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,



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.



Holiest Day in Any Language

Buona Pasqua (Italian)

Felices Pascuas (Spanish)

□□□ □□□□□□ Śubha iṣṭāra (Bengali)

Joyeuses Pâques (French)

Frohe Ostern (German)

Wesołych Świąt Wielkanocnych (Polish)

Vrolijk Pasen (Dutch)

Happy Easter (English)

No matter the language, to all of you, my friends, may God bless you and your family on this holiest day.

Warmly,



Podcast 111 – Moms with Moxie: A Conventionally Trained Physician Meets This Beautiful, Elegant, Gentle Medicine

This month’s Mom with Moxie has a unique background: She’s a conventionally trained physician!
Although she had been familiar with homeopathy, she was deeply entrenched in Western medicine –a firm skeptic.
Now?
Listen as she says, “Homeopathy has completely changed the direction of my life.”

Nip Colic in the Gut



I've talked about *Nux vomica* ad nauseam (yes, a pun).

But here's one usage for *Nux vomica* that I probably haven't discussed often enough: post-surgical gut problems (and by "post-surgical," I also mean post-hospitalization).

For instance, let's take the case of the newborn baby boy, Joseph.

Joseph's nursery awaited –blue and green with little animals on the wallpaper. The whole family was so excited.

Before Joseph made his debut, his mother had been given Pitocin to induce labor and an epidural for the pain. When both of those failed, Mom was given a local anesthetic, a C-section, and the usual accompanying antibiotics.

Hmm.

(As an aside, had the doctor known about *Caulophyllum* 200, for example, it's likely none of this would have happened. But … he didn't.)

The baby *hadn't even come into the world yet!* But because of the symbiotic relationship between mother and child, little Joseph's medical history already included all of those synthetic drugs.

And they wonder why he has colic.

Joseph has gas, spits up, can't sleep. The child is practically impossible. His blue and green nursery is far from cheerful – it's virtually a warzone.

The entire family is a mess. The baby is sick; the older kids feel sullen and ignored; Mom is crying. Dad tries to help, but his world seems to be collapsing.

There are quite a few homeopathic medicines that can help with colic. There is *Chamomilla*, *Nat phos, Cuprum*, and *Colocynthis* (you may recall, I wrote about it in The Secret Life of a Colicky Baby).

However, for this type of colic (or any gut problems presenting with irritability and not being comfortable in one's own body) resulting from post-surgical synthetic drugs, *Nux vomica* 200C is practically a slam dunk.

It might only take one dose; it could take a few day's worth. But when a gut problem's picture includes non-natural, extrinsic influences, *Nux vomica* 200, twice daily until very much better, is my go-to medicine.

In fact, if the child needs *Nux vomica* after birth, I've found the chances are good that the mother might need a dose or two of *Nux vomica* as well. Even though they are separated physically, the symbiotic relationship continues. If one

will benefit from the homeopathic, often, *both* will benefit.

After a few days of *Nux vomica* given to both Joseph and his mom, the household returned to normal. The family could finally enjoy their new baby. Even the little animals on the wallpaper seemed to be a brighter shade of blue and green.

Can it really be that simple?

Yes. It can.

Nux vomica holds a special place in my heart. (I talked about this remedy extensively in a recent Facebook Live video.) It was the very first homeopathic medicine given to me by my homeopath some three and a half decades ago.

Until that time, I had taken many allopathic meds for every little ailment (constipation, anxiety, insomnia, migraines, gut issues, food intolerances, allergies and asthma). Yes, before I discovered homeopathy, I was young, naïve and easily led.

My overindulgence of drugs of commerce had taken its toll, but one dose of *Nux vomica* 200C was miraculous for me. My symptoms – symptoms I had suffered from for years – were reduced by 40-50%!

Through the ages, humans have innately known both physical and mental health are inextricably linked to the gut.

When spirits visited old Ebenezer Scrooge, he argued the gut influenced the mind: “Because a little thing affects them. A slight disorder of the stomach makes them cheats. You may be an undigested bit of beef, a blot of mustard, a crumb of cheese, a fragment of an underdone potato. There’s more of gravy than of grave about you, whatever you are!”

Good health begins in the gut!

So, why don’t we attend to our gut health more closely?

(Good question.)

Well, there is my free blog (like this one) to get you started. But I can only discuss the most straightforward issues here in a short post.

For more complex conditions, I am relaunching my pre-recorded course, Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.

Even if your meals are perfect, your food sources are top-notch, you make everything from scratch and you don't take synthetic drugs or supplements, you and your family may still experience problems related to the gut. Don't borrow trouble, but if there is something wrong in the gut, then go for it.

For this reason, I consider Good Gut, Bad Gut to be the perfect starting point for your continued education in homeopathy.

Anxiety, depression, bloating, brain fog, weight gain, insecurity – I address all of these issues and more in the Good Gut, Bad Gut course.

I can't promise your wallpaper will seem more vivid but imagine how much better your family's life could be without these problems?

You'll be their hero; I'll be your guide.

Warmly,

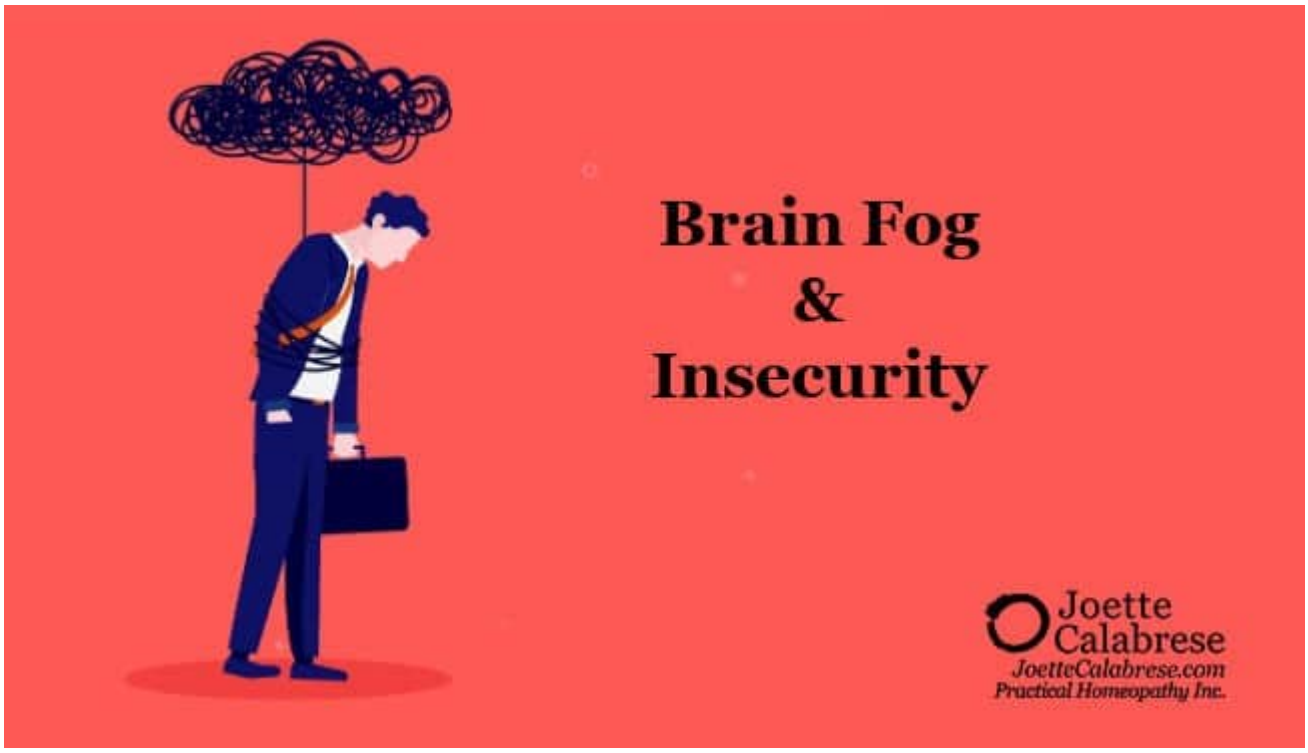


P.S. At the very least, I encourage you to download a free infographic. Although I'll warn you: Once you realize a few of the gut issues that homeopathy can tackle, you may want to take a deeper dive!

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



Brain Fog and Insecurity



Have you ever experienced a time when your brain just turns to mush?

No matter how you describe it, brain fog (or confusion, insecurity, lack of confidence, ditziness or grogginess) profoundly affects our productivity and emotional health.

Understandably, we rush to the conclusion that our brains are the culprit behind those foggy days.

Well, not so fast!

We may think it’s in our heads, but generally, the problem actually begins in our guts!

It’s the mind-gut connection: one of those interesting little unexpected twists in life. Our gut health is crucial to our mental health.

An unhealthy gut (stemming from food intolerances or gut dysbiosis from antibiotics and such) can easily manifest in emotional or mental struggles.

It’s a vicious circle.

If we don’t address the underlying gut dysfunction, those foods could only worsen the emotional or mental condition.

But because of the nature of homeopathy, we don’t need to choose only one area of focus! Most of the medicines used to address gut health can also possess a psychological component as well.

For example, *Lycopodium* is our go-to medicine for food intolerances, bloating, gas, rumbling in the belly or feeling too full after eating.

However, *Lycopodium* is also one of our best medicines for feelings of insecurity or inadequacy!

AND, perhaps just as important, it’s one of our best foggy-brained medicines!

Again – this is the mind-gut connection.

While *Lycopodium* can also be used for women, it’s often associated with men. I can’t tell you the number of young, college-aged men I have worked with who have reported feeling foggy-brained – desperately needing to focus on their intricate majors yet feel as though they’re in another world.

Some have described to me is a feeling of being in an altered state of being.

Often this dreamy, disconnected state occurs after eating foods antithetical to their gut health. Sometimes not.

They may feel insecure socially and trepidatious about being with other people because of their inability to think clearly. Yet, understandably, they want to fit in.

So, what do they do? They head out to the local hang-out with other students for pizza and beer. I might add here that I actually want them to do this.

I don't want to keep people from living their lives and placing taboos on lifestyles and foods. Don't we have enough of those going around now?

How did these young men break this cycle? By employing *Lycopodium* 200 twice daily until very much better in both mind and body.

Two birds killed with one stone!

This is the beauty of homeopathy. Our medicines are not highly compartmentalized like conventional drugs of commerce – with one drug for one illness and yet another for a related affliction.

No.

Each homeopathic remedy possesses sweeping abilities. They are intelligent.

I don't consider homeopathy an "alternative" medicine, nor should you.

Homeopathy is *THE* medicine! (If, and only if, you have no other choice, then you might choose a conventional treatment as an alternative.)

I teach the comprehensive power of homeopathic medicines in my course Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.

Once you have completed a Gateway to Homeopathy study group and are ready to delve more deeply into homeopathy, I consider Good Gut, Bad Gut to be the perfect starting point.

This isn't a principle we learn in homeopathy (it's more

naturopathic), but generally, if your gut is fine, then your brain will be fine (your skin will be fine; your uterus will be fine and on and on).

Obviously, that's a broad generalization, but I find it true more often than not.

So, it makes sense to invest in a course that will address not only your gut issues but also the underlying causes behind so many of your most common health concerns.

If you're not ready to take the course now, at the very least, I encourage you to learn more about the mind-gut connection by downloading my free infographic.

Use it to help your family and pass on the good news of homeopathy!

Warmly,



P.S. As I relaunch Good Gut, Bad Gut this month, remember – all of my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

P.P.S. Download my Bad Gut to Good Gut Infographic and get started.



Is Cleanliness Out of Hand?



There seems to be an ever-increasing list of things foisted on us. My team and I hear your frustrations almost every day.

Most recently, we've been receiving a lot of renewed questions about hand sanitizer. The use of sanitizer has gone from personal choice to de rigueur to mandated in some situations.

"Cleanliness is next to Godliness," they say … but what happens when cleanliness gets out of hand? (Pardon the pun.)

As in-person classes reconvene, the biggest concern I'm hearing is for your children. You've expressed alarm regarding the over-the-top use of hand sanitizer in schools.

And well you should! Your child's healthy flora might inadvertently become collateral damage as the chemical hand sanitizer assaults everything in its path. Who knows what's in the hand sanitizer they are pushing at school?

Perhaps, more importantly, is the state of mind over-

attention to cleanliness produces. OCD is a real, life-altering condition.

So, what do you do?

Are you able to send them to a different school – one more aligned with your philosophy? Are you able to homeschool them?

Those would be the optimal choices. But if you can't, well, I have three suggestions. Just remember the letter "B."

1. **Get Belligerent!**

At least, that's what I would do. As a parent, it's your right to say, "NO! You are NOT putting that on my child!"

No one can impose a medical procedure on you or your child.

Know your rights! Hand sanitizer rules are guidelines. And guidelines are not laws. When was the last time you were in a Court of Guidelines? Probably never. So, don't be hoodwinked that you *must* comply with guidelines.

I might suggest *Ignatia* for the school board, principal and teacher – and tell them to get a grip and calm down!

'Just saying.

However, if your child is anything like my children were, they probably would rather avoid any conflicts in large groups. Once children are old enough to understand peer pressure, they embarrass easily, preferring to go with the flow.

Well, here's a great teaching moment.

I'm not suggesting you pull out the old saw, "If everyone were to jump off a bridge, would you?" (Although, between you and me, it's an apt comparison.)

However, if everyone else decides to destroy their skin, should you?

No.

But let's say you're backed into a corner.

2. **Bring Your Own.**

Safe and natural hand sanitizer can easily be made at home, making it possible to avoid the conflict altogether.

Politely say, "No, thank you. I have my own hand sanitizer." Then, whip it out and spray it right in front of them.

Problem solved.

If you're one of my Mighty Members, I'll be sending you my recipe for hand sanitizer later in the week.

3. **Build Your Child's Immune System.**

Perhaps your child has already been using an inordinate amount of hand sanitizer before you realized it. I assume it goes without saying that should continue their healthy diet of good quality eggs, grass-fed beef and butter. But perhaps add some sauerkraut, locally sourced vegetables and limit the sugary junk food to help rebuild their gut flora.

Now, lest you think I'm vilifying all school personnel, let me add that our teachers can be casualties of these over-zealous school policies as well!

My office has received emails from teachers who are suffering adverse reactions such as cracked skin, and hives to the harsh sanitizing products their schools employ on a nearly hourly basis.

So (speaking of teaching moments), what can we do

homeopathically about hives resulting from chemical sanitizers?

We do the same thing we do with hives resulting from other causes.

Don't get caught up with the cause, believing you are doomed because you cannot escape the situation.

Regardless of the trigger, hives are best addressed with *Apis* 6C – every three hours during an acute attack, moving to twice daily as it becomes less severe.

(I teach this protocol – and many, many others – in my course Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy.)

So, coming full circle: Yes, cleanliness is next to Godliness, but even a good thing can be overdone!

Do not allow misguided (I'm being kind here) guidelines to throw you or your child's God-given natural balance into a tailspin.

Say no if you can. If not, fight back with your homemade nutrient-dense food and homeopathy!

You'll be the hero (and I'll be your guide).

Warmly,

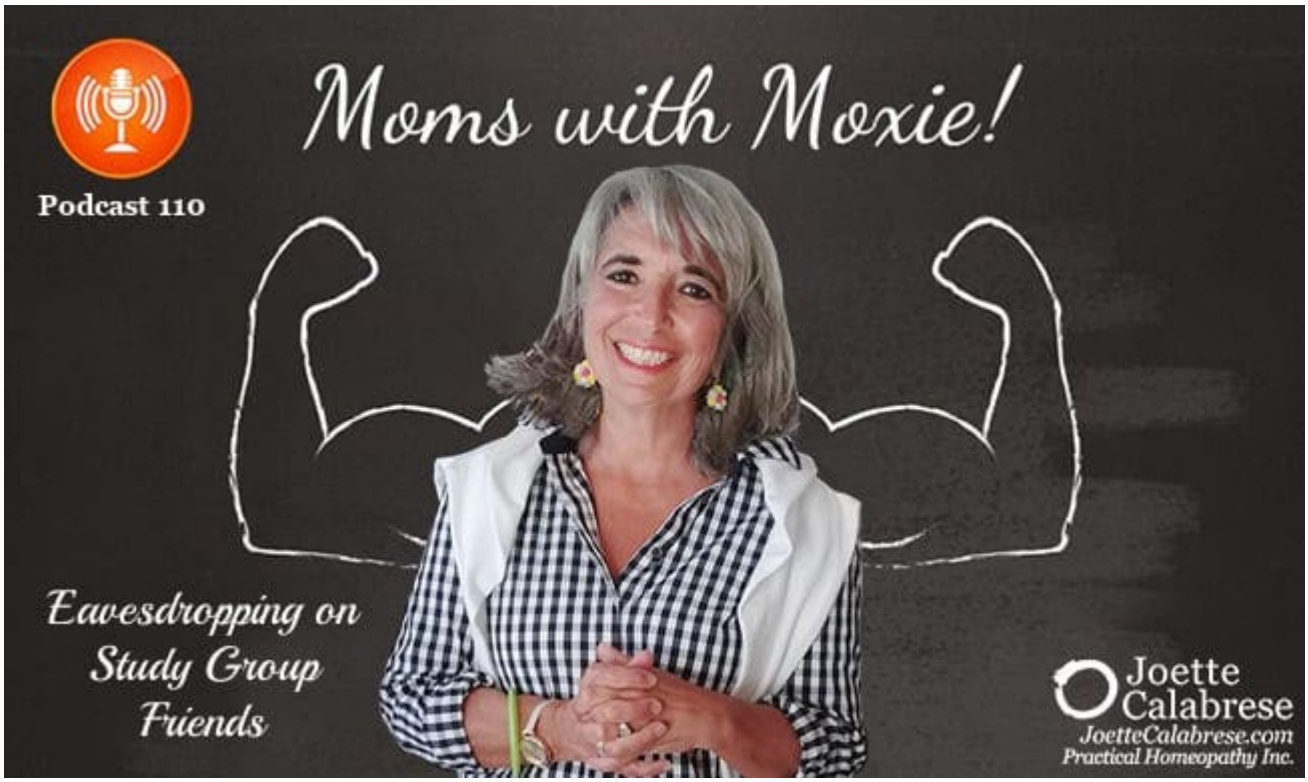


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Podcast 110 – Moms with Moxie: Eavesdrop on Study Group Friends



IN THIS PODCAST, WE COVER:

04:09 Gateway to Homeopathy Study Group

14:08 Secret Santa

17:24 Study group stories

33:56 Favorite Remedy

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Podcast 93 – Moms with Moxie: Sharing with Gateway Friends

Gateway to Homeopathy: A Guided Study Group Curriculum

Zoom

Signal

Allergic?! Escape Allergies, Sensitivities, and

Intolerances, with Homeopathy

Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind

Look What You Could Do for Free, Folks

S is for *Staphysagria*

Surgery: Answering Your Questions

Anticipating Surgery, Homeopathy Can Help

Vertigo as the World Spins

Podcast 81 – Ladies Only

The Downward Spiral: Antibiotics and Recurring Infections

Homeopathy Can Spoil a Girl: Medicine for Depression

A *Materia Medica*: Practical Homeopathy® for Busy Families

My blog, podcasts, Facebook Live events and courses

Kate: This is the Practical Homeopathy® Podcast Episode Number 110.

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. Today’s podcast is going to be a bit different because we have not only one Mom with Moxie with us but actually *four* Moms with Moxie.

I met all of these special ladies that I now consider friends in the Gateway to Homeopathy study groups over the years. So, we wanted to have them on the podcast to give you a little insight into the Gateway study groups, and to hear from each of them about their experience with homeopathy.

I know you’ll enjoy listening to them as they share from their hearts today. I’d like to start by welcoming Michelle, Michele, Hillary and Tina to the podcast today. I’m so excited to have you guys all here joining me today.

Michelle: Hey, Kate.

Tina: Hello.

Hillary: Hey, Kate.

Michele: Hey, Kate.

Kate: Let's take a minute before we dive in. I want to introduce you to each of these ladies. I'm going to start with Michele (the Michele with one L not two). Michele and I have been meeting together on these study groups for quite a long time. I feel like you're one of my best friends, and we've never actually met in person, which is really interesting. But we talk every day. It all started with the study groups. With that, Michele, can you tell us a little bit about yourself?

Michele: Well, I'm from Chico, California. Kate and I live quite away from each other. We just connected so much with these study groups. I'm a mom of five boys and a husband. We have a little grocery store in Chico. I am just having so much fun with Kate leading these study groups now and meeting these women from all over the world and just making great friends.

Kate: Michele, you're actually on another podcast. I interviewed you on Podcast 93. If people want to hear more from you, they can listen to that podcast.

Michele: Yes.

Kate: Great. Now let's go to the Michelle with two Ls.

Michelle: Hi Kate. Good to see you.

Kate: Good to see you, too.

Michelle: I'm from Chicago. I'm a chiropractor and a certified functional medicine practitioner. I am a mother of two teenagers. I have a husband who's also in practice with me.

Kate: Great, thank you. Great to see you here today.

Michelle: Thank you.

Kate: Let's go to Tina.

Tina: Thanks for having me. I really appreciate this. I'm Tina from Bangor, Maine. I have three children, a husband and a couple of businesses. I'm looking forward to sharing what I've learned.

Kate: Yay! All right. Last, but not least, Hillary.

Hillary: Hello. I'm Hillary. I live in Washington State. I've been using homeopathy for about three years, and I love it. I'm just glad to be here.

Gateway to Homeopathy Study Group

Kate: Let's get started by talking about the place where we all met. That is the Gateway to Homeopathy study groups.

For those of you who may not be familiar, Joette has a Gateway to Homeopathy study guide, I and II. We all met there. There are so many stories, right, about these Gateway to Homeopathy groups.

Most of you have joined us for more than one of the study groups. You just keep coming back and coming back. I know you feel the same way that I do that every time I go through one of these study groups that I continue to learn. Something new stands out to me, and I'm reminded of something that I had forgotten, or some new information comes out in our conversations.

The best part, honestly, is the friendships and the support that we've developed through these study groups. I want to hear from you now about your take on the study groups and why you like them?

Hillary: Hi, this is Hillary. I'm going to go first. I loved taking the Gateway classes so much that I took both the first and second class *three* times. You meet new people, and you get to hear other people's success stories, and that is so fun and encouraging.

But I will say there was an element for me where I was really nervous, because I hadn't been on the Zoom call before and participating made me nervous, but it was such a good experience. I just want to encourage anybody out there to just try it.

Kate: Hillary, you had talked about, really, you expressed a great hesitation in joining the study group, because even coming on and seeing these new people – you didn't know them. So, what made you decide to do it even though you had that fear? Or what do you want to say to people who might be hesitant to join a study group?

Hillary: Well, I think you get so much out of it. I pushed myself a little bit to talk. Then you get used to it! You get used to it, and you kind of forget about "this is uncomfortable," and you just enjoy the people, and you enjoy learning so much.

Even through all of that, I made some really great friends. *And* I'm in a study group now with some of these people that I met. It's just such a great experience.

Kate: When you say study group, you mean that you guys are now going through a course together? Is that what you're talking about?

Hillary: I have done that. I mean, we have a study group that is over Signal. We text each other when we have questions, when we have something that we want to share that is a success, or if we just need some support, we can text each other.

Kate: Yes. You guys got together, and you said, "Let's join up on Signal. Then we can still continue our conversations, even though our formal study group has ended."

Hillary: Yep, that's right.

Kate: Yeah. I love those Signal groups. They're a really great way to stay in touch.

Michelle, you have an interesting story also about when you first joined a study group.

Michelle: I came to homeopathy probably about a year ago. Because I'm in private practice, I come across a lot of different cases. And I started doing biofeedback several years ago.

While I was doing biofeedback, these patients … the results would come up with these names of things that I had never heard of before. The patient is asking me, “Well, what is that?”

Like, “I don’t know. I just know that it balances you.”

This happens so often that I’m, like, I better figure out what these are, and these were homeopathic remedies. I went on the internet, and I was looking for at-home homeopathy guides or courses. I did try a few I found some from England. But then through that learning, I figured out who Joette was.

So, I called Joette’s office and I said, “Do you have a practitioner’s course that I can do?” I was talking to one of her staff, and she says, “We don’t have that yet. But we do have these study groups. It’s called Gateway to Homeopathy; I think you should join one of those.”

I said, “Yes, but I’m a physician. Are there going to be other physicians on there?”

She says, “No, seriously, just join the Gateway study group. You won’t be disappointed. You really need to do it.”

So, I went on to the Facebook page and immediately found Kate and Michele’s study group that was starting the next week!!

I’m, like, “Okay, we follow energy all the time; energy has intention. So, I am going to sign up for your study group.” Joined the study group, and I haven’t looked back since. It was such a remarkable way for me to learn something that was so foreign to me. I needed to open my mind to a whole other realm of healing, and I don’t think I could have done that any other way.

Meeting all these ladies from across the US was an absolute blessing. Like you, too, Hillary, I’m on the Signal group as well. I bring cases to all these gals, and I’ll say, “Okay, I got this new patient who has X, Y and Z. What are you thinking? This is what I’m thinking.”

Everyone chimes in. Before you know it, I have a great protocol that I can try with my patients. It’s just been remarkable. It really has transformed my practice just in one year.

Kate: That’s a great story, Michelle. I love it. It’s been amazing getting to know you, and I’m so glad that you did take that leap and joined our study group. Thank you for sharing about your experience.

Michelle: Thank you.

Michele: I can jump in a little bit and add to what Michelle said. Michelle, when we met at our group –

actually, all of us, I think were in the same group at one time or another. But we took it one step further, which was so exciting. I was talking to Joette about this the other day that we've gone from being a Gateway study group to, "Hey, what course should we do next together?"

Michelle: Yes. Yes.

Michele: We actually did the Allergic course during the winter last year. We just met every other week, early in the morning. I think there ended up being like 15 of us.

Now there's, like, 35 of us that are going to do Good Gut, Bad Gut next.

It's been so exciting to see these groups, getting to know all of you people from all over the world, literally. We have one gal in New Zealand who meets us on the next day. Here it's Tuesday; it's Wednesday at noon at her place.

But it's been really neat to be able to meet and to work with you and to work with all these women from all over the world. And men! We had a couple of guys with their wives join us this year. One was a nurse; I think he was an RN. Then the other one was a pharmacist. They happen to be in Kate and I's group together. It was our first men. It was just the neatest experience working with husbands and wives, and then all these other people from all over the place and get their input.

Really, these groups have been incredible for my growth and my learning in homeopathy. I got started going to the groups looking for … I was looking for a group, and I couldn't get enough people together locally. So, I found … I think Joette might have told me about the Facebook page. So, I found Kate had a group, and I got connected with her. Then she said, "Well, you can keep coming back. Once you go to the first one, you don't have to pay again."

So, I kept coming back over and over and over again. Then Kate and I just grew this amazing friendship. I could honestly say she's one of my best friends that I've never met. We talk every day. I mean, if a day goes by, and I don't hear Kate's voice, I'm like, "Whoa, I wonder what's going on?"

These groups have been just wonderful for everything. At the beginning of the year, when things started getting shut down, Kate and I started meeting with people on the side and just doing Zoom groups to talk about, "Hey, how do we handle a virus? Let's go through this together and support each other. Let's pray together and lift each other up."

We have made some incredible, incredible friendships through these Gateway groups. I am so grateful to Joette for starting this. It's just been a wonderful journey.

Michele: I will say it's actually been really encouraging to have this group through the whole shutdown – through the whole COVID thing. Because people in different states can

say, “This is what’s going on. What’s going on with you guys?” “Hey, this is what I’m trying. This is what’s working.”

It has been such a good support group because we can see people, whereas sometimes we can’t. It’s so nice to connect. It’s been so nice.

Michelle: Michele, to piggyback on what you said about the new courses that we’re all taking, like the Allergy course – now we all want to do the Good Gut, Bad Gut, I feel like I wouldn’t want to miss out on something. I’m, like, “Well, I got to do what they’re doing even though I feel like I need to do the pain group because I’m a chiropractor. But I’m not, I’m going to do Good Gut, Bad Gut because that’s what everybody’s doing, and I don’t want to do it on my own!

Tina: I just don’t want to miss out on anything, any information.

Michelle: That’s how I am, Tina.

Tina: Seeing everybody, where we’re so isolated right now. I get to see people who have become my friends, and it’s just been amazing. It’s a blessing for me.

Kate: Tina, tell us about what we did this Christmas. Maybe you can share that story.

Secret Santa

Tina: This Christmas, Michele had a great idea of doing Secret Santa. And us women are all over the United States. I mean, we've never met each other in person. We drew names through Michele, and she told us who we had. And we all sent out emails to say, "Oh, I like this; I like that." Or "Send me anything! I don't care what you send me."

It was the most fun I think I've ever had in a Secret Santa group. We got to eat together one night, open up all of our presents *live* in front of each other. It was just wonderful to share that experience with these women that we've never met in person – that I feel like are such dear friends to me now. Everybody was excited about their gifts and appreciative and thankful, and it was a wonderful experience.

Kate: I don't know about you guys, but I think that was the gift that I most looked forward to opening.

Tina: Us too, yes.

Hillary: Yes, it was so much fun.

Tina: I was so excited because I didn't even look at mine.

Like I’m like, “Oh, the box was there, and I wanted to open it.”

Michelle: What did you all receive?

Tina: I ended up getting a salt lamp. It’s wonderful because I keep it right in my office by my computer, and it purifies the air there. It’s great.

Hillary: I got a couple remedies, and I got an EMF protection bag to keep my remedies in.

Michele: I got an EMF bag as well. It was so much fun. I think a bunch of us got EMF bags for our remedy.

Kate: Yes. I got something that was hand stitched – my name on a blanket that keeps me warm when I’m on all these Zoom calls (because I live in Wisconsin, and its cold here in the winter), and a whole bunch of other things. It was very exciting.

Michelle, it’s sad, but you weren’t part of that. Because you weren’t in our Signal group, right?

Michelle: No, I wasn’t. No. So, next year, guys.

Kate: Yes. Next year.

Michelle: Remember to add me.

Kate: Yes.

Tina: Oh definitely.

Kate: Tina, I don't think we heard about your story, how you came to join the Gateway group?

Tina: It's kind of exciting for me because I heard one of Joette's podcast and it was actually Kate doing the podcast. Of course, I jumped right online and found the little section and under Joette's website that said online study group. I didn't know anything about it. I just ordered the Gateway I book. I thought, "Oh, I can just do this by myself."

Well, I couldn't, it was too hard.

So, I got on Facebook and literally found "The Kate" that did the podcast for Joette. I was just, I felt like I'd hit the jackpot. I started that, and I've done it three times with Kate and Michele – Gateway I and Gateway II. It's been invaluable for me, not only for the information, but the camaraderie that has developed. I would encourage anybody to

do it.

Kate: Awww. You're so sweet.

So, we've had some pretty interesting study group meetings. We have so many stories we could share, right girls? I mean, I feel like we've been going through life together. There's so much personal *and* homeopathy.

But Michele, I know, you wanted to share with us something that happened while we were actually on a study group. If you could share that now, that'd be great.

Study group stories

Michele: Yes, we were on a study group once, and a gal (that was supposed to be there that night) her family had gotten in a car accident. I remember her calling from the hospital and asking what remedies to do. We stopped the meeting, and everybody was giving her wisdom and advice. I think we even might have prayed with her to help her through that.

That was just like one of the things that happened where it was during a meeting, somebody needed help that we were able to step in and help with. And that was just really a neat experience.

Kate: I feel like that's happened more than once, hasn't it, Michele?

Michele: Yeah, it has. It has – definitely.

Kate: Yes, and it's kind of neat. Because I remember, they would go off the call for a bit, and they were in the ER. And then she would come back on and tell us how it's going.

Michele: Right.

Kate: We'd all talk about it.

Michele: It was amazing, just to be able to support each other in that. That was really special, too.

Then another one was we had a gal, Heather. Joette did a blog about her. It's called, Look What You Could Do for Free, Folks. We watched her go from the beginning of treating her severe eczema – I've never seen anything like this – through her complete healing within that year. It was just such a blessing to be able to watch her and how she found that information on Joette's blog.

Kate: Yes.

Michele: That was really a special time, and then Tina had an incident with her husband when she was in the Gateway group.

Kate: Yeah, Tina, tell us about that.

Tina: Oh, my goodness. I was right in the middle actually of my Gateway II group. And my husband, on the jobsite, fell ten feet and crushed his urethra. That was like in March of this year [2020], and I was brand new to homeopathy. I mean, I just started learning about it in November the year before.

My husband didn't want me to come to the hospital because he was worried for me, and how I was feeling. So, if course, I immediately took *Aconite* at home – because that's what I had learned in the … through the support of the Gateway group. And he finally said I could come to the hospital. So, I did – immediately brought *Arnica* with me because we knew he was going to be having surgery right away to put a catheter in so his urethra would heal around this catheter.

The doctor was very clear with us that he wasn't sure if Dan would come through this and not have to have a super physical catheter the rest of his life. Or if he would have such a scar tissue in his urethra that they would have to do repeated surgeries forever for him.

And so, we were scared. But through the support of these Gateway groups – which I can't begin to express what a blessing and how invaluable they were to me – I ended up giving him the remedies that I learned.

In post-surgery, I gave him *Arnica* 200. I gave him *Hypericum* 200, for the pain. I gave him *Nux vomica* 30 for the effects of the anesthesia. He was nauseous and a little dizzy, so I gave him *Phosphorus* every three hours.

We only did the *Nux vomica* and the *Phosphorus* first day.

I gave him also starting that day, *Staphysagria* 200C, twice a day. We continued that for four weeks. We also gave him *Thiosinaminum* 30, twice a day for four weeks for scar tissue.

The most miracle thing that happened … we went back to get his catheter removed, which was actually another surgical procedure. We repeated everything we did before with homeopathy.

But the doctor came out, and he said, "I got to show you this. I got to show you the before and after. We did not expect Dan to heal like this." He said, "He has complete blood flow. He has literally no scarring – because I have done this surgery for years, and I have never seen this happen."

He said Dan's injury was the type that we usually see in car accidents where people get crushed in the pelvic region. And I knew what it was. I didn't say that to the doctor, of course, because we did slip him the homeopathy without the doctors knowing it. They're not real up on that. They'd be like, "What are you putting in your husband?"

So, for me, it was a miracle. It was the homeopathy miracle. And then being able to jump on and send a text to Kate or Michele, and just say, "Okay, what else can I do? Can you help me. Point me in the direction." It was just a blessing all the way around. I can't begin to share with everybody how important homeopathy has been in my life.

Michele: Tina was talking about surgeries, and I found at least three blogs on surgeries that I've used also. But the S is for *Staphysagria* was particular to the catheter issue that she had with her husband. Joette also has a blog called Surgery: Answering Your Questions. There's an older blog, Anticipating Surgery, Homeopathy Can Help. They're all wonderful, full of information.

Kate: Let's hear some more of those stories.

Michelle: I have some really cool ones that I'd like to share with you. I have quite a few patients on many different protocols, but just wanted to maybe share a couple with you guys that kind of stand out for me.

This one gal, she's in her 60s. She came to me – I've been

working with her for years, actually, but she knows that I'm studying homeopathy. She had a slew of things that she wanted me to do – to come up with protocols. I do have three for her that I'd like to talk to you about.

The first one is depression. She's been on depressive medications for over 40-something years and wanted to get off of them. Over the past couple of years, through the help of her prescribing doctor, we've been able to get her off the medication and onto St. John's Wort, the herb, which was fantastic.

But learning in homeopathy, I wanted to now get her off St. John's Wort over to homeopathy and then hopefully never be on anything ever again.

So, she agreed to my protocol. The protocol was *Aurum metallicum* 200C, and we did every third day with *Coffea cruda* 200C, twice a day. We did that for probably eight weeks when she told me that she started itching terribly at night. I brought this to our Allergy group, I think, Michele, and said, "What do I do? Is this a proving, or is this her old skin issue coming up?" We tried to work through it.

I just saw this gal last week, and I took her off the *Coffea cruda.* Lo and behold, she got a lot better. I've now since added in *Ignatia* 200, twice a day – every day except for the day she takes *Aurum metallicum.* She said now she has never, ever felt better, even all the years just being on medications and everything else. Right now, I'm calling this

a slam dunk. And hopefully, we can start to wean her off of the *Aurum.*

She also brought to me a long history of UTIs. Last year, she had three UTI infections. That was three rounds of antibiotics. When she brought it to me, we just happened to start talking about it in one of our groups. So, quickly looked it up and got her on *Medorrhinum* 200, twice a day, and her infection was already gone. Of course, she had antibiotics as well. But she continued that *Medorrhinum* for one month. This was back in August of last year, and she has yet to have the return of any UTI. She had them back-to-back-to-back in 2020.

Then she comes to me at the beginning of December and says, "Okay, all this stuff is working." She says, "What can you do for my vertigo?"

I know she has chronic vertigo. I've helped her chiropractically with it. But it's like so much care that we decided, "You know what, you can let it ride out on your own over the past couple of years."

But she brings it back to me and says, "Now what about vertigo? What can you do for that?"

I found a blog on Joette site called Vertigo as the World Spins, and it lists *Tellurium* 200C, every third day, and *Conium maculatum*. She said 3C would be better, but some countries can't get it. So, she usually says 6C. But I was

able to find the 3C, on OHM … at twice a day.

So, the first four weeks or so, she told me there was no change. She's like, "I thought this was going to be a miracle."

I'm, like, "Patience, child. Things are not always linear." I said, "You have to hold out for eight weeks." It's what we've been told right? Chronic conditions, you wait for eight weeks, and then you reassess.

So, when she came into my office last week for our reassess, it was eight weeks, and she has improved by 50%!

Kate: Wow!

Michelle: She, of course, is, like, "So what can I drop?" I'm like, "No, no, no, no, we're going to stay the course. I have been taught by Joette. I've been taught by Kate and Michele. We're going to stay the course."

And she agreed. We're going to stay the course.

So super-excited that I'm getting all this success with her. And so, she's down to only one medication. When I started working with her with homeopathy a year ago, she was on four. She's now down to one. And I can't take her off them,

remember. So, this is her going to her MD, and the MD is agreeing that she doesn't have to be on them.

Kate: Yes, that's awesome.

Michele: Yes. That's so exciting.

Michelle: I know. I love it.

Kate: Yes.

Tina: But not surprising.

Michelle: I know, exactly.

Michele: There's a blog. Joette has two about recurring UTIs and antibiotics stop the cycle. That's a good one for anyone who has …

Michelle: That's the one. Yes, that's the one I looked up, Michele.

Michele: Yes, that's a really good blog.

Michelle: Then the one for depression was Homeopathy Can Spoil a Girl: (I loved the title of that one) Medicine for Depression. Yes, it was my first one when I was like, "Can I really do this for depression?" Like, just not knowing enough, you know?

So, I read that blog. And so, I mentioned it to my patient, and she says, "I am so willing. We've gone this far. Let's give this a go."

Tina: You know, I was in on that course, the Allergic Course when Michele brought it and was talking about it. Actually, I didn't hear the result. That is actually so cool to hear the result! It's so cool.

Michelle: Yes. Even the other day, she said, "*Coffea* was working so well. I'm sleeping so well."

I'm like, "I know, maybe we can get back to it. But the itching through the night, which is a proving of *Coffea* … I think really happened. You know? So, we have to kind of follow it. But the *Ignatia* – the combo now of *Ignatia* on the alternate days of *Aurum* – she says right now is a slam dunk.

Kate: That's a really interesting way to do that.

Michelle: Well, I did talk about it with Michele, if I can do it. Some of us were like, "I don't know if you can do *Ignatia* and *Aurum metallicum* on the same day." So, I decided

just not to have it on the same day, and it’s working.

Michele: Then I have used it on the same day for myself.

Michelle: Okay.

Michele: As needed.

Tina: I love hearing other people’s stories. Because as I learn homeopathy and love it, and I really want to share with other people. It’s so nice because I get to learn, “Hey, that works.” “Hey, I’m going to try that.” “Oh, I’m going to tell somebody about that.”

I love that aspect of this.

Michelle: Yes, I find people are really open to it, too. My patients know that I am a student. I am not a homeopath. The fact that they have enough trust – just because I’m learning and I’m trying – I’m amazed by that.

Kate: Don’t you guys agree that it’s going to make our learning so much faster that when we do this with other people in a group because we do get to hear all those stories and learn from each other. Instead of just our own little world, it’s magnified by all the people that we now know and their stories and their successes and so on.

Michele: Absolutely.

Tina: Once you have one little success. It doesn't matter how small. It's amazing what it does for you emotionally and for your family, or for whoever you're helping.

Michelle: Confidence, right?

Tina: The confidence, it's a new thing.

Michelle: I have a cool one, guys. I think I talked to in the Allergy group because I brought it up, I think, in our first class – the first day we met for the Allergy course.

Hillary: Was it about the kid?

Michelle: Yes! It's so funny how things come to you. So, I have this family that has been in our practice for probably 15 years. Her third child, I met when he was born about two years ago and gave him his first adjustment at … he was probably about eight weeks old.

So, she brings him into the office just for an adjustment, but she starts mentioning all his allergies. He has *horrible* allergies. He's *horribly* sick all the time. He's in the hospital every one-to-two months getting different things

done for an old RSV case that he had. He has horrible allergies to dust, mold, peanuts, and to dog. He has horrible eczema, horrible asthma, this poor little thing is just a mess.

She says, “Do you know if you could do anything for all of these things?” I said, “Well, wouldn’t you just know, I’m in an Allergy course right now.” I said, “Write everything out for me – single thing you can think about your son from the moment he was born until now and any little idiosyncrasies he has about his personality and everything else. Give it to me, and then I’ll bring it to my group, and we’ll figure it out.”

And so, she did. She wrote it all out. I came up with my plan. I presented it to the group. And we went back and forth on a few things. I didn’t know if I should do *Calc carb* 30 or *Calc carb* 200 with him. I had read a couple of different things and eventually settled in on the 200. It’s working beautifully.

One week later, the mother comes back just for a one-week follow-up and she says, “You know that one that you gave me just the one dose one day?” She’s talking about *Camphora*. She says, “The change in my child in one day was phenomenal.” He wasn’t speaking. He started saying like, “Mama and Dada” within 24 hours of taking *Camphora*.

That just sent chills through my body. I couldn’t believe it.

She says since he started on the protocol, in one week, all his eczema cleared up. Four weeks after that, she said she had missed a couple of doses for the eczema, and the eczema started appearing. So, she took pictures for me. She got back on the remedies … 'cause just trying to get into the groove of when to take things, the timing of things. So, she took before and after pictures for me: no eczema – eczema – no eczema.

Incredible. Incredible! And he's sleeping through the night; he doesn't have problems sleeping anymore.

The response has been incredible. We're just a little bit post-eight weeks right now. Even her husband who was a *huge* skeptic, she said he can't deny what this has done. His son is starting to speak.

Hillary: Amazing.

Kate: You hear so many of those stories of chilling transformation. It's so amazing. I never get tired of hearing these.

Michelle: Yes, I still have skepticism in my heart, too. Like you just wonder, "Really? Can this really do this?" And when you see it!!

How many times I've heard, "Can *Camphora* really do what I think it just did." I'm like, "Yep!"

Favorite Remedy

Kate: Yes, incredible. What I'd like to do to end this podcast today is I'd love for you girls to share with me your favorite remedy? I don't know. Didn't we have a name for it, Michele?

Michele: Fan favorite or something.

Michelle: "The Fan favorite."

Kate: Yes. Share with me your fan favorite remedy, if you would? Tina, do you want to go first?

Tina: We were discussing to have a … share our fan favorites, our favorite remedy. Mine changes time to time.

But right now, I'm using *Coffea cruda* 200 at night for insomnia. I'm like Michelle, sometimes think, "Is this really going to work?"

When you're awake at midnight, and you're laying there, and you go, "Uh, I'm going to try it." Then in *five minutes*, you don't remember anything. So right now, *Coffea cruda* 200 for

insomnia is definitely my favorite.

Kate: Oh, good.

Tina: It's my friend.

Kate: Maybe we should call them our "favorite remedy friends."

Tina: Yes.

Kate: Alright, Hillary.

Hillary: Well, currently, my fan favorite is *Arnica*. I've gotten to the point where if there's anything wrong, I'm going to try *Arnica* first because I've had so much success – with headaches, with anxiety, with this feeling off in my head, that it has just helped every one of those. That's my go-to these days.

But I will say I also really loved *Arsenicum* in the past. *Aconite*. Those at different times have also been my favorites.

Kate: Yeah, and for those of you who want to learn something interesting, I would encourage you to open up

Materia Medica or go online and search "*materia medica*." Search for *Arnica* and read all about it. Because *Arnica* – we think of it for injuries and accidents, but it has such a wide array of use.

Like you said, I feel like it's probably one of my favorites as well right now.

Look *Arnica* up and read all about it. You'll be surprised at what you find.

Okay, Michele, with one L.

Michele: Well, my favorite friend remedy is *Ignatia amara*. With the trying times in the world today, we have it out kind of all over the counter and all over the house. If you ever need it, it's ready to go.

Kate: You have a little funny story about *Ignatia,* too, because you recently bought it from Helios.

Michele: I bought a *monster*-sized bottle, lifetime supply of *Ignatia* from Helios Pharmacy in England.

Kate: If this was visual, you would be able to see this gigantic bottle. Yeah, didn't you compare it to like the size of a pop can?

Michele: Yes, I think it's a little bit smaller than like maybe like a 10-ounce soda pop can. I didn't really know when I bought it. I did not know that English measurements are different than ours. But I tell you what, I'm going to be able to pass that down to my kids for their kids, if I don't use it all myself.

Tina: Maybe not.

Kate: Alright, Michelle, let's finish up with you.

Michelle: My favorite at the moment is *Nux vomica* 30 because it almost saved me $700 in vet bills – *almost*.

Kate: Tell us. What happened?

Michelle: Well, my dog ate some undesirables out of my daughter's trash can in her bathroom. Started to think that he was impacted, and so I did some *Arsenicum album*, which tended to work.

Then on this particular morning, it dawned on me, "What if it's the toxins from what he ate?" I gave him *Nux vomica*. I headed off to work. My husband took him to the emergency vet. He spent the whole day there. My bill was $700. The vet said, "I really don't know what was wrong with your dog. He was so wonderful in the office today, but he's not impacted.

So, you know, nothing's wrong with your dog."

Nux vomica almost saved me $700. I honestly believe it turned him around in half an hour before I left for work. He was back to his normal self.

Kate: Didn't you say before that if you just would have waited a little bit longer?

Michelle: Yes. If I didn't have to work that day, and it was my husband's day to go to work, I think I would have saved us the $700 – because I don't think I would have brought him in.

Kate: Yes. Well, ladies, thank you so much for your time today.

Michele: Wait, Kate. What's your favorite remedy?

Kate: Oh, gosh, that is so hard.

Michele: What are you currently taking?

Kate: A lot of things. Well, okay, I think my favorite right now is probably *Arnica*. It's not necessarily the one. I'm taking some things for gallbladder because I recently

had my gallbladder act up. Really, honestly a couple of doses of the homeopathic medicines for gallbladder, and that was feeling better. I'm so thankful because for those who've had gallbladder issues, it can be pretty painful. Mine wasn't super-severe, but definitely painful.

But besides the gallbladder, I'm like Hillary, I love *Arnica*. I'm just learning so many new uses for *Arnica*. I feel like that's probably my favorite.

My favorite time to use it is when I'm exhausted. You have that feeling of just being so tired. You can't go on, but you have to work, or something is happening in the evening. I take *Arnica,* usually it's in the 200 potency. It just turns me around. My head is clear. My eyes are no longer tired and fatigued. I just have that extra boost of energy for the next three or four hours, and I can continue to work.

It's probably not the smart thing to do. I probably should go to bed, but when you *have* to have that energy, and you're just feeling exhausted … that's my favorite right now. Yes.

Tina: But once again, isn't this awesome? "Like I never would have thought of *Arnica* for that.

Michele: Me either.

Kate: Yes, Joette shared that with me.

Hillary: One more way to learn.

Tina: Yes.

Kate: Yes. Ladies, we're going to finish up this podcast. But I just want to say thank you for taking the time and sharing all this information with us. I look forward to seeing you guys in more of the Gateways and the Signal groups, in other study groups. Thank you and let's do this again.

Michelle: Sure, any time, Kate.

Michele: Thanks for having me.

Hillary: Thank you, Kate.

Tina: Yes, thank you.

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®.

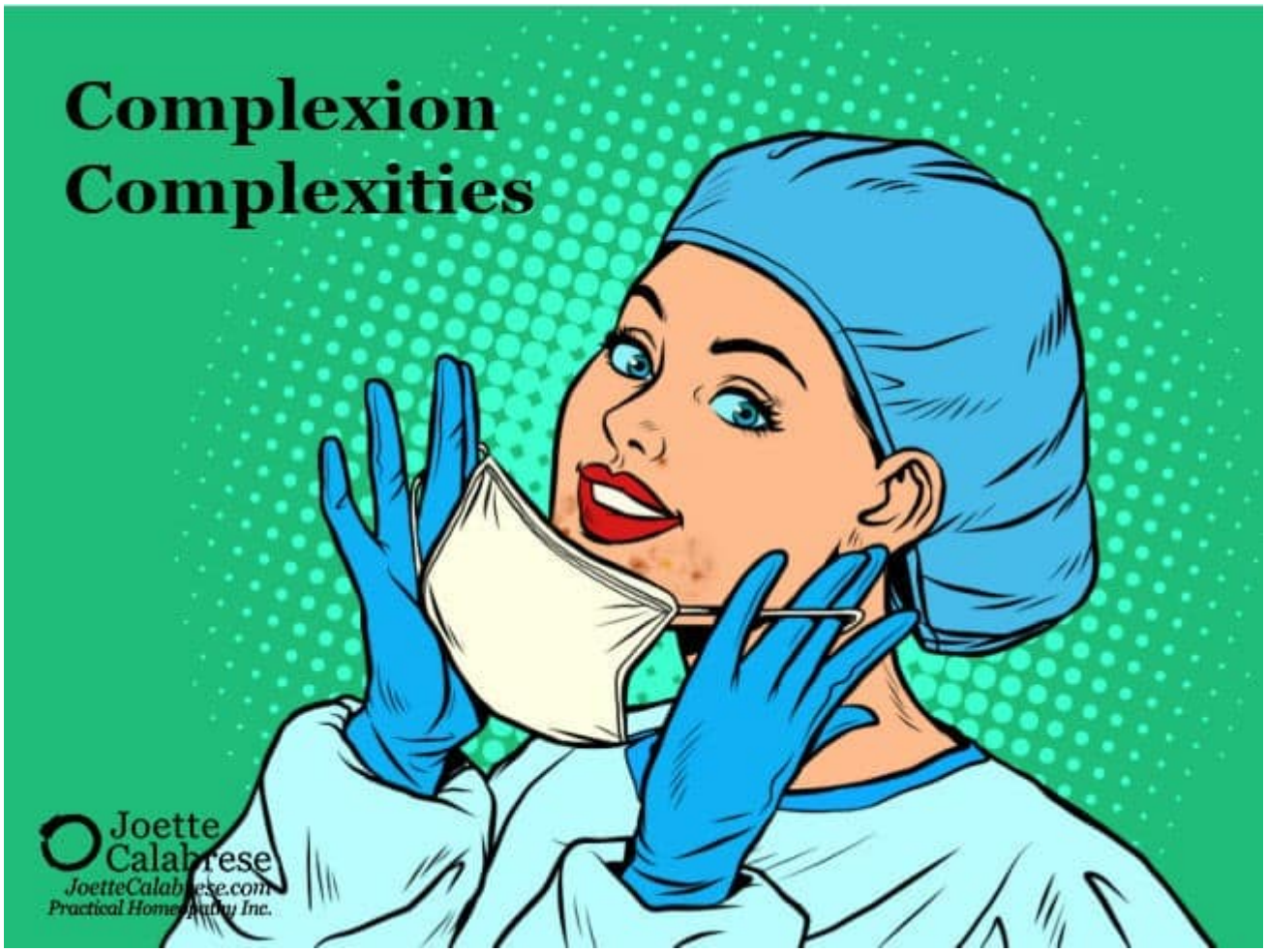
Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on Apple Podcasts, iTunes, Google Play, Blueberry,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

Complexion Complexities



Tomorrow is picture day at school.

Your wedding is this weekend.

It’s time to get dressed for your high school reunion.

The whole family is gathering to celebrate your 50th wedding anniversary.

What do all these occasions have in common? The potential for acne (or just that one quintessential pimple) to rise up and blight our smiling countenance.

Our complexions are complex throughout our lives. Childhood, young adulthood, middle age or menopause – some of us may never feel entirely impervious from breakouts.

Hormones may play a part. Stress may play a part. Diet may play a part. And now, thanks to current circumstances, there’s a new player in town: face masks.

But the end result is the same: a less-than-stellar complexion.

“Maskne” (acne caused by prolonged wearing of face coverings) is technically not new. Healthcare workers have certainly experienced it as an ongoing professional hazard. Unfortunately, now maskne has been released into the general population for those who wear them. For those of us who don’t, enjoy the fresh air (and a clear complexion)!

I’ve seen people walking on windy beaches – alone, for crying out loud – wearing masks. Come on, folks. Use some common sense! (Maybe I should say “good” sense because it appears that common sense is commonly gone.)

Facial masks trap warm, humid air against facial skin, creating a breeding ground for bacteria and yeast to flourish. The next thing you know, you look like a teenager.

Giving your face some breathing room is the best solution for maskne.

However, let’s get down to brass tacks. The homeopathic

medicine for maskne must be different than the solution for other kinds of pimples I've written about before, right?

Wrong.

Okay. Let me backtrack for a moment. It's important you understand that my blog – this Remedy Reference Guide – is a representative timeline of my experience with homeopathy.

Years ago, I still subscribed to the classical approach. You'll find most of my early blog posts (through about 2013) reflect this.

As such, I wrote about several homeopathic remedies used classically to address different types of breakouts in a 2013 post entitled, Out Blasted Spots.

Even as a classical homeopath, I had already been using protocols and more than one medicine at a time in one schedule.

In fact, a little secret: classical homeopaths do this all the time but don't admit it openly.

But then, over eight years, I worked side-by-side with the Drs. Banerji, and they substantiated my evolving ideas and downright revolutionized my practice – both with clients and students.

The Banerji Protocols are designed to meet the symptoms rather than get bogged down with the cause's complexities. Having a diagnosis is undoubtedly important; don't get me wrong. However, specific *symptoms* are the key to choosing the proper protocol.

Perhaps you remember Pippa from Pippa, Pimples and Homeopathy. In this very popular blog post, I detailed the Banerji Protocol for adolescent pimples.*

However, on my forum sites, I've noticed that some of you

with breakouts think this article doesn't apply to you because you're not a teenager. But indeed, this is where the Banerji Protocols shine.

Is the symptom the same? Then the homeopathic medicine is the same.

The Banerji Protocol for pimples is *Hepar sulphuris calcareum 200C* mixed with *Arsenicum album 200C* – one dose every other day.

Whether called upon by a teen, a stressed-out mom, a happy mom, or someone forced to wear a face mask all day, this protocol has consistently worked in my experience.

The moral of the story? Maskne may sound newfangled, but it is no match for our 200-year-old medicine.

One more reason to pass on the good news of homeopathy!

Warmly,



P.S. * I also mentioned a slightly different Banerji approach in Pollution, Sinus Infections, Acne and Homeopathy. Don't let the difference confuse you. In homeopathy, there is generally more than one way to skin a cat.

P.P.S. I have noticed other questions on the forums related to mask-wearing. People have mentioned feeling over-heated,

chapped skin (usually on the nose from rubbing), and irritation around the ears. While I might decide to address those specific issues in future blog posts if time allows, you can certainly choose a homeopathic medicine based on the symptoms.

Suppose you're unsure how to take a homeopathic case (assess your symptoms and find the correlating homeopathic medicine). In that case, I urge you to join a Gateway to Homeopathy study group. Not only will you learn (or refresh) your ability to effectively utilize homeopathy, but you'll also gain a band of like-minded friends who will share their experience with homeopathy. Their experience will enhance yours – and yours will enhance theirs. Win-win!



My Foxy Valentine



Hi Folks!

Buster, the Bad Office Dog, here!

Mom’s been talking about Valentine’s Day this morning, as though love is something only you humans experience. It may surprise you to know this, but I was in love once.

Oh, she was beautiful. She was so foxy.

Seriously. She was a fox.

No. I mean it … she actually was a fox. She lived in the woods behind our house. I’d see her peek out from time to time, and we’d share a glance.

And that was all it took. I was in love.

You should have seen her fur. It was beautiful! So shiny and silky and pretty.

But then, I didn't see her for a few weeks. The next time I saw her, she looked terrible. Much of her beautiful coat had fallen out, replaced by patches of sores and scabs. She looked miserable and even ashamed for me to see her.

I was devastated.

But while I may be a bad office dog, I am not a shallow dog. My love didn't diminish because of her condition.

So, I did what any smart dog does in a situation like this: I ran to get Mom.

Mom said my foxy friend had something called "mange." Frankly, to me, it looked like someone had been chewing on her – poor thing.

Mom loves wildlife and explained to me that homeopathy could be used for wildlife as well as humans, pets and livestock.

So, she went to her homeopathy cabinet and pulled out *Psorinum* 30. (You humans sure use odd spelling. Why the heck is that "P" even there if you don't pronounce it? My native language is much more straightforward. "ARF!" See? Every letter is pronounced.)

Anyway, Mom said she would put a little food out for Foxy, with the *Psorinum* 30 mixed in with it. (If Foxy had been accustomed to drinking water on our property, it would probably be better to mix the homeopathic medicine in with the water. But food would do!)

Typically, she said she would use the *Psorinum* 30 twice a day. But with wildlife, controlling dosages can be a little more complicated.

Luckily, Foxy was never one to refuse a nice meal, so she

lapped up the food. One dose down! I felt sure she was on her way to healing.

Mom continued to tend to her mange in this way until she was very much better – until she was foxy again.

I guess you could say we have a long-distance relationship since I moved to Florida. I miss her, but it wasn't going to work out for us in the long run anyway. I'm sure she's thinking of me today, on Valentine's Day, even though we can't be together.

But you could use this same procedure for attending to sick wildlife – or for your pet at home. I hear we can get mange, too! Horrifying! It would be easy for you to give your afflicted dog or cat *Psorinum* 30 twice a day.

Personally, when I see those little pills, I immediately know they will help me feel better. So, I just lap them up off the floor or out of Mom's hand. But I like to think I'm pretty darn clever.

Maybe for your pet, you might have to put it in their water bowl or their food at mealtime. Whatever you have to do, if your furry friend has mange, just remember *Psorinum* (with a "P." Go figure.)

And as Mom likes to say, "Pass on the good news of homeopathy!" You never know whose Valentine you might be helping!





P.S. Joette, here. Holy cow, I can't even go to the other room for tea without Buster commandeering my computer! But he shared a good lesson here, so I guess I won't shake my finger at him.

But, I do have a few points to add.

First, *Psorinum* is becoming increasingly difficult to find in the United States – ever since the FDA began its assault on the availability of homeopathy with its new proposed Draft Guidance. Even if you've already done it before, I encourage you to contact the FDA, your senators and representatives – and the new president and vice-president, as they have not heard from you before. Share your successes with homeopathy and insist they protect the full range of medicines offered through homeopathic manufacturing pharmacies in the United States!

At the time of this writing, you can order *Psorinum* from Helios in Great Britain. Of course, if you are a client of mine or a current student in good standing, you already have access to the non-retail pharmacy that carries it.

I also want to reinforce that homeopathy works for humans and animals alike. I get questions about that all the time.

To clarify, whether you are addressing an infant, a 12-year-old, a 40-year-old, a post-menopausal woman, an old man, a cat, a camel or a cow – unless a disease is human-specific or animal-specific, then it's all the same. There's no species-ism in homeopathy! I teach this principle in my study group curriculum.

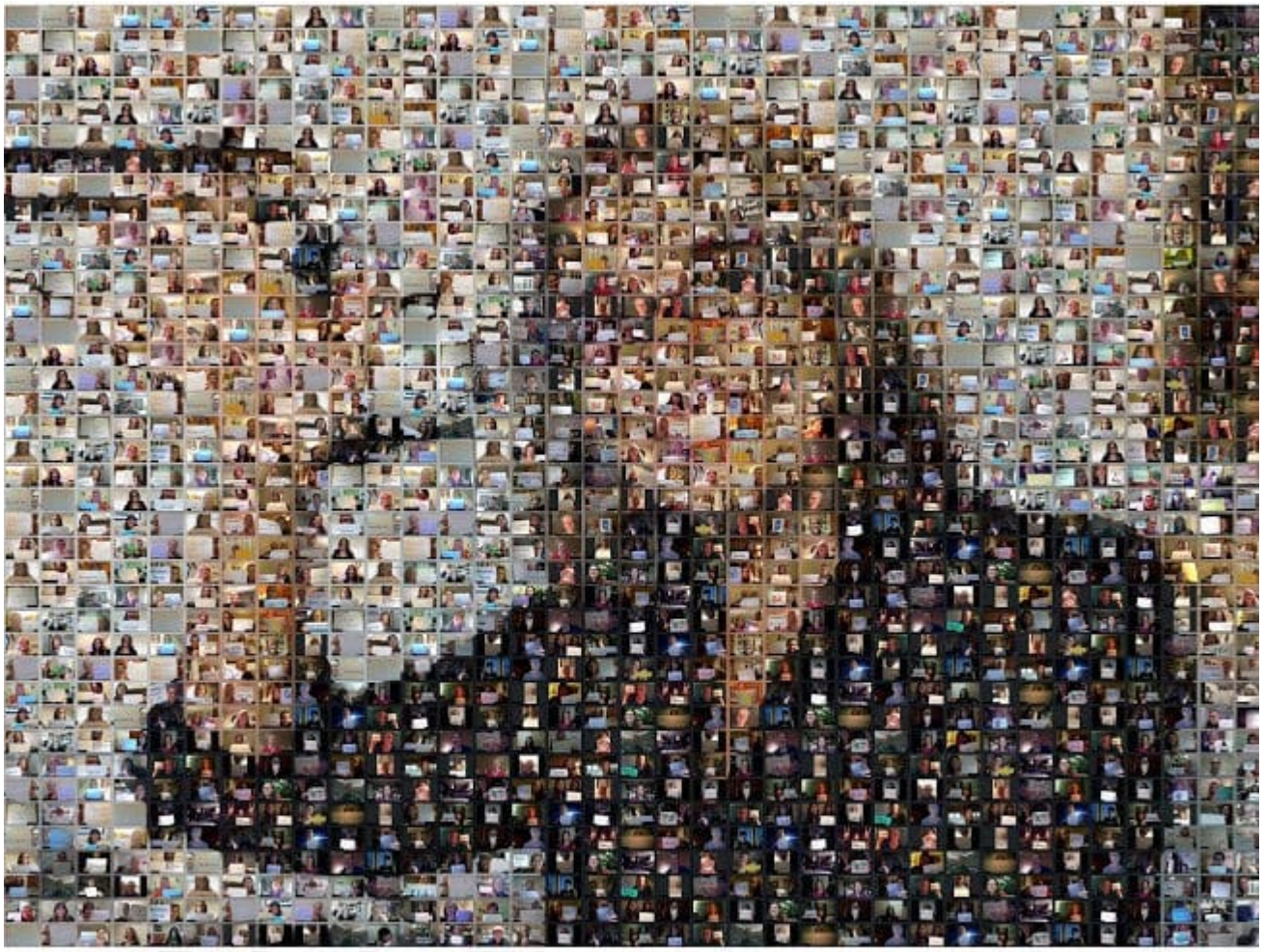
Joining a Gateway to Homeopathy study group is the best way I know to learn homeopathy. But even if you're not new to homeopathy and already have some experience, joining a study-group can open your eyes to how new, like-minded friends use this elegant medicine in their homes, communities and even on their farms.

Believe me, learning alongside others boosts your knowledge exponentially! I began my journey with a study group and continued with it for years.

Through a study group education, you'll be the hero, and I'll be your guide.



Your Remedy Reference Guide



(Before I begin, let me suggest that for a moment that you look closely at the image above. Read further down, and I'll explain why.)

I receive all manner of questions about *materia medicas* and repertories:

"Do I need them both?"

"Which ones do I buy?"

"Now that I have one, how the heck do I decipher this information?"

I devoted an entire Memo to Mighty Members to answering those questions just a month or so ago (Memo #24). But

writing that memo caused me to think about what I do here in my blog.

Generally speaking, this blog is what you would call a "Remedy Reference Guide" (with a little theory and philosophy thrown in to boot).

"What's a remedy reference guide?" you might ask?

Well, a remedy reference guide answers the question, "If there's a such-and-such condition, which medicine is used?"

As you probably know, doctors have their own allopathic references. For example, let's say a doctor wasn't familiar with diabetes (which is highly unlikely but works as our simple example). He would look up "diabetes" in his reference and find that metformin is a generally applicable medicine. The index would go on to give details for metformin's use (at a certain age and weight, one would take this many milligrams).

Now, many people think a *materia medica* will be more like a remedy reference guide.

No.

Instead, a *materia medica* notes the various conditions each particular medicine addresses. A *materia medica* is organized by the *medicine* – not the condition.

But on the other hand, my blog IS generally organized by condition.

You might ask, "I have gout. Which homeopathic medicine is generally used – and in what potency and frequency?"

After a quick search for "gout" on my website, you'll arrive at my blog post: The Disease of Kings and Commoners.

See how it works?

My blog – this remedy reference guide– can serve several purposes:

- For your own reference (as demonstrated above)
- For friends who develop health issues (If you don't know the answer to their questions off the top of your head – or if they are too skeptical about taking your word for it – you can send them the links to pertinent posts and simply say, "Read this!")
- For your kids in college or who are grown and off their own (They may have the homeopathy kit you gave them, but they may not necessarily know which remedy to use.)

This blog is also a perfect first entry point for those who are new to homeopathy. It's especially significant for those who have not yet formed friendships in our communities – those without a homeopathy "buddy," so to speak.

How many times can I say it? A study buddy is *invaluable*! At times, everyone needs to bounce ideas off someone who is learning with them in tandem – or perhaps even further along!

Mind you, I am not recommending using your buddy as a way to take shortcuts (see The Danger of Getting The Answer Without The Effort). But having a study partner or homeopathy buddy is most assuredly the way to supercharge your knowledge. You'll learn faster and more efficiently!

The easiest way to initiate the buddy system is by joining one of my Gateway to Homeopathy study groups – or start one yourself! Every week in my Zoom calls with our various groups, I see individuals forming lifelong friendships.

Do you sometimes feel you're alone in your quest to learn more? Look at the photo accompanying this blog post.

Look closer!

Zoom in. I'll wait.

Yes, that mosaic is made up of Zoom screenshots of study group participants! (There have been so many study group students who have participated in a Gateway group that if we used a picture of each and every one, they would just be indistinguishable dots on a page!)

So, trust me when I say this is a movement – a political movement that transcends politics!

Homeopathy attracts one unique type of person – no matter their background, age, race, color or creed.

Homeopathy is a magnet to those who take responsibility for their own lives.

Full stop.

So, join me, join a study group, join with your new buddies to help this homeopathic movement grow and flourish.

Use my free blog as a remedy reference whenever you or a friend or loved one needs an assist!

And pass on the good news of homeopathy!

Warmly,



P.S. If you missed my Memo to Mighty Members containing a more in-depth discussion about *materia medicas* and repertories, it is archived for your reference on your

member page as Memo #24.

What? You're *not* a Mighty Member yet?

Well, this is just one more example of the additional information I share with my Mighties that is not available to the public.

Let's face it, sometimes sharing information privately allows me to be more candid and detailed. So, join us as we play in our own private sandbox. Learn more at **Joette's Mighty Members.**

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.

P.P.S. And more is coming. The private Mighty forum is about to transform into a truly FB-like page with likes, shares, comments, and much more.

THE ONE BIG DIFFERENCE – my tech team built this, and it's as close to safe as two dixie cups and a string!

And just to make it really interesting … soon we are rolling out an app for all you smartphone users. Boom! I can't think of a better way to learn homeopathy – join our movement!