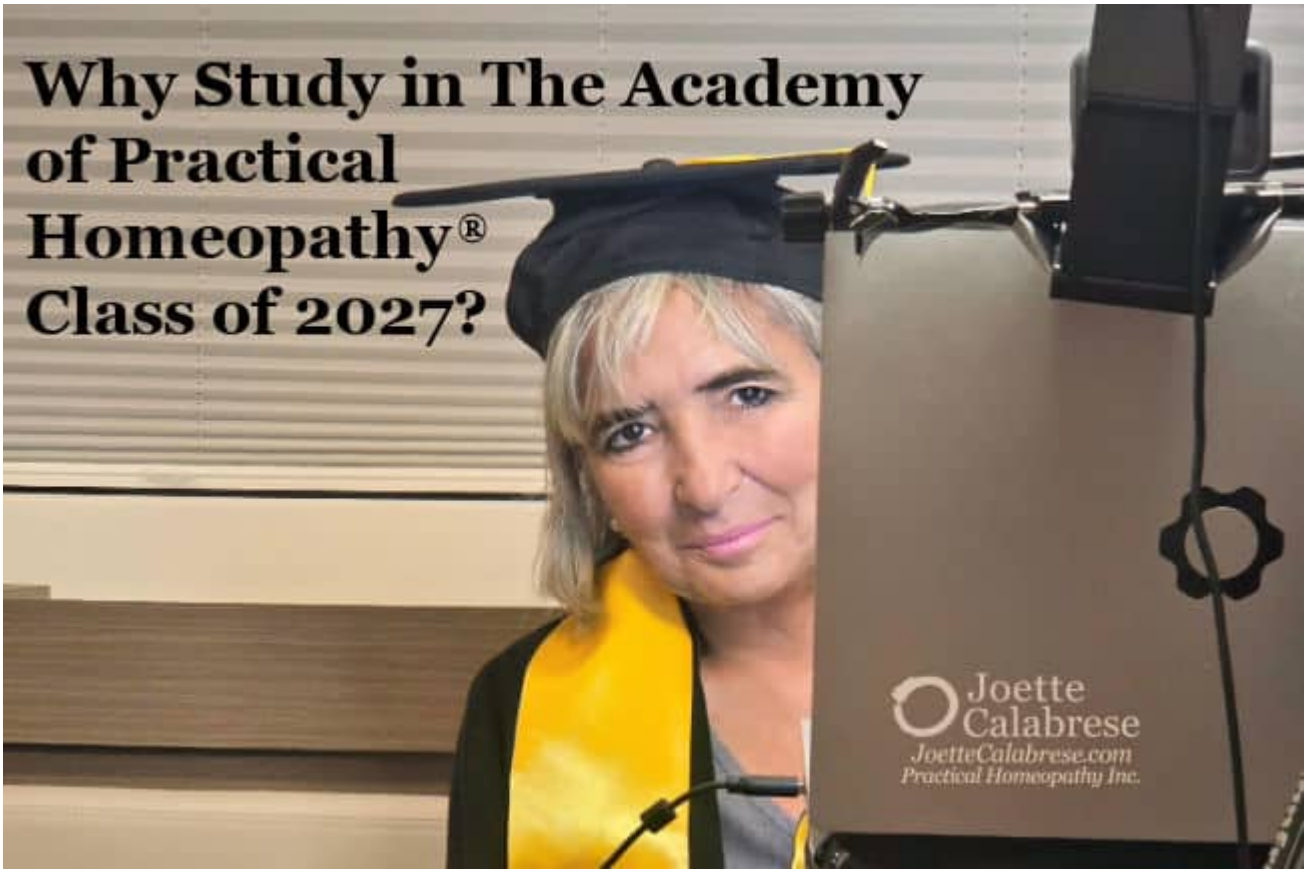
4 Homeopathic Remedies for a Happier Father

Fathers: Doing so much for your family can take its toll. When unsettling emotions rise, Practical Homeopathy® can help.

Podcast 172 – Broken Bones Are No Match for the Intelligent, Orderly Action of Well-Chosen Homeopathic Remedies

Broken bones are no match for the intelligent, orderly action of well-chosen homeopathic remedies. Discover what medicines to have on hand.

Why Study in The Academy of Practical Homeopathy® Class of 2027?



The Academy of Practical Homeopathy® grew from a bold dream into a thriving, established institution with a well-built, time-tested curriculum and hundreds of accomplished graduates.

Indeed, my Academy has provided the tools, skills and knowledge for our graduates to become the confident, efficacious healers for their loved ones.

Some have even built flourishing careers in homeopathy. Our time-tested four-part business blueprint works to fill Academy graduates' practices and classrooms with people actively seeking the help that they can now confidently provide.

Not only are these Practical Homeopaths™ able to experience the immense personal reward of helping others heal, but they also enjoy a new, sustainable income stream that supports their families' futures.

Have you considered joining The Academy of

Practical Homeopathy®?

Enrollment is now open for our sixth graduating class – the Class of 2027.

Our student body is shaping up to be a diverse group. They're mothers, grandmothers, husbands, young people, and even seasoned health care professionals seeking efficacious alternatives for their patients. We have students from every walk of life and every profession: farmers, secretaries, musicians, nurses and … and … and …

However, they are all cut from the exact same cloth as you. They all want health autonomy for themselves, as well as for their loved ones or clients, through a natural, polite, reproducible, economical medicine.

Applicants answer a key question during the application process: "What brought you to Practical Homeopathy®?" The responses have been inspirational.

Do you recognize yourself in any of their answers?



What brought you to Practical Homeopathy®?

“Finding Joette that first time sparked my interest. Who was this lady I’d never heard of before? Is she real? Is her information accurate? Why does she give so much away for free? I guess you could say I was curious to know more but also very suspicious. The more blogs I read and the more digging I did not only in her website but others where her name appeared helped to convince me this was not a scam and her passion made me want to jump in the deep end.

“Practical Homeopathy is providing real solutions for the countless infirmities plaguing humankind.

“My driving motivation to be a part of the academy is a selfish one. I want to have satisfying answers for why a person is unhealthy and how to resolve it safely. I want positive health results without eventual side effects down the road for my loved ones. I want to put the pieces of this healthcare puzzle in my mind together and see the big picture not just for me but for the generations after me. I also am so intrigued to learn more about how and why homeopathy got shoved aside only to be replaced by something so inferior. It’s infuriating!”*

“I was looking for homeopathy schools online and this school stands out because it seems more intimate and less university-like. I like its emphasis on “practical” rather than esoteric methods of treating people. And I like the offering of how to open a successful practice. … I also found how Joette spoke about her beliefs to resonate with mine too: I don’t like to be told what to do, what to think, and how to feel about my family’s health.

*“I’ve always used more natural methods first with my kids, and only Tylenol when they needed it (feeling horrible, very hot). I would like to refine these skills so I can help my dad with his carpal tunnel, and my mom when something comes up for her.”**

“I am a nurse who knew as soon as I began my career inpatient that I wasn’t actually healing people and in fact I was just part of a large system. Since 2020, I have had a radical change of heart and I find myself on fire for holistic health that actually nourishes our body and promotes the healing it knows how to do. I recently watched the Intro to Homeopathy done by the Children’s Health Defense and I am on fire to learn more! I asked the Catholic Homeopathy Facebook Group I’m in and they immediately recommended you! I’m excited to learn more about the academy.”*

*“I am a pharmacist that left traditional practice settings years ago to homeschool my children. At that time I had just learned about essential oils and my mind was ‘opened’ to alternative treatments. I’ve been on a journey of learning since then and just this last summer started researching homeopathy. My son had had a concussion and my friend came over and I watched before my very eyes some undeniable changes in him that could only be attributed to the remedies she was giving him. I was intrigued. I started listening to Joette’s podcasts and have now listened to all of them at least once. I just completed Gateway I. I am now praying about next steps. Is the Academy the path that God has set before me to get back into ‘practice’?”**

“Literally every single day there is someone asking me for help: headaches, learning difficulties, OCD, varicose veins, sinus infections… sometimes if feels like a full-time job and I want to be able to confidently help them! I don’t want to defer the answers to another or shrug helplessly anymore. I know homeopathy can effectively address my family’s needs and I want to learn the art of this medicine so that I can pass it along to the next generations. I feel that it is my responsibility and privilege to learn homeopathy for them, and then over the years I will be able pass it along to them as I continue to grow and practice.

“I believe that there is no other school in existence that could provide me with a lifetime of experience that Joette

provides for her students! As Mark Twain has stated, '20 years from now you'll be more disappointed by the things you did not do than the ones you did.' My time has come. My opportunity is now."*



"Hello – our family has always prioritized health and are fortunate to be raising our children the same way. I am a Functional Medicine Practitioner myself but wish to expand my knowledge into homeopathy mainly to support my children's health in times of need.
*Our kiddos rarely get sick but when they do I want to feel confident in what homeopathics to provide them and build my wellness cupboard up at home to have these on hand when sickness does pop up."**



Why Do YOU Aspire to Study Practical Homeopathy®?

Surely one of those deeply personal and aspirational messages struck a chord with you.

What is your "why" for coming to Practical Homeopathy®? Could it be the same as one of those students'?

They say knowledge is power, but it is not. Knowledge is powerless. It is the *application of*, and the *action taken with* the knowledge you've garnered that makes you powerful.

Join my Founders' List to learn more. There's no obligation. Signing up is simply key to receiving more information. Like these students, you owe it to yourself – and your family,

clients or patients – to at least take a look at the future that could be yours.

The only thing The Academy is missing is you!

Warmly,



P.S. Wherever you are on your journey, I will meet you there.

If you're not quite ready to take a deep dive into this highly sought-after healthcare autonomy, I understand.

Often, the hardest part is getting started.

So, why not test the waters in a tried-and-true study group utilizing my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum. It's the economical, fun and supportive first step toward learning the foundational information that will start you on the path to becoming a hero to your family. A study group is precisely how I learned homeopathy decades ago … now made more accessible by systematizing my years of experience.

*Lightly edited for clarity and to protect privacy. Names were omitted to protect the student's willingness to provide a personal testimonial.

Tummy Terrors: Relieve Incarcerated Gas With Practical Homeopathy®

Gassy tummies are never pleasant, but when the gas won’t pass, it can be quite painful. However, trapped gas is no match for homeopathy.

Podcast 171 – Moms with Moxie: Finding Your True North

Meet one of my Academy students who, after a year of classical school, found her true north in Practical Homeopathy®.

Squirrel! A Practical Homeopathy® Success Story of a Little Furry Friend

Imagine using homeopathy to address the suffering of your family, acquaintances and even a squirrel. Homeopathy knows no speciesism.

Podcast 170 – Practical Professionals: A Skeptical Nurse Becomes a Confident Practical Homeopath™

Meet one of my dedicated students who went from being a skeptical nurse to a confident Practical Homeopath, with helpful advice for others.

The 10th Anniversary of the Gateway to Practical Homeopathy®: Changing Lives One Family at a Time.

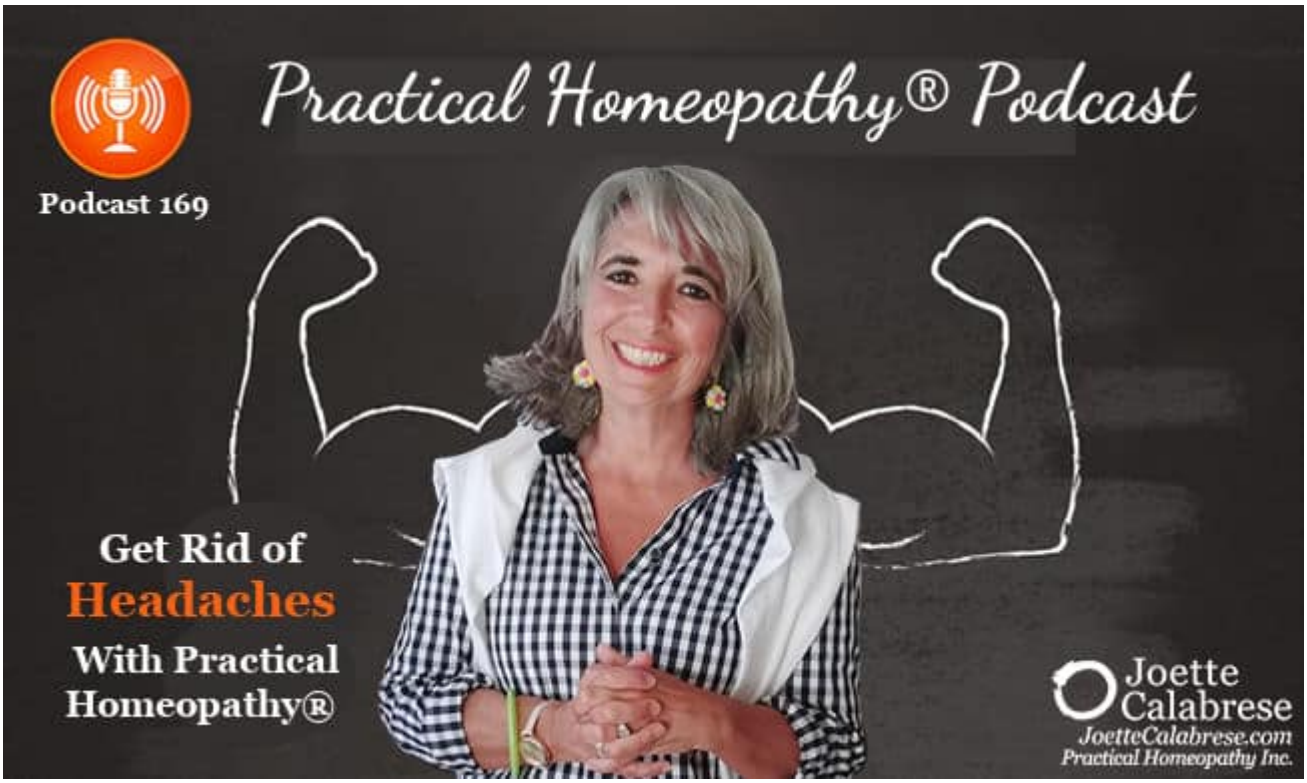
Since I shipped the very first Gateway to Practical Homeopathy® study guide a decade ago, over 20,000 have learned Practical Homeopathy.

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6 Remedies for an Overwhelmed Mom: A Mother's Practical Homeopathy® Toolkit

Here's a Practical Homeopathy® toolkit for an overwhelmed mom. After all, "overwhelmed" is basically our job description.

Podcast 169 – Get Rid of Headaches With Practical Homeopathy®



In this podcast, we cover:

01:00 Introduction: Get Rid of Headaches With Practical

Homeopathy®

01:41 Different kinds of headaches

04:12 Two personal examples: barometric pressure and dehydration headaches

06:12 Success Story: Barometric headache

09:31 Different homeopathic medicines for different headaches

JoetteCalabrese.com

Don’t Forget Sepia for Headaches

April Showers Bring Sinus Headaches

Make It Stop! Escape from the Prison of Chronic (and Acute) Pain

11:05 The beautiful truth of our bodies and homeopathy

Additional resources:

Joette Calabrese on YouTube (Monday Night Lives)

Joette’s Learning Center

The Academy of Practical Homeopathy®

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

Joette’s Study Group, Find Your New Study Group Friends

Joette’s Mighty Members

FindAPracticalHomeopath.com

Kate:

This is the Practical Homeopathy® Podcast, episode number 169, with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

Introduction: Get Rid of Headaches With Practical Homeopathy®

Kate: (01:00)

Welcome back to the podcast. If this is your first time here, you're in for a treat today. Or maybe a better way to say it is, you're about to get out of a real pickle.

We're diving into headaches with Joette – from the extremely painful ones that knock you flat to that dull ache after a long day in the sun. But even more importantly, we'll hear exactly what Joette did to finally relieve her headaches for good.

Now, I know most of us listening have dealt with a headache at some point, even if it was just a mild one. But Joette, earlier, you were sharing how we can approach different types of headaches in a smarter way. So, can you start by explaining what you mean by different kinds of headaches?

Different types of headaches

Joette: (01:41)

Oh, absolutely, Kate. Headaches come in all shapes and sizes: dull, throbbing, sharp, stabbing, tight-band-like pressure around the head, pain behind the eyes, or sometimes a heavy squeezing sensation. And then there are migraines, which are in a league of their own.

So, let me clarify the difference between a regular headache – even a really painful sinus one – and a true migraine.

Now, migraine is far more than just a bad headache. It often brings debilitating, throbbing pain, sometimes on one side, sometimes both sides, that can leave you in bed for days. Lights, sounds, movement, or certain triggers can worsen it, along with nausea, vision changes, even fatigue or irritability.

So, whether it's a headache or a migraine, the key is to investigate before reaching for the homeopathic medicine. We want to try to find the cause, if possible. If we can't pinpoint it exactly, at least narrow it down to the specific symptoms, because sometimes the cause can give us very good information.

Kate:

So, you are saying that headaches don't usually just appear out of nowhere.

Joette:

Well, sometimes it feels like that. But if you look a little closer, there's often a trigger – not always – but often there can be. It can be a long day in the sun, sudden weather, pressure changes, too much screen time, dehydration, or even stress, or, let me also add, food intolerances that you hadn't considered in the past.

So, if the cause isn't obvious, then, okay … then, focus on the symptoms instead.

Where exactly is the pain? What does it feel like? Is it only at night or in the temples or dull pressure behind the eyes?

We often slap the broad label headache on everything and stop there because most people are accustomed to just simply taking a drug for just pain regardless of where it is and how it presents. But these details that I'm listing really matter in homeopathy.

Kate:

So, I'm wondering if the cause and symptoms are the real clues to how we look at this. I think that's really smart.

Joette, why does the type of headache even matter? Isn't it all just the same thing in the end?

Joette:

Not really. Once you understand the difference between migraines, certain common headaches, their causes, their unique symptoms, everything changes.

Two personal examples: barometric pressure and dehydration headaches

Joette: (04:12)

So, let me share two personal stories that show the *cause* made all the difference in the pain I experienced.

The first one was years of barometric pressure headaches back in Buffalo, New York, that I suffered over a long period of time – as I said, for years. Every time the barometric pressure changed – the weather shifted – I'd get these intense sinus headaches.

The pain would start above my eyes and spread, feeling like –

I don’t know – a vice grip, squeezing my sinuses in my whole face. It was miserable and predictable with the forecast, but only once I recognized that. I never realized that.

And living on the Great Lakes, there was always a barometric pressure change. One was rolling in, or one was rolling out. But once they started up, once the headache started, it was practically unstoppable until the pressure changed in the weather.

I’d be foggy, irritable, in lots of pain just trying to function.

The second time, some 40 years later, was after I moved to Florida. The intense sun and heat led to dehydration headaches that became my new normal.

Now, why would I be in the sun? Well, because I made a point of walking on the beach every day. And I also made a point of sitting in the sun every day, in addition to that walking, for, I don’t know, 15 minutes, an hour. But you can’t sit much longer at certain times of the year.

And I would sit in the sun *without* sunscreen, I might add, my friends. I’d end up with that dull, however, exhausting ache, a heavy draining, and often hitting in the late afternoon or evening after having been outside in that draining sun. It felt like my whole head was worn out, and it kept coming back no matter what I did.

Kate:

Oh, that sounds miserable, Joette. I actually can’t imagine dealing with nagging headaches like that all the time. I don’t get headaches, which I’m thankful for.

So, tell me, how did you make it through those periods, and what changed? You don’t still suffer from headaches today, right?

Joette:

No, I don't. So, the first headache was before I knew enough about homeopathy. I thought the answer was over-the-counter pain relievers or even prescriptions.

And now, I never got a prescription. I'd only lived on … I believe the medicine that I used on a regular basis was a cover-up. It was a band-aid. And it was "222s," is what they were called. And I used to go to Canada to buy them because you couldn't buy them over the counter in New York State. And they had codeine in them.

So, I would take a codeine drug every time the barometric pressure came in. Now this, again, this was a good 40-some years – something like that. And it would dull the pain, and I would relieve the pain, actually, for hours or even a day if I was lucky. But the headaches always came roaring back once the next barometric pressure change came back in again.

So, it was a haphazard cycle, not a real solution.

But once I started to learn a little bit about homeopathy, I realized that there are specific medicines that matched the headaches perfectly, something that I hadn't noticed up until that time. The first one – and I've talked about this so many times, perhaps this is old news to some of you – is the medicine *Kali bichromicum*. Sometimes people call it *Kali bic,* and that's for those extreme sinus headaches triggered by barometric pressure changes.

So, the second medicine that I used specifically for those dull, exhausting headaches caused by dehydration was *China* – C-H-I-N-A – which is also sometimes called *Cinchona*. (Both of those names are used for the same medicine.)

So, *China* … and I used it specifically for when I got those headaches right as they happened. And it was often because I was dehydrated. I had not been drinking enough water and had

not been adding anything to my water, such as salt.

Kate:

So, that was when you were out in heat and just ….

Joette:

Perspiring.

Kate:

Yeah. Right.

Joette:

And it didn’t take me long to figure this out once I realized, and Perry and I kind of watch each other about this because if we find that we’re exhausted throughout the day, we’re thinking: “Oh yeah, of course. We’re not rehydrating. We’re not drinking enough water with electrolytes or with salt in it after having walked on the beach in that hot weather or after having sat out in the sun for 15-20 minutes in the afternoon.”

So, these beautiful medicines were the real game changers for me. They didn’t just mask the pain. They spurred my body to address the underlying issue, and then just relieved it once and for all.

Now, as far as the *Kali bichromicum* is concerned and those extreme headaches triggered by barometric pressure changes, I simply have not had them again in many, many decades.

But the *China* medicine and that medicine specific for dehydration and headaches that address that need for salt and water … I still have to remind myself every once in a while because I still insist on walking in the hot sun and sitting in the sun later in the afternoon. So, those can be brought on time and time again if I’m not careful.

Kate:

Yeah. I love how homeopathy helps to truly address those conditions and heal our bodies, and it doesn't just cover up symptoms.

Different homeopathic medicines for different headaches

Kate: (09:31)

But I want to ask you, what if someone's headache cause or symptoms aren't exactly like the ones you mentioned today? Because, as you mentioned earlier, there are a lot of different causes of headaches. So what if someone's headache isn't like the ones that you just mentioned, and they're different?

Joette:

Well, there are different homeopathic medicines for different headaches. It all depends on matching the unique cause and symptoms and sometimes the name of the condition, too – exactly the name: that it is a migraine.

So, I would say that if someone is already familiar with homeopathy, they can explore the repertory, the *material medica*.

But if you're newer to this, a great starting point is at my website at JoetteCalabrese.com. And you just type in "headache" in the search bar in the top right corner, and you'll find helpful blogs. Like Don't Forget Sepia for Headaches, is one title. Another one is April Showers Bring Sinus Headaches … is another title.

And so, these are all available for your use at, of course, no cost.

And so, I also cover headaches in greater depth should this information not be of use to you because as I said, there are a myriad of different types of headaches. So, there's also

[Make It Stop!] Escape from the Prison of Chronic (and Acute) Pain, which is an in-depth course, which covers headaches as well as many other kinds of pain that people suffer.

So, if you want to learn how to use more of these medicines and how they're specific to certain kinds of headaches and certain symptoms related to these headaches, this might be where you need to go next.

The beautiful truth of our bodies and homeopathy

Kate: (11:05)

Homeopathy is so empowering, and it shifts our mindset from feeling helpless to feeling hopeful. As we hear from so many of your students, Joette, that their fear just melts away.

Joette:

Yes. And here's the beautiful truth: Our body is designed to heal. It's always looking for homeostasis. So, headaches – even the stubborn, recurring ones that have plagued one for years – does not mean that it's a lifelong sentence.

When we learn to listen closely to the symptoms – pay attention to them and match them with the right homeopathic medicine – it gives the body that gentle nudge that it needs to do what it was made to do, and that is to shift outside of that suffering.

So, I guess the upshot is if someone is suffering, I urge them to take heart. Relief doesn't have to be complicated nor even expensive. It can be simple, natural and restorative. So, start paying attention to the patterns. Trust the process and remember freedom from pain is possible … one well-chosen homeopathic medicine at a time.

So, you've got this. Your body is stronger and wiser than you may realize right now.

So, I guess I'll end by saying, thanks for joining us today. Don't forget to send this podcast to someone you know who suffers from headaches, at least to get them started.

And until next time, stay curious, friends, stay observant and stay Mighty.

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

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