Podcast 102 – A Day in the Life



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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Arnica 200

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy® Podcast Episode Number 102 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively.

So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration – you need as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Hi, this is Kate, and I want to welcome you back to the Practical Homeopathy® podcast. Joette and I are here today, and we're going to get personal.

Joette: Uh-oh.

Kate: Yeah, right? You should be scared, Joette. I'm going to ask you some personal questions.

Actually, this is something I've been wondering for a long time. You are so busy, Joette, and you do so many things. If you don't mind, I want to share with the listeners some of the things that I see you do. Is that okay?

Joette: Sure. Just don't tell them that one story … No, no, no.

Kate: Okay, alright.

I see you stitching, fixing things, and mending things. I actually don't know what you're doing, but you're doing something with a needle and a thread sometimes during our meetings. I just heard recently – you told me – that you were learning Spanish. You are swimming, now. You love to study words. You're always talking about something that you're learning, some person that you're following on a podcast and something that you're learning about. It's mind boggling to me all the things that you do *in addition* to your more-than-full-time job of being a homeopath.

So, I thought it would be really interesting for your listeners to hear about your day, and how you accomplish all these things. You want to share that with us?

Joette: Okay. I don't know how interesting this will be, but we'll give it a try.

Kate: Well, I'm interested! And I figure if I am, other people are as well.

Joette: Well, one of the things, one of the rules I have – and I was having a hard time with it for a while – was getting to bed early so that I could *get up* early. And my swimming has put that into place for me. I like to get to bed early enough so that I know that I'll be up before the sun rises, and I can get started.

Kate: Now, Joette before you go on, I want to tell a little secret. Sometimes I email you at midnight my time which is one o'clock your time, and you answer me back.

Joette: I do.

Kate: So … I know you're not always going to bed early.

Joette: No, I'm not always going to bed early. But you

might note Kate that it was before I started swimming. Because since I've been swimming, pretty much, I am sleeping soundly. Going to bed around 9:30/10 o'clock, and it's been really, really good for me.

I mean, I would say perhaps *occasionally* I might be up. But generally speaking, I try to keep that habit alive and well.

Kate: But how can you do that when you are on live Q&As until late in the evening, sometimes?

Joette: Those are the nights. When I'm on with the Study Groups (for example, your Study Group), and I have a lot of questions to answer, I never leave those study groups without answering every single question and make sure that everyone is satisfied. It sometimes goes to 10:30/11 o' clock. I've even gone as late as 11:15 on some of those groups!

Those are the nights that I don't sleep so well, in spite of the fact that I've been swimming during the day. It does take me time to wind down. And then I get online, and I see what emails I need to respond to, and invariably, there you are.

How to accomplish things

Kate: Tell us how you accomplish all the things that you do. What's your secret?

Joette: What's my secret? I established my day in advance. So, I know what I'm going to do the next day partly because I'm scheduled. I mean, my calendar is completely full. I'm scheduled all day and into the evening with appointments; with clients; with meetings with say, you or Tracey (who I collaborate with writing) or with Shannon (to discuss clients) or a meeting with my husband or a meeting with our consultant. I am scheduled all day, pretty much every day except Sundays.

Then, of course, there are my clients most of the day. From 10 AM until about 5 o'clock, I'm meeting with clients one after another. For those that I meet on the other side of the earth, then I'm up meeting with them late at night or first thing in the morning. If they're in Europe, then I start earlier. If they're in New Zealand – or Australia, I should say – then I'm going to be meeting with them late at night, so it's morning for them.

So, my time is very, very scheduled.

But I also have kept my life *extremely* simple. I don't buy a lot of products. I don't grocery shop very often. I keep our meals very simple. And there was a time when I didn't do that.

But now that my husband and I are alone – our children are all on their own – breakfast is very simple. It's eggs pretty much every morning. Sometimes it's burgers, sometimes it's lamb burgers or something like that. We eat a little bit later in the morning between my appointments.

Then I've already defrosted the meat from the night before or that morning for our dinner that night. Everything goes

on the grill if it’s meat. If it’s eggs then they’re boiled, or they’re fried in butter.

We’ll have an avocado perhaps. But I don’t chop up vegetables for salads anymore. I’ll have an avocado, or I’ll have maybe some blueberries or something like that. And I keep it *ridiculously* simple.

In fact, there’s so much time around our meals – especially now that my mother has passed away because she was part of our lives too, and I would feed her. That was a whole different job. Now that she’s passed away, my life in terms of “around our meals” is *ridiculously* easy.

So, that makes it much easier. I don’t have pots and pans to clean. I don’t prepare. I don’t make kombucha any longer. I don’t grind my own flour. I don’t soak it anymore. I don’t soak my nuts and then roast them.

Those are the kinds of things I used to do. I used to pick cardoons and pick blueberries with my kids, make my own bread from scratch. I don’t do any of that anymore. It’s very, very simple meals. So, that has made a big, big difference.

Then for cleaning my house, it’s the same idea. I keep it really simple. I only have a couple of products: Bon Ami, white vinegar, dish soap, and I call it a day. That’s pretty much how my house is cleaned. I don’t buy special countertop products.

I don’t buy shampoo; I use soap. I rinse my hair with raw vinegar. What goes on my skin is lard or tallow.

I mean, I really make this ridiculously easy. Because if I have a lot of products, then I have to order them; I have to keep up with them; I have to organize them. I don’t want to do any of that! So, that has a lot to do with it, too.

Then another part of my thinking is that I write down my ideas, and what I'm going to do in between those appointments to make sure that I get it all done. I have a lot of little slips of paper – hear that? <noise of rustling paper> – which are really kind of silly.

But I also have a book that I keep. Can you hear me opening and closing it? I jot down ideas. I jot down words, phrases that are going to be used in writing articles in populating my blogs, et cetera. That is all kept together so that when the time comes, and I need a reference, I've got it.

Now I have some of it on my laptop, and of course, it transfers over to my desktop. I do have Word files that give me my ideas, as well, to keep them organized. But generally speaking, I use these little sheets of paper!

Kate: Speaking of organization, how do you organize your notes on homeopathic medicines? Do you keep them all in a certain book or do you write notes in your *materia medica*s and repertories, or how do you keep that?

Joette: Yes, I use all three of those methods. But the main method is I have a very thick, heavy, three-ring binder book. I actually have three of those, but I have one that I'm using on a day-to-day basis.

I have it in categories, parts of the body. So, it's "Mind," "Head," "Dental." What's the next place? It would be "Ears," "Nose," Throat." All of those are in categories so that I can look up if I forget something.

I rarely forget. To be honest, I know these protocols now like the back of my hand. But once in a while, I need to refer back and see if there's another way to do it. Because there are second and tertiary protocols as well that I don't necessarily always have memorized. And so, I use those as well.

But also, in my *materia medica*, I keep lots and lots of notes. I write them – handwritten – so that my *materia medica* is loaded with my own handwriting. When I learn something new, or I notice something about what has happened to someone after they have used a particular medicine, and how it has helped them, I jot that down. That's *very* important for me to keep up with up. Otherwise, I'll lose it. I won't remember it forever.

I also love to write down ideas and words.

I just came across … this is kind of fun. Do you know what the "Barnum effect" is? Have you ever heard of that, Kate?

Kate: No.

Barnum Effect

Joette: Barnum effect. This is so interesting because I've come across it so many times in homeopathy. It's actually a psychological description of what happens to humans.

It's a phenomenon … (I'm reading this now from my little book). "It's a phenomenon wherein people accept personality

traits that apply to most everyone as if those specific traits provide an insight into something special about them."

I'll continue reading.

"In actuality, the contents of universally valid statements fit any and all individuals by virtue of their triviality."

Which means that – and this is how I see it time and again in my practice – people say to me, (I can't tell you how often they say), "My case is really difficult, isn't it?"

I said, "No, it really isn't."

"No, I mean, this is complex, right?"

"No, it really isn't."

I mean, I can distill it down to its most important characteristics and then assign a hierarchy to which conditions are first, second, third, et cetera and then assign the medicines accordingly.

But because they (and we, as humans) are stuck in ourselves, and we only think about that all day (especially if we are suffering), we think we're the *only* ones on earth that have this kind of condition. We think that these unusual idiosyncrasies of our lives, no one else could possibly experience.

But that is *so* untrue. It's *extremely* rare that someone has an experience that other humans have not had.

I think that's interesting because I never knew the name of it, and I come across it all the time. And I must admit that when I was sick, and I was seeing a homeopath, I thought the same thing: "This is complex, isn't it??"

“No,” she’d say, “No, it’s not complex.”

I’d say, “No, really, I mean, this aspect. Don’t you think that this part of it is kind of unusual?”

“No, no. Really, this is not a big deal. It’s food intolerances, allergies, chemical sensitivities. You know, it’s kind of pretty easy to figure out.”

If I had distilled it enough – actually, it was because I was distilling it *too* much is what caused all the problems. If I could have stepped aside outside of myself, I would have seen, for goodness sakes, of course, many people have allergies and food intolerances as shown up in headaches and asthma.

Kate: So, what you just said they’re the Barnum effect?

Joette: Yes.

Kate: You do that all the time, Joette?

Joette: All the time.

Kate: You’re always coming up with new ideas, new words. You’re always telling me about a phrase that you’ve learned

or a new word. I just don't understand how you have time to do all this.

Joette: Kate, my guess is you're the same. You just don't realize it. I think there are a lot of people who are out there who are the same as well.

But let me also say, I don't watch television. I do watch some podcasts. I am interested in knowing what's going on in our country politically because I think it's going to affect all of us. It does affect all of us. I do watch those kinds of things here and there.

But we raised our kids some 25, 30 years ago, and we did not have a television. Of course, people don't watch as much television now as they sit in front of their screens, and they're online and YouTube. And you can *easily* get caught up in YouTube. *Very* easily.

But there's a lot of stuff that's interesting on YouTube that I want to learn, and so I continue with that but not to the degree that I might be prone to if I allowed myself.

Kate: So, this is an interesting question. What is your amount of screen time every day, Joette?

Joette: Oh, screen time is probably most of the day. Because when you think about it, I'm sitting; I'm meeting with my clients; I'm meeting with my staff. Everybody's on

the screen.

Kate: Yes, you're right.

Joette: The world in which we live now is all screen time.

The only non-screen time I have is when I have my meals with my husband, when I swim (I swim every morning), and when my husband I go out to dinner, when our children come to visit. Then I'm off the screen.

But generally, this is what I do all day is sit in front of a screen. But I'm meeting with people, it's not as though it's inanimate. It is quite alive because I'm meeting with someone. Like right now, you and I can see each other which is lovely.

Kate: Okay, so let me ask you this question. You are very fit. You're not overweight. How do you stay trim Joette with all the time that you have to be physically sitting at your desk in front of a screen? Do you get up in between appointments and do some stretching? Or what's your secret to staying so thin?

Staying slim

Joette: Well, first of all, I don't think you've really seen me.

Kate: Yes, I have.

Joette: Because it's a constant battle, Kate. When you get to be in your 50s as a woman and 60s – and I'm only a couple years away from my 70s – it's a constant battle.

I swim every day. I swim a mile. I've been swimming a mile lately. When I miss a day, I really feel it, and I don't like the way it feels. I want to be out there; I want to be swimming. So that helps, I think that's making a difference.

I stay away from sweets as much as I can – as much as I adore chocolate. I could live on chocolate. I could live on pastries. I used to love to bake for my kids. I gained a lot of weight because of it. So, I worked hard to get rid of that weight. I try not to eat those kinds of foods. I think that by eating the way that I eat, that makes a difference, too.

Then I ignore hunger sometimes, especially at night. I try to drink water to forget about it for a while. That doesn't mean that I won't eat if I'm really hungry. But a lot of times, I found that my hunger is really just thirst.

Because I'm in South Florida, and I work out – you know, I swim – and I'm drinking saltwater along the way (it gets in my mouth, and I do drink it here and there), then I'm probably more thirsty than I realize. I really need to remain hydrated.

Now, I'm not one of those people who believes you drink a gallon of water a day. I think that's *ridiculous*, unless there's a circumstance in which that makes sense – if you're

a runner, and you're in hot weather, et cetera. But I don't do that, and I don't agree with that.

I try to find my thirst by forcing myself a little bit. And then once my thirst is triggered, then I can follow the sensation and then know when to drink. So, I probably drink, I don't know, five glasses of water a day. And they're probably not even eight ounces to be honest.

But I also love foods – and people are probably going to have issue with this – but I'm going to be honest, I told you what I generally eat. But I *adore* pepperoni. I could eat pepperoni – in fact, often I do – every day. One piece, that's my snack.

If I'm really hungry in the morning, and I don't want to wait until lunch, I'll have a piece of pepperoni. If I could have my druthers, it would be pepperoni with great, crusty Italian bread and some fabulous cheese and some olives and maybe some calamari on the side, and I would be one happy person. But I forego the bread because of the concern about weight, and I just have one little piece of pepperoni.

Kate: One little piece of pepperoni satisfies you?

Joette: It holds me. No, it won't, it will not fully satisfy me. That and a glass of water and a small cup of coffee.

When I say have a small cup of coffee … I pour an ounce of coffee – literally an ounce of made-coffee into my cup (the pot that my husband makes every day) – and I fill up the rest of the cup with hot water.

I add a pinch of salt to make it taste a little bit stronger. Sometimes I'll add cinnamon or something to add a little flavor. But for the most part, that's it, just so I have something hot to drink. My piece of pepperoni, my glass of water, and my very diluted coffee is my little mid-morning snack. It holds me over.

The other food that I absolutely adore is calamari. I make it every single week. It never fails. I'll make it into a salad. I'll make it cold in a salad with olives and celeries … and I'm trying to think of what else … bell peppers and maybe some hot peppers, pepperoncini and olive oil. And I could eat that for days. I don't make that much of it, but that's cold.

And then when I make it hot, I often fry or grill it. I absolutely love squid.

Kate: That's not something that's super-common that people eat. Where do you purchase calamari?

Joette: Well, it's because my family is Sicilian, and I grew up eating it. My mother made it all the time, too. I buy it … of course in Florida, it's easy. There are lots of fish markets. But you can buy it at most grocery stores that have a good selection of fish. So, Whole Foods and those little markets that you can find around Florida.

I used to be able to find it in Buffalo and even in Canada. You just have to kind of dig around until you find it. Sometimes you have to go to Italian grocers.

Kate: Someday you're going to have to share us your favorite calamari recipes.

Joette: Yes, besides my cold salad one, right?

Organizing the Medicines

Kate: Yes.

Joette, last time we were chatting about this subject of how you accomplish everything, you were telling me how you like to be prepared and to be organized. Explain to us a little bit more about how you stay organized and prepared.

Joette: We touched on it a little bit, but I'll tell you that I make the assumption that stuff is going to happen. And so, I know that my husband is going to get sick one of these days. Or I'm going to trip and fall. Or I'm going to get stung in the ocean. Or … I know that that's going to happen; it's just a given. That's what life's all about.

Of course, then I make sure that I *know* the medicine – the homeopathic medicine that I need to have on hand – and I own it.

Then I keep my medicines here in Florida, in our bathroom that has what my mother would have called a chifforobe (which is kind of French doors on top and then drawers

underneath).

All inside of that are all my medicines in alphabetical order as anyone would do it. It's not that unusual to do it that way. I use popsicle sticks to label A, B, C, D, et cetera, so that I can find the letters very readily. They're all standing up with the medicines in clear acrylic lipstick tube holders that I got on Amazon. They hold most of the medicines that most of us purchase in each one of those cells.

Now, those that I have larger bottles of then I keep them in a separate place. But that keeps me well organized.

Now, there are certain medicines that Buster needs pretty regularly. He's an old dog, and he has a heart condition. I've been treating that for some time now. I make sure that we have that on hand. If it looks like we're getting low, then I automatically order that.

As soon as I see something's going, well then, I order it so that there's no time lag. I don't have to remember it, and I can get it off my list.

Nothing new here. Nothing that I'm talking about here is any different than what anyone else would do.

But having moved from our family home, raising our sons in a 15-acre farm and a rather large house, and then moving from there to a very small townhouse forced me to make do with less, and I *love* what it has done for me. It's kept me very organized. If something doesn't fit me, or I don't wear it anymore – if I happen to be in my closet, and I see it – out it goes! It goes to the Salvation Army or something like that. I don't allow things to sit around any longer. I used to do that, and I don't any longer.

Getting back to organizing the medicines, I generally don't organize according to illnesses. I organize my remedies

according to alphabetical order.

But I know that some people do, in fact, I know that you do that, right, Kate? You have a little system where you keep your box organized for specific conditions.

Kate: Right, but I do have similar cabinet to what you're talking about. The doors that open, and I have shelves in there, and I have the kits on certain shelves. Then on one of the shelves, I have all of my two-dram OHM miscellaneous remedies in alphabetical order. That's probably 100 or 200 remedies that are like that.

But I have boxes that I purchased from OHM. They're clear boxes that hold the two-dram OHM bottles. I have several cases that I have my combination remedies. So, two cases hold all of the combination remedies, the protocols.

And then I make up a box for influenza or chickenpox or whatever it might be – the thing that's going around at the time – along with an index card of the medicines that are in there and how to use them.

Say influenza is going around, I'm going to put all the medicines that I might need with influenza in that box and write those down on the card and what symptoms that particular medicine might be useful for. So that, when I get sick or someone in my family does, I don't have to go to my cabinet and try to figure out all the different remedies that I might use for influenza and what symptoms that they

would pertain to. I just have it all in that case, so I can take it with me near my bed. I can give it to my daughter – someone that might need it – and it's all right there and organized.

Joette: That's a *brilliant* way to do it, Kate. It keeps life much easier because when you're not well, as we all know, our brains turn to mush. We need to know exactly where to go and what to do, and you've got your card right there. If you're not well enough – I think we talked about this before – if you're not well enough, you may not be the one going to the cabinet. It may be your children going to the cabinet for you because you're too unwell to even get up.

Kate: Yes, that's happened to me before, where I was so sick for a day that I couldn't even make it to my homeopathy cabinet. So, now, I've learned to have a few of those remedies in the drawer in my nightstand, accessible if something were to happen.

Ant and the Grasshopper

Joette: You bet that's the way to go. Well, this reminds me of a fable, "The Ant and the Grasshopper." (We talked about this before … we were planning on talking about this, right?) Because it's one of my favorite fables, and you were going to read it, right Kate?

Kate: Yes, I have it right here.

Joette: Yes, go ahead, you read it, and then we'll talk about it. I mean, most people know it anyway. But just in case, those who are not of our culture might be interested.

Kate: I didn't remember this particular one, so I'll read it.

"The Ant and the Grasshopper"

One bright day in late autumn, a family of ants were bustling about in the warm sunshine, drying out the grain they had stored up during the summer. When a starving grasshopper, his fiddle under his arm, came up and humbly begged for a bite to eat.

"What," cried the ants in surprise, "Haven't you stored anything away for the winter? What in the world were you doing all last summer?"

"I didn't have time to store up any food" whined the grasshopper. "I was so busy making music that before I knew it, the summer was gone."

The ants shrugged their shoulders in disgust. "Making music were you?" they cried. "Very well, now dance."

They turn their backs on the grasshopper and went on with their work.

Joette: So, when I heard that fable when I was a little girl, I was confused by it because my father was a professional musician. He practiced his trumpet and flute every day, sometimes an hour or two. My brother and I took piano lessons from the time that we were about six or seven years old. It was required of us to practice every day – an hour. I also took violin.

To me, I didn't understand what was wrong. I thought you were *supposed* to practice your instrument. Now, I understand that you're *not* supposed to practice your instrument? I don't get it.

Well, obviously, *eventually*, I figured what the story was really about. And boy, I couldn't agree more with Aesop.

We need to take responsibility for ourselves and for our own and for our own futures. It's not up to the government. It's not up to anyone else. It's up to us to take care of ourselves. This is the best way I know.

In the world in which we reside now – *more than ever* – I can't think of a better reason to learn homeopathy, understand what medicines you may need, buy the medicines, and organize them so that your life is easier in the future.

We don’t know what’s coming up in our world and in our country right now. We don’t know how available homeopathy will be in the future. I’m hoping that it will be fine. I’m going to make the assumption that it is – and work as though it isn’t. But it may change. So, it’s important that each of us take responsibility and own as much as we can and learn as much as we possibly can on how to take care of our families and ourselves.

Kate: I couldn’t agree more. I think it is so important to have the remedies on hand that you need. I see that over and over again with people that I am working with, with the Study Groups. They learn these things, and then they don’t have the medicine. And then what? Now you’re stuck. So, yes, be prepared.

Speaking of being prepared, let’s talk about how we can be prepared with one remedy in particular that you’ve used a lot when you’ve been doing all the swimming lately (because we like to always talk about a remedy and how to use it in these podcasts). Tell us about what you’re using for your swimming.

Use of *Arnica*

Joette: I don’t use a remedy daily for it. I use it usually afterwards. When I’m swimming in the ocean, in the open water, there are times when the waves are really powerful. I have to swim against them and even along with them, but it’s a lot of work.

I still want to swim the length that I’ve determined (from

what building I'm swimming from to the next building). And I often don't let up on myself; I just push myself. And when I get out of the water, I'm *exhausted*, and I trudge home along the beach. I get back home, and I just flop down, and I can feel that I'm *overly* exhausted.

It's not that I'm in pain. I don't have problems with my joints. It's that I feel beat up or whipped.

So, I have decided that … The first time that happened I thought, "Oh, I'll just take it easy that day." Then by the end of that day, I said, "You know, this is ridiculous. Why am I putting up with this? I'm just too fatigued after having run that swim."

So, I started to take *Arnica* when that happened. Generally, I use *Arnica* 200. Once in a while, I'll use a 30 just because there it is; it's easier for me to grab. Either one of those two potencies (*Arnica* 30, *Arnica* 200), I take a dose, and literally within – I don't know, half an hour, an hour – I'm completely revived.

In other words, I've got my pep back. I've got my thinking back. I'm not craving going to bed to sleep for half an hour. I really can carry on with my day.

So, it's a great medicine to keep on hand. Remember it for overuse of the body, exhaustion from overuse, feeling as though you overdid it. Some people even get a little nauseous from overdoing it. When they work too hard, physically, et cetera, it's a great medicine for that.

Kate: Joette, this literally just happened to me today, and I think maybe *Arnica,* then, from what you're saying, would be the remedy to use. But I went to the gym and worked out. I lifted almost 200 pounds with my legs. I did three sets of those, and I was literally so exhausted afterwards. This is

after having worked out for 45 minutes, and it's really steady, quick pace. I felt so exhausted, like, weak, almost dizzy and nauseous. So, you're saying that is the feeling?

Joette: That's it! That's *Arnica*. You just gave the perfect description of *Arnica*.

Kate: Wow, okay! Next time I'm going to bring it with me.

Joette: Yes, well, you can take it now. If you still feel it a little bit. As soon as we finish Kate, take a dose. You probably won't need more than one dose. But if you do, it's okay. Wait a few hours and take a second dose if you don't see enough of a change. But generally speaking, one dose will often do it.

That, my friends, is a protocol. It's not a Banerji protocol. It's a protocol that most homeopaths understand and know after having been in practice for years. That's really where we get this information is from clinical experience – from our personal experience and clinical experience.

Kate: Interesting because you never think of *Arnica* for that. You think of *Arnica* for injuries, bumps, bruises. Yes, we learned something today!

Joette: Yes, good one.

Kate: As we wrap up this podcast, just give us one more example of how you stay organized and live your life. I know you wanted to talk about time a little bit. Share with us how you organize your time.

Joette: Well, it won't be personal this time because I think I gave some good information on how I do it. I don't know how valuable that is to folks.

I believe it was Charles Darwin said, "A man who dares to waste one hour of time doesn't understand the meaning of life."

I think that's very valuable. Now, remember, Darwin didn't have religion as many of us do. I wouldn't call that the *exact* meaning of life. But it certainly gives us a focus on how important every single hour is.

It's the commodity that we can never buy. It's the commodity that we can never get back again. So, every minute, every hour of our day is important.

It doesn't mean that we always have to be productive in the usual way. It doesn't mean we always have to be working out or swimming or studying or learning or growing or et cetera. It could be that you need a nap, and that can be productive too. That's all part of the balance.

But it is important that we utilize every moment of our day that God has granted us.

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.

I hope listening to this podcast has inspired you. 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.



All the Cool Kids Are Doing It



Once upon a time, there was a woman who wanted to raise her children without synthetic drugs and antibiotics.

She wanted them to grow up as independent thinkers.

She wanted to teach them to become “doers” instead of being helpless and waiting for someone else to take care of them.

But alas, there was no fairy godmother to help her.

She couldn’t wave a magic wand or rub a genie’s lamp to make this happen.

This woman had to accomplish all of her goals for her children with only guts, spunk and moxie – and homeopathy.

Okay, okay … you know this is not a fairy tale.

This is *my* story! I am that woman.

And now you can be, too.

For many years, you have requested that I share how I raised my own children to use and rely on themselves and homeopathy as adults. I've given a lot of thought to how I did this because, at the time, it was organic and often unplanned.

But when designing my newest course for your children, I incorporated what I remembered teaching my sons with what I *wish* I had taught them, as well as the tips we still share with each other as a family today.

So, what I offer you is the calculable method that I can attest has been successful for my three adult children, my husband and me.

Soon, I will present my kids' course, *The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®.*

My goal is to teach homeopathy in a way that kids will find both captivating and fun.

Your children will learn the basics of homeopathy. Plus, I'll discuss remedies for acute situations your kids – and their pets – often face.

For instance, suppose your child's cat makes a break for it. Sneaks out of the house when no one is looking. (This has happened to almost everyone. Someone accidentally leaves the door open, and Fluffy is suddenly out on the prowl.)

The weather overnight turns chilly – downright cold. First thing in the morning, poor Edith reappears on the doorstep shivering and a little stunned.

Imagine how empowered your kids will feel when they know how to heal the family cat!

Imagine the confidence they'll develop as they recall what they learned in my course: to use *Aconite* 200 as an SOS against the shock of exposure to extreme cold.

And imagine your pride. Through *The Ultimate Cool Kids'*

Guide to Homeopathy, you will have taught your children vital lessons in taking care of themselves and others – lessons that will last a lifetime.

Lessons they will pass on to their children one day.

But this is not merely a do-it-yourself curriculum!

Although there will be plenty of supplemental material provided (homework, quizzes and activities), this will be initially offered as a *live course* – just like the other courses I offer! With me as their teacher.

And while geared predominately towards the adolescents and teenagers in your family, this course will also be of interest to all members of your household. So, I hope you'll gather everyone – your tiny ones, your husband, your mother, your grandmother – and all learn together during this one course.

I'm going to be honest here. One of the most important benefits of this course is to learn and grow *together*.

Many parents feel guilty they can't spend enough time with their kids. So, I urge you to consolidate whatever time you *are* able to spend with your children by forwarding their knowledge along with your own.

I can't emphasize this enough.

Learning homeopathy together can strengthen the mother and child connection! Sharing your interest in homeopathy with your children can be something that is just yours – forever. An intimate, meaningful bond that can never be broken.

I can personally attest to how this has bonded our family.

After all, your children's knowledge of homeopathy will carry the family forward generationally. As you grow old, you'll perhaps need to depend on them as adults to administer homeopathic remedies to you – bringing your bond full-circle.

Now more than ever, we have seen the necessity of being able to care for ourselves when our accustomed infrastructure evaporates.

If we've learned anything from the past few months, it is that we must raise our children to think clearly, decisively and independently.

We need to raise a generation of critical thinkers! Of doers and self-starters.

Homeopathy does just that.

In addition to bettering your children's future health, understanding and employing the principles of homeopathy will help them become courageous, responsible, stalwart adults.

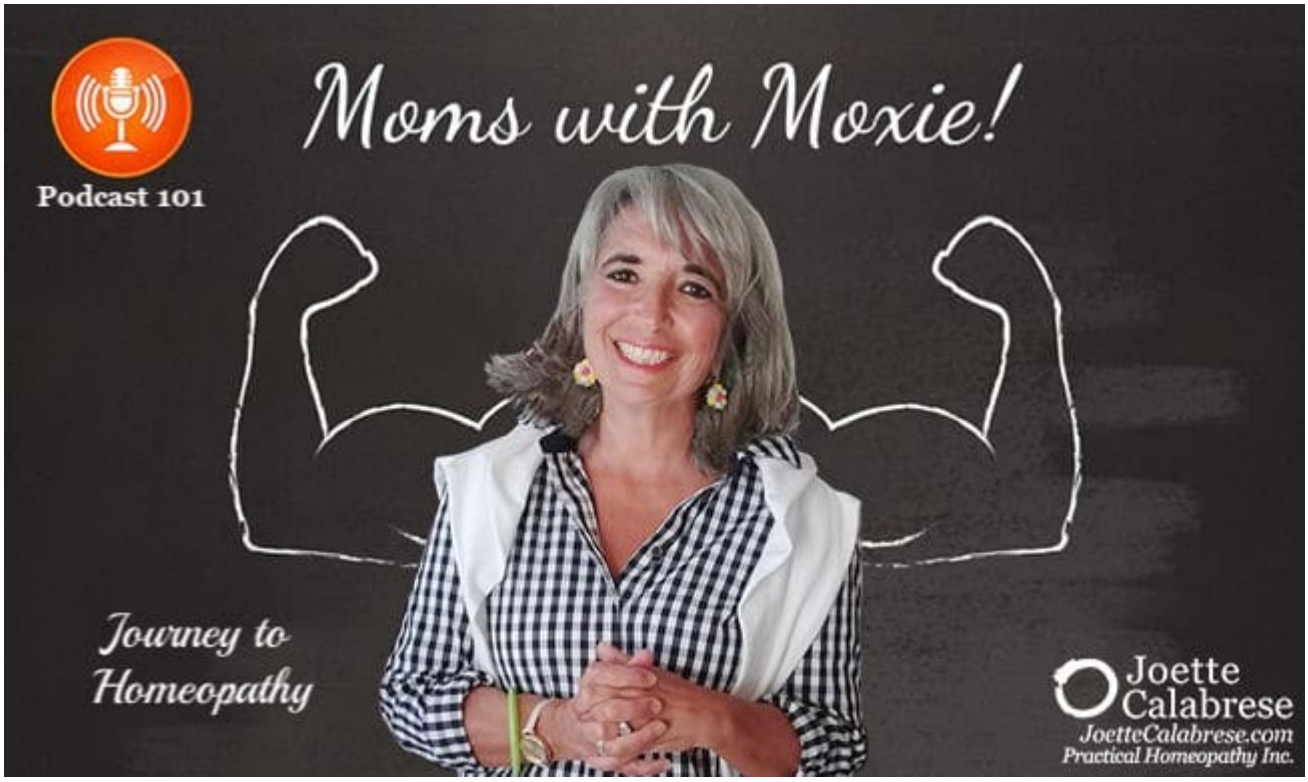
Think of it as a win for you, a win for your children, and a win for society.

More details about *The Ultimate Cool Kids' Guide to Homeopathy* will come in the days ahead. This short blog post is by no means a full view of the course, but I just couldn't wait to let you know the product you have requested – and waited for – is almost here. Keep your eyes on your inbox!

Help me pass on the good news of homeopathy – especially to the next generation!



Podcast 101 – Moms with Moxie: Journey to Homeopathy



IN THIS PODCAST, WE COVER:

3:40 Journey to Homeopathy
9:47 Pregnancy
18:38 Things Handled with Homeopathy
24:30 Tips and Wisdom to Share

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Baby Grande: sold as part of the Combo Pack (my top 7 products). Information can also be found in my free blog post series, "Birthing."

https://joettecalabrese.com/blog/turning-a-breech-baby/

https://joettecalabrese.com/blog/premier-remedy-for-child-birth/

https://joettecalabrese.com/blog/birthing-part-three-baby-is-born-but-youre-not-done-yet-neither-is-homeopathy/

Allergic!? Escape Allergies, Sensitivities, and Intolerances, with Homeopathy

Podcast 98 – How to Take Your Own Case: Prioritize!

First Aid in a Pinch (free first aid chart)

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy® Podcast Episode Number 101.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy

is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories.

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

Kate: Hi, this is Kate, and I want to welcome you back to the Practical Homeopathy® podcast. Today, I have a wonderful friend here whose name is Chris. Chris is a Midwest gal just like myself. Welcome, Chris.

Chris: Hello, Kate.

Kate: It's great to have you here. I'm so excited to hear from you today.

Chris: It's good to be here. It really is a pleasure.

Kate: Tell us about yourself, Chris.

Chris: Well, like you said, I'm a Midwest gal – born and raised right here in Central Illinois – and married to Mike for seven years. Have three kids, 2, 4, 6. They keep me very busy.

In my free time, I like to bike, hike, be outdoors, garden. My winter sport is quilting and sewing. I've got to do that on those cold months around here. But most of that is to keep me sane while I have my main job of staying at home, raising the kids and being a mom – which is the hardest, craziest job I've ever had – but I can't see myself doing

anything else.

Kate: As you're saying this, back in those days when I had young kids, and I feel you.

Chris: It's crazy.

Kate: Yes.

Chris: You can't wrap that up into a sentence, really.

Kate: No.

Chris: It's wonderful and still insane.

Kate: Yes, the best, most challenging …

Chris: … job I've ever had.

Kate: Most fun …

Chris: Yes.

Kate: Exactly. Chris, in your spare time, I know you are an outdoorsy kind of gal, and you like to bike ride and do a lot of things outdoors with your family. And we're going to get into this in just a minute, but I find it kind of ironic because you have a lot of issues being outside and doing those things because of some allergies, right?

Chris: Yes. I have some seasonal allergies as well as some pet allergies – which I don't know if we'll talk about this, but I don't have any! But I usually steer clear away from animals.

Yes, being outside and being around anything in the garden, I'm usually careful about those sensitivities and asthma. I love being active and doing things, but exercise-induced asthma has been a plague in my life for quite a few years. Homeopathy has really helped out with that.

Kate: We're going to get into that in just a minute. But talk to us for just a few minutes about your journey to homeopathy. What did that look like?

Journey to Homeopathy

Chris: Well, it started when I became a mom. My daughter was six months old. I think I just remember her having some pain or bruises. A friend mentioned *Arnica*.

I had no idea what it was, went to the local natural food store, found it – like the one place in town that had it. I didn't even know how the heck to even open the bottle. Turn it over and twist the cap, right?

So, I'm pretty sure I didn't even give it to her a lot. I mean, maybe it was more like one or two times I gave it to her. But other than that, it just sat on the shelf for about a year.

Then my daughter got her first ear infection. That's when I knew there had to be something else. It just led me down that path of finding a different alternative to caring for my family as opposed to giving her antibiotics. That really was the gateway to my homeopathy journey.

Kate: Now, talk to us for a minute about that struggle that you had when your daughter got an ear infection because you had said something when we were talking earlier, you really struggled during that time. I want to hear more about that.

Chris: Sure. I remember that time when she got the ear infection, and the doctor wrote her her prescription. And I knew I had to give her the antibiotics (because I didn't want her to be in pain) because I had no other way of treating her. That led to a discussion with another dear friend about alternatives, and homeopathy was that one.

That ear infection was clear because I have had enough experience with friends who had kids with reoccurring ear infections, one after the other. That just was something that they always had.

I just knew that there was something more than just giving antibiotic, after antibiotic, after antibiotic. And so, I was happy to learn something that I could control and treat my kid with – and she's never been on an antibiotic since.

Kate: That's great!

I wanted you to share that because I feel like as I talk to moms, this is such a common theme that something happens with the kids. It's what happened with me! That's how I got into homeopathy as well. My daughter was struggling with eczema.

She was like you said, in pain, itching; we had to do something. I didn't *have* an alternative at the time.

I feel like this is such a common theme for those of us who have children. That was a tipping point. That's what led us to learn about homeopathy and other methods of healing our bodies.

Chris: Right. It's true. I started seeing reoccurring instances in my life with my health. But I took those as part of my life, and that's just how it's going to be.

When my *child* got sick, I knew there had to be something else.

Kate: Let's step back just a minute because there's a really great story, and I want everyone to hear it about your dad. I love hearing about your dad!

I feel like you've gotten some of your desire to heal your family from your dad. So, tell us how you grew up with your dad and his medical interest.

Chris: Well, I want to say that he was *not* a doctor and did not have medical training. However, he was in the military, and his grandfather was a surgeon around like the Great Depression time. So, I had heard stories.

However, my dad was not any doctor, yet he always treated us. He was the one giving us the first aid. He was the one saying, "Sit at the counter. Let me get to your finger under good light. I want to see how bad that cut is. I want to clean it. I want to put a bandage on it. We're going to just monitor that and see how it is tomorrow, and is there an infection?"

He always had an eye and a consciousness of any kind of ailments – whether it was a cut on your hand, a blister, an ingrown toenail. He was always the nurse/doctor in the house.

So, I have fond memories of a time when I was struggling with an ingrown toenail. He would just, like I said, prop me up on the counter, and he wanted to take a look at it.

He would get a suturing kit out, and I'm not kidding because he had a little kit. It was the same needles and thread that he would sew up the Thanksgiving turkey with. He would put those out!

You know, he always wanted to sew one of us up, but I'm pretty sure that didn't happen. But he was always ready!

But he had his sharp knives and things like that, so he cut out an ingrown toenail, pretty much a surgery, on the kitchen counter.

One of his sayings was "never hesitate, self-medicate."

I'm pretty sure he was talking about pouring some whiskey as well to yourself when you're sick and taking care of yourself that way. But also taking care of yourself in the

sense of don’t just run to the doctor right away.

So, I just remember finally him cutting an ingrown toenail out of my toe and making sure that it was clean, and packed it in right, and paid attention to wound care. It was pretty remarkable, and I have very fond memories of him. He’s quite a character.

Kate: Do you feel like you’ve grown up like him? I mean, do you feel like you have that desire as well?

Chris: I think it’s definitely an influence in my life. Both my mom and dad were remarkable parents and are very influential in how I raise my family. I think I definitely try to keep an eye on everybody.

I know that one of my kids has a blister on his foot right now. They’ve got some splinters in their feet. I don’t know if my dad knew that to some degree, but I’m sure as a parent, we all try and keep an eye on our kids physically and mentally. I think there has been a great deal of influence in my life from him.

Pregnancy

Kate: Let’s talk about your pregnancy. I know that was sort of a tipping point as well in your journey with homeopathy. Tell us what you did with that.

Chris: I think you’re talking about the second pregnancy.

Kate: Yes.

Chris: Because I was discovering homeopathy at the time of my daughter (she’s my oldest), her first ear infection that we’ve talked about. And then I found out I was pregnant. So, it was, “I’ve got to learn as much as I can to have a much easier labor the second time around.”

I had a pretty hard time with the first one.

Kate: Yes, you said it was many, many hours.

Chris: I like to just say 50+ hours. It was a couple days.

I went in not knowing, obviously, what was going on but wanted – naively – to do it all naturally and did the best that I could. I got through it eventually after two days of being in labor.

I did have an epidural, but then I slept. I was nine centimeters, and I was exhausted. Then I woke up and pushed for three hours and then I had my baby. So, the epidural pretty much wore off.

You mommas out there, you've got to do it anyway you do it, right? I mean, there's no judgment, no shame in the way you do it.

But I knew when I got the news that I was pregnant again, I knew I had to find a way to curb the exhaustion and the cramps during labor. So, I did that. I ordered Baby Grande, the CD Joette has, and I listened to that thing over and over again. I took notes. I did a summary page, and I gave that to my doula. I'm pretty sure I did everything to a tee. That labor was about 16 hours.

It was, out of my three births, the best one. I did the cell salt protocol my last trimester only. It wasn't the whole pregnancy, but I did that just the third. And it was a remarkable labor. My doula was there helping me along the way. I gave her the information that I learned during Baby Grande.

I said, "Here's the information I need. Here's my kit." And she was giving me what I needed. It was pretty awesome.

The nurse even said – right after he was born, and they did the checks and stuff in the room and weighed him – she said,

“Oh, he has very long fingernails. You must have taken your prenatals.”

I said, “Yes. Yes, I did.”

Kate: That’s awesome. I would love to hear some of the remedies that you used during your labor. Tell us.

Chris: Yes. I remember – well, my doula took notes – switching between *Gelsemium* and *Mag phos* and *Arnica*. I think I only had 200 then.

But I also know a friend of mine said, “You need *Arnica* 1M as well.” I think that was in my arsenal.

So, I’m pretty sure I just switched between those during the labor.

Postpartum, I used *Arnica* 1M and *Mag phos.* I didn’t take a Tylenol after. It was all natural. I mean, in the hospital, I’m pretty sure I didn’t have any intervention. It was pretty amazing what my body was able to do. I want to just give that up to homeopathy, and the things that I learned during that time.

Kate: Your journey with homeopathy led you next to, I think, the Gateway Study Group?

Chris: Yes, I took the Study Group Gateway I. I knew a lot of the stuff, but it was still good to go over some of those basics.

After the Gateway I class, I took the Allergy course. That was eye opening because allergies are my most chronic issue. That’s where I started learning so much. But I felt like every single page was, “*Yes*, I need to take that remedy!”

I know Joette talks about, “*Finish the course before you start anything!*” And she says it over and over again – because you think in whatever topic you’re looking at, you

think you have it all.

I'm pretty sure I'm still working through lessons. I've listened to them all. I'm pretty sure I haven't sat down and taken rigorous notes on every single lesson. But that's what I love about the courses. I *own* it. I can go back to it any time.

Right now, in my life, sitting down and taking a class and very heavy notes is not the season I'm in. So, if it's something I can listen to like this podcast or anything online, it's been the way that I've been saturating myself with homeopathy.

Kate: Then you tackled your allergies. This is an amazing thing how you've overcome the allergies that you have. Tell us about that.

Chris: Absolutely. So, when I was taking the Allergy course, I felt like I didn't know which way to go because I had those chronic allergies, but I also had some other chronic mental and emotional issues. I didn't know which way to go first.

So, I became a client of Joette's. She really helped me overcome some of those chronic issues: the chronic bronchitis that I had, the asthma that really was impeding any kind of physical exercise. That was just a big hiccup.

Then even the allergies. I could barely set foot into my sister's house without sneezing over and over again or having itchy eyes because of pet allergies or anything like that. Those were the things that were disrupting my life day to day. I have a much better handle on those.

I wouldn't say they're completely gone because I still carry some of those things when I sneeze or have some itchy eyes. But in terms of the wheeziness, shortness of breath, and the chronic bronchitis, it's gone. It's gone.

I didn't have any occurrence of that in the last year. It's

been about a year, and I know what to do in the beginning of it when I start to get that sore throat. It always started in my throat, and then it would tickle.

You tell yourself, "Oh, it's allergies." But it really is something deeper, and then it would go into my chest. Then once it was there, it would just stick in my lungs.

Learning about homeopathy, becoming a client, and consulting with Joette, it really did help. I've thrown inhalers away because I don't need those rescue inhalers anymore. I haven't taken those inhalers anymore.

At one point in my life – this was years ago – I was on a daily allergy pill. I used to carry the over-the-counter allergy pill everywhere I would go. Now, I carry my homeopathy kit – or a small little one for itchy eyes and sneezing and my Hyland's Allergy Relief – with me everywhere I go. It's just been a complete relief and a game changer.

Kate: Yes. It sounds like your life has really changed since you've employed homeopathy for these chronic conditions.

Chris: For me, yes. And I realized, after learning how to take care of those acute problems in my household, I realized in order to tackle those chronic issues with anyone else, I've got to figure out how to get all my stuff under control. So, eventually, I'll be able to do some chronic stuff with my husband and help with his health.

I think you just did a podcast, Taking Your Own Case. It was really trying to figure out how to take care of yourself – because you want to heal the world when you start learning about homeopathy.

When I look back at how far I've come in my own health over this past year and working with Joette and my chronic issues – I haven't had any sinus infections.

I haven't taken antibiotics for my chronic bronchitis that I

would get once or twice a year. It was just a given. I knew I would be doing that. I would be going to the doctor because I couldn't breathe, and I haven't had that!

I can exercise frequently and with no indication of wheezing or shortness of breath. That was even on bike rides in cold weather. I remember I took a bike ride January 1st, and it was probably 40 degrees. I wasn't wheezing! That had never happened before. I

don't travel with my inhalers anymore. It's definitely changed my life and given me the strength to take care of my family.

Things Handled with Homeopathy

Kate: Tell us about some of the other things that you've dealt with in your family and how you've handled those with homeopathy.

Chris: Sure. With kids? Teething, pink eye, strep, wasp stings, bee stings, all those kinds of things. I don't panic about them. It's not something I run to the doctor for. I know how to handle it with a little bit of homeopathy that's in my house. It's remarkable to not have to stress out about that.

So, pink eye to me is, "Okay, I give my kids some *Hepar sulph*. Watch it, keep it clean, and it's fine."

I don't know if that's THE protocol, but for me, that works for my daughter. After a day of a red eye, maybe some crud, it's gone, and she's fine. Knowing that I didn't give her 10 days on an antibiotic for something, and her body is stronger for using that – it gives me so much ease and confidence in healing those things.

Strep throat, she had a case of that as well. It was diagnosed at the doctor's office. I said, "Thank you for

telling me she had that," went home, and gave her … I want to say it was *Hepar sulph* again. That stuff is amazing!

I could be wrong. I didn't write that down. Take notes, people! Take notes. It is important.

But those things that happen, that feel like they can be a disruption in your family and can stop everything, it's good to know how to handle those things that come up.

With a bee sting my son got – he was young, very little – and he came, and I saw a swollen red area. Within 20 minutes of giving him *Aconitum* (I believe, at first just so he would calm down) and some *Ledum,* he was fine in 20 minutes. There's no swelling. He was walking around playing. He had no pain.

A little bit later, I did give him some *Arnica*. It was starting to get slightly red and hard, and then he was fine. I did put in my notes also that he was irritable and cranky already because he was teething. So, I'm sure I'd given him some teething tablets.

Moving right along, puncture wound for my husband and scalding emergencies.

Kate: Didn't your husband have some sort of major injury? What happened?

Chris: It was a puncture wound. He was working in his wood shop, and he comes upstairs and holding his thumb.

I'm pretty sure there may be a few choice words at that time as well. I mean, obviously I knew there was an incident, so I gave him some *Aconite*.

We hadn't quite figured out what was going on. I think he was stunned as well. But he was nailing something. He had a brad nailer, so it's a pretty thin brad. He was holding a piece of wood. It hit a knot as he put the brad in. It turned 90 degrees. It came out and went in through the pad

of his thumb. It came through and punctured his thumbnail.

So, I was like, “Oh, *Ledum* for a puncture wound!”

I’m pretty sure I gave him *Hypericum* as well for the shooting pain, and like I said *Aconite* 200 because of the shock of what the heck just happened.

Kate: Did you take *Aconite* 200 as well?

Chris: Did I? I don’t think so. I think I was like, “This is cool! Let me help you!”

I was kind of probably geeking out, at the same time knew that his hand was still intact and all that. I was giving him *Hepar sulph* the next couple days to keep infection out as well.

So, emergencies like that happen. and I feel prepared.

Kate: Oh, my goodness. That was very traumatic.

Chris: Another emergency I handled was my daughter scalded herself. My husband had some teacups. He had warm water on the counter. She pulled the water down on her chest.

I wasn’t even home. I got a phone call saying, “Where are you? Get home *now*.” I was 5-10 minutes away, came home, gave her *Aconite* and *Cantharis*, and externally applied vitamin E oil, and just monitored it that day.

We carried on with our regular schedule of events. At noon, I’m pretty sure in the day, gave her some more *Cantharis* and *Arnica* for the pain and the burn.

The next day, it was a burn enough where it blistered. I knew it wasn’t worse than that. It was not third degree at all. We would have definitely been going to the hospital for that.

Her blisters the next day were beginning to scab. It was beginning to heal after just that 24 hours, and then *Hepar sulph* to follow up and avoid infection the next couple days. I kept taking pictures of this when it happened at the time. Then 24 hours later and comparing and making sure I wasn't missing anything. And she was fine.

Kate: How great that you were able to handle that at home and not have to go to the doctor. Burns are really painful! Did the homeopathy that you gave her help the pain, did you notice?

Chris: Yes. I gave her the *Aconite* right away to help her. That always calms my kids when they can take that *Aconite*, and then I can do more assessment. Homeopathy is not a magic wand. You have to work at it. You have to work at it, and you have to learn. You have to observe.

That's really something that … I've been learning the difference between coughs and colds and all the symptoms. I know when I start asking my husband all the questions he's like, "Oh, stop it!"

I'm like, "But I'm trying to assess you and your pain."

He's a tough cookie to figure out when it comes to homeopathy.

Tips and Wisdom to Share

Kate: That's a good segue actually into your tips. I want to hear what you would like to share with the listeners as we wrap up this podcast. What wisdom do you have to share?

Chris: Keep learning. Coughs and colds are the hardest things. I just kept learning and studying and listening for different symptoms.

That's one tip I'd say, but also always carry your remedies

with you. Whether it's a little bit in your purse, for the things that you usually encounter throughout your day, or if it's your kit when you're leaving town.

Take your First Aid in a Pinch. Print it out. Don't just rely on your phone to have it.

Then also just buy all the remedies. Buy all the books. When you can afford them, do it! Like I even said earlier, I think that I don't have all the time in the world to sit and read a whole bunch of books. But I buy them here and there. I am building my library, and I refer to them when I need them.

Trying to figure out those little acute things and gain your confidence and being able to tackle the bigger issues, it really becomes a way of life for you and your family. It's pretty awesome.

Kate: Thank you so much for sharing with us, being so open and sharing your struggles and your successes. It was a pleasure to have you on this podcast.

Chris: Thank you. It was awesome and an honor to be here. I mean, it really is. I don't think of myself as a Mom with Moxie.

There are times when you feel like you're going to conquer the world. Then, there are times when you're like, "Oh, what the heck do I do to get through this hour?"

But the things I've been learning about homeopathy and putting them into practice in my family have been countercultural – but it works, and it's worth it!

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.

Swimming Upstream



Yep! That's me in that picture – that little head bobbing in the water. You could say it's my idea of social distancing!

Months ago, I would wake up, make coffee and get to work on my computer. After a while, I'd shower, sit down and get back to my desktop.

My husband and I would have a late breakfast, and then – you guessed it – back to my computer for meetings, appointments, writing, and drafting the rest of the day until dinner. And

after dinner? Yep. I was back to work with clients from the other side of the earth, teaching Gateway to Homeopathy Study groups and more writing.

I was (as my father used to say) on my keister all day long.

But just about three months ago, I started doing something every day just for me – swimming.

They say (whoever the "they" are who seem to know all these things) that if you find a form of exercise that turns you on, then the rest is easy.

Well, at first, I thought about dancing. I love dancing! *Love* it! But my preferred kind of dancing requires another person. I needed something I could have complete control over. Something that was my own. Something just for me.

Swimming is all mine.

I sleep better, yet it's given me more energy! I swim in the morning, and after dinner, I feel as though I could do it again – I have that much energy remaining.

Keep in mind, I'm not an athlete. But I'm amazed at what I've been able to accomplish in such a short period (12 weeks or so). I'm now swimming a minimum of an hour a day – in open water!

I started by swimming in a pool. But sometimes the pool smelled of chlorine – and the residual chemical odor was hard to get off even with vigorous washing. (I'd take a shower, and an hour later, my skin would still smell of chlorine.)

So, although this is not a homeopathic remedy, I will share my solution with you!

Before swimming in the pool, I smeared my entire body and hair with lard – from head to toe. With apologies to

Eleanor, I was as slick as a little fat piglet squealing out of a mud pit.

That did the trick! Of course, it took hot water and a washcloth to get it off. But the chlorine didn't penetrate my skin!

And even though I looked diligently for it, there was never a layer of oil around me in the pool – not like there can be with most suntan lotions. (Even the pool man didn't notice a problem!)

But I don't use lard when I swim in open water. No need. I *want* the salty water, loaded with minerals, to absorb through my pores. I even wash my mouth out with it! Ocean water is one of nature's many cure-alls.

Swimming in the ocean provides everything a person needs for a healthy pastime: action, movement, sun, minerals and peaceful, solitary time for focused thought; I actually do my prayer work while I'm stroking along. Yet I run into others who swim at about the same time and we've become a wave and smile acquaintances.

I've only missed a few days because of the weather. Now, you know me; I'm no milksop. I'll happily swim in a bit of rain. But during a torrential Florida rainstorm when the lightning begins, I have enough sense to stay indoors!

But otherwise, yes, I am swimming in the Atlantic Ocean – currents, tides, seaweed and all. Just this morning 3 small nurse sharks greeted me for a brief moment.

You might say I'm swimming upstream!

We can use this for a metaphor in life. Swimming upstream is harder work, but the benefits are greater.

Sure, you can take it easy. But treading water yields much less reward.

I prefer to get the most out of whatever I do.

Whether swimming or educating myself or fighting for things I believe in, I don't take the easy path. I prefer to push myself and propel myself further than I'd ever imagined.

Anything worth its salt is worth your increased effort.

Learning homeopathy can feel like swimming upstream at times.

There is much to learn and currents that sometimes push against you. But with each stroke – each blog post, podcast, Facebook Live, Gateway to Homeopathy group meeting or course of study – you push yourself harder and further until you can do more than you ever dreamed possible to safeguard your family's health.

Pass on the good news of homeopathy!

Warmly,



P.S. Ladies, I wish I could find a perfect bathing cap to keep my hair dry. I've tried so many, but they don't work every time. If you have a suggestion for me, I would love to hear it!

P.P.S. I encourage you to consider joining my new exclusive group, Joette's Mighty Members. We're like a little club! I

share a quote with my members every day, as well as weekly Memos (just like my At Home with Homeopathy tips), and occasional informal videos I call my "musings." I feel I can be more candid in our own private playground.

Plus, if Facebook is not your cup of tea, I've provided a private forum for you to discuss thoughts with your fellow like-minded friends, old and new. And, you can also watch my Facebook Live events from within the membership site – without having to register for Facebook.

There are so many reasons to join us. Learn more details by clicking here, and then come join in the fun with my Mighty Members! We may be small, but we are mighty!

Don't Look if You're Squeamish



Worldwide – to the exclusion of almost everything else – we have focused our attention on the Flu and its worldwide rippling effects.

But what we've not seriously considered are the unintended consequences caused by the shutdown during the pandemic!

Nothing illustrates this type of collateral damage more vividly than the recent experience of one of my team member's husband who required orthopedic surgery just before the shutdown.

As you know, I'm certainly not against surgical procedures when absolutely necessary – especially restorative procedures after injuries!

We try to *avoid* having surgery through our use of homeopathic medicines. But sometimes, surgery cannot be prevented.

I've written two blog posts to teach the most beneficial homeopathic remedies to keep in mind before and after an operation: Anticipating Surgery? Homeopathy Can Help and Surgery: Answering Your Questions.

Aided by the use of the homeopathic medicines listed in those articles – all went well.

But many weeks into recovery, they began to notice an unusual complication. The internal "dissolving stitches" at one end of his incision did not live up to their name.

Not only did they *not* dissolve, but they also began to abscess and erupted out of his newly closed skin.

It got worse every day.

The surgeon examined the wound. He expressed frustration that the surgery centers were closed due to the virus. He couldn't handle this situation as he would prefer – opening up the surrounding incision to reclose the wound properly.

Because of the times we were in, he would have to do it (in his words), "the old school way."

(Another reason I suggest you find a doctor with gray hair – experience! They have more tricks up their sleeves!)

After a thorough debriding to remove the undissolved stitches, my team member was called upon to be Florence Nightingale at home. Her job? As she put it, "to pack the hole daily with gauze", allowing it to heal from the inside out.

How bad was it? Well, don't scroll down if you're squeamish.

My team member compared it to a bullet wound. (Not that she's seen one of those – but she's seen plenty of old Westerns!) It was about ¾ of an inch deep and angry.



Don’t say I didn’t warn you.

As you can tell by the photo, the infection was an obvious concern. Luckily, this old school surgeon was not quick to prescribe systemic antibiotics. My team member called upon the Banerji Protocol of *Hyper/Ars* to save the day!

Hypericum perforatum 200 mixed with *Arsenicum album 200*, every 3-12 hours.

She used *Hyper/Ars* more frequently for the first few days – opening it up to less frequently as it became apparent the medicine was acting.

After it looked much improved, she continued to use it twice a day as full protection against infection until the wound was healed.

I also recommended she drip *Calendula* tincture – diluted 1:20 with water – into the wound several times per day, and to use the same dilution on the dressing as well.

However, as many times as I have emphasized the importance of owning the remedies you may need in advance, she had to order the *Calendula*.

You can bet she learned her lesson and will not be found wanting next time!

Because of the unintended consequence of the shutdown's effect on shipping, as well as the run on homeopathic remedies, the *Calendula* did not arrive for several weeks – well past the time during which it was needed.

So, back to our story. (You can open your eyes now.)

The following photo was taken a mere three weeks later. The healing is strictly due to the use of *Hyper/Ars* – and an old school physician who knew how to "battle dress" a wound with packing for two weeks and then eventual closure with Steri-strips.



Once again, homeopathy has proven its ability to provide perfect freedom from fear, isolation and dependence.

I urge you to cultivate the self-sufficiency previous generations possessed. In one sense, homeopathy is historically "old school" – having been successfully utilized in the same manner for over 200 years.

However, it can also be considered quite modern in terms of science. The burgeoning study of nanopharmacology is only now illuminating the efficacy of nano-doses.

Despite states reopening, our old "normal" seems a thing of the past. There is nothing more important now than increasing your knowledge of homeopathy so that you, too, can provide for your family's health – no matter the societal circumstances.

And pass on the good news of homeopathy!

Warmly,



P.S. How do you increase your knowledge? By reading, studying and learning everything you can. The perfect place to start – or refresh – is by joining a Gateway to Homeopathy Study Group. Learning with others is the most effective method for developing your competence and confidence in the use of homeopathy. And the lifelong, like-minded friends you'll make are an extra benefit!

New groups are starting all the time, or you can form your own. The Study Group curriculum contains everything you need to become a group leader and embark on a new independent lifestyle!



I Am Having Revolutionary Thoughts



After all, today in the U.S., we celebrate our independence, which was hard-won 200+ years ago.

Now, two centuries later, we live in a time of over-reaching government mandates on how we are to live our lives, on what determines health and on how health ought to be addressed.

All of this has stirred me up. Does that mean I take to the streets? For some, it may be time to do that.

But my action forward is more aimed toward the family. For me, the more government mandates, the more I hunker down.

As a homeopathic educator, practitioner, mom, and neighbor, my thinking takes me home.

Allow me to elaborate.

Home is where the wounded return. It’s where we regenerate. It’s where we soothe our ills and build our spirit. It’s the place of preparation well in advance of upcoming skirmishes.

My strategy is not one of the arms our forefathers bore. No.

My weaponry is in my homeopathic medical library.

My ammunition lies in waiting in my homeopathic medicine cabinet.

My artillery is in my homeopathic knowledge.

This is how I protect my freedoms. How I protect my family and their health.

It's the tactic I rely on to prepare for a siege. I turn my outrage to study. I turn my indignation to building connections and establishing relationships with like-minded thinkers and like-minded doers.

To "mother" in this fashion is a political act. It's my form of civil disobedience. And equally important is my ability to spread the word from one woman to another, from one family to another.

Over the past several months that I've been working on my new kids' homeopathy curriculum, I've been thinking deeply about how the core of my message translates specifically to the education of our children.

As most of you know, I have a desire to foster values such as self-reliance, resourcefulness, can-do attitudes, "guts, spunk and moxie" (as I often put it), and yes, *independence*.

Many thinkers have opined that some of the deepest problems we see in our culture today have arisen from how we as a society have been parenting our children.

We've transitioned from being a society in which children went out and played unsupervised with other children in their neighborhood – making up their own games with their own rules, mediating disputes between themselves, *building things and problem-solving on their own* – to being a society

that keeps children within a rigid framework of adult-organized activities.

This new style of child time-management has resulted in a generation of young adults whose first instinct is not to build and construct, not to creatively problem-solve, but rather, to appeal to authority to mediate and fix things for them.

And this is not just a problem among young people. It seems that we, as a country, are collectively moving toward an attitude of powerlessness.

Of waiting to see who will step up to clean up the mess because the mess seems too big and too overwhelming.

But the wisest people I know say that the first step to tackling large problems is to start small. Clean up our bedroom. Repair a bicycle.

Build a chicken coop. Treat that poison ivy rash on our own, at home. Foster a constructive culture of building and creating, not one of merely tearing things down and demanding that others fix our problems.

So, my message to you is let’s not let these world events render us submissive, nor needy of authorities.

Instead, stoke your embers and fuel your declaration of independence; in yourself and in your children.

Warmly,



P.S. My promise to you: As long as I’m able, you can count on me to produce free weekly content in the forms of my blogs, Facebook Lives and podcasts.

And if you are of the same ilk, you might just want to join in with my *Joette’s Mighty Members*.

Together we are independent, yet unified.

Celebrating Podcast 100 with Joette and Perry



In this special 100th podcast, we cover:

02:05 In the Beginning …
12:30 Let It Snow; Let It Snow!
19:28 Joette and Perry's Chance Meeting
24:48 "I Have to Write a Book!"
29:19 Joette's First Client – and Office
33:37 Where is Practical Homeopathy® Headed?

Links and resources mentioned in this podcast:
How I started out with homeopathy

My first book: Cure Yourself and Family

Joette's Mighty Members (my new membership group)

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy® Podcast Episode Number 100 with Joette Calabrese!

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively.

So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration – you need as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Joette: Hi folks, Joette Calabrese here.

Perry: Hi folks, Perry here.

Joette: We are doing something a little different today because this is our *hundredth* podcast!

Perry: Wow!

Joette: Because of that, we thought we'd celebrate with something just a little different because people ask me about this all the time. And I don't know how much I want to reveal here, but Perry is my husband. So, I am going to kind of interview him, and he is actually going to kind of interview me as well.

We are not going to talk too much about homeopathy in terms of what to use or philosophy or theory or aphorisms, or anything. Instead, today we are going to talk about where we've come from, where we've gone, where we plan to go with Practical Homeopathy® and JoetteCalabrese.com.

So, hi, honey!

Perry: Hi, honey!

Joette: We are going to start by talking about, I guess … people ask me when did I start teaching. And I can't believe people would be

interested in this stuff! But they have asked me to … so, we're going to do this.

Perry: We are going to give you a little bit of background on Joette and I because maybe that's interesting. We don't think it is, but let's go ahead and try.

In the Beginning …

Joette: Okay. So, many people may know my story and how I started out with homeopathy, and I am not going to go over that because I have written about it on my blog, and it has been published, etc.

But instead, I will start talking about something that we never really talked about that much and that was that I used to teach *many* study groups in people's homes and churches and church basements and schools, all over Western New York (which is Buffalo, New York area).

Perry: This was when the kids were a little bit older because I would go out at night as well. I owned a construction company. So, we didn't *argue* about who was going to go to work. But I would come home from the day, have dinner, and plan to go back out again, and Joette would remind me, no, she had a study group to teach. I was staying home with the kids.

In many respects, I *enjoyed* that, but we needed to get Joette's business up and going – or at least build her client-base – because that was what we were doing at that time.

So, she would go out, sometimes five nights a week!

Joette: Yeah, yeah. For years I did that. I would say it was probably two years where Monday night I taught in Black Rock (which is a section in Buffalo). Tuesday night it was Orchard Park (suburb). Wednesday was the West Side of Buffalo. Thursday was Amherst, New York (outside of Buffalo). Friday …

I mean it was really like this, and I was also teaching at the same time at Daemen College. I was teaching classical homeopathy. So, it was a very …

Perry: To the nurses.

Joette: Yeah, to nurses. Well, they were undergrad nursing school. It

was a very busy, busy time in our lives, and we were living at that time …

Perry: In Colden.

Joette: … in Colden, New York, which was 15-acre farm that we had put together. And, we were homeschooling our kids. We had a lot on our plate.

Perry: Right. We did.

Joette: When I look back at it, I say, "Wow! What great years!" But it was a lot of work. We were very, very busy. We had two goats and 30 chickens, and you and the kids were raising bees.

Perry: Ahhh, we were raising bees.

Let me tell you about those goats, folks. We would try to pen these goats in. We had a 6-foot high *electric* fence. And these goats would climb up the side of the hut that I had built for the chickens and the goats, and they would *leap* over that fence.

Joette: And they were Pygmy goats.

Perry: Well, they were sold to us as Pygmy goats. Either the boys fed them too much, or we were sold a bill of goods.

Anyway, these goats would get out, and Joette would have clients at that time coming to the house during the day.

Joette: It was an office. It was actually my office connected to the side of the house.

Perry: One time – Joette could look out of her window, and the client was facing it in a different direction – and she saw the goat on the roof of an expensive car.

Joette: All four legs!

Perry: Like *up on the roof* of the car. And that was it.

At that time, I had one of my guys working at the house. They were fixing something – one of my construction crew. He ran out, grabbed the goat, dragged it – if anyone knows goats, they know what *that's* all about – and put it back inside the fence.

Joette: But the fence was, I mean, it was six feet when you started,

but because we recognized how *grandly* these goats could leap, we acutally … you built a higher fence! It went up to something like 10 feet!

Perry: Oh, my gosh!

Joette: And it was *electric*! They didn't care!

Perry: They didn't care.

Joette: No, they didn't care.

One day, we got home from church, and it was summer. And the windows were open, but the screens were in place.

Perry: Right!

Joette: We came home, and one goat was on the piano – a baby grand piano. Again, *all four feet*! (It could have been the one that leapt up on the car. The other goat was on our sofa, and it was eating a page out of my repertory. Now, I freaked out because the repertory was an expensive book! At that time in our lives, everything seemed *very* expensive.

Perry: The couch was used.

Joette: It was my brother's couch that he gave us.

So, anyway, it was eating a page out of the book. I know this sounds crazy, but it was actually a page that was in the section of the repertory under "stomach, appetite." And it ate that page. It was so ironic, but that's what she ate.

Perry: Did we tell them that the chickens followed the goats into the house?

Joette: Yeah. That's true. Because once the screen … what happened was the goats had pushed through the screened window in the living room.

Perry: Leaped in!

Joette: And then, as a result of that, the chickens followed.

Perry: Their buds, the chickens followed 'em.

Joette: Basically, we had a menagerie in our living room.

Perry: We had a barn in our living room.

Joette: How about the time … we just have to tell this story because it was so much fun.
We had a van, and we'd go out for the day or something and be with the kids. It was one of those slider-door vans, and the door was left open. We had emptied out the groceries. The kids had helped me empty them and bring them into the house, etc.

And I noticed a few hours later that the slider was open on the door. So, I directed one of the boys to go close the door, and he did.

The next day … and you know, every night the kids would put the chickens and the rooster to bed in their coop and close the door because otherwise the fox or possum would get in there. So, we had to be very careful of that.

So, they had put the chickens to bed, as we said, and then the next morning, they let them out.

But this morning instead of hearing the rooster crowing the way he normally did in a very bright and brilliant crow, we heard, <extremely muffled> "Cock-a-doodle-doo."

"Something's wrong, where is that rooster? It sounds like he is muffled like he is in a pillow or something."

<extremely muffled> "Cock-a-doodle-doo."

I looked out, and the rooster was in the car – feet perched on the top of the back of the driver's seat – crowing! And we heard him off in the distance. I can't tell you how *disgusting* that car was within less than 12 hours.

Perry: Yeah, but you know what, this didn't teach us anything.

Because every year, we'd increase the size of our flock due to normal flock attrition. Joette found a breeder down in the southern tier somewhere that had a specific kind of chicken that she wanted the boys to experience. And so, she sent me down there in the car with boxes to collect these young chicks.

No, they were not chicks. They were …

Joette: Teenagers!

Perry: They were teenagers. So, I got about 20 of them in these multiple boxes in the van and closed the boxes up. Put them in the van – they were quiet – and started back on the thruway. And one of the boxes opened up, and the chickens came out.

Now, I am on the thruway, and they are flying around inside the car! People are driving by and looking!

Joette: Well, chickens make a mess in very short order – forget the feathers, that makes a mess – but the chicken poo is not very nice to clean up.

Perry: Horrible.

Joette: We had bees; we had ducks; we had a pond. We stocked the pond twice – because there was a crane that every time we put them in, the crane came and just gobbled up everything.

Perry: Ate the fish.

Joette: So, we just gave up.

Perry: We did.

Joette: We just used it for swimming and forget fishing.

Perry: Right.

Joette: Here is the problem. We are both city people, and we wanted to raise our kids in the country. And so, that's what we decided to do. We really were green behind the ears. We really did not know what we were doing – even though we read up on it. We tried to do the best we could! It was an adventure. It was fun. There is no doubt.

Perry: It was fun. The bees, we have kept the bees for multiple years – through the winter.

Joette: Lots of honey.

Perry: And we did get a lot of honey out of them. We had a lot of experience.

One time one of our hives swarmed, went across the street and went into the eaves of our neighbor's.

Joette: I don't know if people know what a swarming hive looks like or sounds like. I had never seen anything like this. You see pictures

in children's books about a swarm of bees, but you have no idea how *intense* it is – the experience.

All five of us were outside. It was a Sunday afternoon, and we heard this "electric" sound, and it was really *strong* electric sound. And we didn't live around electricity. I mean, we *had* electricity, but we did not have any …

Perry: Not high-power lines.

Joette: Perry, I think we looked simultaneously. We looked up, and there was this, what would you call it? A column.

Perry: Column. Black.

Joette: Black column that had to have been 10 feet wide and about 30 feet tall.

Perry: 30 feet tall.

Joette: It was *loud*, and the electric sound was the sound of the bees. They had all left the hives.

Perry: Bees. They were following the queen. There were two queens in the hive. And the one queen decided, "I've *had* it." So, she left, and all the bees decided to follow her.

Joette: She needed *Sepia*, folks. She left the babies. She left her husband. She needed a couple of doses of *Sepia* 200, but it was too late because we didn't know where she was.

Perry: She was gone.

Joette: So, we very carefully, without too much excitement …

Perry: *Snuck* back in the house.

Joette: We guessed, "Okay, come on boys, let us get in there. Come on, get the dog. Come on get the cat. Let's get into the house." We watched it, as you said, it travelled across the road.

Perry: It went into our neighbor's eaves.

Joette: Yeah, we had to deal with that later on, didn't we?

Perry: Yeah. Right.

Joette: We had to help them.

Oh, my gosh. So, we have lots of animal stories. You know, you don't realize how interesting animals are, and how much they influence – how they *used* to influence – people's lives until you've lived on a small farm like what we had. You know, lots of terms like "hen-pecked" and "ruler of the roost," and so many … "sitting duck."

Perry: "Sitting duck" and "dead duck."

Joette: We experienced that! We experienced that a few times. We had some baby ducks. You want to tell that story?

Perry: Oh. No, that is not a good story to tell.

Joette: Yeah, it was kind of bad. Maybe we won't do that … we won't tell that. That's not a very nice story.

Perry: Yeah, we won't tell that story. No. No. No.

Joette: Alright. So …

Let It Snow; Let It Snow

Perry: Do we have any winter stories they might be interested in?

Joette: Yeah! Well, we lived on a ski hill.

Perry: For those of you who ski, you are thinking New Hampshire, Vermont, or maybe the West. No, no, no.

This was 750 feet elevation. It was longer to come *up* on the lift than to ski down the hill. But it was fun, and it was right across the street.

I taught there for, I don't know, probably 10-12 years. Enough that all three of the boys went through the program; all three of the boys were teachers. It was a great experience for them.



Joette: Well, it gives them their social lives then because they were homeschooled.

Perry: Social life and teaching … the whole thing. Plus, of course, the reason I did it – it allowed us to have tickets for free for the season. Season's passes.

The boys used to just basically put their skis on in our driveway, ski down the driveway across the street (in the wintertime it didn't really ever leave the street) and then right down the hill.

We didn't care. It was a small enough little area. It was a family-run ski area at that time. Everybody – the ski instructors and the ski patrollers – all knew my boys, and they would have reported to us …

Joette: So, they had lots of freedom; they just went off for the afternoon. Once they finished their schoolwork, they could just don their equipment, and off they would go for hours until dinnertime. It was a great amount of freedom for them and for us as well.

Perry: Right! No, it was fun, it was fun. Often, I'd come home from work, and I'd just don my skis, and I'd go over. Remember that one night I went over by myself?

Joette: I do. I knew what story you are going to tell. Go ahead, honey.

Perry: So, I went over at night, and it'd just snowed. So, there was a little, I don't know, an inch or two inches of powder snow. If anyone skis, they know that's pretty exciting. So, I went over night skiing.

Now, night skiing is a little bit challenging because the light causes the trails to become very flat. You can't see the contours. You can't see the bumps. You can't see anything clearly. I was skiing on a particularly steep section of this hill. As I skied down, I came over the top of a little ridge where it dropped away a little steeper, and I am going too fast.

Suddenly, I realized I am in the middle of a slalom course! Now, "slalom course" means all of the slalom gates, all of the poles – and at the time they were bamboo poles – are all over this thing like an obstacle course unless, of course, you know the pattern. Well, I didn't know the pattern, and I'm in the middle of it and going too fast. Obviously, I fell – because I clipped the poll and fell.

In the language of skiers, when you make a terrible fall, it's called a "garage sale" because my skis were in one direction, and my poles were in another, and my hat and my gloves – gone.

I think what had happened is I had fallen forward and not done a complete forward roll, but instead landed on my shoulder blades with my head pushed into my chest – my chin pushed to my chest. Because when I awoke, I rolled over and sat up, and the natural thing you do, of course, is you start feeling – make sure everything works.

You feel your fingers; you wiggle your toes. Everything was working, but I had no idea where I was. I was totally disoriented.

I don't know how long I sat there, probably for 15-20 minutes, realized that my stuff was all around me, collected it, *walked* back up to the top of the hill rather than ski down. I walked back up to the top of the hill and walked home, put my skis down and walked in the house.

Joette: He looked strange. His pupils were dilated, I think. Now, I don't remember, but you had a look in your eyes as though you were not there. It looked vacant. You looked drugged or something.

I said, "What's going on?"

You said, "I had an injury, and I think I may have injured my neck or my head, and I don't feel so well."

So, you laid down. I think you laid down in my office because I had a window seat there that was a good place for people to lay down. And you laid down there, and you said, "Yep, ah …" Then you were mumbling. You were speaking in a strange way.

So, I knew that there was a spine or a head injury. The first thing I did was, of course, I ran and got *Arnica*. At that time, I was still using *Arnica* for head injuries, and I would still consider using it again, but I used it in a 1M. And then I also got *Nat sulph*, *Natrum sulphuricum*. I waited a little while to see how he responded to the *Arnica*. I may also have used *Aconitum,* also very good for injuries and shock to the system.

Now, today, I would use something different. I would probably use the Banerji Protocol of *Cuprum metallicum* with *Arnica* because head injuries can result in seizures. I never saw seizures, but I would say for about an hour, you were not with us.

Perry: Right. I had no idea, but I felt like I couldn't speak clearly. I clearly had very little memory of what had actually happened.

Joette: The next day, some friends came over – ski patrol friends or teachers (ski teachers) – and they said they had seen it, or they'd heard about it, and they wanted to know how you were … because they witnessed something, or somebody had witnessed something that *did not look good*. It definitely looked like a garage sale on top of that hill.

At any rate, it didn't take long. You started to feel better within about an hour and a half. I kept administering the medicines. I really didn't want you to fall asleep until we could see whether or not things were … had been moving along. So, we stayed up for a good amount of the night talking, and I was trying to keep you awake and feeding you, etc.

And you came out of it the next day. You said, "Yeah, my neck hurts a little bit," but you were clearheaded by the next day, which was very relieving.

But I didn't stop the medicines. I think we continued with *Nat sulph*. I think we gave another dose. It was a very high potency. I think I gave another dose or two over that day and into that night, and then that was it. I think it was about three doses of *Nat sulph* that you got with *Arnica montana* in a 1M, maybe every 15 minutes at the first, at the onset, and then I dropped back on that.

Perry: Wow. Is that when you had the boys start carrying *Arnica* with them in their ski parkas?

Joette: Well, I don't know if that was the onset of it, but that is part of our family tradition was that each child had to keep *Arnica* 1M in his ski parka because they would, of course, ski together often. And if one of them was injured, they knew to get the remedy out of their pocket and administer it.

They never had to use it. Isn't that interesting? In all those years. We were there for 23 years, and they never had to use it. They just didn't get injured that way. They get injured on the property with the goats and beestings and those kinds of things. It wasn't ever ski injuries. Interesting.

Perry: Right. No, that worked well.

Joette and Perry's Chance Meeting

Joette: Let's talk about how we met.

Perry: Yikes!

Joette: Well, first, let me say we were both previously married. We did not have children in our previous marriages. So, when we met …

Perry: We were both married for seven years.

Joette: Yes, yeah.

Perry: We were both married, Joette only a year or maybe two years before I was married. We both came out of our marriages about the same time.

Joette: Yeah, well, you were two years later. But by the time we met, we had both been divorced for some time. We didn't have children in either of those marriages, thankfully. So, when we met, we dated for a few years.

But we met through our friend, Louis. I was involved with the Buffalo Philharmonic Orchestra, and Louis was a member of the organization, Friends of the Philharmonic. I was the president of it, and we became friends. We were not dating. He was just a friend, and he invited me

over to his house for dinner.

We had just finished dinner, and there was a knock at the door, and there was Perry standing there! Apparently, Perry was Louis's next-door neighbor, and he came by to, I don't know, why did you come by? Do you remember? I guess you had just … Oh, you had just been at that race…

Perry: I have just come into town, and I was just checking with Louis to see what was going on – what had happened on the street while I'd been gone.

Joette: But you were … Perry had come in, and he was all perspired and had gear on, and it was summer. I think it was June or something, wasn't it? Well, you tell me, you know the dates.

Perry: I don't know.

Joette: So, you had just completed the Bermuda race. Perry is a sailor. And he had just gotten off the boat.

Perry: Well, let us back up a little bit. We live in Buffalo, New York, which is about 500 miles away from where the boat was actually. So, it's not likely I would have walked into the apartment with my sailing gear on.

Joette: Oh, maybe that was the romantic memory of mine.

Perry: Right. Literally, I had just flown into town. I was still probably dressed in a kind of grubby sailor's "get-off-the-boat" clothing.

Joette: So, you came in.

Perry: I came in.

Joette: He started to talk to Louis. Louis, of course, introduced us and then Perry left.

I said, "Okay, Louis, here is the deal. He's cute! I like that Perry. How about if we go out tomorrow night, and I bring my friend, and you bring Perry? And let's all spend some time together!"

So, Louis did that. And indeed, that's exactly what happened. The next night, Perry and I spent a lot of time talking and enjoying each other's company, and that's where it all started.

Perry: Right.

Joette: Should I tell the story about at the end of the evening?

Well, I don't think it was that night. I actually think it was about two or three weeks later. I invited Perry up to my apartment. And my parents lived downstairs – it was their home, and I lived on the third floor.

So, I invited Perry up, and I said, "Why don't you come over, and we'll make flan?"

Now, I knew that he didn't know what flan was. Nobody really knew what flan was unless you were of Spanish origin. But one of my closest friends is Cuban, and she had taught me how to make flan years before.

So, I said, "Let's go to my apartment, and we can make flan." So, I knew that he would misinterpret that, but I wanted to see how far I could take this little charade.

So, we went up to my apartment, and we very unceremoniously marched directly into the kitchen – and made flan.

I said, "Here are the eggs. You crack them. I'll get the milk. You whip. I'll pour. We will measure, and we will make flan.

So, for the longest time that flan has been a euphemism for many other words that I'm not going to use on this, but it really meant …

Perry: This is a G-rated podcast.

Joette: We were really going … we really made flan. That's what we did!

Perry: I should add here, folks, that after that, then often, Joette would invite me over for dinner. She is Sicilian, as you know, and she would make pasta with meatballs. Well, I am not Sicilian. I am New England! We eat clam chowder and bland things. I would eat this spaghetti, and we would have a wonderful evening. And then I would go home, and I'd be awake all night long with agita …

Joette: The Italian slang word for indigestion – reflux.

Perry: … word for indigestion.

But I really liked Joette a lot. I didn't want to destroy what we were building. So, I didn't tell her. In fact, I really didn't tell her

until after we got *married*.

Joette: That you were suffering horribly. You were out of commission the following day because of this red sauce and meat. Yeah, I know.

We fixed that though.

Perry: We did!

Joette: We did, *Lycopodium* did it. *Lycopodium* fixed that. We did not use something necessarily for indigestion, although that was part of it. *Lycopodium* 200 really made the difference in your life and so did *Nux vomica*. You've taken it on and off through the years for quite a long time. It has done a great job for your gastrointestinal tract.

Perry: Truthfully, folks, I loved the pasta and meatballs. I didn't like what happened, but that doesn't happen anymore.

Joette: You can get away with it now.

Perry: I can get away with it.

Joette: I do not make it very often now, but that was what we used to do.

"I Have to Write a Book!"

Joette: Anyway, let us talk about when I was teaching these classes because I think that's interesting stuff. I know people might be interested in learning about how we integrated all of this with our family life, which was quite busy.

That was that I was being asked to speak on homeopathy. So, I felt as though I needed to build a skill set that would allow me to speak well professionally.

So, I bought this book by Dottie Walters, and the title – I actually wrote it down here because I wanted to remember – "Never Underestimate the Selling Power of a Woman." It was an intriguing title. And I read the book, and it was all about professional speaking.

So, I read it and loved it. And then I thought, "I'm going to call this woman."

She was in California, and I called her up, and she actually allowed the call to go through. I mean, she was an author, a professional speaker. If anyone knows anything about this professional speaking industry, she was at the head of it for many years.

She actually took my call, and she spoke to me for about 10 minutes. She said, "You must … if you're going to be a speaker, if you're going to be a teacher, you're going to teach in the college …" (At that time, I was not teaching in the college quite yet.) "You must have your own book!"

And so, I said, "Wow! All right."

So, I turned to Perry when I got off the conversation, and I said, "I have to write a book. It's got to be, you know, about homeopathy and how to use it."

Perry: Right.

Joette: So, that night, *that night* …

Perry: And the following day …

Joette: And the following day, that night, all night, all night …

We had dinner, put the kids to bed, and you and I sat in the living room. We had a fire in the fireplace, and you had your laptop on your lap. And I dictated to you, and you wrote feverishly. We banged out about maybe 75% of the book?

Perry: Right.

Joette: What was the title of the book? I have forgotten. Oh! "Cure Yourself and Family."

Perry: "Cure Yourself and Family."

Joette: "Cure Yourself and Family." It is my first printed book.

Perry: Right.

Joette: Look, this is not published by Simon & Schuster. We publish ourselves.

Perry: We self-publish.

Joette: So, it was all night. We drank coffee. Into the day, the kids

got up, did their chores, took care of the chickens and the bees and everything they were supposed to do, and went into their business of what they were supposed to do. And we continued working all day long.

I would say that when I say 75% complete, it was pretty much done within three days. Then we hired an editor.

Perry: Mm hmm.

Joette: Took photographs. *You* took the photographs and printed them.

Perry: Right.

Joette: That had to have been, what, 18 years ago? Something like that.

Perry: 2009, 2008, maybe?

Joette: Maybe, something like that. Maybe it wasn't that long ago.

At any rate, that's how we got it done. Because I am – we both are actually; we're very suited to each other in this regard – we live with speed!

Perry: Right.

Joette: I don't mean the drug. I mean, whatever we decide we're going to do; we just do it. And we do it quickly!

We married later in life. We married in our mid-30s. We had our children later in life. We had our third child, and I was 43. So, the lifestyle that we wanted to give our children was really hatched at a later time in our lives. So, we felt as though we needed to move faster.

But maybe that wasn't the rationale. We were always – I mean, I was always like that, and I think you were too – always someone who liked to move along with velocity.

So, when we started to print that book (and we also produced a CD), we actually used to print it in the dining room, remember?

Perry: Yeah.

Joette: We had a big dining room table. Every Sunday, my parents would come over for dinner and my brother would come as well. So, there were seven of us. Sometimes if someone brought a friend, it

would be eight, nine, or ten of us.

After dinner…

Perry: We gave them all jobs.

Joette: "Yeah, okay. You print these pages. You punch the holes in this group of books. You scroll the …"

What is that called?

Perry: The coil.

Joette: The coil – into the binding aspect of the book. We would assemble these books en masse. We were able to assemble maybe, I don't know, 100 in a day when everyone was working full speed. And that's how we got them out.

So, it was … everything was done in our living room!

Perry: Now, dear Audrey does it all.

Joette: Yeah.

Joette's First Client – and Office

Joette: My office was … The first person who contacted me and said she wanted me to take her case – I didn't have an office!

I mean, I've been studying and using homeopathy for almost a decade, I guess, or something like that. I'd been teaching it, but I hadn't decided to actually practice.

So, this friend asked me – actually, she wasn't a friend; she was an acquaintance – asked if I would take her case. And I said, "Sure."

So, it was in about two days. We had this garage that had a little room off of the back end of the garage that was a bicycle room.

Perry: Well, it was utility room, but we split it in half. So, there was a little room that was 4 feet by 6 feet. It was chockfull of bikes and all that.

Joette: Right. And our potting soil and that kind of thing.

Perry: Right. Right.

Joette: So, I got the kids. I said, “All right, let’s get everything out of here.”

The two older kids helped me – actually all three of them helped me! We painted the room. We moved all of the outdoor stuff out and put in a table. I put in my books of which I had many. I put a lamp in … a chair. I didn’t even have a file cabinet in the very beginning!

It was all scrubbed down nice and clean. It had its own door to the outside, so it was perfect. Two days later, it looked like I had been there for a while. The first client was someone who has now become a very dear friend. (It was Joanne, honey. I don’t know if you know that.)

Perry: Oh, my gosh!

Joette: I know, isn’t that something? Joanne is a very close friend now. She was my very first client in that little, tiny office. Well, I’m small, and Joanne is small, so we fit!

Perry: We expanded the office so that it was 4 feet by 10 feet and a little bit bigger.

Joette: We kept changing it, and we put in built-in cabinets and file cabinets.

Perry: How long were you there? You were there a long time.

Joette: A long time, and then eventually we just …

Perry: We moved the cars out of the garage and converted the garage.

Joette: And built a very beautiful …

Perry: In fact, many images you will see is Joette sitting in front of a very large bookcase with a window on her right. That was where the old garage door was. We actually put a window there.

Joette: Beautiful, beautiful, old window.

Perry: That was the garage.

Joette: I loved that office. It was loaded with light. It was facing south and east, and because we're on a ski hill, I had a very pretty view. It was a great place to work for many years.

Perry: Yeah, remember, we put in the heating in the floor.

Joette: Yeah.

Perry: Which in Colden, in New York – they don't name it "Colden" for any other reason than it gets very cold in the winter. So, the heat was great. The dog loved it. He came in; laid down on the floor. But anything above your knees was cold.

Joette: Well, because we had old windows, and then eventually, we replaced those, and the office was updated.

Perry: It wasn't insulated that well. So, we had supplemental heaters.

Joette: Yes, it was great.

So now, now, life is different. Our children are raised, and we've left New York State. We left that three years ago.

Perry: Yeah, beginning of 2018.

Joette: We moved to Florida. We now live in a townhouse. We like it here. We're very happy. The weather is fabulous.

Everything is remote. Shannon, who used to work in the office with me, and Audrey and Eileen used to work in the office with me and others – we were just stuffed into this … it was a good-sized space, but we were all in one room for quite a long time. And then it all went remote. That was one of the smartest things we did.

Perry: Smartest things *now* in today's day and age, in the current events – because our entire team now is each in their own private home, and it works really, really well.

Joette: It was seamless …

Perry: It was seamless.

Joette: … for us because there was no change for us during the lockdown. So, everyone works in their own home. We have people who work for us – they're actually not employees; they're self-employed. But they work for us in our work on a day-to-day basis, and it's

wonderful. We have a great team of people.

Perry: We couldn't do two things. We couldn't be what we are without you, folks – you, the followers of Joette, the students, the study groupers …

Joette: My clients …

Perry: We are so appreciative of you all and then our team members.

Joette: Yeah, we couldn't do it without …

Perry: We couldn't do it without them either.

Where is Practical Homeopathy® Headed?

Joette: So now, Kate said, "Why don't you talk a little bit …" (You know, because Kate usually conduct these interviews.) She said, "Why don't you tell folks where you're headed?"

So, let's talk a little bit about that.

Right now, we've got several projects in the works. It's not me – as much as I do the writing, some of the writing, and I have someone who helps me with my writing. It's a big, collaborative effort between a wonderful writer and me. But my focus is mainly on my clients and students.

But the rest of it is pretty much in your hands, Perry. You're the one who makes sure that things are put up properly and runs the events, and does the research and the marketing to find out what people are looking for.

Perry: Yeah, all the ideas spin out of Joette, and I just come along and hold them all together and figure out how we're going to get this out to you folks. I don't know, I'm kind of like the janitor with the broom. I kind of sweep it all up, hold it all together.

Joette: Makes it sound like I'm messy.

Perry: No, she's not messy. I'm running to keep up. It is a great, exciting relationship – plus the fact that I *like* her.

Joette: So, yeah, I like you, too, honey!

What we have in the works now is we're putting together a children's curriculum. Perhaps by the time this is broadcasted that will be out. We try to put out at least one course per year. We are starting a …

Perry: Membership.

Joette: … yeah, a membership. We are going to be putting out a membership site. So, that's going to be kind of fun!

Perry: That'll be a great way for everybody to stay connected to Joette. We've got some exciting benefits from that.

Joette: I'm loving this. I am loving putting that together.

Perry: A lot of this is an offshoot of what we've been doing during this COVID-19 with the email we've sent out every day. The responses we've gotten from you, folks, have been incredibly heartwarming and *motivating*.

Joette: It really touches us; it really stirs us – daily.

Perry: So, we're going to keep it up behind a membership site, and we're going to create a force. This membership will become a force that we can really start to effect change, hopefully at a legislative level by supporting charities, by supporting mother's organizations.

Joette: Mothers and grandmothers. You bet.

Perry: We haven't even come up with a title yet. One of the titles included the word "partnership." We're not sure how that's going to go. We're not sure what the final name is going to be, but we're pretty darn excited about this because we love adding value to the experience. We love seeing – well, Joette can speak better to this than I can – but we love seeing you all grow and expand your knowledge.

[Editor's note: The membership site – Joette's Mighty Members – launched this week. Learn more about it at: https://joettesmightymembers.com/]

Joette: And have the opportunity to do what I was able to do. I hear about it every day from students and clients who have learned how to use a protocol here, a protocol there and are taking control of their family and their own health. It is heartwarming.

I really believe that homeopathy can change the world! I do believe

that if we could get it out. But it has to be grassroots.

You know, Perry talks about legislative action, and that's really, as far as I'm concerned, more to *protect* the industry of homeopathy. But I see this as a grassroots movement from woman to woman.

I always say, you know, I say, "mother and grandmother," I don't mean that someone *has* to have a biological child. A mother can be someone who is tending wildlife. A woman can be someone who has a motherly instinct towards her pets, or her neighbor's needs, or her nieces and nephews, etc. So, although I use the word "mother and grandmother," I use it a little bit more loosely than one might think.

So then the other project we've got is the Academy.

Perry: Right.

Joette: I don't think we're ready to disclose completely what we're doing there because *we* don't really know exactly what we're doing yet, but it is in the works.

Then we have another course coming up that we're pretty excited about. I don't know that we're ready to quite disclose that yet because we don't know when that will be. I don't want to drive everyone crazy.

But every year we'd like to put out at least one new course. Then of course, the other courses are all "evergreened" as you always say.

Perry: Right. Sometimes we add special, live Q&As to make them even more valuable for you folks. We love doing that kind of stuff.

So, this academy … that's … that's goosebumps! That's exciting, and that's how exciting that's going to be.

Joette: That will include, of course, the kids' curriculum. So, my vision of what we want to do is, you know, I'm in my late 60s. I plan on working to the last day that I'm capable of doing so.

I don't know that I'll always be at quite this velocity, but that's my goal. Because this work, meeting with clients and students, is my nourishment. It's an extension of mothering.

I took mothering to heart deeply as most mothers do, and I loved it. My children are now in one state, and we're in another. Although they come to see us pretty frequently, and we spend summers up north with them, *this* is an extension of my mothering.

To be able to help other mothers gives me such pleasure that I can expand this information so that people are not beholden to synthetic drugs and to a synthetic way of life.

I believe that the family is the mainstay, the structure, the fabric of society. And so, I think it's very important that we protect that, and we protect the mother's position of tending to her children and having full ability to do so if she so chooses and have the tools.

Perry: Right. The homeopathic tools.

Joette: Right. Perhaps it is a representation of my age. So, I offer no apologies, but I'm old-fashioned! So, a big part of what I do is, the mother is at the hearth, and the father is usually off in the world.

Now, it doesn't mean that we can't have a mother who's working.

It doesn't mean that we can't have a father who's at home.

But however, those roles are played out – whichever one decides to do the nurturing and the caring for the children on a day-to-day and all-day-and-all-night role – I want them to be equipped. So that the one who's outside of the house working can do their job and protect the family and protect the finances and ensure that the family is financially stable. Because the children and the mother – or whoever it might be, as I said – taking care of the hearth and home.

So with that, I think we've given you a little glimpse of our lives. We'll say good night or good afternoon.

Perry: Thank you again, all of you.

Joette: Thanks for listening.

Perry: Thanks for listening, thanks for being there.

Joette: God bless all of you.

Perry: God bless all of you.

Joette: Bye everyone.

Perry: Bye-bye.

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.

I hope listening to this podcast has inspired you. 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.

Do Something Important for Father's Day



News flash!

You'd better sit down:

Men are different than women. (Shocking, I know.)

They can lose weight more readily than women. (I hate that part.)

They're keener on *things*, while women are more interested in *people*.

Men are willing to do – and more capable of – the hard, muscular work that often requires an ability to withstand the "gross" factor. They work on oil rigs, in sewers, or milk spiders for venom (yes, that's a job). Think Mike Rowe and the show "Dirty Jobs."

Men talk less.

Men get out of bed when there's a prowler in the bushes.

I could go on.

But I want to focus on the sexual appetite of men.

If I hear one thing most consistently from women, especially those who are nearing their 50s, it's that their libido has declined. The interest just isn't there.

Uniformly, the next thing they share with me is something like, "My poor husband. He wishes it were different."

I understand.

No, I mean, I *really* get it.

I've spent my entire career as a homeopath meeting with mostly women – addressing their health issues. I figure I spend over 2,000 hours a year talking to women! And almost entirely across the board, discussion of their health always includes mention of their *sexual* health.

Here's what's been made clear to me (and to be honest, this won't be shocking to anyone): Women's libidos are generally lower than men's.

Adding insult to injury, women's libidos also drop further after the childbearing years, while men's often do not decline at the same rate – sometimes not at all. (Refer to my blog post, [My Libido? She Was Sent Packing Years Ago – The Homeopathic Fix.)]

So, sex is different for men. No, really, it is!

It’s super-important to men. It is the way they understand love. I don’t want to oversimplify this, but in reality, it boils down to that.

Okay, so today is Father’s Day.

Do you see where I’m going here? (Come on, I’m not very subtle.)

Here’s my thinking: You need to ask yourself a few questions.

Do you love your husband?

Is your husband a good man?

Is intimacy vital to him?

Then it’s my guess that the Father’s Day gift he’d most appreciate is time with you spent in intimacy.

That means you don’t wait until you’re in the mood. (Because let’s face it, ladies, that could be next Memorial Day!)

This Father’s Day, skip the golf balls and the ties. Make a long-standing commitment to your husband by making a beeline for the bedroom. If intimacy is what he seeks, get things going for the sake of something important … making him happy.

And we’re not talking *just* Father’s Day, right?

I bet it will take your marriage up a few notches.

And pass on the good news of homeopathy – especially to your girlfriends!

Warmly,

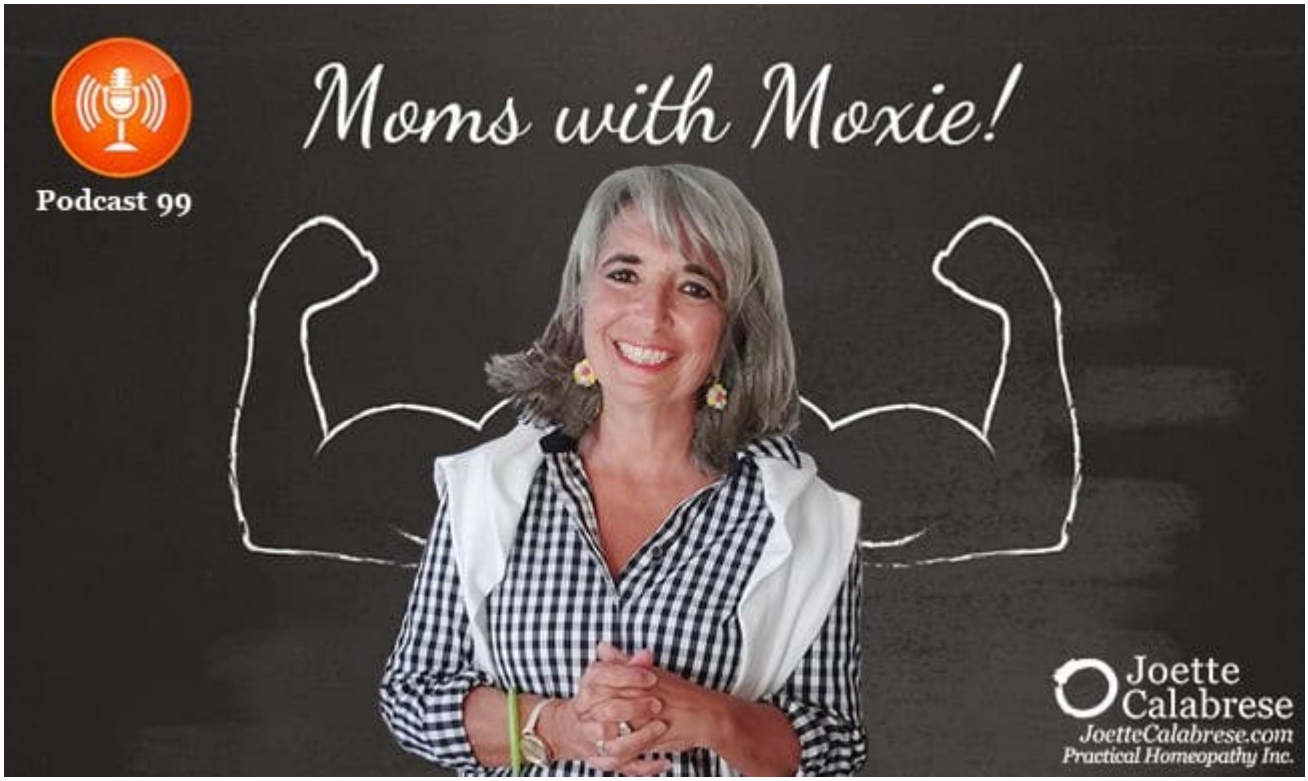


P.S. If we suspect our hormones have changed naturally or have been artificially manipulated, generally, a good starting point is *Sepia 200*, twice weekly until hormonal instincts return to normal.

But, don't get me wrong, there's much more to it than just this. The subject is complex, which is why I present an entire course on all manner of women's issues: *Feminopathy*. This course may well be the best gift you can give yourself *and* your husband!



Podcast 99 – Moms with Moxie: A Powerful Matriarch



IN THIS PODCAST, WE COVER:

03:11 "Nourishing Traditions"
10:31 Learning is Key
16:50 Becoming a Matriarch
19:29 Polar Opposites: Complacency
22:38 Polar Opposites: The Savior
26:05 Pneumonia/Bronchitis and Ear Infection

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

The Antibiotic Alternative: Balance Your Bugs Without the Drugs

How to Raise a Drug Free Family

Gateway to Homeopathy: A Guided Study Group Curriculum

Joette's Cold and Flu chart (Developing a Homeopathic Brain – A Cold, A Flu, A Cough; Which Is It; Which Remedy?)

Feminopathy: How You Can Correct Female Ailments Using Safe, Inexpensive and Effective Homeopathy

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

Kate: This is the Practical Homeopathy® Podcast Episode Number 99 with Joette Calabrese.

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

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

Kate: Hi, I'm Kate, and I would like to welcome you back to the Practical Homeopathy® podcast. Today, we're going to have a different type of a Mom with Moxie podcast. We're actually going to be talking about "the big picture."

Jordan is a big picture thinker, and I can't wait for you all to hear what she has to say about the power of being a

matriarch. So, Jordan, welcome to the podcast.

Jordan: Thanks for having me, Kate.

Kate: I am so excited because we're going to be changing things up a little bit. You are going to be talking to us about the big vision. Like, what is the big picture? Why are we doing this as moms? Why are we using homeopathy, and what does this mean to us, and how does it empower us?

So, before we get started, Jordan, tell us about yourself.

Jordan: Sure. I've got five little ones. I have all the way from eight years old down to nine months old: Terry, Simon Peter, Elijah, Thérèse and Felicity.

I homeschool them. I've been doing that now for a couple of years.

But before I was homeschooling, I was a youth minister for about 10 years. That's kind of my other side passion is ministry, reaching out to teens. So that's really heavy on my heart.

This May, I'm celebrating my 10-year anniversary, so that's super-exciting.

I'm relatively new to homeopathy. This has really been only something I've been doing for now, like, maybe eight months. But I am just so passionate and excited to share what I've learned – and hopefully, to encourage those who are learning, too, along the way.

Kate: Yes, I can't wait to hear what you have to say. When we talked a little bit earlier, I was very excited that you wanted not just to talk about those individual success stories or the struggles that you might have with homeopathy, but to talk about how this really can change our family's lives. How it can empower us!

You said that yourself, you're very new to homeopathy. But at the same time, I feel like you have a lot of wisdom in this. So, I want to hear about what led you to finding out about homeopathy. How did that journey come about?

"Nourishing Traditions"

Jordan: I've always been suspicious of the allopathic medical paradigm for a long time, but I didn't know what to replace it with. I just kind of still went along with it for the most part, so gave Tylenol, Benadryl, things like that.

But then, I really, Kate, can boil it down to certain key events where something shifted in my thinking. And the first key event was when my mom handed me the book "Nourishing Traditions" by Sally Fallon – and I would recommend any mom to get that book.

Kate: What a great mom you had that she gave you that book! That's awesome!

Jordan: She did! I think she was surprised I read it. Because literally, she took it and gave it to me, and I think within a month, I had read it cover to cover.

I was just on my way to Minnesota. I had a long, 12-hour car ride from Michigan. So, I opened it up, and I read it. My husband was driving, so I was sitting in the passenger seat and just reading, reading. And it opened a huge door that I didn't know was there.

I got into raw milk first. As I was reading it seeing that was a big thrust of Sally Fallon's way of thinking, I was like, "Okay, let's do raw milk." That was a huge step for me. I was really nervous.

I remember Anthony, my husband, going to get the milk from the farmer's market and bringing it home. I said a prayer before we drank it. I was like, "Please, Lord, I hope this

is the right call," because I'd been given lots of mixed messages about the safety and the efficacy of it." But I thought, "I think this is what we are supposed to do."

We went ahead, and we have been drinking it ever since. Love raw milk. (This was probably about a year and a half ago, by the way.)

Kate: Can we talk for just a second about how you grew up? Was your mom very much into whole foods and Sally Fallon growing up? Was that the culture of your household, or is this something that your mom just found recently.

Jordan: This is more recently for her. Growing up, it was pretty similar to what most people were doing in terms of diet. This was a slow build for my mom.

We have a very interesting family dynamic. I am the second oldest and then down to my youngest sibling who is 11. My mom has had a chance to parent the older siblings (and myself) in a different way. Now she is doing those more holistic ways with my younger siblings.

But no, when I was young it was pretty much typical diet and, along the way, sort of discovering this other direction to take her family.

As a young mother, I'm benefiting from her discoveries enormously.

Kate: Did she also learn about homeopathy with you?

Jordan: My older sister and I are leading the charge, and she's following along, too. She's open to it. She is an avid learner politically, nutritionally now. So, he is definitely on board.

We are kind of filling her in, like, we're giving her remedies to try saying, "Hey, Mom, you got to buy this."

She let me buy her a whole remedy kit. So, she's on board. And we're hoping eventually that she can start taking classes and really getting invested like my sister and I had been.

So, that was the first event.

The second one was my son's ear infection which doesn't sound like a good thing. But one night he awoke in the middle of the night with a really painful ear infection. I was able to stave that off with an onion. Onion …

Kate: Poultice.

Jordan: Onion poultice. Yes! I had read that in that book, "Nourishing Traditions." I thought, "Great! We're going to do the onion for Simon and Elijah."

It worked for Simon. It did not work for Elijah.

It was really hard watching him writhing in pain, nothing was helping him. I even resorted to the typical Tylenol/Motrin alternating, and it was just not working. I remember thinking, "There has to be a better way. There *has* to be something I can do."

That is the moment. I can pin it and say that is when the inner matriarch awoke in me, and I knew that I needed to start learning.

The morning comes, he's still in a lot of pain, but I'm still holding out hoping I don't have to take him to get the antibiotics. But then that whole day, he's not doing well. So, I relented, and we took him and got him the antibiotics.

But I just kind of made that decision in me that never again – I am going to find a better way.

So, that's the second key event that kind of spurred me along this journey.

Then, I would say another important event was a few months

after the ear infection with my son, my niece came down with pertussis – which if anyone knows about that, that can be a very scary, serious illness. They, of course, gave antibiotics but that doesn't help the symptoms of the sufferer.

I remember thinking, "Wow!" That was a moment again where the insufficiency, the inadequacy of the allopathic paradigm was just smack in my face again. I kept thinking in my innermost thoughts, "I have to keep searching for something. I can't, as a mother, depend on this (in my opinion) failing medical paradigm."

I kept searching, searching.

And then as I mentioned, I had gotten on to the Weston A. Price diet through the Sally Fallon book. So, I was doing raw milk. I was just starting to culture vegetables. I'm not a good cook. It sounds silly, like, how hard could it be to culture vegetables? But I was literally thinking I need someone to show me this.

So, I reached out to a fellow mom who had been doing that for a while. She came over to my house; we were chopping up veggies, putting them in the brine. We're talking, and we chatted for a long time.

It wasn't until the very end of our meeting that she just happened to say, "Have you ever heard of homeopathy? Have you ever heard of Joette Calabrese?" That was pretty much the end of our discussion. It wasn't like we discussed it anymore or delved into it, because it was at the very end of our meeting.

But that's all that I needed. As I say, if Weston A. Price *opened* the door, Joette *blew it open*!

Because once I delved into what Joette had to offer, I thought, "*This is it!* This is what I have been looking for. This is what my mother's heart has been aching for.

Something that I can start learning so I can take care of my sick child. I can take care of their needs. I don't have to wait until nine o'clock in the morning when the urgent care opens, and I have to take them to the doctor – and all they're going to give me are harmful drugs with side effects. I have something that I can learn, and that I can do!"

That to me was the gift from God. It was something that I can totally see His hand in each step of the way. Every event, every heartache, every failure, led up to that "aha moment," and I am so grateful for it.

Kate: It offered you a solution. It offered you hope. It offered you the feeling of empowerment.

Jordan: Absolutely. I don't think I could become the mother I am supposed to become without homeopathy. I truly believe that.

Kate: From that moment, you decided I am going to learn about this, and you went onto Joette's website? How did you learn then more about homeopathy?

Jordan: It was a blur because once I discovered it, it was just like, boom, boom, boom, boom. I couldn't stop.

I think I went on the website, and I discovered she's got classes! I *love* classes!

I'm kind of an academic by heart. I love learning. I love things being organized, as you know, Kate. I like things in an organized manner. I'm not a Google person that likes to Google things in kind of piecemeal information. I want it laid out systematically, comprehensively, intelligently.

So, when I saw Joette's list of classes, I thought, "This is for me!" And it had what I was looking for, Antibiotic Alternative – and that was the first class I took.

I have since taken also the Drug-Free family course.

But I remember just begging my husband, “Please can we find the funds to do this class? Can I take it now?”

God bless him. He said, “Yes, you can do this. I know that you need this. This is what our family needs.”

So, right away, I mean, almost within a week of hearing about her, I was signed onto her Antibiotic Alternative class and just gobbled that up.

Kate: Then you started a Study Group, too, right?

Learning is Key

Jordan: Right. So, learning is key. Self-education is so critical to this. But I think another huge part of this is relationships.

So, I discovered that as much as I was learning, I needed women around me to support me, encourage me – obviously be another source of information – but primarily, I was looking for community support. That is why I began my first study group. Again, this was only a few months after I had started learning. But I thought I learned a lot, but I think what we can offer each other is support.

Kate: Jordan, let’s stop there for a second. Tell us how you went about starting a study group because I know there are a lot of listeners that might be a little nervous about starting a study group. But they want the same thing as you, right? They would like a community of people to come alongside them and learn together and support one another.

So, tell us how you went about finding those people and starting the group.

Jordan: The very first thing I did was to email. Remember

that woman I talked to you about who came to my house to ferment carrots or vegetables? I reached back out to her, and I sent her an email. I said, “I’m so amazed, impressed with what you have shown me. What do you think about joining together and recruiting women?” Because I didn’t really know a lot of women besides my sister who could potentially be interested.

So, I teamed with another person is what I did – you know, that was of the same mindset. She talked to some of her women in her mom’s group. If any of you are a part of a mom’s group, a homeschool group? So, that’s where she reached out.

Then I had my sister who I was close with and invited her to consider doing it.

Then another friend who had never heard of homeopathy, but we had talked about holistic things before … cod liver oil, colloidal silver … things that indicated to me, “Okay, she’s probably somebody that would be interested.”

Then I sat on it for a while, and I would invite more people.

And then I did … I got some people back saying, “I’m not interested.”

And that’s okay. I think those of us that start groups have to be prepared for that.

Then I kept sitting and thinking, “Who else in my church? Who would be interested?” And then another woman came to mind. She was somebody that I knew drank raw milk.

I guess the way I did it was, number one, I teamed with another woman. Number two, I just considered those who I had seen developing what I think to be healthy lifestyle habits: raw milk, trying to use holistic things instead of drugs. So, that’s where I went with it. A lot of these women had

not heard of homeopathy but were open once they were introduced to it.

Kate: That's what I did as well. I reached out to a lot of homeschool moms and asked them. You'd be surprised. Even if someone tells you no right now, they may at some point come back. It just may not be their time to learn it right this minute. But usually, they come around and want to know, "Hey, what are you doing that seems to be working really well."

Great advice. Thank you.

Let's move on to how you walked forward in this. You've taken a class; you have started a study group. I like what you've said about what Joette has given you. So, tell us about that.

Jordan: I think many of us who have been part of Joette's circle (I'll call it) for a while, know what a gift she is. I mean, I've taken other classes and other subjects before. I love learning. I love studying things. What makes Joette uniquely different is not just that she has good information – which she absolutely has amazing information – but I think with Joette, she is not *just* a teacher; I consider her a mentor. That to me is critical in learning any life skill.

We live in an age I'd call the "Age of Google." We're used to "when I want to find something out, I just type it into my search bar. That's how I find out information."

That is how you find out information, but that's not how you *grow*. That is not how you *truly learn* to acquire new life skills. That is not how we're built. We are human beings; we're flesh and blood. We need to be shown; we need to be mentored.

Even though Joette may not come into my home and make bone stock with me and be there to consult when I need, like, "Hey, my son has this, what kind of remedy should I give him?" but she has made herself available in other ways.

She has Facebook Lives, where you know she's connecting with her people. She loves her people. She writes blogs endlessly. She has these classes. She has a real presence about her, I guess, is what I'm trying to say. *That's* what I needed because I think mentoring is important.

As I mentioned, I was a youth minister before being a homeschool mom. And one of the things I learned in my years as a youth minister is that teens will not come to know God unless you walk with them. It is not enough for a youth minister like me or anyone else to get up there and preach and talk about God. "He is so amazing, and you guys need to read your Bible, and blah, blah, blah, and you guys need to pray."

They want to be *shown*. They want to be shown by people who *care* about them.

That is how I feel about Joette. I know it sounds cheesy, but I think Joette cares about us. That is what has allowed me to really learn from her.

It has inspired me to want to continue learning because there are days where we are being pulled in different directions as moms, and there's information overload. So, who do you look to? Who do you trust for your information?

Because Joette mentors and she cares and she imparts wisdom – she imparts a mindset – I think that's what makes her approach so different than most people out there, even other homeopaths out there. So, I think those who have been learning under her would agree with me that Joette mentors, not just teaches.

I think, too, another thing to add to this is that motherhood can't be Google. We need to be shown. Even if we've had good mothers or maybe we haven't had good mothers, as we go through a mothering we need to be shown by other wise women.

How do we do this? How do we take care of our families?

We need to be inspired along the way. And I feel like Joette, once again, she fills that gap.

A lot of us are disconnected from the generations of mothers who have gone before us. We are really disconnected from the wisdom that many of these women knew. They knew how to take care of a fever or not take care of a fever – however you want to look at it. They knew what kinds of foods to give their kids. They knew that sunlight was important. They knew all these things that you would think that we would know now, but we've lost. We've lost that thread connecting us.

I feel like Joette kind of picks that thread back up and says, "Here's the wisdom that you've been looking for. Here is how you do it." That has been invaluable to me because I want to be mentored. I want to be shown and not just told.

Kate: Just like the fermented veggies, right? Yeah?

Jordan: Exactly.

Kate: You want to have someone to come along side you and help you walk this path and you go one step further and you say that she empowers to be a …

Becoming a Matriarch

Jordan: *Matriarch*. Yes! Like I said, I think that that moment for me of realizing the difference between a mom and a matriarch was when my son was really ill with that ear infection. How awful it was watching him, and I could do nothing.

The way I see it, Kate – and some may disagree with me – but you are a mom by birth. You don't have to grow into that. That's what you are when you have a child, you are a mom. In my estimation, a *matriarch* is somebody now who has taken being a mom to the next level – a mother who has acquiring skill; who is seeking out the knowledge; who is making it an

art to be a mother.

I looked up in the dictionary what a matriarch is. There are a couple different definitions, but one that I thought was super-poignant and that speaks to the way I'm looking at this is this:

It says, "An older woman who is powerful within a family or organization."

And the word *powerful* caught my attention because I think a lot of us moms have abdicated that power to, in this case, let's say, the medical field.

"Well, they know what's best. They know what our child needs. We need a doctor to help us take care of our children."

And not to say that there's never a time for that. But I would say that for the most part, a lot of moms nowadays have given over the responsibility of mothering their child to the medical industry. And I can say that because that is where I was a year and a half ago. I was waiting for urgent care to open up when my son was sick because I felt like I couldn't take care of him.

And *that's* what didn't sit right with my matriarch heart. It didn't sit right with me.

Joette and her knowledge and her wisdom and her mentorship has given me back the power. In a sense, she has given me back that ability to be a matriarch.

I don't know everything, for sure, but I'm learning. And I've already been able to take care of certain things in my family where I'd have been running to the doctor.

Now Joette has given me that ability to say, "No, *I'm* the one taking care of my child now. I can trust my judgment. I know what's best."

But again, as Joette says that that then puts the responsibility on me to learn, of course. But what a freeing feeling to know that I have that power as a mother now that I didn't have before, and now I can be a matriarch.

Kate: I love what you're saying, Jordan. I think that is an amazing revelation. That is why we all love homeopathy, right? Because we feel empowered. We feel that we don't have to fear. We feel like *we can do it*. We can be the healers in our family. We do know, we have an instinct as a mother that is built in.

So, now, we've gotten this big vision, right? We know what we can be, and what we want to be. But sometimes there are things that stand in the way of that. I think you have some good insight into that.

Polar Opposites: Complacency

Jordan: As I reflect on my journey with homeopathy, I've come to see the different attitudes that can really halt us from pursuing this.

The first one that I would say … I call them the polar opposites. The first polar opposite I'll talk about is the complacency – or maybe just the resistance to really getting into this. Complacency can come from several different places … maybe just that feeling of *comfort* because we feel comfort in maintaining the status quo. It is hard to break outside what you are already doing.

I was reminded of "The Truman Show." Have you seen "The Truman Show"?

Kate: No.

Jordan: Okay, so, maybe our viewers haven't seen it either. But if you haven't, it's a great movie. I would rent it,

watch it.

It’s Jim Carrey, and the whole plot is about this man who has grown up from infancy to adulthood under the camera lens. He doesn’t know he’s being filmed and that his life is basically being broadcasted live to the whole world. But the whole world tunes in to watch Truman everyday doing his normal stuff, and he has no idea. He literally is put in a bubble where his city, his hometown, his job, everything is there. The whole movie is about them trying to keep him in this bubble because if he ventures outside of that bubble, he’ll realize, “This isn’t real, I’m not living in a real life.”

Then one day, he gets so fed up with the bubble, and he sets off to go across the ocean. It’s stormy, and he presses through the storm, and he gets to the end of this bubble, and his ship penetrates the end of the studio.

The end of the movie is – sorry, this is a spoiler alert, but … I just ruined this movie but it’s such a good analogy! The front of the boat penetrates the bubble. He realizes, “Wait a minute. This isn’t a real sky; this is a wall!”

There is literally a door to go outside of this bubble. He has to make a decision. “Am I going to open this door? Am I going to leave what’s comfortable? Am I going to leave the reality that I’m used to? Because I don’t know what’s on the other side of that door.”

And so, he has this conflict, this moment of decision. But he ends up opening the door and walking out.

And I feel like that’s for me, homeopathy. Taking this door that was opened. It is scary! It’s scary to step outside the normal, medical, allopathic paradigm because there’s a false sense of security there. But once you realize there’s more beyond this, it’s exciting, but it *is* scary. It definitely takes you outside your comfort zone.

That's something that I think we have to be aware of in ourselves, that "Yes, we have to press beyond that storm … that door."

That is good for us to keep in mind, too, when we're sharing it with other people because it can be a little bit scary to think, "Hey, there's this paradigm. It's amazing, but you've got to take responsibility; you've got to learn; you've got to grow as a person to use this." That's a big challenge that we as moms can and should take, but it's difficult. So, that's, I guess, important to keep in mind.

Kate: That's why those Study Groups come in handy, actually, because you have those other moms, those other women, to walk alongside of you.

Jordan: Right. I think that's why the relationships are so key.

Kate: Jordan, you mentioned the polar opposites. Tell us now the other extreme of the complacency.

Polar Opposites: The Savior

Jordan: Right. So, we can be complacent or resistant, but then on the other side, we can go to the other extreme where we take this, and we become in our own minds, "the Savior." We're going to fix everything! We're going to fix every ill that comes our way.

Not that that eagerness, that enthusiasm, is bad – I guess I'm speaking about myself here – when it becomes a compulsion to fix everything, or that there's this idea that I *can* fix everything, that can lead to burnout. It can lead to frustration.

The reason why I say that is because I was starting to experience that earlier on when I had been introduced to all this wonderful information.

Just like “The Truman Show,” I had opened the door and stepped out. There’s this whole, brand new world! Like a kid in the candy store, I’m going around just grabbing up all the information that I can hold.

Then my kids started to experience these coughs. I thought, “Great, I’m going to tackle this. I know what to do.” And, I will tell you, I pulled out Joette’s Cold and Flu chart. I was looking on all of her blogs. I was looking on the student Facebook page. I mean, I tried so many remedies: *Kali bich, Pulsatilla, Rumex, Spongia, Drosera*. I mean, I was just like at my wit’s end, I could not get these coughs to go away.

I had come to this realization of I can’t put all of this pressure on myself to save and fix everything.

Homeopathy is a wonderful, life-changing paradigm, but it can’t make me a savior, in a sense, I guess, where now I’m the one who’s going to fix everything in my family. Like I said, it can lead to burnout. It can lead to frustration. We are learning; we are growing. Sometimes failure is part of that growth.

I’ll be honest, my first experience of homeopathy wasn’t win, win, win, win. It was kind of a string of failures as I was learning how to use these remedies. I could have been easily taken off the path if I had allowed that frustration to kind of overshadow the excitement that I initially had.

So, I really had to temper myself. I had to kind of talk myself down and say, “You know, I need to give myself a break here. I need to give myself permission to just learn and grow along with this paradigm.”

Matriarchs are not formed overnight. I am still young, and there’s lots of years ahead of me. So, even these failures I can use to put in my toolbox. Put that down as, “I remember going through that. I remember what that was like.” I think wisdom goes a long way in determining, “When do I act?”

I remember Joette – I don’t know where it was because I

listened to all of her podcasts, have read all of her blogs. So, I don't know where she said this, but I remember her saying, "When you don't know what to do, don't do anything."

That was a big "aha moment" because I'm a Type A, get-it-done type of personality. And it's hard for me to sit back and not do anything. But I agree with that – unless it's a true emergency – sometimes the wise matriarch says, "You know what, I'm just going to let this ride out. I'm going to comfort my child. I'm going to observe my child. I am going to be there for my child, but I don't know what remedy to give. And that's okay."

Like I said, it's part of learning. I think that's important for a lot of moms out there, maybe who might be experiencing failure with this and thinking, "Maybe it's not for me. Maybe I'll never figure this out."

Don't think that. That's part of the journey. It's part of being a matriarch, quite honestly. Just to stick with it and be encouraged and keep learning.

Kate: You know, you're right. We don't always get it right. No matter how many years of experience you have with homeopathy.

Let's jump now to some of the ways that you've used homeopathy. Tell us just a couple quick stories about your family, and what you've done.

Pneumonia/Bronchitis and Ear Infection

Jordan: My first big win – and this was an exciting one for me – was my son Simon when he had been having this cough for several weeks. He was starting to get better. This was right around Christmas time. I remember it vividly because it really impacted our ability to really celebrate because he

was not feeling well.

I remember he woke up the morning after Christmas Day. He was not doing well – heavy chest coughing really heavily. He's six years old. He's a little guy … sort of. In my eyes, he's little. My husband looks at me, and he says, "I think we need to take him into the doctor."

And all of my training (I had read Dr. Robert Mendelssohn's book like Joette recommended), I'm thinking, "Oh, man, I don't know. I think we should really keep trying these remedies."

Anthony was like, you know, "I don't know. We really got to change something."

Then I thought about it, and I remembered in the Antibiotic Alternative class, Joette talked about those really bad chest colds that could be bronchitis, could be pneumonia, but certain remedies work for *all* of those. So, I went back, and I listened to that.

I googled "Joette Calabrese bronchitis," "Joette Calabrese pneumonia," and just comparing notes and seeing kind of what remedies she had used for these conditions.

That day I started administering them to him. Within four hours, he had a huge shift. He had been lying in his bed earlier, and now he was out playing and running in the yard – still had the cough, but huge *mental* shift, huge *behavioral* shift.

Kept administering the remedies. And then that night was big. Because up to that point for about two weeks, during the night, you'd hear him coughing, coughing, and it was really concerning to me. But that night, no cough! That was huge. I knew, "Okay, this is the right way; this is the right direction,"

You know, the convalescence period took a little bit. But,

man, I could really see a difference within, like I said, four hours. And then by 24 hours – significant shift. I was less worried. I was not as concerned. He was doing great. I was doing great because I was feeling better. It was a huge win for me because I didn't have to take them into the doctor.

Had I not taken Joette's class, had I not been reading her blogs, I would have been dragging him in the day after Christmas into the doctor. That was just so freeing to see, "Wow, this is what it could be like. I can really do this!"

So, that was my first big win.

The other one that happened shortly after that was my daughter. She had, lo and behold, an ear infection very similar to the one that she and my son had the previous year. As I mentioned that previous year, both had to be on antibiotics. But this time, I was ready, I had taken the class.

So, that night, she woke up in the middle of the night holding her face. At first, I did not know what was going on, but I reverted to my training: observe, observe, observe. I'm just watching her trying to figure out, "What is it?"

Because I think that's important, too, for us moms … is that sometimes we need to just spend some time observing, to really get the full picture of what's happening so that we know what remedy to choose. I sort of didn't do this here. I observed for a little bit, but because my anxiousness to help her was so strong, I thought, "She has got a sinus infection!" (The way she was holding her face, describing her pain – and she's not really describing it. She was three.)

So, I started administering that protocol to her and no change after three doses.

But I kept observing her. I kept looking to see, "Okay, is

there a shift in her symptoms? Is there a shift in her behavior?”

She was still pretty much doing the same thing. It looks like she was still in a lot of pain. But then I noticed she was holding closer to her ear. That reminded me of what she was doing last year when she had her ear infection. I thought, “That’s what it is! It’s an ear infection!”

So, after several hours of misdiagnosing and mistreating it, I reverted to good old *Pulsatilla* for ear infections — administered that every 30 minutes because she was in quite a lot of pain. As I mentioned, I had already been giving her the wrong remedies for a while. So, I kind of wanted to see if we would get some improvement.

First dose, second dose, third dose, no change.

I was thinking, “Man! Really? Come on! Why isn’t this working?” I was kind of starting to have that panic that I think a lot of us moms can relate to when maybe it’s not working.

But I thought, “No, no, no. Four-dose rule, four-dose rule. I got to stick to the four-dose rule,” because I knew I hadn’t gotten to that four-dose yet to really see was this the right choice. I gave her that fourth dose, and I kid you not, after two minutes, fell right to sleep for rest of the night. No pain the next day. It was gone; it was finished.

I point that out because number one, it’s important to remember your training in those moments of fear of panic.

Even taking a step further back, to know your training, you have to *be trained*. So, reading as much as you can, listening to the podcast, taking a class. When you make it second nature to you, those facts, those thoughts come more readily to you when you are distressed.

If it’s kind of still like a second language to you …

homeopathy, because it is like a second language – all these words, all these ways of thinking, it is like learning a second language. Like, anytime you learn a second language, you have to be immersed.

When we immerse ourselves in this world of homeopathy by listening to it occasionally throughout the day or whatever, it becomes second nature so that in those moments that's where our mind goes when our child's really not doing well, and it is easy to abandon and panic. But that kind of staid me in that moment when I didn't see a shift in her yet, and I was starting to get really concerned. It took me back to that time where I was not able to help my son when he was really sick. And I thought, "No, I've got to stay the course. I've got to see this through."

It did, it really worked.

Now that doesn't happen every time. But it just showed me how important it is to, again, be trained, remember my training and stick to it in those moments.

Kate: Jordan, those are some really great examples and really wise words that you said in those success stories that you have. I love how you said to observe, and that's key.

And how change … there may not be a shift in the physical thing that's going on, but there's an *emotional* shift.

Then the other thing that you said with your daughter was that four-dose rule, and how when it worked, she fell asleep, and she slept. Both of them – you talked about them sleeping well that night.

Those are great things to look for because sometimes we don't see that physical shift like we want to, but the emotional is really the first thing that seems to change a lot of times. So, really great observations, Jordan. Thank you for sharing that with us.

I want to wrap this podcast up by just having you give us some words of wisdom. You have so many great things that you've shared, but just give us your ending thoughts.

Jordan: I want to close by repeating a quote that Joette has in her Feminopathy course. It's by Archbishop Fulton Sheen. He says, "To a great extent, the level of any civilization is a level of its womanhood. When a man loves a woman, he has to become worthy of her. The higher her virtue, the more noble her character, the more devoted she is to truth, justice and goodness, the more a man has to aspire to be worthy of her. The history of civilization could actually be written in terms of the level of its women."

So, if the kind of women we are impact society, how much more do we impact society based on the level of *mothers* that we are or that we become?

Are we moms by birth? By just happenstance? By going through the motions? Or are we aspiring to be *powerful matriarchs*? I know some of what we've talked about today can seem daunting or challenging. It can be because it requires that we step outside the norm, our comfort zone, what we've been used to what most people are doing around us.

But I would say you have it in you. You have been built to be a matriarch. So, grab hold of what Joette has to offer.

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.

How to Get to Carnegie Hall



You've heard the old joke, "How do you get to Carnegie Hall?"

"Practice."

Well, homeopathy requires practice – and patience – as well.

Have you ever wanted to be a fly on the wall as I begin to manage a case? Well, here's your chance to eavesdrop on two conversations I have more often than I would like:

The new client begins with, "I used the medicine, but it didn't work."

"How long did you use it for?"

"I used it for two weeks, and it didn't do anything!"

“Gee whiz. A *WHOLE* two weeks?”

Or …

“I used it for eight weeks, and nothing happened.”

“There was no improvement at all?”

“Wellllll, there was some improvement, but it didn’t *cure* it!”

Ladies and Gentlemen, *that* is case management: managing not only the condition and the medicines but also managing expectations and resolve.

Although I don’t take cases during the live conversations I have with my Gateway to Homeopathy Study Group members, I do try to impart my experience in case management.

My message as I talk to each study group? Don’t be too impatient!

You have to have patience. Some conditions may take many months to address successfully –psoriasis for instance. Sometimes a long-standing condition that has been suppressed by conventional, synthetic drugs will not uproot overnight. Then again, sometimes these factors don’t influence the speed of the outcome.

But while we don’t know how long it will take, we do know how to observe! This is how you learn case management.

I discussed case management a bit in my recent Podcast 98 – How to Take Your Own Case: Prioritize!

We need to compile an accurate backstory – the history of the condition and the details of how it manifests. We must know where we have come from in order to gauge how we progress accurately.

If there has been incremental improvement in a condition

over time, we will most likely choose to continue on the same path for a longer time.

If there truly has been ZERO improvement after giving the homeopathic medicine an appropriate amount of time to work, then we may change course by re-assessing the symptoms and choosing an entirely different remedy. Often new symptoms present, or old ones become more noteworthy.

THIS is what I teach in my courses.

I give you everything I possibly can for free, and many times that information is enough to become proficient in the conditions most affecting your family.

I also try to teach you the central tenets for using homeopathy (watch my Facebook Live event 5 Things You Need to Know to Cure Yourself and Your Family).

However, more complex chronic conditions require a lengthier and more comprehensive format – the courses – for us to delve into the intricate methodology of case management.

It's frustrating when I see people try to take shortcuts. Instead of studying, they simply ask, "What is the remedy for…?"

Then they try another person's suggestion – a suggestion made independently from detailed knowledge of the case. When it doesn't work, they may blame homeopathy instead of blaming their lack of understanding of what needs to be considered.

Other people buy a therapeutic index (a list of conditions and medicines commonly used), and they think that's all they need! They're done!

The other night, in a class of my Gateway to Homeopathy Study Group, a participant wanted to know if I knew of a therapeutic index. I suggested she use my blog, and she

reasoned she didn't find it as useful for what she was looking for because she didn't want to read the story *around* the condition and remedy choice.

Yet what is often most important *is* the story around a remedy choice. This is what we call "the case." Without at least a little background, it's too easy to jump to conclusions. In each "story" I present on my blog, I offer clues and ideas I aim to emphasize that if disregarded, could result in a shallow remedy choice.

Here's another example:

The Banerji Protocol book is a therapeutic index. How many people do you know who have actually read the entire book? Not many. Most people simply look up their condition and take the remedies with no clue of how it is to be administered, when to stop, etc. They don't have the detailed background the Banerjis lay out in the rest of the book.

"Oh, I think I have colitis. Lemme look here in the index … ah yes, these are the homeopathic medicines that I should take."

BAM! And they're done.

They don't take detailed notes of their exact symptoms to measure improvement. For example, they don't factor in other medications they may be taking that could be causing a false diagnosis. They miss the undergirding of their condition entirely.

They're making an end-run rather than managing their case – and calling it homeopathy!

Believe me, unless they get extremely lucky, they're going to give up.

It's not unlike learning the piano. Sure, you can hunt and

peck around a keyboard to possibly play “Heart and Soul.” But to *really* learn how to play the piano you have to do your homework. You have to practice your scales with your right hand and then your left. Only then can you begin to attempt arpeggios!

You don’t get to Carnegie Hall without practicing every day for 30 years!

But that doesn’t mean you can’t be productive as you learn.

Some people learn a few chords and can play the piano recreationally while they continue their lessons.

In much the same way, you can learn a tremendous amount from my free blogs and podcasts. You can resolve acute conditions in your family – and even some of the less complicated chronic ones. Just as one example, osteoarthritis is often successfully addressed in some joints with the Banerji Protocol of *Symphytum 200* mixed with *Rhus tox 30*, twice daily until very much better.

You can still do good work! Just remember to continue to DO YOUR HOMEWORK!

And pass on the good news of homeopathy!

Warmly,



P.S. To begin your education in homeopathy – or to brush up on the basics – I urge you to join a Gateway to Homeopathy study group. By following my ready-to-use curriculum, students from beginner to expert can join in or lead their

own groups. Learning with others is the most efficient, enjoyable way to learn! It's the exact way I learned homeopathy myself.

If you are ready to delve into the more complex topics – utilizing case examples – then it's time to look at a course. I recommend using my Course Selector to determine which of my courses most fits with your family's needs.

If money is tight right now, then continue with my blog, podcasts and Facebook Live events. While you won't get the deep dive into topics my courses provide, you will be developing a strong background in homeopathy, preparing you to study at a deeper level when times change.

Just do your homework. Don't stop learning! You will never regret the time you put into mastering homeopathy.

