As we're navigating this, Tracey, I know you and I are in the same boat where we use homeopathy, and we use other therapies, and we use allopathic medicine. We're trying to navigate this with our moms. I feel like we're doing a great job, Tracey.

Tracey: I feel like we are, too. I think we deserve a round

of applause for each other.

Kate: I want to encourage those people who are listening that *it can be done*. Joette likes to talk about getting a diagnosis. I think that is important.

Like with my mom, she's not verbal. I can't tell! Has she had another stroke? Is she just in pain? One time it was a kidney stone that we were dealing with. A lot of things come up like she's dealt with UTIs, constipation. (There it goes that *Nux vomica* again, although it's in the 30 that you use for the constipation.) Speaking of that, there's a good blog, and it's called [Role Reversal: Taking Care of the Elderly](#).

Tracey: Yes, that's a very good one.

Kate: That talks about the UTIs, pneumonia, and constipation, and some other things. If you want a good resource, that's a great one to look up.

Just last night, my mom had, all of a sudden, a big rash pop up on her arm. I used *Apis*, three doses about 15 to 30 minutes apart, and it took care of the rash. The rash went away overnight. But the itching had stopped by the second dose. She was feeling better and – not totally – so, then I gave her that third dose and went home for the night. I came back in the morning, and the rash was gone.

Tracey: That's *amazing*.

Kate: Yes, the same thing happened with a something on her leg where all of a sudden, she had a big red, swollen, hot spot on her leg. I don't know. Was it a spider that bit her or cellulitis? Did it rub up against a brace she was wearing? I'm not sure, but that took us a longer time to figure out. We use several different homeopathic medicines for that.

But my point is that we're always dealing with something with our moms, I think. Constantly having to research the appropriate medicines and talk to the pharmacist, talk to our doctors, and try to get an idea of what the picture is that we're dealing with and then choose the right medicine.

Tracey: Exactly. I'm at least lucky because I can talk to my mom to find out if she's improving – if she's reached "very much better." I feel for you in having to *observe* all this strictly yourself. At least mom is verbal and can talk to me.

The coolest thing is mom actually used to go to a homeopath when she was a little girl.

Kate: Wow!

Tracey: Yeah. She said instead of going to the doctor, her mom would take her down the street to a homeopath. She was

used to this and had just kind of forgotten about it over the years. So, she has no problem taking the remedies and believes in them. So, that's great for me.

Kate: Well, that's the opposite for me.

Thankfully, again, our doctors are wonderful. They will write things down for the facility to administer to her. It's funny because she will have no problem taking the remedies when they give them to her. But sometimes when I want to give her an additional one for something special, sometimes she fights me on it and doesn't want it. And I have to respect her wishes.

When I asked her how she's feeling, she can get upset, like, "Leave me alone; I don't want to talk about it." She doesn't say those words, but she gets very grouchy, and she starts shaking her head. And I know I have to stop pushing her.

It is very difficult to determine how those medicines are working or not working. Sometimes, I don't know; I can only judge by if she seems to be in pain or not.

But that leads me to something that I did want to talk about. I know the Banerjis (I've heard Joette say) when there are clients who really have an issue with finances, they will combine some of the medications in one bottle, and the person will take all the medications at one time as a combination.

Tracey: Right.

Kate: That's not optimal. But to be honest, that's what I do with my mom twice a day, because I know she'll get them in that way. I have about six things that she's taking daily. They just put them all in one little bowl, and my mom just eats them up. That's the way we have to do it. How do you administer?

Tracey: I've done that, too. I would like to be able to separate it. It seems easy in theory, but it's not always easy in practice, or I'd be constantly putting something else under her tongue.

Right now, a big thing is trying to keep her hydrated. I want to make sure she's drinking water throughout the day. Sometimes it's easier to just give her things together.

The one thing the *Helleborus niger* that I was using, originally the recommendation was in liquid form, and so I was using that. But that got a little difficult. I actually got the pills, and the pills seem to be working just as well. So, I think sometimes, even if it's not the optimal way you want to be doing it, just doing it at *all* is a rescue.

Kate: Exactly.

Dr. Dale's ALL FLU [Editor's note: ALL FLU is now called Dr. Dale's COLD GUARD PLUS.]

Kate: There was something else I wanted to bring up, Tracey, that I did this past year that seems to have worked.

Tracey: What's that, Kate? Do share. Do share. I need all the help I can get.

Kate: Well, I was using Dr. Dale's ALL FLU. I know Joette has mentioned that on [another podcast for the flu season](#). If you come down with a flu, that can be an option. That's a combination medicine. It has a number of different homeopathic remedies for influenza in that medicine. But I gave it to my mom once a week throughout this past virus season. And she has not – in two years since her stroke – she's not come down with any virus.

Tracey: I'm knocking on wood as you say that.

Kate: Right. I know. So, I'm thankful. Was it that? Or did she just not come into contact with anything? I don't know. There have been sick people around her.

What's interesting is that all the other residents on her floor – that granted is only three – but they've all tested positive for a "virus" this past year. My mom never did. She never got sick. She never tested positive.

Tracey: That's amazing!

Kate: Yes.

Tracey: That's a great testimony. Yes.

Kate: It is.

Tips for Caretakers

Kate: So, Tracey, what other tips do you have for those people who might be listening to this podcast for caretakers?

Tracey: I think you said it earlier that *it's doable*. We can do this! Just remember that and to take care of ourselves.

Everybody says that. We all nod and say, "Yeah, that's right." And then we don't do it because it just seems like there's not enough time in the day. But that's where homeopathy has come in for me because I honestly don't think I'd be standing upright if it weren't for *Nux vomica* and *Ignatia*. They've really bolstered me. Just the anxiety that

Ignatia has helped defray has been amazing.

So, you can do this. If you have a parent that something happens to, you can do it. You can do it better than anyone else can. Like you said, because you and I have a bond with our mothers, we can kind of read minds.

This is *doable*, especially with homeopathy.

Kate: You said it, Tracey. Yes, I agree. I couldn't have done this without homeopathy for sure. I'm grateful for the tools that we have. Thank you for sharing all your tips for caretaking with us, Tracey.

Tracey: Thank you for sharing yours, too, because I always learn from you. That's kind of awesome.

Kate: Yes, find a partner that's in this with you that can support you and you can bounce things off of. If you're not in a [study group](#), that's a great way to find someone to share these things with. I've just made the most amazing friends in the study groups. [As you might have heard a couple podcasts ago](#), we had some of our study group friends on there.

Tracey: That was one of my favorite podcasts. That was just so inspiring. Yeah, it was great.

Kate: Yes.

Tracey: You're so right, having somebody to bounce ideas off of is perfect. Listen, at our age, this is starting to happen to all of our friends. Everyone's going to be dealing with this. So, we all need to support each other.

Kate: Right. Exactly. Thank you, Tracey.

Tracey: Thank you, Kate.

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.

Parasites!



Hi Folks! Buster, the Bad Office Dog, here.

Wanna know something really cool? My mom has produced a [Practical Homeopathy® course](https://www.joettecalabrese.com/practical-homeopathy-course) for human puppies. Or ... what do you call them?

Oh, yeah. You call them "kids!"

And it's not just for any kids. This course is for the COOL kids! Kids who want to grow up to be self-reliant, independent thinkers.

Revolutionary kids.

Your kids.

I'm particularly excited because, in this curriculum, Mom uses a lot of examples of how homeopathy helps pets. Anything that helps my fellow pets makes me very happy – heck, I'm running around in circles just thinking about it.

Whoa. Dizzy.

You see, Mom believes when your adolescent or teenager gets their first positive result by treating their dog, cat, or goat with homeopathy, their sense of accomplishment will circle back to reinforce their studying.

From there, the sky's the limit.

You know that homeopathy works just the same on humans as it does on animals. So, just think about how much your kids could learn from this course that will eventually help them care for themselves and their future families.

Here's an example – although I'm kind of embarrassed to talk about this. You humans seem to get endless giggles when we dogs do the Bum Scoot Boogie across your carpet.

But sometimes it's itchy down there! What else are we supposed to do?

Well, in Lesson Seven of [The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®](#), Mom instructs that symptoms are gifts!

The symptom of our scooting across the floor to scratch our itchy bums is an excellent opportunity for your adolescent or teenager to develop their observational skills. They'll begin to learn what certain behaviors mean and how that translates to finding the precise homeopathic answer.

It's a big lesson, so I certainly can't repeat everything Mom says in it. (Besides, I got distracted because a squirrel passed by the window. I have my priorities, you know.)

But when that area is itchy in us pups, it can indicate parasites. I guess that's super common.

Even though it sounds icky, thankfully, it's usually not very dangerous. And my mom likes to teach people how to

treat this.

In this case, Mom likes to use [Cina "Mother Tincture" \(MT\)](#) which has been used for centuries to get rid of parasites in both humans and animals.

Mom usually administers this Mother Tincture daily for at least two months. I remember her saying to stop using it once pets are very much better, if there's no change in symptoms or the symptoms get worse.

There are other ways to approach parasites, but *Cina* MT is where Mom likes to start.

Now, you know how Mom feels about real medicine being in the hands of the family. So, she takes great care to remind your kids that homeopathy is *medicine*!

So, as long as your child is working closely with your supervision, they can learn homeopathy and even help their pets!

I've noticed that you spend a great deal of time teaching your pets to sit, stay and fetch. I'm willing to bet you spend even more time teaching your kids! (Do they fetch as well as we do, though? Do they?)

So, wouldn't it be amazing to allow your children to feel empowered to help their pets as they learn?

I'm so excited at the prospect that I think I'm going to run in another circle.

Sorry, folks ... I've got to go.



Remedy Cards

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It Was the Best of Times, It Was the Worst of Times



I just can't get Charles Dickens' quote from *A Tale of Two Cities* out of my head: "It was the best of times, it was the worst of times ..."

Boy, if that doesn't perfectly describe our last year, I don't know what does!

There has been so much confusion, derision, and suspicion, yet 2020 also brought our families an unexpected opportunity.

Opportunity?

Yes, for understanding the real need for preparation.

And the obvious need for the family to tighten up and undergird together in this effort.

If we've learned anything from the past twelve months, it's that we must count on ourselves. We have to know much, much more than we thought we needed to know.

We need to get our information *not* from mainstream media, not from health officials, not from governors, but from good sense.

Number one on the list? We *must* educate ourselves regarding our family's healthcare, so we don't get the wool pulled over our eyes.

It's no different than in the past, but now it's accelerated to a much greater degree.

AND our family members need to know how to help each other – to prepare with knowledge for the unexpected happenings of tomorrow (most certainly to occur).

Given that our children and grandchildren are the future, it's in their hands. We need our kids to know how to differentiate between good and evil, between friend and foe, and yes, which remedy is for this and which remedy for that.

I'll tell you what I taught my own children.

More on that in a moment but back to my underpinning point ...

You've heard me say it before, we need to build a moat around our family.

Our entire family needs to develop skill sets to utilize forever – skills that don't go out of style; no matter who is in power politically, when the world around us stops making sense, we need to possess the knowledge to think critically and act wisely.

Now more than ever, our job is to teach our children and grandchildren how to think – not how to follow, but how to think outside of the box. Especially the one that houses the T.V.

We want our families populated with critical thinkers.

So, let me tell you what I learned – and did – with my own kids years ago.

I trained up my now-adult kids to know the importance of treating each other. When skiing together, it was *Arnica* 200 tucked into the pocket of their ski parkas in case of an accident so one could come to the rescue of the other.

If one brother had only a strain, the other knew to administer *Arnica* 200 every few hours or so.

If, however, there was a more sobering injury (their mother's nightmare), the other brother knew to commence using *Arnica* 200 every 15 minutes for about an hour or so, as needed.

And how about the ubiquitous Banerji Protocol of *Aconitum* 200 mixed with *Bryonia* 30 every few hours, depending on the severity of an oncoming cold or cough?

My sons didn't actually grow up with this protocol because I hadn't been to India yet, but they knew that *Aconitum* 200 was most certainly for the quick onset of a cold or cough.

They also knew that *Hepar sulph* 30 was a gift when an ear infection began a-brewing. And because this is interesting stuff, they paid attention to each other so they could hone their skills.

I think they enjoyed owning such unusual and powerful knowledge.

Oh, the family-focused lifestyle and self-reliance!

It was unbeatable!

Think of how this carries them into adulthood not only with each other (which is a gift in itself) but for their own children and spouses.

My dear friends, this kind of preparation set the tone of healthcare for my family well into future generations, and it will do the same for yours.

Now that's my idea of how to raise a family!

Yet, in spite of my commitment to teaching my kids homeopathy, as a fledgling homeopath myself in those early days, I'll be honest – I actually wished there had been someone ahead of me who had done this with their children.

Someone who was willing to share her knowledge, experience and tips with me.

So, now, I'm sharing my personal method with you that I used to train up my own sons.

And as you contemplate your family's future especially now, and you design your summer-school learning or homeschool curriculum for your children, I urge you to consider the lessons I used to do this.

So, dear friends, should this be of interest to you, I'm just itching for you to incorporate my course

[The Ultimate Cool Kids' Guide to Homeopathy](#) into your family's lifestyle.

I understand if this isn't for you – or if it isn't for you just *now*.

No problem.

But if you're even just considering it, [check out my short video](#) to explain further.

I consider this curriculum the first giant step in building the moat around your family.

So, has it been the worst of times?

Perhaps the lifestyle we incorporate as a result of our experiences can turn this into undeniably the *best* of times.

Join me in raising our kids and grandkids in this unique and worry-free way ...

from my family to yours.

Warmly,

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

P.S. For a sneak peek into just a few of the topics this curriculum covers, [click here](#) to download the infographic I created especially for children learning homeopathy.

And be sure to click through to [The Ultimate Cool Kids' Guide to Homeopathy](#) for a look at the syllabus and the benefits of this formative course.

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



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