

The 2020 Twenty



The year is 2020! It sounds like science fiction, but it's real! We're *living* in the future we looked forward to.

In fact, I had a goal for this year. Do you remember? I wrote about it way back in 2017 in my blog, [Taking Stock: Where We've Been and Where We're Going](#).

I wanted to reach 100,000 families by 2020.

Well, what do you know? Quite some time ago, with your help, we surpassed that number!

My goal was met, so I filed it in the ... uh ... “accomplished” bin.



In fact, [last year on New Year's Day](#), I increased my goal.

I endeavored to reach 200,000 families!

Judging from the readership on this [blog](#), the audience for my [podcasts](#) and the participants in my [Facebook Live events](#), we are well on our way to achieving it!

But to reach 200,000 families with this medicine we hold dear, we all need to work together.

Think about the math. If each and every one of you were to introduce homeopathy to two friends, we could increase the number of homeopathic families in this country exponentially.

This means family autonomy.

Family focus.

Family values.

What if you introduced it to *three* friends?

Or *four*?

The thought is staggering.

The power we have as a group is tremendous.

There is strength in numbers.

As our numbers grow, we can better protect our access to homeopathy for future generations.

However, I realize you need information at your fingertips to help you persuade your family and friends.

So, I've created this blog post just for you to use as discussion points. I call it "The 2020 Twenty."

In honor of our new year, 2020, here are my 20 reasons why homeopathy is the perfect choice for every family:

20. Homeopathy works. Just. Plain. Works!

19. Homeopathy is inexpensive. Tubes of medicine average between \$7 and \$15. (Not potentially hundreds or thousands of dollars like conventional medicines.) Plus, it saves on unnecessary medical bills by keeping you out of the doctor's office.

18. Homeopathy is polite. It doesn't aggressively *slam* your body. It works *with* your body to gently correct the condition.

17. Homeopathy is super-portable. Tiny tubes slip easily into your purse or pocket.

16. Homeopathy is used by hospitals and clinics around the world. In many countries around the world, homeopathy is part of their national medical systems.

15. Homeopathy is easily learned using my method of Practical Homeopathy®. (Plus, it's easy to teach to your children!)

14. Homeopathy has been highly researched over the last 230 years and provides reproducible results. It's not capricious. The medicine successfully used in the 1700s is the exact same medicine used today.

13. Homeopathy WORKS!!! (I know I said it above, but it bears repeating!)

12. Homeopathy is safe and effective for all age ranges: babies, children, teens, adults, pregnant women and seniors. Generally speaking, your entire family can utilize the same medicines.

11. Homeopathy is trans-species, meaning it works for people, pigs, dogs, cats, cows, chickens ...

10. Homeopathy is trans-generational. Our children will use it with their children, who will teach it to their children, and so on and so on, spanning myriad generations.

9. Homeopathy doesn't interfere with conventional drugs. This means you can continue to take meds that you're presently taking and still add homeopathy in for the same or different conditions. However, number 8 takes this idea further.

8. Homeopathy helps *eliminate* the need for conventional drugs if that's your choice.

7. Did I mention homeopathy works?!

6. Homeopathy is curative. It *uproots* illnesses rather than suppressing them. You know that ear infection that was treated with antibiotics that keeps returning? If homeopathy had been used, this doesn't usually occur.

5. Homeopathy keeps you relevant as your children grow into adults. (Believe me – they'll be calling you often!)

4. Homeopathy is empowering. It's a currency of knowledge.

You feel the strength, confidence and value of being the competent caregiver of your family.

3. Homeopathy allows you to be self-sufficient. No need to depend on anyone else to provide competent medical care to your family. ('Perfect for emergency situations or during natural catastrophes.)

2. Homeopathy is used by the elite of the world, including royalty and popes. You know, those who have any and every modern medicine available to them, yet still choose homeopathy.

And the NUMBER ONE reason to use homeopathy is ...

1. IT WORKS!!! (Wait ... have I said that already???)

Given those compelling 20 reasons why homeopathy should be a mainstay of your family's healthcare, your next question might be, "How do I learn more about it?"

The best way to learn about homeopathy is the very same method I personally employed back in the '80s: learning with others in a group!

Oh, how I loved my homeopathy group nights. We relished in the delicious knowledge we were gaining, as well as in the camaraderie, support and encouragement.

My successful experience with group learning is precisely why I wrote [Gateway to Homeopathy: A Guided Study Group Curriculum](#).

My inexpensive guide will hold you by the hand as you learn with others.

Gather your friends and family, and I'll provide the lessons in my own easy-to-follow, everyday language.

Your group will even have an opportunity to meet *with me* online so that I can answer any remaining questions you may have from your studies.

This is not only educational; it is FUN!

If you don't believe how much fun this can be, please take a look at these smiling faces from some of the online study group question-and-answer sessions with me.

People all over the world are learning about homeopathy and having a ball doing it.



Now is your chance to join us and help us increase our numbers!

If you have a friend or family member who is on the fence about homeopathy, direct them to this blog post.

Print out a copy for those who don't have computer access.

Keep a copy in your purse or pocket for those times when people notice that your brand of healthcare – our Practical Homeopathy® – has relieved your injury or malady.

When they read these 20 reasons homeopathy is the right medicine for our families, perhaps they will understand more fully and join us.

In other words: Take this “2020 Twenty” and pass on the good news of homeopathy!

Warmly,

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

P.S. Through an official policy committee, the Federal Government is currently in talks regarding the expansion of Medicare/Medicaid coverage for non-pharmacological treatments for pain. Interestingly enough, homeopathy has [solutions.](#)

This May in Orlando, Florida, at the ***Joint American Homeopathic Conference***, I will be presenting my methodologies to an expansive crowd on this very subject.

Podcast 88 – Confessions of a Homeopath



IN

THIS PODCAST, WE COVER:

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- 10:15 Synthetic drugs
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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Ignatia amara 200C](#)

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

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

Kate: This is the Practical Homeopathy® Podcast Episode Number 88 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: Welcome back to the podcast, everyone. Thanks for joining us. We're going to spend a little time reflecting today. Joette, you've been using homeopathy and seeing clients for quite some time. I believe it's been over 30 years.

Joette: Well, I've been using homeopathy, I started studying it about 32, actually 33 years ago. But I didn't go into full-time real practice where I actually hung out a shingle and met with clients full-time until about 25 years ago.

Kate: Well, that's still a very long time.

Joette: It is. It is.

The best results reserved for the purest people?

Kate: Yes, and you must have seen so much in that period of time. I imagine that you have a lot of observations that you've made over the years.

Joette: I have seen a lot. Many of the ideas that have come to me have changed through the years.

For example ... we might as well just get into it. For example, I always thought – I *expected* – that those who would have the best results would be the purest people, meaning babies. I always assumed that babies would get well much faster from a chronic condition – I'm not talking about acute so much, but a chronic condition – much more readily than an adult would. An adult who had many years of medications would not respond as well as a child.

I've proven that wrong time and time again.

It doesn't mean that it's more one way or the other. But

just when you think you're going to expect to see something that's going to take six months, you see a change in three weeks, even for a chronic condition! It doesn't mean it's necessarily completely healed, but we often see a shift that's big enough that the person can say, "Oh, my gosh! This is really making a change in my life, and so I want to keep going with this."

Or with a young person, a child, a baby, that we see eczema, and sometimes it can take me many, many months to witness a dramatic change.

So, when people say to me, "Well, I know my case is more difficult because I've taken many drugs; I've taken lots of antibiotics; I've been on the birth control pill for 10 years; I've used steroids – that's going to really impede my movement forward."

I always say, "No, not necessarily. It wasn't necessarily the best way to live our lives by taking all of those meds, but it doesn't mean that you're not going to move forward quickly."

It sometimes is quite surprising how it's not what we expect.

Kate: Yes. That's very interesting. I would not have thought that. Someone who has had a history of many, many chronic conditions, and you would expect thinking logically that this is going to be tough, sometimes you see that

change right away and vice versa. That's very interesting.

Joette: It's the same with cancer, too. I don't take cases of cancer, but I worked in the Banerji clinic (Homeopathic Research Foundation in Kolkata). I worked at the clinic for a period of time every year over a period of eight years. I worked with Dr. Prasanta Banerji who took *only* cancer and kidney cases – when I was there, at least, those many years.

We would see a case where it was first stage cancer, and it would take an awfully long time for the homeopathics to act or perhaps not even at all. We may not crack that case. On the other hand, we've seen fourth stage cancer turn around! So, even the stages don't matter of a particular illness.

I've seen in my own work on a day to day basis. Rheumatoid arthritis that seems downright unbudgeable turn around in eight months – not to the point where the person has absolutely no arthritis or no pain, but *enough* has been removed so that even the markers show improvement! The fatigue is gone. The pain is not as extreme. The pain doesn't last as long. It's not as a sobering an illness. The person can then take up their life again as they had not done for 10 years.

So, we have these preconceived notions that the degree of illness will determine how difficult it is to get past it homeopathically, and that just is not so.

Factors that affect one's responses to homeopathic medicines

Kate: Well, I'm thinking, and I would imagine your listeners might be thinking this as well, that, well then maybe it has something to do with how the person is living their life. Are they eating healthy? Are they taking care of their bodies? I'm guessing that you're going to say that's not necessarily so either.

Joette: It is not necessarily so either. You're absolutely right.

I've worked with people who absolutely insist on drinking diet soda for breakfast. And I used to give them a hard time about it, and I don't any longer, I always, of course ... if people don't know any better, but most people know enough not to drink diet soda if they're looking for good health.

But some people just say, "I'm sorry. It's just something I love. I'm just going to drink it." I understand completely, and I let it go. We work beyond that. We work past it.

I believe very strongly in eating animal products. I believe in meat – red meat, especially. I believe in butter, lard, tallow and duck fat. All of that are very, very important foods. Yet, I have clients who come to me who are vegans, and they still do well.

So, I have had to adjust my thinking several times and acquiesce to the possibility that we really can be all similar and yet all quite different from each other.

Kate: So, you have no idea what the difference is or why one person might respond better than another.

Joette: I think it's innate. It could be inheritance. Inheritance is huge. But then I don't want to give too much credence to inheritance, either, because I know many people who say, "Well, my grandfather died of colon cancer, and my father had colitis, so I get a colonoscopy every six months."

I think to myself, "That's an interesting rationale."

Somebody must have said that to this person at some point. My grandfather died of colon cancer, and I have a lot of gastrointestinal conditions in my family, it never occurred to me that that would mean I have to go for a colonoscopy – ever. I've never had one.

It's the way that we interpret things. It's also the way our inheritance interprets things.

My grandfather probably had colon cancer maybe because he ate pasta every day. It's all they could afford for decades.

They ate very little meat because they couldn't afford it until perhaps the late 40s and early 50s. But up until that time, they were eating what they could find, what they could muster up: lots of homemade bread, lots of pasta, et cetera.

Some might say, "Oh, well, foods were different in those days, and they were more pure." But I don't think that's necessarily so either!

A lot of times, I'm told by folks that their belief is that the foods that we eat are very tainted because the nutrients are gone from the soil. Well, if you're eating vegetables that are raised conventionally, I suppose you could be thinking that way.

But if you have your own garden or you buy from a farmers' market, and you trust your farmer, or you're buying organic (even from large grocery chains, etcetera) you can somewhat be assured that you're getting a higher quality.

But because I've worked with Amish for decades who have raised their crops with the very seeds that their great, great, great grandparents passed down ... They were not buying new Burpees. They're not buying the newfangled seeds that have been tinkered with. They're using the old seeds that their family has passed along. They're raising cows just the way their parents, grandparents, great grandparents, great, great, great, great grandparents have done for decades.

And yet, they have the same conditions as the rest of us who

live in cities and suburbs, et cetera.

I wish we could say it's as easy as, "Well, it's your fault that you're sick. You've been doing this, this and that." I do believe that one of the causes of disease that we do have the most control over – that is the most sobering of all the causes – is the use of drugs. I think drugs are where it comes from.

When I compare those Amish families and Mennonites and other religious groups who live very simply and based on their family's origin (even from as early as the late 1600s, 1700s), we all have one thing in common: We all have an inheritance, and we've all taken drugs. They included. They, too, use synthetic drugs.

I believe that that's where a good amount of our problems arise is from utilizing drugs especially in a superfluous manner such as, for example, birth control pills, such as antibiotics for a simple ear infection or a sore throat or even a strep throat. I think that antibiotics and synthetic drugs have been *grossly* overused, even *haphazardly* overused. *That*, I believe, is where a lot of this is coming from.

Synthetic drugs

Kate: We were talking earlier about some of the clients that you've seen especially recently. You've been talking to them, and you've deduced some of the reasons for these

issues that they're having – and that it might be related to the medications that they've been taking. Tell us a little bit more about that.

Joette: Well, when I take a case, before I even meet the person for the first time, they fill out a form, and they give us information on what medications they take and what the reason is for taking it.

It's not infrequent ... I was just telling you earlier before we even started talking, that it's happened so frequently that it's just part of my routine now in understanding that there's a good chance that the drug they're taking is perhaps causing one or a few of the conditions that the person is presently suffering from, and they don't make the connection.

It's not that they're stupid. It's that, we, when we're not well, get caught up in our world, and we take these drugs without thinking about it. "It's just what I've been taking for 20 years. I don't even give it a thought. What do you mean? *That* could cause *this*? Well, wait a minute."

Then they think about it.

I'll give you an example. I've been working with this lovely woman. I met with her once.

Then I met with her again the other day. She has a terrible tremor. The tremor is very severe, and she also has

horrible, horrible panic and insomnia, that it has become a sobering disease for her. It's ruined her life. This comes on – this panic and some of the tremor – come on at certain times of the day.

That's always interesting to a homeopath. We're always looking for what we call the strange, rare and peculiar. That makes it a little bit strange or unusual, and that can help us dig around and find a medicine that's very specific for the condition.

But we used the medicine called *Cuprum metallicum* for these tremors, and it did no good at all. There was no change.

Upon meeting her the second time, I looked over at my notes again. (I usually do that, I study the case before we meet again, as to what I might have missed should I have missed something.) I noted that this woman had been taking Dramamine. It didn't tell me for how long, but she'd been taking Dramamine.

I asked her about it, "How long have you been taking Dramamine?" She said about 10 years. Then I noted that the condition that she was suffering was about nine years old. So, that means that *potentially* this Dramamine could be part of this problem.

Of course, I went online, and I looked up "tremors from Dramamine."

There it was.

“Dramamine can cause tremors, panic attacks, anxiety.” From Dramamine. There it was.

Now, you can't count on that so much as we used to because trolls go online. Trolls are those who represent perhaps the industry that sells that particular medication. They change things in a subtle way so that it appears as though you're getting good medical information when really they're displacing the information in such a fashion that you will not find the answer you're looking for. Even though the title says that, when you get down to the text of that particular site, you'll see it has nothing to do with it.

The true way to know what a drug's action might be on you is to get the insert that is sold with the product and read it. You have to get your magnifying glass. I actually have one with a light in it. Get it out and start reading and highlighting anything that looks like it's connected to anything you're suffering. *Anything* that you are suffering that you may have assumed was, “Oh, well, my grandfather had that. Oh, well, of course, I have that,” or “I have this because I eat too much sugar.”

Don't do that! Don't rationalize or theorize as to why you have this or that. Instead, just go through the list of all of the conditions that can be brought about as a result of taking a drug.

Or, the other way is to get to know your pharmacist. I always tell folks, "Your pharmacist knows his meds. Knows them inside and out."

Make him banana bread. Bring him some Christmas cookies. Get to know him. Make him your friend so that when the time comes that you need information like this, he has the database at his fingertips. It's a much more sweeping and in-depth database than we can ever get our hands on unless we're willing to pay a monthly fee.

Kate: They see these people, these clients, coming in over and over again. I actually have a friend. She's a dear friend. She's a pharmacist. Every time the doctor prescribes a medication for my mom, I give her the medication, and I say, "Look this up for me. Is this commonly used for this? What do you see as far as common side effects?" Because I feel like they see more than the doctors do!

Joette: They do.

Kate: Yes. The nurses actually tell me that their pharmacists are very intelligent, and they know all this information about these medications which you will never hear from your physician. I'm not against physicians. Don't get me wrong. But I think that they just don't have the access to the information or read the information on the medications like the pharmacists do.

Joette: Well, drugs are yanked off the market regularly. There are many drugs we can't buy anymore. It happens consistently every year. The way that the doctor learns about the next drug that will replace that is by the drug rep.

If the doctor is a man, I can pretty much guarantee the drug rep is wearing a short skirt, stiletto heels, and she walks into the office, bearing donuts or chicken wings or pizza once a month, and has these, "teaching luncheons," where she teaches the docs and the physicians' assistants and those who work in the office how to use the drugs that she's peddling.

I'm sorry to make it sound so negative. But when you boil it down, when you really distill this down, that really is what it's about. It's drug peddling.

There are times when we absolutely need drugs. You're going to have surgery, by all means, you need anesthesia, no doubt about it! There are others, too, I could come up with, but I think most of these drugs were never intended for the body to have to assimilate. The side effects can often be chronic.

So, when I mentioned this to this woman, she said, "Oh my gosh! It never crossed my mind why I should not be taking this drug or that this could be causing it." It was new to her! The thought was new.

That was not the only one. I had another case just today – and I could come up with hundreds of these – but just today, of a woman who had difficulty swallowing. Chronic difficulty swallowing. Had to take small, tiny, tiny bites, could only eat certain foods, must drink it with room temperature water, (not cold, not too warm) room temperature, and then she could get the food down. She'd been taking a thyroid medication for many years – *for just as long as she'd been having trouble swallowing!* She backed off of the medication, and within two weeks, her swallowing improved by 50%.

Kate: Wow!

Joette: That's amazing.

Kate: Yes, it is.

Joette: It looks as though the person needs this Synthroid because their thyroid numbers are up. But meanwhile, now they got a new disease that's scaring the wits out of them because they're thinking their throat is going to close one of these days. It's so uncomfortable. It's so worrisome. Particularly, it is annoying when we know we can use homeopathy to correct the thyroid! When we know we can use homeopathy for the reason for that person to be taking Dramamine!

What's interesting about the Dramamine case is that it was like clockwork that she took her Dramamine, and it was like clockwork that she awoke with panic. It was a specific time

of the day for both events.

I don't know what's going to come of that. I don't know that she'll stop the Dramamine. I don't tell people to stop taking the drugs without working with their physicians. I'm not a medical doctor, so I do not do that. But I do make them aware of the fact that there's the potential that that drug could be an instigator in this condition.

A lot of times, people also tell me that, "Well, I've always had a little difficulty swallowing. I don't think it was the drug. It couldn't have been the Synthroid."

She did not say this. She was very open to this idea. In fact, I actually think *she* came up with the idea.

I always say, "Just because you had a condition before you started the meds doesn't mean that the meds can't make it worse. Because what synthetic drugs have been known to do – is get what the weakest link is in the body (that area that is limping along already) and drive it to a deeper state. It makes it worse.

Side effects are not necessarily those that we have never had before – those conditions we've never experienced – but rather the very conditions that we already have, but they worsen them. Very sobering.

Same thing, I see it a lot ... I saw it in my father. I see it

in a lot of men. Where they're given a medication because of their prostate, and they have urine that doesn't flow properly, and they use that. Now, it dries them up so that they're not dribbling urine. Now, their sinuses are all dried up. Their eyes are dry. Their skin is dry. They can't swallow properly. Other mucosal areas are affected.

Then we have to weigh it out and say, "So, what's worse, *this* condition or *that* condition?"

Well, if you're thinking that the condition that the drug is supposed to be treating is so much worse than the side effect, then, God love you, stay with the drug. But always remembering that homeopathy can deal with most of the conditions that these folks come to me with.

Kate: Yes, and like you said, getting off of those medications, those conditions may in fact clear up. I remember you telling me many, many years ago, Joette, that some of the asthma medications (the inhalers) ... one of the side effects is what? *Asthma!*

Joette: Breathlessness. Yes, breathlessness. Absolutely.

Kate: That's just *crazy* to me to think that you're taking this medication for this condition in which it can actually cause the same thing.

I've looked up with strokes. There are medications that

doctors prescribe for strokes.

Well, what are the side effects? The side effects are actually *strokes*! A different kind of stroke, but it's still a stroke. I'm like, "Well, you've got to weigh that out."

Joette: Right. Ritalin is a perfect example. It's supposed to calm little boys down, and if used too long or incorrectly – or even used in the very beginning, even properly – can cause them to be more dysfunctional.

We have to be careful. We need to be very cautious about our and our family's lives. These bodies that we are given, that are given to us, are the temple of our soul. We need to understand that human body was not intended to be given synthetic drugs regularly, daily, consistently.

I don't know of any tests that show that you should be taking statin drugs for 10 years – or any drug for that amount of time. Most of these drugs only have tests on people who are ... First of all, those who have taken these tests, – who have taken this drug, in a double blind survey – are young people! Because you're not going to get an old person who's willing to take a test like that, and say, "Oh, gee, I'll try it. Let's see how it goes. I might be given placebo. I might be given the drug." No, it is young people who are looking for money, and who are healthy.

By the way, that's important, too, because they are *healthy* specimens to start with. They're 19-year-olds, 20-year-olds.

And they don't give these young people this drug for 20 years – a blood pressure drug for the rest of your life from the time you're 50 on. They're giving it to them for months. We don't know.

And we also don't know the *synergistic* effects of a blood pressure drug *plus* the statin *plus* the Synthroid. We could keep going and going and going. Because I know many people who come to me, and I ask them for a list of their medications, and I've actually had people fill out an entire *page* of meds.

Which also brings me to the next thought.

That is people don't think supplements and vitamins count, but they do! I believe vitamins can be problematic. Synthetic vitamins are just that. They are synthetic vitamins. Supplements can often be synthetic. We have to watch for that, too.

I could tell stories about how certain supplements have caused problems as well. When we think it's going to help or it helps for a short period of time, and then it doesn't help any longer. But the person doesn't notice this. They just think that their condition is worsening in spite of taking their beloved synthetic vitamins and supplements.

So, we have to be careful of those as well. If we need vitamins, we should be getting them from our food. I trust that the food that I buy and that most people buy who have

any awareness of how to purchase foods (buying fresh vegetables and grass-fed beef or meat et cetera, if possible, but not always. It doesn't have to be 100%). But I expect that my food is loaded with nutrition because I'm somewhat careful about it.

But if I'm not getting my nutrition, if I'm not getting my nutrients from my food, I don't blame climate change because I don't think it has *anything* to do with that. I might blame more the gut, that the person is suffering from a gut that is not properly adjusting to utilizing the food properly.

If someone has a low vitamin D in their last blood test – first of all, I question that – but if it's *clear* that the person has a low vitamin D level. They're very fatigued; they're pale, et cetera. Then my next question would be, "Tell me about your gut. Do you have constipation? Do you have diarrhea? Do you bloat? Do you have indigestion? Do you have gas? Do you have any of the conditions that would be related to a gut that's not in tip-top shape?"

If [it's] not, then we can, to a certain degree, make the assumption that *that* is what needs to be worked on. So that when the foods that are loaded with vitamin D such as lard, tallow, butter that has A, D, and E in it are being eaten, then we make the assumption – and I think it's a prudent one – that the person is either not eating the proper foods or they're not utilizing the vitamins and nutrients properly as evidenced by the fact that the gut is not in tip-top shape.

We don't want a gut that bloats. If someone says, "Well, no,

I don't bloat,"

"Well, tell me what your meals are." That's the next question. I ask them what they eat. If I note that they're not eating any bread or any grains, I ask, "Do you eat bread or grains?"

If they say, "No."

"Why not?"

"Because if I *do*, I bloat."

That means there's something wrong with the gut.

We should be able to eat these foods to a certain degree. I don't think they should be our staple by any stretch of the imagination. But by just eating a bowl of Cheerios, we should not have bloating or gas or indigestion or anything like that. That tells me that they've simply *avoided* these foods in order to improve their digestion. That tells me there's still a digestion problem.

Homeopathic remedy tip especially

for the holidays

Kate: Joette, we have covered so much in our last 30 minutes that we've been talking. But I don't want to leave this podcast without you giving us just one homeopathic remedy tip for the season that we're in. Why don't you share with us something that we can use right now?

Joette: Well, not unlike what I said earlier about how when we're in the thick of things, we don't realize what to do especially when it's for ourselves or someone that we're close to, our child, our husband, et cetera. I want to remind you – and perhaps you put this down on a three-by-five card or someplace that you see on a regular basis, because this is a writer downer – and I know many of you who have been following me for a long time know that I love this medicine. I've used it for many years, for decades. But when I worked with the Banerjis, they used it *constantly*. So, I felt freer to include it in my practice more readily as well.

That is the medicine *Ignatia* – [*Ignatia amara 200C*](#). Particularly with the holidays coming up, the cold weather, the darkness, the long nights, long darkness, a lot of times, people have seasonal disorders where they become blue. Or there might be a family conflict. Sometimes that can happen around Christmas and the holidays.

It's a good time, if you're feeling a little too sensitive to what was said at dinner two nights ago, or if you're feeling overwhelmed especially if you're a mom – and it's

very easy for moms to feel overwhelmed at Christmas time – remember *Ignatia amara* 200C. And it's used twice daily.

We don't use it forever. Again, these are not supplements, vitamins, et cetera. These are *medicines*. We use it until we feel better. Usually, it only needs a few days, and then stop.

Then if it happens to come back, we resume its use again. We use it as needed, and we will find more likely than not that the need for it becomes less and less frequent.

That's a good one to keep in your bonnet – and on your index card.

A lot of times, if I have to remember a medicine – because I have a hard time remembering things when I'm not feeling so well – I actually tape it to the mirror above my sink in the bathroom because I'm sure to see it there. Or I put it in a place that's unusual. I pin it to my pillow. Now, I'll see it before I go to bed. It'll help me remember. Something like that. I put it in the pocket of my robe. Then when I put my hand in my pocket, there it is. "Oh, yes, that's right. I was supposed to take that," or "Remember to take this should I get this or that."

Kate: That's a great tip for the season, Joette. If we don't need it ourselves, we likely know someone that does over the winter months. So, thank you.

Joette: That's right. If you love homeopathy – I always say this, if you love homeopathy – I know that you'll love what I teach you. Because as far as I know, I'm the only homeopath (at least that I'm aware of) out there who teaches how to treat chronic conditions without taking years of study in classical homeopathy. Not that classical homeopathy doesn't have a place; it certainly has.

For those who are new to homeopathy, let me tell you that homeopathy can be super, super complex, often enough to turn some folks off!

But what I try to do in my [blog](#), on my [Facebook Live](#) Monday night events, as well as on these [podcasts](#), is to distill down the complex into a formula so that it's practically like a recipe. You know that for *this* chronic condition, I can use *this* medicine, *this* potency, and *this* frequency, and I can expect this or that results. It's right there on the blog for free.

I urge folks to share this with their friends. Get your friends and neighbors involved with you in homeopathy. It will make your life easier in the long run. You won't have to explain as much because that will be all explained for them. Just the way you learned; they can learn as well.

With that, I say happy Hanukkah and Merry Christmas to all and a very happy and prosperous and healthy 2020.

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 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 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](#).



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The Peppermint Predicament



Peppermint Predicament

Joette Calabrese
JoetteCalabrese.com
Practical Homeopathy, Inc.

It's Christmastime. The sights, the sounds, the tastes and smells ...

Wait.

Those tastes and smells.

Uh-oh.

Some intense aromatics – especially the peppermint that abounds during Christmas – may cause some to have concerns when utilizing homeopathic medicines. I see this question asked quite frequently on Facebook, in the comment section of my blogs and by my students.

But it's not as concerning as you might think.

When using the classical method of homeopathy, strong aromatics are more of a cause for concern for antidoting.

This is because, in the classical method, homeopathic medicines are generally not taken daily over a period of time. Most classical homeopaths usually recommend you avoid aromatics and such *entirely* while undergoing homeopathic treatment because the medicine will not get a second, third or fourth chance to act.

However, with the Banerji method and my Practical Homeopathy®, homeopathic medicines are usually taken more frequently.

So, even if the aromatics indeed antidote the medicine you just took, another dose is not far behind...often to be repeated within a day or so. Hence, the homeopathic action is commenced again.

There's also a misunderstanding that if mint is ingested or sniffed, all the good that has been accrued will be erased, leaving the person to start afresh after months of improvement.

This is not true.

Instead, if an antidote is consumed, it will simply halt the

action of the medicine during that specific moment in time; the initial homeopathic is typically started again once the schedule of medicines is resumed and is normally able to pick up where it left off.

Therefore, it's permissible to use aromatics *as long as* you understand that if it's strong enough to cause an antidote, you'll simply be repeating the medicine once the smell/taste has left your nose/mouth.

So, until you get the hang of this, a little prudence may be in order, but certainly not angst!

I've used this example before: When you are scheduled to take a homeopathic remedy but you can still smell that minty eucalyptus muscle rub you applied an hour before – there's a chance the remedy will not act.

However, if the smell has worn off and you're taking the remedy with a "clean" nose, so to speak (meaning no strong mint or tea tree smells are present), it's likely the medicine will be effective.

Having said all of this, some folks are more sensitive to smells and tastes than others.

This means you might not be able to use mint toothpaste without negating your homeopathic, while your husband can do so with total impunity.

So, during this season of seemingly unavoidable tastes and smells, the same practice applies. If you go to the home of a neighbor who burns eucalyptus and pine candles or sprays pungent Christmassy scents throughout her home, don't run out the door screaming! You don't want to become the talk of the neighborhood, do you?

No. Don't fret. Just return to your homeopathic medicine's schedule when your nose is clear of those scents.

While perhaps in a perfect world you might avoid that peppermint bark or enticing candy cane, complete abnegation is difficult – and not much fun – at this time of year. At least endeavor to have no strong lingering taste in your

mouth by the time you utilize your chosen homeopathic remedy.

If you judiciously space your treats and cheats somewhat, chances are the homeopathic remedies will still be effective.

Pass on the good news of homeopathy!

Warmly,

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

P.S. Tonight, in Jewish homes around the world, a candle on the Hanukkah menorah will be lit – continuing for eight days until they all shine brightly!

It is a wonderful celebration of family, giving thanks and rededication. I want to take a moment to wish all of my Jewish friends, clients and students a very Happy Hanukkah.

Blessings to you and your loved ones during the Festival of Lights.

**Podcast 87 – Moms with Moxie:
A “Spouse with Spunk”**



IN THIS PODCAST, WE COVER:

06:19 *Cantharis* for UTI

08:36 *Zincum metallicum* and *Cuprum metallicum* for Restless Leg Syndrome

11:17 *Coffea* for sleep problems and *Nux vomica* and *Ignatia* for Overstressing

18:56 *Helleborus niger* for Dementia

20:39 *Antimonium crud* and *Arsenicum* for Itchy Skin

21:29 *Sepia* for Hormones

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Recurring UTIs and Antibiotics: Stop the Cycle](#)

[Podcast 81 – Ladies Only](#)

[Get a Leg Up Over Restless Legs](#)

[Counting Sheep? Try Homeopathy](#)

[A Materia Medica: Practical Homeopathy® for Busy Families](#)

[Life's a Tragedy](#)

[Homeopathy Kits](#)

[Free Downloads and Articles page](#)

[Here an Itch, There an Itch, Everywhere an Itch-Itch.](#)

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

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

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

Kate: This is the Practical Homeopathy® Podcast Episode Number 87.

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: Today, I am so excited to be able to welcome a dear friend of mine and someone that I am privileged to be able to work with. She’s a co-worker of mine with Joette’s team. I’m super excited for you all to get to meet Tracey.

Tracey, welcome to the podcast.

Tracey: Wow, Kate, thank you. That was such a sweet introduction. I’m excited to be here with you on your podcast.

Kate: I’m excited to have you. Normally, we are on the backside of the podcast doing the work *for* them. But now, you’re actually being interviewed. It’s super-fun.

Tracey: It feels like a role reversal.

Kate: Normally, I get to interview Moms with Moxie or Dads with Audacity. We even have Teens with Tenacity. But you have your own category for yourself. Why don't you share that with us?

Tracey: Well – full disclosure – I'm not a Mom with Moxie because I'm not a mom. So, I thought, "Oh, I have been married for 36 years, so what if I'm a 'Spouse with Spunk'?"

Kate: That's awesome. You know what? That fits you because you are spunky, too.

Tracey: Awwwww. Thank you. I appreciate that. Well, Joette always says, "It takes guts, spunk, and moxie," so I figured I'll fill in that middle category.

Kate: Right, and you do that well.

Tracey: Thanks.

Kate: All right, let's get to know you a little bit, Tracey. Who is Tracey?

Tracey: Oh, wow! The Cliff Notes are that I have been married 36 years. My husband and I met in college in California. We lived there for most of our lives and just fairly recently moved back to Florida (where I had been

born) to be closer to my mom. She's 96 years old. So, that's a pretty big number, and we thought it was a good time to be here with her.

Kate: Your mom is actually 96 years "young" because she is also spunky.

Tracey: She is. I inherit it from her, definitely. Yes, she's amazing.

Kate: In fact, doesn't she still go to Pilates?

Tracey: She does. She does Pilates twice a week. She has a private session. She has really inspired a lot of other people that want to get their parents involved in it. She's in good shape.

Kate: That's incredible. Wow! I'm just in awe of her.

Tracey: Thank you.

Kate: Tracey, have you heard of homeopathy before you started working with Joette?

Tracey: Well, I had *heard* of it, but I didn't know exactly what it was – which I don't think is that unusual for

newbies. I will admit that I am a newbie. I've only really been involved with learning about homeopathy for a couple of years, and I'm so inspired by the other Moms with Moxie who are so well-learned and so successful in their use. So, they inspire me.

But my first exposure to homeopathy was seeing the blue tubes in the health food store. I would walk by and think they look so fascinating and so professional. I thought, "Oh, I wish I knew what all of these words meant." And I didn't know really how to learn about them. But now I do, so I'm really enjoying my exposure to homeopathy.

Kate: When you started learning about them, was that when you met Joette or had you used them before that?

Tracey: No, it was when I was brought into work with Joette and on her team, and just reading all of the free information. The *wealth* of free information that Joette offers on her site is unbelievable.

Reading all of that, I thought, "Why have I not spent my whole life learning about homeopathy?" I've tried to make up for lost time and learned as much as I possibly could for the things that affect me and my family.

Kate: You mentioned something. You said you're a relative newbie to homeopathy. While that may be true, you've had a lot of success stories with homeopathy. In fact, many people who are new to homeopathy do have some pretty incredible

success stories.

I just had a new **Gateway to Homeopathy** group start last night. There were some people there that had only been using homeopathy a few months, maybe longer, but they had these wonderful stories of how it has helped their family in incredible ways.

And so, I think that's the beauty is that you can dig in. You can start using these remedies right away, and they can do amazing things. I don't think people have to worry about being new and having a certain number of years of education behind them. They can jump right in with all that free information like you pointed out.

Tracey: I agree. There have been a couple of things that have plagued me *literally* my whole life. I've tried a zillion different supplements or allopathic medicines, and homeopathy cleared them up quickly and inexpensively and easily. That's why I say, "Where has this been my whole life, and why didn't I learn about these blue tubes faster?" But, you know, we'll go forward from that.

***Cantharis* for UTI**

Kate: Yes, exactly. You mentioned that you had conditions or things that have troubled you your entire life. Tell us about some of those things, and what you did with homeopathy.

Tracey: Well, I'll tell you about two things, if we have the time. The first one is I was constantly getting UTIs (urinary tract infections). I did the antibiotics a lot. However, I'm allergic to most antibiotics, so it was difficult to cope with them that way. I would turn myself into a cranberry, drinking cranberry juice. I just really tried everything. Then especially when we moved back to the South – they have sweet tea here. I don't know if you've ever had sweet tea.

Kate: No.

Tracey: But it's hummingbird food. Let's face it. It's just sugar and water, and they wave a tea bag over it, and you drink this. Well, that much sugar, I can look at a glass of sweet tea and end up with a UTI. So, I have to be a good girl and watch my sugar intake because it's only fair to the homeopathy that I do *my* part.

But in a blog post that Joette wrote called "[Recurring UTIs and Antibiotics: Stop the Cycle](#)," I discovered *Cantharis* 30. I used that for ... I would say I used it twice a day for maybe five days. The current UTI went away. I came up with another one maybe two months later. I used it again. It went away. Then I probably haven't had one in a year and a half –after using it those two times. That's a *miracle* for me because this has been my entire life of dealing with one on-one off. It's amazing.

Kate: Wow! Maybe someday you'll be able to have that glass

of sweet tea.

Tracey: Well, now, I just look at it longingly. But no, there's no good that can come out of that glass of sweet tea. But boy ... no good can come out of it.

Learning about it, about *Cantharis*, was really life changing for me. Also, I think you did a podcast with Joette, "[Podcast 81 – Ladies Only](#)," that she talked more about it in that. Once I had those two pieces of information, that was a life changer for me.

***Zincum metallicum* and *Cuprum metallicum* for Restless Leg Syndrome**

Kate: Wow! What was the other thing?

Tracey: Well, the other thing is not life threatening, but it's really, really annoying. I don't know if you've ever had Restless Leg Syndrome.

Kate: No.

Tracey: It's just really, really annoying. You go to bed,

and all of a sudden, you have to move your legs, and then you have to move them again, you have to move them again. It's just like your legs take on a life of their own, and you can't lie still – so annoying.

That has gone on since I was five years old, because I remember when I was in kindergarten, my mother would come in and rub my legs and try to help me go to sleep.

So, Joette wrote a blog post called "[Get a Leg Up Over Restless Legs](#)," and I thought, "This one must be for me." She wrote about two different remedies. One is *Zincum metallicum* 6. That's for – just like I described before – it's involuntary movement. Your legs just have to move around. The other is *Cuprum metallicum* 6. That's when it's just so bad you just have to get out of bed and walk around.

Those worked *amazingly* for me. I had tried magnesium oil – rubbing that on. I had tried everything over the course of my life, and *nothing* worked like those two remedies.

In fact – kind of an interesting story – I ran out of the remedy and just ran to the health food store and picked up another tube. This time, I had forgotten to get a 6, and I got a 30 potency. That didn't quite work as well. So, I referred back to the blog post and realized, "Ah, I'm supposed to be using this in a 6 potency."

That's when I realized how Joette says if you want it to work as effectively as described, then use the exact potency recommended in the protocol. I realized it *really* does matter. Potency matters.

Some people want to use a different potency sometime, but I always rather liken it to baking. If a recipe calls for a cup of milk, and you put in two cups of milk, it's not going to work. So, better stick with the recipe, right?

But those two remedies are miraculous for restless legs.

Kate: Wonderful. Actually, a lot of people that I've come across lately have been talking about restless legs. I didn't realize there were so many people that had trouble with that. Thank you for sharing.

Tracey: Oh, no problem. Yeah, I didn't realize until you just said that a lot of people do. It's something I don't think you realize is a "problem." You just think it's some little personal issue you've got going on. But then you read more and more about it, and it does exist.

But if everyone would look up that blog post, they'd be fine.

***Coffea* for sleep problems and *Nux vomica* and *Ignatia* for Overstressing**

Kate: You've also mentioned about sleep, having trouble sleeping, and that's also super-common. So many people have issues getting to sleep or staying asleep. So, tell us a little bit about what you used for what you were experiencing.

Tracey: Well, I first tried *Coffea*. I had seen that spoken about many times on Joette's site. Somehow, *Coffea* just wasn't for me. I can't explain it. It just didn't quite give the reaction that I was looking for.

Then Joette had written a blog post called "[Counting Sheep? Try Homeopathy](#)." It spoke about what my problem was, which is wakefulness between the hours of two and four in the morning. That was my biggest issue. So, the remedy that she mentioned was *Nux vomica* in a 30 or a 200. I tried that, and that really was a blessing for me. I must be a "Nux girl" when it comes to sleep because it helped a lot.

Kate: Well, that's no surprise there, Tracey, because you tend to burn the candle at both ends, so overdoing it: *Nux vomica*.

Tracey: Well, and I had seen that because I try to really use Joette's site search box. So, I'll put in the condition. Then when I find something that I think may be the right remedy for me, then I'll put in the remedy and read everything about the remedy – as well as I have her [materia medica](#), which is amazing, and look it up there.

But I did find an old, old podcast that Joette had done, "[Joette Offers Her Favorite Tips and a Dose of Mothering](#)

[Inspiration.](#)" In that, she mentioned *Nux vomica* for overstressing. I thought, "That *is* me." I think that's why I'm waking up in the middle of the night because I'm just overstressing. It solved that problem, too. It's my hero.

Kate: Joette talks about certain remedies needing to be in the water like *Ignatia*. I think *Nux vomica* is another one of those.

Tracey: I agree.

Kate: Everyone can use *Nux vomica* from time to time.

Tracey: It's very true. But I don't want to say anything bad about *Ignatia* either because I'm living on one or the other at any given moment.

Kate: Yes, you and I. That's a great lead into what we have in common. You and I share something special in common, and that has to do with our moms. Why don't we talk about that for a little while? We have lots to share when it comes to our mothers.

Tracey: Yes, that's very true.

Kate: Both of our mothers actually had a stroke. It's about the same time about a year ago now. So, we've been walking this road together.

Tracey: Yes.

Kate: You've been a big help to me so many times. We've been able to just talk about what we're experiencing and how this is going for us and what our moms are going through. It's been so helpful to share that with you, Tracey. I just want to thank you for that.

Tracey: Well, I thank you. You've been a huge support to me as well. My mom had her stroke, I think, a couple of weeks before yours, and you had been so supportive of me in that two-week period. Then for you to have to go through the same thing, it just broke my heart because it's very stressful, very scary, and it's a lot.

Kate: Yes. Getting back to that *Nux vomica*, we both were, like you said, living on *Nux vomica* and *Ignatia*.

Tracey: I remember every once in a while, we text each other, "*Ignatia!*"

Kate: Yes, yes, "Don't forget to take your *Ignatia*."

Tracey: Right.

Kate: For those of you who are listening to the podcast and

maybe new to Joette and Practical Homeopathy®, *Ignatia* is great for when you are experiencing grief. If you feel sad, if you have that sighing feeling a lot, any emotional thing, *Ignatia* is a great option to consider for all emotional conditions. It's not that it's 100%, every time, *Ignatia*, but many times, it's very helpful.

Tracey: There's actually a podcast #69 [Life's a Tragedy](#) in which Joette talks about it being overwhelmed with responsibilities and anxiety and fear. That pretty much has defined our days, Kate, sometimes.

Kate: Yes, I know. Unfortunately, yes.

Tell us a little bit about how you've been using homeopathy for yourself as you've been walking through this with your mother. If there's anything that you want to share with your mom, that'd be helpful as well.

Tracey: Sure. Well, the night that it happened, was just – you know – it's like a punch to the stomach. It's shocking, and you can't believe this is happening. When we got to the hospital, I had grabbed my little red [Top 100 Kit that I brought through Joette's office](#) because I didn't know what I might need with me in the hospital. I had that with me, and my first thought was *Aconite* for the shocking ordeal that we were entering.

It wasn't funny at the time, but looking back on it – it's just, this is my life. It was about three o'clock in the morning. It was dark. We were in ICU. I was in a little cubbyhole that they had for the family off to one side of the room. Mom was hooked up to every machine that they've ever created. I was trying to find the *Aconite* in my little Top 100 red kit, and I spilled the entire kit in my lap. All 100 little bottles went every which way. And I thought, "This just *can't* be happening."

It was sort of a blessing, though, because I did find the *Aconite*. I took that. That, of course, helped me. Then I had to spend the next 30 minutes by the flashlight on my phone trying to re-alphabetize my Top 100 kit. So, it distracted me anyway.

Kate: Right, and we have to do that in the secret because when the nurses come in, you don't want them to see.

Tracey: Yes, yes, *exactly*, *exactly*!

I gave myself the *Aconite*. I gave it to Mom, too, because this was a shocking event for her. You don't expect this to happen even though she's of an age where things do happen. She's very robust, so we kind of expect her to outlive us. The *Aconite*, I think, helped her a lot as well.

Kate: Did you take other remedies during this time as well?

Tracey: Mostly, it was *Ignatia* because I was just – you know – it was that sighing thing you talked about. I think I sighed more during that time when she was in the hospital than ever before. *Ignatia* got me through it.

There was some diagnosis time period, so I didn't really quite know what to give Mom, but I have given her several homeopathic things.

It reminds me, you and I hadn't discussed this before, but I remember when I first asked Mom if it was okay if we tried some homeopathy, and she said, "Oh yes, I completely believe in homeopathy!"

I thought, "Does she know what I'm talking about?"

Then she went on to tell me that indeed she did. She had forgotten all about it. But when she was a little girl, they didn't take her to a doctor; they took her to a homeopath.

Kate: They did?

Tracey: Yes! She had used homeopathy as a child. And she said it just ... you know as it kind of was replaced with the more familiar allopathic medicine, I think she fell away from it and forgot to use it when I was a child. But she was so familiar with it, and she really believes in it. So, it's been great having it for her.

***Helleborus niger* for Dementia**

Kate: That's wonderful that she knew. You would actually talk to your mom before her stroke about using homeopathy. This goes back to pre-stroke. What did you use with her before the stroke?

Tracey: Well, Mom was having some memory issues – not Alzheimer's, not really severe – but what we would consider natural lapses in remembering what time something was going to occur, or when she was supposed to do something. And, I think that's to be expected at her age. I had read in Joette's [free downloads and articles page](#) that anyone can join on Joette's website. That is *chock-full* of great information. I had seen on there an article called "Best Remedies for Seniors."

Looking through that, I found *Helleborus niger* 30 that was for memory or dementia and utilized that with mom after we talked about her experience with homeopathy. She was very eager to try it, because she had tried some of those supplements that they advertise on TV: the pills that instantly bring back your memory. And she was like, "These things don't work." So, we thought, "Why not give homeopathy a try?" I really think that has helped her a lot, so we continued to do that.

Kate: How often did you give that?

Tracey: Well, it's in liquid, twice a day. I'm actually still giving it to her because this is an ongoing thing. I still give it to her twice a day. Every rare once in a while, I will not be able to give it to her, and the next day, I can just kind of tell a slight difference – a slight loss in focus.

***Antimonium crud* and *Arsenicum* for Itchy Skin**

Kate: Your mom also had some trouble with her skin.

Tracey: Yes, she just had some itching, and it wasn't really fully defined. We couldn't figure out what it was, whether it was maybe heat-related or just dry skin-related. But Joette, again to the rescue, wrote a blog post "[Here an Itch, There an Itch, Everywhere an Itch-Itch.](#)" (I love her titles!)

Kate: I know. I do, too.

Tracey: But it was *Antimonium crud* 6 mixed with *Arsenicum* 200. I tried that with mom. Of course, homeopathy did it. Now, her skin is beautiful. I keep it well moisturized. We try not to let her get too warm.

That cleared up. Thank goodness for that one, because

itching is just annoying and not fair when you have other things you need to do.

Sepia for Hormones

Kate: Tracey, are there any other situations that stand out where you've used homeopathy that you want to share with the listeners?

Tracey: There is one, and that's using *Sepia* 200 – my new best friend. Since it's just you and I, Kate, talking here amongst girls, I will admit that my hormones have been a mess for my entire life because I took the easy road. I was on the pill for years and did the Norplant and the Depo-Provera shots. I did just about everything brutal that I could do to one's hormones. And as I aged and went into menopause, I really could feel that my body was just on tilt. It just wasn't where it needed to be.

I *almost* went the direction of hormone replacement, because – why wouldn't I? I have been doing this synthetic crap for my whole life. Why wouldn't I keep on that path?

But then, I met Joette and started learning about homeopathy and realized, "*What* am I doing to myself?" I put a stop to it, and I did not do the hormone replacement. The biggest symptom that I had from menopause was the hormonal headaches. They almost seemed like migraines. They were very, very intense.

I found a blog post that Joette had written. (I sound like I live on Joette's blog post, don't I? I kind of do.) But she had written "[Sepia for Mother's Day! This Time for Headaches](#)," and it described me. Every three days, I took *Sepia* 200, and those headaches went away. So, *Sepia* 200, my new best friend.

Also, you know, that it's for when you're overwhelmed. Sometimes you need *Sepia*. Sometimes you need *Ignatia*. I'm not sure how, but sometimes I can just tell which one I need. The little bottle calls me. It's just been a real *tremendous* change to my life.

Then I look at other folks, other of my friends, who have tried the hormone replacement, and I don't think they're doing as well as I am on homeopathy.

Kate: I feel like there's a period in every woman's life where they need *Sepia*, either they're new moms and overwhelmed, or they're going through that perimenopausal age and have those headaches or other issues. But *Sepia*, I took it for a while as well, and it was fantastic. It helped several issues, but it really helped me to sleep through the night. I think that I hadn't gotten a full night's sleep for, I don't know, I think 15 years before I took *Sepia*. And it really helped me to rest at night.

Tracey: So, it's your best friend, too!

Kate: Yes.

Tracey: Well, it's funny. I have actually learned how to tie a little bow around the little blue tubes because I've given that one out quite a bit just to say, "Try this. If it doesn't work, you don't have to do it again." (But it always works.)

Kate: If our listeners are looking for information on that, there are a couple of blog posts. One is "[Sepia for Mother's Day! This Time for Headaches](#)," and another one called "[Ditch Birth Control Pills](#)." There are some podcasts as well.

I loved what you said earlier, Tracey. We were talking about that search bar in Joette's website, and how you can put, say, "headaches." You're searching for it, so you can just type in "headache" there.

But I loved what you said – and I never thought of this – you said you came up with the remedy *Nux vomica*. Then what you did is you typed now "*Nux vomica*" in that search bar and started reading and listening to everything that dealt with *Nux vomica*. You really learned that medicine well then and all the different ways that it can be used. I think that's brilliant to put a remedy name in there and search that way! I never thought of that.

Tracey: Thank you for calling me brilliant. I needed that today. No, I just realized that sometimes when I look up other things that it can be used for, it will either *include* that as the correct remedy for me or it might *exclude* that as the correct remedy for me and lead me on to something else. But like with *Nux vomica*, I realized the overdoing, and I thought, "Yes, that's it." It gives you more, more and more.

Kate: It confirmed.

Tracey: Yes, exactly. It confirmed.

Kate: Yes. Tracey, it's been so fun having you on the podcast today and talking about our lives together – commiserating, I guess.

Tracey: Thank you. Yes, commiserating.

Kate: As we do so often. But do you have any final words for the listeners today?

Tracey: You know, I do. The thing I think about – that I love about Joette – is she often says she's in the “empowering business.” That really is what I have gotten from Joette – is I feel empowered. Now, when I go into the health food store, I walk by those little blue tubes, and I *know* what those words mean. I feel so ... “proud” is not exactly the right word ... but *strong*. When I reach in there, and I grab the remedy, and I *know* what I'm doing, and I *know* this is going to work, or I *know* my family member is going to be benefited by this.

It's all because of the learning that Joette has provided on her website. Also, I can't speak highly enough about the [Gateway to Homeopathy](#) (that you teach a bunch of classes, and I know others do). That just is the most *empowering* information you can get, and then [moving on to her courses](#) ...

If you don't leave throughout all that feeling empowered, then you ain't doing it right!

Kate: Yes, I agree. It helps you to have that feeling of confidence so that you don't have to fear. You know that there is a solution.

Tracey: The interesting thing when you learn about homeopathy is you learn the right questions to ask about your own condition, right? So, I think you become a more informed healthcare consumer. Because now when I go to the doctor ... and luckily, I have always, all my life, had very good allopathic doctors that were in favor of alternative medicines or homeopathy or acupuncture or other things. They've not been just allopathic "my way or the highway" kind of doctors.

But now when I go to the doctor, I know specific questions to ask them because I've learned how to listen to my own body or how to observe my family member's body. I know more specific things to ask them that will help me determine my own healthcare path. As Joette often says, it's about self-reliance. She's given that to me, because now I rely on *myself*, and that's really all you need – that and homeopathy!

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 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.

Really Got My Goat



"Baby goats are precious when they're little, but when they get older, watch out!

They are naughty, naughty animals!" I said to one of my team members recently just before she adopted a pair of adorable miniature goats. (That's them in the photo above, Henry and Oliver.)

I tried to explain that's how they get you – they use the tricky word, "miniature." Sure, it sounds good in theory, but believe me, they grow! They get thick! They are low to the ground, so they have a stable fulcrum. You can push them as hard as you want, and ... They. Won't. Move.

I speak from experience.

I had precious, little miniature goats who got into more trouble than I have room to write.

I couldn't even hang my laundry out on the line ... they would chew on it!

Like a cartoon! I'd have to pull my laundry out of their clenched, stubborn mouths.

Once, we came home from church, and the goats had chewed through a window screen and broke into our house.

One was on the sofa, and the other was standing on the piano! I kid you not! (Pardon the pun.)

One was **STANDING** on top of my beautiful baby grand piano!!

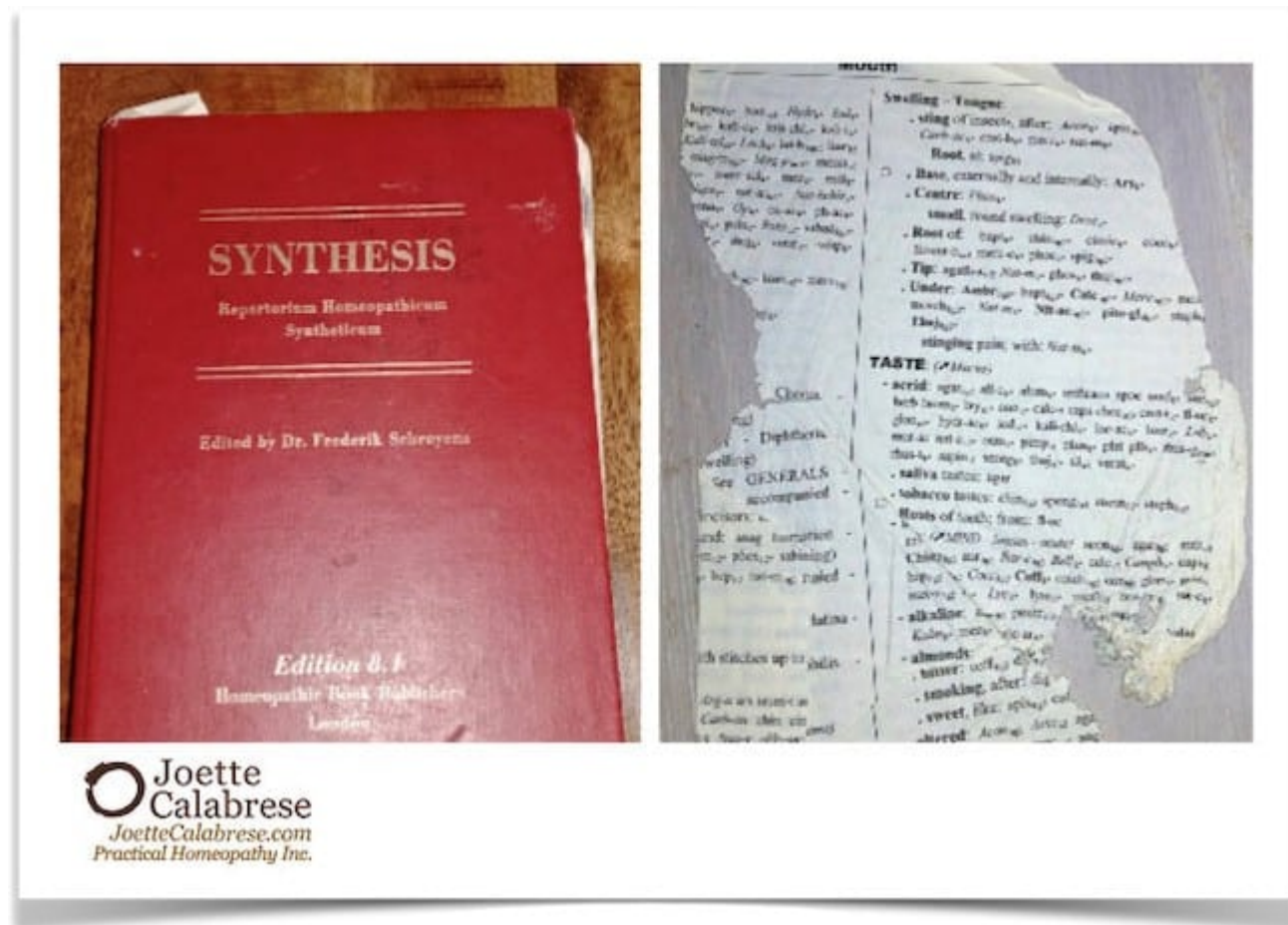
And here's the funniest part, one had found one of my repertoires and had **EATEN** the page on mouth and taste.

I'm posting a picture here because, honestly, this doesn't sound real.

But I promise you it happened. I had left one of my repertoires open on the sofa when one of them ate the

repertory's page on the subject of taste.

Sure, she could have chewed on the lungs or ears or skin or any other page ... but no. She must've been a literate goat because she ate the precisely appropriate page.



You know how strongly I recommend you have a repertory, but I do not recommend eating it.

We all seem to have something in common with my gluttonous goats during the holidays. We overeat (although, hopefully, not laundry and pages).

I've talked "ad nauseam" about [Nux vomica for overdoing it](#). (I am awfully punny today.) So, I'd like to take a little different look at our holiday excesses: overeating *creamy* foods.

The better homeopathy remedy for gastrointestinal distress when one overdoes it with creamy food (specifically) is

[Pulsatilla 30.](#) It's generally taken every 3-4 hours, depending on the severity of the symptoms.

Think of all the creamy things we eat more of at this time of year: Boston cream pie, whipped cream, ice cream, cheeses, gravies, and cannoli. Ahhhh, cannoli – my family's holiday favorite.

Oh! And Eggnog! How could I forget the eggnog? Christmastime is its singular season. Because it's creamy, over-indulging in eggnog makes one a perfect candidate for *Pulsatilla 30*. Unless, of course, it's *spiked* – and then it's right back to the [Nux vomica](#).

Pass on the good news of homeopathy!

Warmly,

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

P.S. Looking for a Christmas gift for your homeopathy-minded friends and family?

Ready to start hinting for yourself? Here's a link to purchase [A Materia Medica: Practical Homeopathy® for Busy Families](#).

I endeavored to include all of the most commonly used homeopathic remedies, discussed in my brand of plain talk – not the complicated language you might find in older, more traditional *materia medicas*.

I'm convinced you will find it intellectually delicious, but I give no guarantee that it will be *literally* as tasty as the repertory my goats ate.

So, just read it ... don't nibble on it!



Condition: Concussions
Remedies: Aconitum nap. 300c, Arnica 300c, Ledum pal. 30c, Belladonna 6c or 12c, Cuprum met. 6c
Details/Directions: Aconite immediately to deal with the shock of injury, and alternate with Arnica as needed (approx. every 15 min). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.

More info at:
<https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>

Joette Calabrese
Author of *Homeopathy for Kids*

Remedy Cards

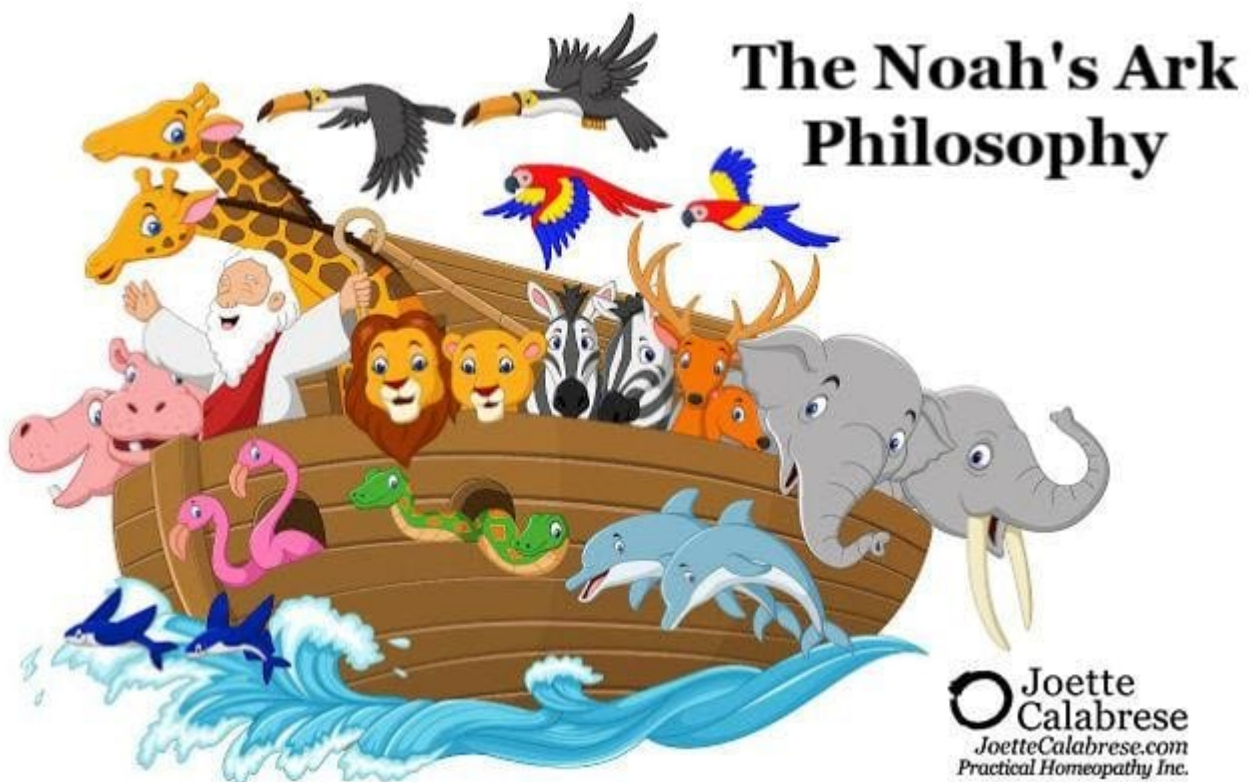
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The Noah's Ark Philosophy



I doubt Plato or Aristotle is concerned I will steal their places on a list of Great Philosophers.

However, I must admit, I have been feeling quite philosophical as of late.

You may remember in a recent podcast I introduced you to my [Stoplight Philosophy](#). And now, I have another one to add to the list: The Noah's Ark Philosophy.

Noah had it right! He listened as the Spirit led: things are better in pairs.

Can you imagine if Noah hadn't led the animals on the ark "two by two?" We would have a lot of empty jungles, seas and skies!

Well, animals aren't the only things that are good in pairs. So are homeopathic medicines!

Naturally, I have **two** pairs of reasons why:

1. When [you buy a kit](#), it's best to consider it your "mother stash." Kits are so well-organized and well-thought-out. You want to make sure you maintain its integrity as a whole. Don't use it as your everyday supply. The last thing you want is to run out of a particular medicine right when you need it.

The solution is simple. Own **two** of each of the most essential remedies you and your family use most often: one for regular use and one to remain in your kit for emergencies or travel.

2. We're busy; we all can be forgetful at times. So, let's use my Noah's Ark Philosophy to prevent skipping a dose. For the most critical medicines your family needs, keep **two** tubes in **two** different places.

Keep one by the intended recipient's bedside and keep the other one in your purse or pocket. For instance, let's say you're driving to drop your child off at school. Suddenly, you realize you forgot to give them their medicine! No need to panic or turn the car around! You can just reach in your purse and pop it in their mouth. Just like that. Problem solved.

3. Remember the old saying, "Good homeopathy builds good neighbors." Okay, granted, maybe that's *not* how the saying goes ... but it should! I know from experience: once we are well-educated in the use of homeopathy, it becomes increasingly difficult to watch anyone suffer. Especially when we have the answer!

Say your neighbor is coming down with a cold. You want to help, but you certainly don't want to give them your supply of applicable medicine in case your *own* family needs it.

What would Noah suggest you do? Most likely, he'd recommend

you keep **two** of the most commonly required remedies on hand. When your neighbor just *has* to have the medicine, you can confidently give it to them because you know *you* have another tube at home!

4. And, finally, many homeopathic medicines work better in pairs because together, they comprise an effective protocol. Let's return to your hypothetical neighbor's cold for a moment. The Banerji Protocol for colds/coughs is **two** remedies mixed in the mouth at the same time: [Aconitum 200](#) with [Bryonia 30](#). (I discussed this protocol previously in the blog post [When a Cold or Flu Hits Hard ... Hit Back.](#))

Both *Aconitum* and *Bryonia* are also used individually in certain situations as well. So, you want to be sure to have **two** tubes of each; one of each for when you need them as single remedies, plus one of each joined together with a rubber band, ready to grab as a pair when a cold strikes.

So, there you have it: The Noah's Ark Philosophy.

Homeopathic medicines are better in pairs! For all kinds of reasons. I bet you can think of even more. If you can, please chime in below in the comments section.

Your confidence will rise as you continue to use homeopathy. You'll develop your own philosophies and helpful methods for storing and sharing your medicine. But how can you jumpstart that confidence? Why, with **two** opportunities to learn, of course! Yet another thing better in pairs are my [Gateway to Homeopathy I and II study group curriculums](#).

My entire teaching philosophy comes back to these Gateway study groups. It's the very same way I started my learning journey in homeopathy, laid out in an inexpensive, easy-to-follow book. Learn homeopathy with your friends and family.

These study groups make learning homeopathy fun and memorable, while also supporting a lifestyle change focused on freedom and self-reliance.

Pass on the good news of homeopathy!

Warmly,

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

P.S. With Christmas coming up, now is a great time to buy gifts of homeopathy for your loved ones (or makes hints for yourself!) The [homeopathic remedy kits](#) sold through my office are valuable and meaningful gifts. Perhaps you might form your own study group by buying copies of [Gateway to Homeopathy](#) to give to your closest friends as gifts.

Or, maybe now is the time to give Santa a list of the duplicate remedies you need (to follow The Noah's Ark Philosophy). Hopefully, Santa will remember if he uses the coupon code "joette" when shopping from [Boiron](#), he'll save 20% on his purchase.



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Symphonic Symphytum for Pain



Pain.

Whether acute or chronic, it can bring your life to a grinding halt.

In last week's blog post, [Snap!](#), I shared with you the story of an unexpected back injury that completely derailed a young man's life – until he was introduced to homeopathy.

More specifically, until he was introduced to *Symphytum* and *Hypericum*.

Many different types of injuries respond beautifully to *Symphytum*.

Solo, it is effective for certain pain. When used in harmony

with other homeopathic medicines, *Symphytum* can be an elegant part of a healing symphony.

So, as I highlighted *Symphytum* in last week's article, it reminded me of an event five years ago when Buster, The Bad Office Dog, injured his meniscus. (I wrote about it in a blog post at the time.)

You can see from the photo above taken five years later, Buster recovered perfectly from that injury and is still an adorable – albeit mischievous – ball of fluff!

All thanks to *Symphytum*!

Meniscus injuries (especially in the knees) are all too common in athletic humans as well – ask any basketball player, football player or avid skier.

Do they always require surgery?

No.

Perhaps they only need to be introduced to the beautiful music of *Symphytum*.

So, before we end our current focus on pain, I want to republish my previous blog post from 2014. This is valuable information and worth repeating.

Keep in mind that the medicines used for our beloved Buster would be the same medicines used for human injuries:

.....

Buster, The Bad Office Dog, was running in the fields by our pond when he apparently stepped into a hole or a depression in the ground.

He let out a yelp and came limping back to us. He refused to put any weight on his back leg while yelping.

Our poodle was obviously in severe pain.

Now, sometimes a dog will limp for a bit but gradually start using the leg when the initial shock wears off.

Not Buster. He was not about to put any weight on that leg for any reason.

As usual, I gave him a few doses of *Arnica* 200 for the initial pain and trauma, about 3 times per day for a few days.

But by the end of the week, the leg was no better. Buster was not putting any weight on it, and he would nip if anyone touched his hock.

Fortunately, we have a holistic vet friend who lives just minutes from us, and who is an excellent diagnostician.

She said Buster had a torn meniscus.

The meniscus is a "fibrocartilaginous structure," which is a fancy way of saying that it is like a spongy pad that sits between the bones at a joint.

It acts as a buffer between the bones, absorbs energy like a shock absorber and contributes to joint lubrication.

Injuries to the meniscus are not uncommon in athletic dogs and are often accompanied by tears to the cruciate ligament.

The most common treatment is surgery.

Unfortunately, these injuries often lead to the development of arthritis, bone spurs and degeneration in the joint.

Poor Buster!

If we had gone to a conventional veterinarian, we may have been told that surgery was our only option, and it would not have been a surprise if the cost was as much as \$5,000.

Hence, Buster immediately started to receive [*Symphytum officinale* 200](#), one of the most useful remedies in our homeopathy kit.

By the way, the cost of a bottle of this medicine is anywhere from a few dollars to about \$20, so the decision was an easy one to make.

Symphytum is made from comfrey, a perennial flowering plant that is sometimes considered a weed, but herbalists and organic gardeners have cultivated this plant for centuries for its medicinal uses.

You may know it as “knitbone” or “boneset,” which gives you a clue to one of its main uses.

Symphytum excels at mending broken bones.

In fact, we caution against using this remedy until there is certainty that the broken bone has been correctly set in place because the remedy has been known to quickly knit bone even when it is not correctly aligned.

A common homeopathic response to a broken bone is to first give [*Arnica* 200](#) (or higher) for the trauma, shock, bruising, blood loss and pain, followed by [*Ruta graveolens* \(30 or 200\)](#) for several days to reduce the muscle bruising and tendon damage.

After the bone has been properly set, *Symphytum* 200 is used to mend the fracture.

But broken bones are just the beginning.

Back problems?

Knee problems?

Injuries to tendons, cartilage or ligaments?

Eye injuries?

Symphytum 200 answers them all, quite effectively and elegantly.

Symphytum has a sterling reputation for treating mechanical injuries to the eye, especially the orbit, from blunt force trauma.

But perhaps the most useful quality of *Symphytum* is that it also deals with injuries to the cartilage, tendons and ligaments that surround the bone.

This makes it a useful remedy for many types of injuries, including sprains, strains, pain from overuse of a muscle, bruising and pain from a blow or fall, and arthritis.

Common problems that respond well to *Symphytum* include tennis elbow, plantar fasciitis, twisted or sprained ankles, knee pain and joint pain, and arthritis and bone spurs. It is even specific for osteomyelitis.

So, by giving Buster *Symphytum*, we addressed the immediate injury to the joint and reduced the potential for future problems.

The Banerji Protocol is to use this handy medicine in combination with other medicines to aid in many common chronic problems that plague humans and canines alike.

Here are a couple of protocols you will want to tuck away:

For a bulging disc, herniated disc or back pain from over lifting: *Symphytum* 200 mixed with [*Calc phos 3X*](#), twice daily, and then if there's pain add separately [*Hypericum perforatum 200C*](#), twice daily.

For arthritis of the knee: *Symphytum* 200 mixed with [*Arnica montana* 200](#), twice daily.

For plantar fasciitis and heel spurs: *Symphytum* 200 mixed with [*Rhus tox* 30](#), twice daily.

And for torn ligaments and menisci (like Buster's): *Symphytum* 200, twice daily.

These problems often take time to heal – sometimes many months – but in the meantime, the remedy also eases the pain and stiffness.

Buster is doing much better today.

He is using his leg again, although he still occasionally limps.

And doctor's orders: no climbing stairs! He does enjoy being carried around. (We sometimes wonder if he's faking the limp as currency for a few extra hugs.)

From athletes to the aging, *Symphytum* can be a most accommodating remedy in your home.

Just ask Buster! And pass on the good news of homeopathy!

Warmly,

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

P.S. To provide enough time to delve fully into the more complex world of pain, you should consider my course: ["Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."](#)

I know you have been hungry to learn a safe, inexpensive way to uproot your or your loved one's debilitating pain, so I urge you to consider registering for this new course now.

[Click on the link](#), and you'll be able to download the Infographic.

I created it to give you hope that efficacious homeopathic solutions exist.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain or a pinched spinal nerve).



Condition: Concussions
Remedies: Aconitum nap. 30C, Arnica 30C, Ledum pal. 30C, Belladonna 6C or 12C, Cuprum met. 6C
Details/Directions: Administer immediately to deal with the shock of injury. and alternate with Arnica as needed (approx. every 15 min.). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.
More info at: <https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>
Joette Calabrese
Homeopathic Nurse Practitioner

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Snap!



SNAP!

In that one nanosecond, Belinda's life changed.

Jeremy, the husband she loved so much, would no longer be the same carefree, active, robust man she had married.

The years that followed broke her heart. Belinda helplessly watched Jeremy suffer in pain and consequently, become more and more demoralized and emasculated.

What happened?

No, it wasn't a car accident. No, it wasn't a sports injury, either.

It was something simple.

Something millions of people do every day.

Their four-year-old-child-in-the-midst-of-a-tantrum was screaming and kicking on the floor.

Jeremy bent over to pick him up.

As the child was twisting and writhing, Jeremy was twisting and lifting ...

All of a sudden, SNAP! A shooting, searing pain in his lower back made him gasp and freeze.

After a week of sleeping in a recliner and hobbling along, bent over sideways, Jeremy felt his back had improved.

But from that point on, it was never the same.

He now had a fussy back, an easily disturbed back, an overly sensitive back.

Now, Jeremy was prone to debilitating backaches with very little provocation – and year after year, it got worse.

If Jeremy spent too much time crouching, like when he weeded the garden or refinished the floors, he paid for it – that night, the next day and for several days afterward.

When he worked too hard cutting and stacking wood for their wood-burning stove, he paid for it.

When he carried even moderately heavy bins and boxes organizing the garage or cellar, he paid for it.

Eventually, Jeremy wasn't able to sleep well anymore.

Trying to turn in bed at night was uncomfortable and difficult; the pain woke him up. In the morning, he was stiff and sore, and it took hours to get going.

No matter how much Belinda tried to reassure him, Jeremy was disgusted and ashamed.

He had to ask someone else to lift heavy things.

In his mind, that was a man's job, and he could no longer do it.

He couldn't pick up or carry his children anymore.

He was forced to be slow and careful getting in and out of the car.

He felt as though he looked older than his grandfather.

He couldn't garden anymore and had to be very careful he didn't overdo it when it came to doing yard work or home improvements.

He could no longer go on road trips from New York to Florida to visit his aging parents.

Even air travel was torture.

His work life was affected, too!

For years, Jeremy had been a successful full-time computer programmer, but he was no longer able to spend hours sitting in front of a computer because of the chronic back pain.

He tried a standing desk but standing too long was also painful and uncomfortable.

He was getting less and less of his work done and becoming increasingly worried about providing for his family.

Back problems are often complicated and mysterious.

Doctors suggested physical therapy, steroid injections and potentially surgery if the other two didn't provide enough relief.

Jeremy dutifully completed a course of physical therapy and even joined a gym.

But exercise only had a slight impact on reducing his pain – more often than not, it made it worse.

He knew he didn't want steroid injections with their systemic complications, and he briefly considered surgery, but then decided against it.

He kept thinking about golfer Tiger Woods – despite Tiger's status and wealth, he had required multiple back surgeries and his abilities as an athlete declined.

Worse yet, he couldn't get NBA coach Steve Kerr's failed back surgery out of his mind!

The complication of leaking cerebrospinal fluid scared him to death.

Jeremy read that up to 40% of those who have had back surgery experience continued pain after surgery.

It happens so often, there is a term for this phenomenon:

Failed Back Surgery Syndrome (FBSS). In fact, his cousin had had spinal surgery and said that it didn't actually do much to correct or cure his condition.

So, Jeremy was afraid surgery wouldn't help or might make things worse.

Even if it were successful, he didn't like the idea of the reduced spinal mobility that would result.

Plus, Jeremy couldn't afford the downtime of a failed surgery.

He held out hope that his body could find a way to heal. For real.

That's when Belinda stepped in. She had to save her husband.

Late into the night – for many nights – she did extensive

research on the internet.

Eventually, she discovered homeopathy, and soon, she found me.

I took his case.

I taught her that an appropriate protocol for his condition would be [Symphytum 200C](#) and [Hypericum 200C](#), taken twice daily. Jeremy agreed to follow this protocol for eight weeks and then check back with me for a follow-up appointment to assess progress.

When I spoke with Jeremy eight weeks later, his morning stiffness had gone from a 7 out of 10 in severity to a 2.

His back and sciatic pain during acute flare-ups had gone from an 8 down to a 4.

And, he had only had three flare-ups in eight weeks instead of the normal frequency of one or two a week.

Most thrilling of all to Jeremy, his everyday dull soreness had gradually reduced over the eight weeks from a constant low-level daily ache and stiffness, to practically nonexistent.

He was able to work again, able to be the active man he once was.

Jeremy was surprised and ecstatic with his progress.

I was ecstatic – but not surprised. I see these kinds of results a lot, so I guess I'm used to it!

And Belinda? Ecstatic doesn't begin to cover it.

She was over-the-moon that her husband felt like himself again.

Because his progress had been so encouraging, Jeremy and I decided he'd stick with the same protocol for an additional eight weeks, and then we'd meet again.

All in all, it took about six months and three consultations before Jeremy declared himself pretty much free from back pain and stiffness!

At this point, Jeremy felt he no longer needed my services for himself, but he referred his mother to me for help with her Fibromyalgia.

He and Belinda also had me take cases for their son's frequent gastric pain, as well as their eldest daughter's dysmenorrhea – all of which were happily addressed with homeopathy alone.

As always, pass on the good news of homeopathy and of course jot down this little protocol that changed Jeremy and Melinda's life!

Pain cases are not always simple or even straightforward; they can't all be resolved in a short blog post. But when you suffer from pain, you need answers. So, to provide enough time to delve fully into the more complex world of pain, consider my course: ["Make It Stop! Escape From the Prison of Chronic \(and Acute\) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good."](#)

This is an indispensable course if you want to learn how to deal with:

- Fibromyalgia
- Arthritis & Joint pain
- Back pain and Sciatica
- Muscle pain
- Dental pain
- Headaches and Migraines

- Bone pain and growing pains
- Gout
- Neuropathy, neuralgia
- Spasms & cramps
- Chronic pain after injury, old injury pain that comes back
- Idiopathic / Unexplained pain
- And much more

For a full outline, [click here.](#)

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a long, flowing tail that loops back under the main part of the signature.

P.S. I believe that knowledge is power. And I want to see that power returned to the conscientious hands of mothers and grandmothers who have gained the confidence to use it.

It's more important than ever that you start to learn this information on your own!

If you are not quite ready to take a course, I urge you to join a study group! [My Gateway to Homeopathy: A Guided Study Group Curriculum](#) is a powerful, inexpensive entry point to your homeopathy education.

For less than the cost of a dinner out, you can lay the foundation to become the homeopathic healer in YOUR home!



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Podcast 86 – Pain: Make It Stop!



IN THIS PODCAST, WE COVER:

02:36 A course on pain

06:24 *Caulophyllum*, *Magnesium phosphoricum* for pain

19:15 *Hypericum*, *Staphysagria*, *Arnica*, *Aconitum* after surgery

22:00 Learning the pain protocols and medicines

24:06 Make It Stop! Escape From the Prison of Chronic (and Acute) Pain Using Practical Homeopathy®: Learn Effective Methods to Uproot Pain, Often for Good

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

My new course:

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

[Boiron](#)

More specific information on use of *Caulophyllum*:

- [Birthing Part Two: The Premier Remedy for Childbirth and a Few More](#)
- [Birthing Part Three: Baby is Born, but You're Not Done Yet! Neither is Homeopathy](#)

More specific information on use of [Mag phos 6X](#):

- [Cell Salt Series: Grab Your Mug; It's Mag Phos!](#)

More specific information on surgery medicines I used:

- [Anticipating Surgery? Homeopathy Can Help](#)
- [Surgery? S is for Staphysagria](#)

[My Learning Center \(complete with Course Selector: How to Pick a Course\)](#)

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

Kate: This is the Practical Homeopathy® Podcast Episode Number 86 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: On today's podcast, we're going to be talking about pain which, as many of you know, is a big crisis that we are facing right now. According to the Department of Health and Human Services, over 2 million people had an opioid-use disorder in 2018, and on average, 130 Americans die every day from an opioid overdose. Today, Joette, we want to talk about pain, and how we can address it from a natural

perspective.

Joette: There was a time when I dedicated my life to urging anybody whose lapels I could seize and ears I could bash. But now, I approach my subject of homeopathy with a little more grace. I guess I've aged.

But I guess there's also another reason. It's that I don't need to scream it any longer. People are clamoring for this information. They're looking for the alternatives. The jig is up!

These painkillers ... am I going to say they should be illegal? Of course not.

There is a place for these kinds of painkillers, I believe. In late stage illness where there is no choice and when homeopathy fails us, then we may, indeed, have to go to something that's chemically derived. But why even *consider* it if we can avoid using something that could be so detrimental in the long run to our lives and to our families' lives?

That's why we have decided to put together a course on pain. You've got the title there, right, Kate?

Kate: Yes.

Joette: Because I don't have the title memorized yet because this is all new to us. We're still organizing it and putting it all together.

A course on pain

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

Wow, Joette, that's a tongue twister.

Joette: That's why I couldn't remember the title, but I wanted to get it all in there!! I want to make it really clear what I'm going to be teaching. We want to have this knowledge, this information, these techniques at our fingertips like a Swiss Army knife of knowledge. We want to be constantly prepared because do you know when the next time you or someone in your family will have pain?

Kate: It's a total surprise. You never know when that's going to happen.

Joette: It is the true definition of an acute. It comes on suddenly! You don't know when it's going to happen. You want to know how to parse through whether it's an injury, so it's extrinsic or intrinsic, it's something internal, whether

it's from the gut from food that has been eaten that was bad, whether it's a chronic condition that's related to hormones, (for women, for example, with menstrual pain or headaches that are specific to the hormone shifts), whether it's an injury, an automobile accident, a ski accident. We need to be prepared.

Now, I will say I *am* prepared. I know my medicines. I know them inside and out, and I own them.

Kate: That is key! That is key, Joette.

Joette: Absolutely, because if you know, "Oh, my gosh! This is absolutely a call for *Caulophyllum*," and you don't own it, now what? What good is that knowledge? You have to either find a health food store that carries it (which is unlikely), get on [Boiron's site](#), or Amazon, or if you're a student of mine, you can go to OHM pharmacy.

By the time that happens, the baby is born! Or the hemorrhage is now being dealt with conventionally in a hospital.

I don't want people to believe that I don't think you should go to a hospital or go to a doctor. Of course, you should do that if you need to – particularly if you don't know what to do!

Kate: And if you don't know what it is – what's causing

that pain – sometimes you need that diagnosis.

Joette: Yes, you often need a diagnosis. Now, do you need a diagnosis for your child's ear infection– if you've seen this ear infection two and three times previously? You don't need another diagnosis to know indeed that that is an ear infection. You're observing. You know that the child's pulling at the ear. The child is crying, maybe even screaming. The ear is red. Perhaps there's a fever.

Do we really need to know – at a pediatrician's office on Saturday night, at two in the morning – that it is indeed otitis media?

No, you know what it is? You've seen it so many times, not only in this child, but perhaps your other children. That, in itself, is your diagnosis.

But if it's a first time! Or there's pain in a woman's breast – and it's sudden, overt and something that has never been experienced in the past – you use the homeopathic medicines the best you can. You consider what you've taken recently – such as have you eaten a lot of chocolate or if you had a lot of coffee, et cetera.

If all of those can be ruled out, and this pain persists in spite of trying to figure out what it is and trying to deal with it yourself, in short order, get yourself to a doctor and get a good diagnosis! There's no doubt. Doctors are incredible with diagnostics! It doesn't mean they get it

every time, but they often get it right.

***Caulophyllum* for pain**

Kate: Let's talk about some homeopathic medicines that you can use for pain. You just mentioned *Caulophyllum*. Let's talk about when you would use *Caulophyllum*?

Joette: *Caulophyllum* is a great medicine for labor, and for labor that's stalled, for a uterus that's not cooperating, so to speak. When everyone around the mother is saying, "Okay, it's been now 20 hours (or whatever they allow in whatever hospital it is), and you are not producing a baby. We've got to go in, and we've got to take this baby."

And the mother is absolutely beat up. She's exhausted from pushing. She's trying as hard as she can. She's shaking. She can't deliver this baby, and the pain is extraordinary.

The medicine ... if the doctor knew anything about homeopathy or if there was a good midwife who knew anything about homeopathy would automatically know to use *Caulophyllum*. You use it at that moment. Then if the baby doesn't ... we don't see a change, a dilation in the cervix, then we might use it again in another 15 minutes, and then again in another 15 minutes.

In more situations than not – and I'm afraid I don't have the statistics; I've just seen it with my own eyes many

times – the baby is born in very short order. This is an age-old medicine. It's been around for 200 years. It's been used in 200th potency, 30th potency, 6th potency. It's a time saver and an opportunity to keep from having to submit to surgery.

Kate: I wish I had known about *Caulophyllum* when I was delivering. Oh, my goodness! Think about how many women you might have just saved from having a C-section right now. That's awesome.

Joette: It is awesome. All of our medicines are awesome because they're not synthetic. They're "polite," is what I call them. There are no side effects.

Kate: Polite.

Joette: Yes, polite. They are! They don't *slam* the person across the face and beat them up like many drugs do – because they're not synthetic. They're made from nature, and then diluted many times, and potentized until they now become a medicine of great measure.

They're very gentle. They simply stimulate the body's natural ability to correct the problem.

Kate: All right. So, what else can you talk about for pain?

Joette: Well, since we're talking about women, we can also talk about *Mag phos*, *Magnesium phosphoricum*. This is also great for men, too. But for women, we most often know about it as a great medicine for menstrual cramps.

It's *Magnesium phosphoricum*. We call it *Mag phos*, but [I like to call it "Mug phos,"](#) (M-U-G phos) because it's great when you put a dose of it (which is about four to six pills), into a mug of hot water. It delivers it faster.

Put it in, I figure, about one pill per ounce. Let's say it's four ounces of hot water and four pills. Or six ounces of hot water – six pills. If the dose on the bottle says six pills as a dose, then use six pills. It depends on what the outside of the bottle reads because pharmacies make each one of these a little differently because their pills are a little smaller or larger.

It's a great medicine specifically for pain during menstrual cramps. Now, it doesn't *treat* the pain (although that's what everybody thinks they want). But to be honest, what they really want is they don't want to have cramps which would cause the pain. They don't want the actual muscle – the uterus – contracting. So, what it does is it calms that down, so the pain is no longer there.

Each sip from this hot water ... just a sip (a tablespoon or so as one sip) ... take a sip, and then you put it down. Each sip equals a dose.

Within another 10 seconds, if the pain is still there – and I assume it would be after only one or two sips – you take the second sip. Okay, put it down.

Now, you wait a few more minutes again, and you take another sip. In between your taking the sips, it's cooling off.

I wish that there was alliteration, if I could call this “thermophos,” because it would be much better if it was in a thermos. But “MUG *phos*” works better because of the “mag” in the *Magnesium phosphoricum*.

What I suggest is that when someone has cramps, menstrual cramps – and I'm going to talk about other conditions in which we would use this beautiful medicine – we would put it in a thermos by the bedside, particularly if it's someone who's suffering at night. That way, the person doesn't have to get up out of bed, go start the hot water, put it in the cup, and start sipping. It can last in a good thermos for two, sometimes even three, days, and keep it warm.

This is also great for children who have cramps that are different than menstrual cramps – a little boy who has leg cramps, or someone who has even cramps in the back. So, it's a *cramping* medicine.

If we think in terms of magnesium, a lot of people take magnesium oil, I think that's overkill. This is better than magnesium oil because we're diluting it six times to the 10th power. [Mag phos 6X is usually what people purchase](#). You can

find it online. You can find it at your health food store. *Magnesium phosphoricum* 6X is a beautiful medicine that does not need to be taken consistently.

In other words, after you've taken it a few times – every menstrual period or every time the child has leg cramps, et cetera – you'll find that the need for it becomes less and less.

That's not necessarily so with magnesium oil. Once you start using magnesium oil, you will always be using magnesium oil ... or not always, but for long periods of time. The idea with homeopathy is to *uproot* the condition and not just depend on the gross form of the substance.

Kate: For instance, if you have pain from menstruation, you're using *Mag phos*. And then the next time you get your period, hopefully the cramps won't be as bad. And then the next time, less and less and less. I've seen that happen in our family's lives. It's very effective.

I get the question all the time, too. "Well, I don't have time to go and make some hot water to put this in."

Joette: Or they're in the car, and they don't have availability of hot water.

Kate: Exactly. By my bed, I always have a tube of *Mag phos* 6X. Because if I wake up in the night, my heart is beating

fast, or I have some sort of pain, I just open that *Mag phos* and take some in the night. I don't get up and make the hot water and do all this. I find it still acts. Maybe it acts faster in the hot water, do you think, Joette?

Joette: Yes, it does. It just delivers it faster. It does not *need* to be put in hot water. It can be put directly into the mouth, no doubt about it.

Kate: Tell us more conditions that you would use *Mag phos* for.

Joette: First, let me say this that when someone has pain, I suggest that they just Google my name or go to my blog and put in the name of the condition, where the pain is, for example. Try to come up with some synonyms. Sometimes it doesn't come up. (We don't have the best search engine on our blog. We're still working on that.) And, you'll probably find a lot of information just for looking.

But what I want to do in this course is take you *beyond* that. I'm giving you examples of those remedies and protocols that are well-known and easily learned and easily memorized. But we're also going to be covering more unusual kinds of pains – such as gallbladder pain. That can be excruciating, and it can also result in surgery.

If it feels imminent that surgery is down the pike, why not? Before you have your surgery scheduled, why not use a homeopathic medicine for such a condition? I'll be teaching

that.

I'll be teaching about migraines.

We'll be going over not only where the pain presents, which organs – skin, the gut, the eyes, the head, the uterus, the teeth, et cetera – but also the names of the conditions, infections, injuries, et cetera.

Then also, pain characteristics. Because that *Mag phos* pain (the pain that is addressed by *Magnesium phosphoricum* 6X), is a *cramping* pain. Sometimes it can be almost *searing*, but it's not *burning* pain. It's generally not *stitching* pain. It's generally not *cold* pain. We're going to categorize the pains as well ... as to, if we don't have a specific protocol for that condition, what else might we use to come up with the medicine that needs to be applied?

Kate: I think of this course, Joette, as akin to your Survivalist Guide. Because you don't know, like we said earlier, when you're going to need this. To have these skills at your fingertips, to be able to categorize the pain and know the different medicines and what kinds of pains they affect, I think it is priceless.

Oh, my goodness! I can't tell you the number of times I've used that Survivalist Guide, and how it has saved us many a trip to the ER.

Joette: People say that they want to be pain free, and I certainly understand that. We're all human. But I want to remind folks that pain, actually, in a way, is a gift because it tells us something is wrong. It may not tell us *exactly* what's wrong or *why* it's wrong necessarily, but it tells us, "Pay attention to that organ or to this condition."

Can you imagine if you didn't have pain receptors, and you were in an automobile accident, and you had no idea that your arm was severed? Maybe you were not aware of what was going on because you were tending to your child or something.

You *need to know* that there's something going on. Pain is indicative of... it's screaming at us, "Pay attention!"

Now, how do we pay attention? Does that mean that we simply obliterate the sensation of the pain? Well, I'm not going to say that's never called for. For example, if you have to go into surgery, by all means, that's exactly what general anesthesia or local anesthesia is grand for.

But when someone has a headache, to just obliterate the pain is not the goal. The goal is to correct the condition. That's where homeopathy comes in. It helps correct the condition, uproot the problem, so that the pain is no longer necessary. The body no longer needs to produce it because the condition has been resolved.

Kate: You talked about going into surgery, and how sometimes, we need a surgery. Well, you and I worked together when a horse actually stepped on my arm. I went into surgery, came out, and then consulted with you. We came up with a whole list of medicines for me to take.

But it was very interesting, and we talked earlier about the opioid crisis, when I was getting ready to be discharged from the hospital, and they actually said, "No, you can't leave until you take one dose of this narcotic pain medicine because you will need it after the nerve block wears off."

And I said, "No, I'll be fine." I had to go round and round and round with this nurse who was not literally going to let me leave the hospital until they knew that my body would handle the pain medicine okay. Finally, Joette, I asked them to just give me a Tylenol, and I would take that for the pain. After I took the Tylenol, I said, "Oh, I feel so much better now. I think that's going to be fine."

With your help, Joette, I actually did not need any pain medicine after that surgery, and it was a pretty major arm fracture.

Joette: I saw the X-rays. Your arm was mangled.

Kate: Yes, it was. I just used homeopathy for the pain after that. It took a while. I'm not going to say that I was pain free. Because that would just be crazy to think that after a pretty major surgery, you would be pain free. But

the homeopathy made it so that I could tolerate the pain, and I didn't need to take those narcotics.

***Hypericum, Staphysagria, Arnica, Aconitum* after surgery**

Joette: But we're not looking for a disposition of being blotto. We just want to be comfortable enough to be able to sleep, to be able to get nourishment, to be able to take on our day a little bit at a time after something like surgery.

I, too, have had surgery many years ago. I had an emergency surgery and the incision was clear across my abdomen. They told me the same thing – that I was going to need painkillers. I said, "Well, thank you, but no. I'm really just fine."

I used Hypericum. I used Staphysagria. I used Arnica, and even a dose of Aconitum. And those four medicines got me through. By the second day, I was using only ... I believe, it was only Staphysagria. I was fine. Really, it was from hip bone to hip bone – that the surgical site was from hip bone to hip bone.

It was not what they expected. It's what *I* expected.

The reason I knew this is because I had studied. I had made a point of owning the medicines in the potencies that I had learned to use for such a situation, and I had confidence in it.

Now, some people might even call that placebo, but I don't know. I've used these same pain medicines on Buster, our dog; on our cat, Carmelina; on our son's cat ... what's his

name? I don't like the cat. That's why I don't remember his name. He's brutal. He's just a bad cat.

Kate: Is that the cat that likes only men?

Joette: Yes. He *attacks* me. He attacks all women. I mean, literally, really attacks. That's why I don't remember his name. No, good old What's-His-Name.

But we've used these homeopathics on the animals, and they don't know what placebo is – particularly if you're putting it in their water, and many times, we've had to do that with the cat.

Kate: Well, it must have been the same placebo that helped me because I took those four medicines after my surgery.

Joette: Right. Oh, those placebos are really powerful, aren't they?

Kate: Yes. For those of you wondering right now, I used those same four medicines after my surgery as well.

Joette: *Staphysagria, Aconite, Arnica, Hypericum.*

Kate: And the [*Staphysagria*](#), if my understanding is correct, is not as much for the pain but to help with any infection that might be brewing after such a surgery, correct?

Joette: Well, it's for an incisional site. So, anything that might come from that, whether it's a potential infection, whether it's the pain of the incision itself. It's for a clean cut. Yes.

Kate: *Staphysagria* isn't if you get some cut that's jagged. It's more of a surgical knife or you slice yourself with a knife.

Joette: Yes, right, when you're cutting carrots, and it's a brand-new knife. Yes, certainly.

Learning the pain protocols and medicines

Kate: Joette, so many times people ask me, "Where can I get all the protocols? Where can I find that 'magic list' of all the protocols that I need?" I tell them that it is not as easy as that. If there was just a list of protocols, that would be great. But you would still have to know how to use these protocols and these medicines.

People ask, "Well, can I just purchase the Banerji book, and will that have all the protocols in it?"

I say, "No, not all the protocols are in there." If you want to learn these protocols, really, the only place that I know

of is by taking [your courses](#).

Joette: Well, and you're still not going to learn them all because there are, I don't know, 6,000 human conditions? It would be like an encyclopedia. Once you learn the protocols that I teach, then you can extrapolate to a certain degree.

You'll see how you apply this protocol that seemed as though it was just for this condition. But because the pain is so similar, and it's in the same area of the body, the same organ, that you could potentially use it for *this* condition, as well. So, it takes a little more depth than that.

I mean, I wish that I had all the protocols, too. So, what I did was I went to India, and I worked with the Banerjis for collectively a year and a half – sat by their sides and jotted them all down and learned and studied.

Some of them were *still* not exact because there are conditions in which for some people, it makes more sense to use this protocol; for other people, it makes a little more sense to use that protocol. I don't want to color the idea that this is not formulaic – because it is much more formulaic than any other method I know in homeopathy. But there is some *maneuvering* that you have to do in order to utilize this for absolutely every situation.

Kate: I just wanted to make it clear that I don't know of any magic list that we have that's out there with all of the protocols. Do you?

Joette: No, I don't think there's anything like that.

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

Kate: Tell us a little bit more about what you're going to be covering in the pain course, and I'll just call it for short, "Make It Stop!"

Joette: Well, one of the conditions, of course, will be joint pain, gut pain, headache pain, injury pains.

Kate: Is there something for a pain in the butt?

Joette: You mean like our children, our neighbors?

[Much laughter]

Kate: I believe you'll be covering sinus pain as well. But stay tuned because more information will be coming out shortly about the course on pain.

Joette: For those folks who believe that the best way to

deal with pain is just to take Tylenol, acetaminophen, a couple of aspirin or something like that. You don't have to take opioids, right? They wonder, "Why would you go through all of this, take an entire course just on the idea of pain, and how to treat it homeopathically?"

Kate: What about those who say, "I'll just use my essential oil?"

Joette: Right, essential oils, too. Well, sure, if it works. If you get something that works, then perhaps this is not the course for you.

But the difference is that homeopathy – when we're talking about it compared to conventional medicine – again, homeopathy has no side effects. That's the first thing.

The second, of course, is what we said earlier and that is that we're *uprooting* the condition. That's the idea. It's not about just getting rid of pain.

The third is certainly if you have essential oils that deal with migraine pain, by all means, use it.

And if you don't have the time to take a course like this, I certainly understand.

This course is designed for people who want to be completely self-reliant as much as possible – who have families to take care of, want to take care of themselves, or they've gotten to the end of the road. And they've been using all of the essential oils, supplements, and synthetic vitamins, have changed their diets a number of times, have used other methods – and they have failed.

None of what I teach is for everyone. But if you have a

penchant for learning, you have an innate curiosity, and you want to take control of your family's health and your own, this might just be the avenue for you.

Because taking care of yourself and others is freedom. It's freedom from limitations, and it's freedom actually from our own egos. It releases us from feeling as though it's only about us – because it isn't. It's about many. It's about us, our children, our grandchildren, our neighbors, our church mates, our livestock, wild animals, our pets.

Kate: And, so many people have problems with pain. If we can help other people, I think it's an amazing gift to be able to give.

Joette: That's right, the gift of good medicine.

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 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 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.



Condition: Concussions
Remedies: Aconitum nap, 300c, Arnica, 300c, Ledum pal, 30c, Belladonna 6c or 4c, Cuprum met, 6c
Details/Directions: Administer immediately to deal with the shock of injury, and alternate with Arnica as needed (approx. every 15 min). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met, if there is dizziness, dazed or convulsing due to injury.
More info at: <https://joetecalabrese.com/blog/homeopathy-concussions-and-broken-furniture/>

Joette Calabrese
Author of Practical Homeopathy

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Not Tonight, Honey



“Not tonight, Honey ... I have a headache!”

A bad headache can stop us dead in our tracks.

The pain can keep us from wanting to do anything: make dinner, go to the movies, watch TV, sit outside, play with the kids, watch the sunset, or ... well, *that* either.

Years ago, Sandra had painful headaches.

She wasn't stuffy or suffering from allergies, but she had incredible pain behind her eyes, between her eyes, over her eyes, under her eyes – her whole sinus area was painful.

But this wasn't a typical sinus headache. These headaches seemed to come and go with no rhyme or reason.

Eventually, Sandra had a watershed moment: her headaches

came with barometric pressure changes – like clockwork.

After her discovery, she became more specific: “Not tonight, Honey –*see the weather?*”

Poor Sandra had turned into a bedroom barometer!

Unfortunately, Sandra lived by the shore where weather changes were extreme.

For crying out loud, the barometric pressure changed there almost every other day!

And right along with those shifts – as often as 2 to 3 days a week – came her painful, life-interrupting headaches.

She tried Tylenol and aspirin. Neither came close to addressing her pain.

However, at the time, Canada offered a stronger over-the-counter solution called “222.”

It was an analgesic containing caffeine and codeine.

In them, Sandra had found something that worked! When her headaches were unbearable, she’d drive over the bridge to Canada, smuggle them in, take the medicine, and finally feel some relief.

But what was she doing to her body by taking codeine?!

It worried her, of course. But she couldn’t stand the pain.

Then Sandra found homeopathy.

More specifically, she found [*Kali bichromicum* 30](#).

The next time the pressure changed, and the inevitable headache held her in its vice-grip, she took *Kali bichromicum* 30 every hour or so.

After three doses, the pain was GONE!

Two days later, Sandra, the Bedroom Barometer, was back in full force. Yep, the pressure changed again, and her headache felt like it was going to crush her eyes in their sockets.

She took another dose of *Kali bich* 30.

And that was it. Gone!

After years of suffering from those horrible barometric pressure change headaches, they were gone forever!

You read that right. Sandra assures me that after those two separate headaches that week and taking *Kali bich* 30 for each occasion, her pain has never returned.

That one elegant homeopathic medicine effectively killed two birds with one stone!

It freed her from a lifetime of headache pain.

Plus, by using homeopathy, she eliminated all of the terrible side-effects she had been exposing herself to with allopathic drugs. (By the way, the codeine-filled 222s are no longer manufactured or sold in Canada. Hmm. Wonder why?)

So, this is a writer-downer, folks: [Kali bichromicum 30](#), every 1-3 hours for a barometric pressure headache, until the pain subsides. (Scroll below this post to download your free Remedy Card containing this information.)

Keep in mind, there are about a gazillion different types of headaches.

Well, maybe that's a *slight* exaggeration, but there are certainly a *lot* of them.

The homeopathic medicine you choose must match the specific type of headache you're suffering from. For example, I write about [hormonally-driven headaches in a previous blog post](#).

I wish I could share every protocol I know with you for free here on my blog, but it's just impossible.

Many headaches – as well as aches and pains all over the body, for that matter – are just too complicated to discuss in this short format.

Homeopathy has excellent medicines for addressing ailments ranging from mildly irritating pain (such as stiff muscles after exercising) to more severe, screaming pain (such as dental pain or a pinched spinal nerve). Continue learning! I believe that knowledge is power. And I want to see that power returned to the capable, caring, conscientious hands of mothers who have gained the confidence to use it.

Want to be the hero in your home? Let me guide you with my course.

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

And, as always, pass on the good news of homeopathy!

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a stylized, flowing script.

P.S. It's more important than ever that you start to learn this information on your own!

If you are not quite ready to take a course, join a study group! [My Gateway to Homeopathy: A Guided Study Group](#)

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