

Podcast 81 – Ladies Only



Podcast 81

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Kate: This is the Practical Homeopathy® Podcast Episode Number 81 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy® Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively. So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration you need – as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Hi. I'm Kate, and I'm here with Joette again today for another podcast. Today, we're talking about female issues. So, all you ladies, listen up. This is going to be an important podcast for you. We're going to talk about a common condition that a lot of women experience. Get your pens and papers ready to take some notes.

All right, Joette, let's get down to business and talk about these feminine issues. What do you want to discuss today?

Infections

Joette: Well, one of the most common female conditions is infections: bladder, kidney, urethra, ureter, et cetera. I do want to cover that. Particularly for those who have chronic UTIs, I'm speaking to *you* because everyone believes that they have to take antibiotics. In my experience – not my personal experience, although I've certainly had a few UTIs many years ago – but in my experience in listening to my students and clients and taking cases for the last 25-30 years, I have noted that the history – because I take the history and I take the history of a person's health quite seriously – that the history is often, "Got a UTI, used an antibiotic. Got another UTI, used an antibiotic; another UTI, antibiotic; UTI, antibiotic; UTI, antibiotic." It gets faster and faster and tighter and tighter.

Now, they're using that more and more frequently until after many rounds of antibiotics, we often see women left with interstitial cystitis that *feels* like a urinary tract infection, but they don't find the microorganisms in the urine.

So, it's declared, "Nope, you don't have an infection!"

"But it feels like it. I have the urgency. I have the frequency. I have the pain, pain afterwards. Sometimes the pain radiates down the legs. I have aching in my kidneys. What is going on? You don't find anything?"

That is often interstitial cystitis.

Kate: What is "interstitial cystitis?" That's a tongue twister.

Joette: Yes, it is. Well, interstitial cystitis is what they often call bladder pain syndrome. It is a feeling as though you have a bladder infection and those other areas: lower urinary tract, upper urinary tract, in the back, et cetera. Often if it lasts more than about six weeks, that is frequently what is then pronounced as, "Well, it's a syndrome instead of an acute infection."

Not nice! Because what it is – a syndrome, especially in this particular case – means what was originally an acute condition is now a chronic condition.

What's the difference? An acute comes and goes, and it's over with. If treated properly, it comes and goes and is often over with for many months or years or perhaps even forever. If treated incorrectly, in a sloppy manner such as just throwing drugs at it that only kill microorganisms, then we often end up with a chronic condition – which means that the person, the woman is suffering (it's usually a woman) ... suffers from this chronic pain and discomfort and

urgency and frequency. But more often, it's really awful pain.

One person described it to me once as, "It felt like someone set my uterus on fire, and then stomped on it with combat boots." The pain was horrible! So, it felt like she had been kicked. But before she was kicked in the bladder, there was tremendous burning pain.

And so, their entire lives – and I've worked with many, many women with this condition – their entire lives are focused around one organ, the bladder (and those that are relative to the bladder, so, the kidneys, the ureter, the urethra, et cetera), and it ruins their lives.

Now, they can't go anywhere. They can't count on anything. They have to wear pads. The pain is all encompassing. Being tethered to the bathroom is chronic. It's not nice.

I believe that the problem has to do with the sloppy, poorly way the urinary tract infection was dealt with at the onset. If we use a homeopathic medicine that is correct, that suits this condition and this person, we will find that there is no need to go to a bazooka to kill a mosquito.

Kate: A bazooka. What an image.

Right! That happens so often.

Joette: Listen. I know that antibiotics have been lifesavers in the past. They have saved people from disease and death. There is a place for antibiotics, but not if you have homeopathy, to be honest. But let's say you didn't have homeopathy; I have to give credit where credit is due.

However, what has occurred in our society, not just the U.S., North America, but all over the world. Certainly, the same thing happens in South America and Europe and India, et cetera, and China, is that any time there's any infection, the doctor automatically gives antibiotics.

So, infections come. We live on this earth where there are microorganisms everywhere. It happens frequently. So, that means that antibiotics are administered frequently. They become less and less valuable as time goes on, not only for that particular person but for that particular microorganism. So, we want to try to avoid them at almost any cost, if possible.

Now, if you don't have the homeopathic medicine or you've used it, and it's just not working for you ... because most of these medicines, when we discuss this, will work on approximately 80% to 85% of the population who has this particular condition. That's a very high percentage.

How do we know those numbers? The Banerjis have done the research. They have shown time and again that by using their specific protocol for this condition, that is the kind of result that they can expect.

Now, what happens if you happen to be in the 20% to 15% of society in which that doesn't do any good? And I will say parenthetically, most people think they belong there?

Kate: That's true.

Joette: It really is true. Most people feel, "Oh, well, what if I'm there? I guess I am there. It's not working fast enough, et cetera."

We have a second line. I teach this particular condition in [Alternatives to Antibiotics](#), my course. But I also teach it in our course [Feminopathy](#). We're going to be talking about that. Should you be interested, this is where I train you how to use this. But I'm not going to leave you high and dry now. We will go into, in-depth, what remedy I would certainly begin with. I've also talked about it on my blog.

So, any time ... also parenthetically, let me also mention ... any time you have a condition, just in your browser, put in the words "Joette Calabrese" and the name of the condition. You'll find that I have probably covered it with the name of the medicine, the potency, the frequency, and often a story behind it so that there's a little more understanding of how to use it.

When it becomes a more *complex* condition, then I say I have to save that for when I teach courses. That's where we

really dig in and learn how to use these medicines.

Kate: Joette, when someone has a urinary tract infection, they want relief right away because they're suffering. So, how easy is this to solve with homeopathy?

When the remedy is acting; use of observational skills

Joette: Well, I think it's relatively easy. But I will tell you that the most difficult part is not finding the homeopathic medicine. That's the easy part because I give it to you. I'm going to give it to you today. I give it to you in all of these forums. If you get a simple homeopathy book on the shelf of a bookstore, you will find the medicine that probably will do the work. The hard part, I believe, is in observing "what is it that you are now seeing."

Most of us want *more, faster*. A lot of times, they'll say, "But I still have the urinary tract infection!"

Well, does it still feel as though someone set your bladder on fire, and that you've been stomped on by boots? Or is it now maybe a 6 instead of a whopping 10 in degree of pain and discomfort, urgency, frequency, et cetera? *That is the part that folks don't understand that they need to pay very close attention to.*

Kate: Right. They just want it all gone right away within hours, I think, really.

Joette: Right. It can happen that way. But more often than not, we see not only the condition abating (so, that is the pain is not as extreme; the frequency is not as grand; the urgency is not as trying), but we also see that their disposition has changed.

I know that sounds like, "How could that possibly matter?"

But it *does* matter because they become less frantic. They feel as though they can take a nice long nap and when they get up from the nap, they can feel refreshed. Or, they find they have more energy now, and their focus isn't on the constant sensation in the bladder. They still have the sensation, but now they're able to prepare their meals. Now, they still have the sensation of urgency, but it's not so bad that they can't get to the grocery store and get what they need for their families.

Kate: If this isn't yourself that you're treating, say you're helping one of your children or another family member, you can often tell how a remedy is working by looking at their face, I've found. Because like you said, if their facial expression is that of pain and they're not talking, that's often a higher pain level. Then when they start to relax a little bit, maybe take their mind off of the pain and do something else or start talking to you, that is often that the pain is lessening. They may not realize how much their pain has lessened. But if you watch their

body language, you can tell.

Joette: That is absolutely so! What homeopathy offers us, as the person who is healing the members of their family, is the opportunity to gain observation skills that they might not have had before. Instead of asking questions, we just observe:

- Is her face still in a frowny position?
- Is she still rocking back and forth?
- Is she still running to the bathroom sighing and freaking every time she goes?

If you see that that's changing, then you know it's very likely that you're onto the right homeopathic medicine.

Kate: The person, themselves, may not realize that there's a change, but you can see that there's a change. That's very important.

Joette: Yes, it is. They probably won't realize there's a change until there's quite a dramatic shift. You're looking for the nuances to observe.

One of the things that I love about homeopathy is that when we're using a homeopathic medicine, whether it's for an acute condition or a chronic condition or a species of both, is that the medicine, if it works 10%, don't give up and say, "Oh, it's only 10%. It's not good enough. I have to go

to another medicine.”

No, no, no. This is where the mistakes are made.

Continue using the medicine and go to 28% improvement. Then keep using the homeopathic medicine and use it accordingly – meaning you’re going to use it according to the need. In other words, the greater the symptoms, the more frequently we use it, usually. Then it goes to 28% improvement. Then we watch, and we watch. Now, we’re on the second day. Now, we’re seeing 60% improvement. If we keep going, we will see that it will most likely take us to 100% – particularly in an acute condition or an acute UTI.

Kate: But, Joette, what if the person has that 8 out of 10 level pain? You hate to see someone suffer like that. We just went through this with a family member. How often should you give it? You’re talking about that 10% you’re watching. And say, the remedy works, and their pain level comes down now from an 8 to a 7. Right? That 7 is still very painful. You’re talking about, “No, stay with that remedy because it still helped that 10%.”

Joette: If the pain is severe enough, then we’re going to use it more frequently. We would use the medicines maybe every hour. If the person was in danger, let’s say hemorrhaging, and you’re on the way to the hospital, you might use it every 15 minutes. I don’t imagine that someone is going to generally hemorrhage from a urinary tract infection but using that as another example. Or if the pain is very, very severe, yes, you can use it every 10 minutes.

As the pain minimizes, then you start going to every 30 minutes. As you see that the person's shoulders are now dropping instead of being tight up against their ears with angst, now it's getting better and better. Now, you're going to administer it every hour ... every three hours ...then perhaps every six hours.

If you start every six hours – let's say by the second day or even later in the first day – and now at six hours, you can see it's not close enough, then go back. You're looking for that tipping point. You go back to every five hours or every four hours and allow it to do its work. And then try to go back to six hours later, and then to 12 hours. Usually, a urinary tract infection that's an acute, particularly in a young person, will abate within hours. You see some shift within hours or a day or so. Then over a period of three or four days, we can put it to rest.

Uprooting the condition

Kate: Say that infection clears up. Now, two weeks later, a month later, the infection comes back, now what do we do? Do we just repeat those medicines again?

Joette: I never tinker with success. Certainly, we start with the medicines that were used last that did the best work. We start in exactly the same fashion. We're going to use it again, start it up again.

But! I pretty much guarantee – it's not hundred percent of the time so maybe it's not a hundred percent guarantee – but I see it so frequently that the second round (without antibiotics and all the medications that are allopathic and using only homeopathy that the *second* time this infection comes back, it doesn't come back as a screaming 10 like the bladder was set on fire and tromped on by combat boots.

Now, it feels like it's achy. It's back again, and mostly more often than not, women will say, "Oh, no, it's back again."

I say, "Oh! It's great that it's back! Not because I want you to suffer, but here's another opportunity to uproot it." Because homeopathy's unique ability is to uproot the condition, not suppress it, not kill the bugs, not kill the microorganisms. There's no need to determine whether this is a bacterial, it's a strep B, whether it's a viral infection. That's *unnecessary*.

What we need to know is what is the name of the condition (it's a UTI), and how is it presenting. Once we see that, we know what to use. We use it a second time around. Now, instead of it coming back as a 10, it's come back as say a 7 – 7 is still pretty painful or still too much urgency and frequency. However, once you started at 7, now you can go down to a 3 or a 4 faster. Then we go down to a 2, and then we go down to a 1 – administering all along. Now, the infection is gone again.

Now, let's say it happens again. Let's say six months from

now, it happens again. This time – and it's not always perfect like this, but it often presents this way – this time in pain, in urgency, frequency, et cetera, instead of starting at a 7, now it's more likely to start at a 4. However, what most often women experience is the *angst* that goes along with it. The first thing they think is, "Oh no, it's coming back again!"

No, no, again, another opportunity to uproot.

Now, how many times does this take? It depends on the person. It depends on how many drugs have been thrown at this condition.

Let's say this is honeymoon cystitis. Honeymoon cystitis, you know, when young couples first get married, the woman often has pain and gets urinary tract infections from a greater amount of activity at that time in her life. So, it's going to be more frequently that way. When we use these medicines, we're looking to uproot the conditions so that the allopathic drugs are no longer necessary, and they actually become superfluous. Then we uproot the propensity for this to become a chronic condition – which is what we want very much to stay away from.

UTI and honeymoon cystitis

Kate: All right Joette, let's get down to the remedy. You have to share with us what remedy we should use for a UTI?

Joette: Well, there are a number of them as you probably would have guessed. But my all-time favorite is *Cantharis*. Every classical homeopath knows the use of this medicine. We usually start it in a 30th potency, [*Cantharis 30C*](#). If you only have X, then certainly you use *Cantharis 30X*.

But make sure that you're well-stocked, folks. There's nothing worse than knowing exactly what medicine to use and not owning it. You need to own the top 100 medicines. [I cannot urge you enough to own a kit.](#)

Cantharis 30 and it's generally used every few hours depending on the severity. If it's very severe, you might use it, as I said, every 15 minutes to get started or 10 minutes. Then you open it up to less frequently, as needed.

Then I also like *Medorrhinum*. That is in a 200 potency. That is generally used twice daily during this period of time. Sometimes when it's a very severe case, then we increase the use of *Medorrhinum*, and it's used perhaps every 3 hours.

Now, all classical homeopaths, all homeopaths of any stripe know that these two medicines are some of the best medicines. But the Banerjis have done even more work than that, and they used *Medorrhinum* much more frequently than the way that I was ever trained to use *Medorrhinum*. I don't have a worry about it as long as you know that this indeed is a urinary tract infection. It is appropriate.

Kate: And that is important. You have to know what you're dealing with because you don't want to be taking *Medorrhinum* frequently thinking that it's UTI, and it's not.

Joette: Or *Cantharis* or anything else for that matter. What you want is always to know what it is you're dealing with. You don't have to know which microorganism is at play. What you need to know is what is happening to the bladder or urethra, et cetera.

Kate: The honeymoon cystitis that you were talking about Joette, does *Cantharis* address that as well?

Joette: Well, it can but we, homeopaths, we all know that one of the grand homeopathic medicines is [*Staphysagria 200C*](#) for honeymoon cystitis. It's those women who after having relations are told they absolutely must empty their bladder, or else they'll get a urinary tract infection, it's *Staphysagria*. I like to use it in a 30th potency or a 200 potency. It is used in the same fashion as *Cantharis*.

Kate: So, every ...

Joette: Every 3 hours is the general rule of thumb in the very beginning. If it's very extreme, it can be taken every 15 minutes. If it's not so extreme at all, it's just mild and the person is expecting that this is going to turn into something, but it hasn't quite yet, then we might use it only twice daily.

Feminopathy relaunch

I have an article on this, a blog article. It's called UTIs and antibiotics. You can look at it, "[Recurring UTIs and Antibiotics: Stop the Cycle.](#)" So, check that out. You'll be able to read up on it a little bit more. But we go into much greater detail in all of these – because these are not the only three homeopathic medicines for this condition. It depends on how it's presenting in other ways as well. And we'll go into great detail in my course Feminopathy.

Kate: You also have an infographic called [The Three Feminopathy Fates](#). How do they get that though, Joette?

Joette: I believe it's going to be down below, and you [just click on it](#). It will tell you how to go about doing that. You can download it, and you'll keep it on your refrigerator or keep it in your medicine cabinet right by your homeopathy kit. If you got a book going that you're putting together -- a loose-leaf binder. Many people tell me that's how they do this. Under the category of "Female," you put this infographic in there, and you can refer back to it time and time again. For those infographics that you use time and again, I urge people to put them in a plastic sleeve and put them in their loose-leaf binder.

Kate: That's just what I've done, Joette. I have the infographics for all of your courses. Again, these are free resources that Joette and her staff offer. You just go on

her website, and you can download any of these infographics from the courses. I'm looking at the one for the Feminopathy course right now. You have some things on here for menstrual cramps, for PMS, varicose veins, hot flashes, flooding.

Joette: Osteoporosis, that's right, cystic breast, uterine fibroids, endometriosis, morning sickness. We tried to pull from as many different areas of a woman's life as we possibly could. But [in my course Feminopathy](#) ... which, of course, we're re-launching, that's what we're talking about. We're re-launching this course. You will be able to learn each of these and many, many, many more. Because we start at menarche in young girls and go all the way to women of a quite elderly age and cover all of the conditions that I could come up with that would be useful to most folks.

Kate: I lead a lot of the Gateway study groups. People are always asking me, "What should I do next? Should I take a course? Should I purchase a *materia medica*?" I often tell them that you're going to get the most protocols from Joette's courses. I'm not just saying that because we're doing a podcast. I honestly believe that if you want to learn protocols, you need to, after taking the Gateway study groups, take [Joette's courses](#) because she details so many protocols in those courses that those courses are your best resources.

Joette: Well, that's right Kate. But for those folks who cannot afford a single course right now, just stick around the [blog](#). Hang out on the [podcast](#). Watch me on [Facebook Live](#), and you will learn plenty. Then buy as you can. Buy a [materia medica](#) when you can. Order a number of homeopathic medicines when you can and make this a focus of your life.

Kate: When we were talking at the beginning of the podcast, I was talking about being prepared. If you want to be able to treat these conditions yourself, you have to have the knowledge, the information, and you have to have the medicines. I just want to kind of wrap up this podcast by saying it is so important that you be well-stocked in your remedies like you said earlier Joette, and that you have the resources.

Whether it's studying free information that you offer or your courses, just have that information at your fingertips and have some friends that you can talk to about these things. Have your study group buddies on your speed dial and be ready to contact them when an emergency situation arises because it's hard to think when you are in that situation.

Joette: That's absolutely so. We have to be *fiercely* interested. If you take this very lightly, it can still work for you. But if you really want this to become an important part of your lifestyle, then you almost have to be fierce about it. What I mean is that focus on it, learn as much and as fast as you can, own as many homeopathic medicines as you can. Go to Wal-Mart or Wegmans or Whole Foods or your local health food store and look at the section that Boiron puts out and Hyland's puts out.

Boiron is in blue tubes. Hyland's is usually in white bottles. Look at even the combination medicines. You don't have to just use single medicines. You can find combination medicines.

Now, I put a cautionary note to this. Those are the companies that I trust for combination medicines that are out there for the public. I'm not impressed with those pharmacies that manufacture homeopathic medicines that have 30 medicines in them all at once. But I do trust, and I've used them myself through the decades, these companies that I just mentioned and their combination medicines.

You can actually find some that are called bladder pain or something like that. I mean, they have their own names to them. And then you look on the bottle, and there are the medicines I'm talking about. I don't think you're going to find *Medorrhinum*, but you'll certainly find *Staphysagria* and *Cantharis*.

Also, buy those because those are good for in a pinch. Leg cramps or overuse or restless legs or insomnia, sleep medicines or ColdCalm. There are many that are combinations.

Now, that is not a classical suggestion. Classical homeopaths do not normally suggest this. Because I've gone into a more practical way of teaching and using homeopathy, I find that it is so necessary for folks to learn how to use these medicines whether they're a combination or not.

So, be diligent. Be curious. This is your secret weapon folks. This is a quiet way of taking care of yourself and your family that's inexpensive. What I always say is this is what I call "intellectually delicious" because this work is so rewarding.

Joette: As I hope you know by now, on my [blog](#), [podcasts](#) and [Facebook Live](#), I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising. But let me be clear. When it comes to more complex conditions, it's key that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my courses in which I walk students through each method with step-by-step training.

I hope listening to this podcast has inspired you 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 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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Ditch Birth Control Pills



Ditch Birth Control Pills

Freedom – we Americans love it, and we *expect* it!

Ever since the 1960s, when the contraceptive pill became widely available, women have celebrated the “freedom” it granted them. No longer bound to child-rearing, women embraced “the pill” for affording them a freedom that was unimaginable in millennia past.

But also unimaginable were the pill’s side effects. And I’m not talking about the immediately evident ones, such as the weight gain, depression and blood clots, which the drug insert casually mentions (as if it were normal to experience them).

The risk of those side effects made the choice to stay with the pill (or not) one that women confidently felt in control of. Particularly because their doctors were in favor of the drug.

No, I'm talking instead about *long-term* effects that surreptitiously invade a woman's life and manifest themselves in a more sinister way, many years later.

I'm talking about an increased risk of breast, liver and cervical cancer, as well as behavioral effects that include postpartum depression.

That's certainly a high price for freedom.

The [World Health Organization \(WHO\)](#) classifies the pill as a Group 1 Carcinogen, along with asbestos, smoking and mustard gas.

Granted, that doesn't mean they are all equally dangerous, but that statement is enough to get one's attention.

What Group 1 classification *does* mean is that there is more than sufficient evidence that the substance is carcinogenic to humans. If you've ever been a juror, think of it this way: it can cause cancer "beyond a reasonable doubt."

In the interest of full transparency, some may argue that the pill, while causative to some cancers, may actually protect against others.

Okay.

Yes, I see that in the report. But is it worth the risk? Sounds more like a game of Russian roulette to me.

Let's face it, many women take birth control pills because it's easy. It may even be the only answer they know of to prevent unwanted pregnancies. But with a little research, you can find safer options.

There are a myriad of books on the subject.

I don't have a favorite recommendation, but a quick look on Amazon led to several intriguing choices I'll list at the

end of this blog.

But you know what really gets me? The laws in our country are set up so that when the discussion of birth control pills is brought up by doctors to underage girls, mothers are ushered out of the room!

Because the retail arm of the pharmaceutical industry (your doctor) is a trusted advocate. Of what? Sexual activity in girls? The doctors are now the child's confidant. Not the mother.

"Are you sexually active?" Asks the doctor. "I'll not tell your mother. Just take these pills, and it will be okay."

'Drives me out of my mind! In my estimation, this is partially because of heavy congressional lobbying by "not-for-profit" organizations that benefit by targeting minorities and the innocent. You know the ones.

Those who promote sex education in schools while positioning themselves as the sex experts so that when a girl gets pregnant and abortion is being considered, they're poised.

And just as serious is the message the use of the pill conveys. Need I go into the problem with the fabric of society that's been torn as a result of "modern" thinking?

Granted, I'm not prepared to give you a foolproof homeopathic medicine to avoid pregnancy. Although, I suppose if you were to hold a pillule of *any* homeopathic medicine tightly between the knees at all times – that should do it!

But frankly, other conditions for which birth control pills are prescribed can be effectively addressed with homeopathy. For instance, The Pill is prescribed to young girls for acne! For *acne*, for crying out loud! Talk about a systemic "solution" to a localized issue!

Synthetic hormones foisted upon a young girl when her

natural hormones haven't even been established yet! Why risk a girl's health and future fertility when a safe, polite, efficacious [homeopathic medicine can address her skin issues](#)?

We, as mothers and grandmothers, need to take more control of what is put in our daughters' bodies – and take more time assessing the danger of what we put into our *own* bodies.

Maybe some of you have learned that lesson later in life after the damage has been done, such as: squelched libido, frank and unwarranted disgust for your husband, headaches, weight gain, depression, and hirsutism (unwanted facial and body hair).

Not to mention how the tinkering of hormones can affect subsequent offspring's masculinity or femininity.

Yes. Think about that one for a moment.

Once you examine it closely enough, many of the conditions women experience come as a result of synthetic hormones.

But for every condition that results as a side effect of birth control pills, there is a homeopathic medicine to help make the correction.

That is, of course, whether or not we've made a direct connection between The Pill and our/our children's individual conditions.

For those whose hormones have **definitively** gone awry from previous "tinkering," consider [Sepia 200](#), every third day. Sepia addresses hormonally-related conditions, whether, from The Pill, Depo-Provera shot, or any synthetic reproduction drugs.

It is not advised for girls who have not already been pregnant but more specifically for those who are older or have been pregnant and have been **definitively** damaged by

synthetic hormones.

Of course, homeopathy's ability in this area, as well as other areas of a young, middle-aged or older woman's life, is sweeping. This week, we are relaunching my course [Feminopathy](#). It covers women's issues in great depth. I created a short video to tell you more about the course – [click here](#).

In honor of all the pregnant moms and/or *moms* of pregnant moms, I have decided to add over a **dozen** new protocols to the original [Feminopathy course](#)!

These protocols will focus on pregnancy, labor, nursing and newborn care.

I'm excited to teach you about homeopathic medicines every pregnant woman should know. Some of these medicines are **protective** for both mother and child while others address **potential problems** that may arise.

Pass on the good news of homeopathy!

Warmly,

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

P.S. By the way, when you ditch those birth control pills, don't flush them down the toilet or throw them away where they can contaminate water sources. 'Want to read something really scary? [Research has shown the hormones from birth control pills adversely affect fish!](#)

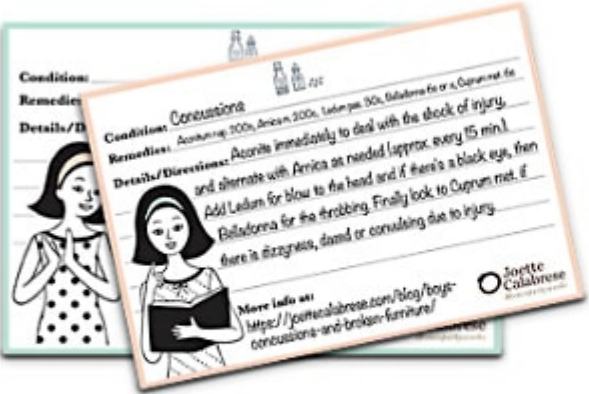
P.P.S. As promised, here are the natural birth control books I found during my cursory search on Amazon:

[Natural Family Planning: The Complete Approach](#) by John and Sheila Kippley

[The Billings Method: Controlling Fertility Without Drugs or Devices](#) by Evelyn Billings

[Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health](#) by Toni Weschler

Last but not least, the title that cracked me up (and you know how I love a catchy title): [The Sinner's Guide to Natural Family Planning](#) by Simcha Fisher



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

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Barefoot in the Park ... Ouch!



It happens every year, just like clockwork.

Well, come to think of it, it is *exactly* clockwork ... it's the end of summertime.

As these last days of summer transform into fall, all of us want to sneak in a few more outdoor activities while we still can. On a sunny, late-summer day, nothing feels better than walking around barefoot in the backyard, until one of your tender feet lands smack-dab on a stone or a root or a pinecone. Ouch! Stepping on something hard can saddle you with a painful stone bruise.

For soft tissue injuries, two remedies immediately come to mind: *Arnica montana* and *Bellis perennis*. I would put *Bellis perennis* a little higher on my list in this circumstance because while *Arnica* can sometimes be useful for soft tissue damage, *Bellis perennis* is always helpful.

So, how would I employ it if I were to suffer a stone bruise? To alleviate the ensuing pain, I would use [*Bellis perennis* 30C](#) every few hours, until the pain diminished.

Now let me interrupt myself here because this brings up a

basic tenet of homeopathy I've wanted to reiterate. And this is key – one of the real gifts of homeopathy. Even though I said I would be utilizing the medicine based on the level of pain, I would *NOT* merely treat the symptom.

No.

While pain is certainly classified as a symptom, more importantly, it is the *representation* of a pathology. If the pathology didn't exist, the symptom wouldn't exist. For instance, in our example of a stone bruise, the symptomatic pain informs me that *Bellis perennis* is required. By taking it, I will correct the underlying pathology – the injury to the soft tissue of my foot. When the pathology is uprooted, my pain will then disappear.

This is one major way in which homeopathy differs from allopathic pain relievers. In traditional medicine, to treat the symptom of pain, one could take aspirin, or Tylenol, or morphine until the cows come home. But, those wouldn't do anything to get to the *root* of the problem. They would only cover up the symptom.

In homeopathy, we go deeper than that. We *use* the symptom to determine the state of the pathology. So, when the pain goes away, it indicates that the pathology is no longer grand enough to cause the symptom anymore. We have not only relieved our pain, but we've also gone further than an allopathic "band-aid." We have successfully rectified the problem!

Homeopathy performs in this same manner with all conditions, not just stone bruises. It goes deeper than allopathic medicine when addressing the pain of otitis media, stiffness of arthritis, or itching of eczema (to name but a few).

That's why I love symptoms! They are gifts to us – helping us discern which remedy is appropriate. This is how I train people in my [Gateway to Homeopathy study groups](#) and [courses](#).

If you want to become confident and competent in your use of homeopathy – and who wouldn't – I cannot adequately express how vital it is to be well-trained.

So, put your feet up (especially if you are nursing a stone bruise), and read as much information about homeopathy as you can get your hands on. Start with my blogs and podcasts right here on PracticalHomeopathy.com. They're completely free!

And just because summer is waning, don't put the *Bellis perennis* on the back shelf. Stone bruises can happen in the winter, too! There's nothing worse than stepping into your boots without realizing there's a tiny little stone in there just waiting to make you regret getting dressed! And, of course, if you have children, an errant Lego can make your foot miserable at any time of the year! Our feet deserve our respect – and, occasionally, a little *Bellis perennis*.

Remember to pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in dark ink on a plain background.

P.S. While we're on the subject of your training, you may have noticed I'm removing potencies from my infographics. Here's why: When it comes to homeopathic medicines, I tread a fine line between my wanting to give all this information away and my understanding that proper utilization takes training!

I don't want homeopathy to get a bad reputation from folks saying it didn't work for them when the only reason it may

have been ineffective was that they had the details incorrect.

It's essential to fully understand the principles of this medicine rather than just taking a shortcut with too much information in a simplistic infographic. *Homeopathy is a medicine!*

But not to worry! I will still give the complete remedy and potency in my [blogs](#), [podcasts](#), remedy cards, and [Facebook Live events](#). In those formats, I have more time to present the complete picture of a remedy so you are better informed in its proper use.

I assure you I'll never be stingy with this information, but it is my responsibility to be prudent in order to safeguard the future of homeopathy.

P.S. (Boy, a lot of postscripts recently, but this is important!)

Americans for Homeopathy Choice (AFHC) is a grassroots organization that was created to protect your access to homeopathy through continuing communication with the FDA.

They have the support of a special congressional delegation who will be meeting with the FDA soon, but they need your help in order to continue their legislative strategy in Washington, D.C.

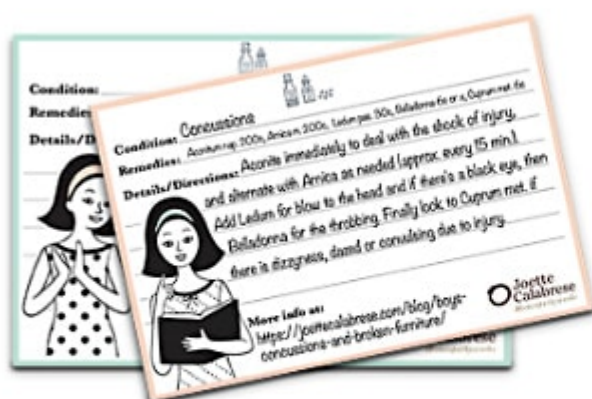
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Plus, if you are among the first ten to purchase, I will **double** your donation by matching your purchase price as my own personal donation to AFHC. [Click here to learn more.](#)

I'm doing all I can to support *Americans for Homeopathy Choice* and ask you to do the same. [Click here for more information about the event's schedule,](#) and be sure to catch my talk on September 10, 2019, at 2PM EDT titled, "Secrets of a Prepared Homeopath."



Remedy Cards

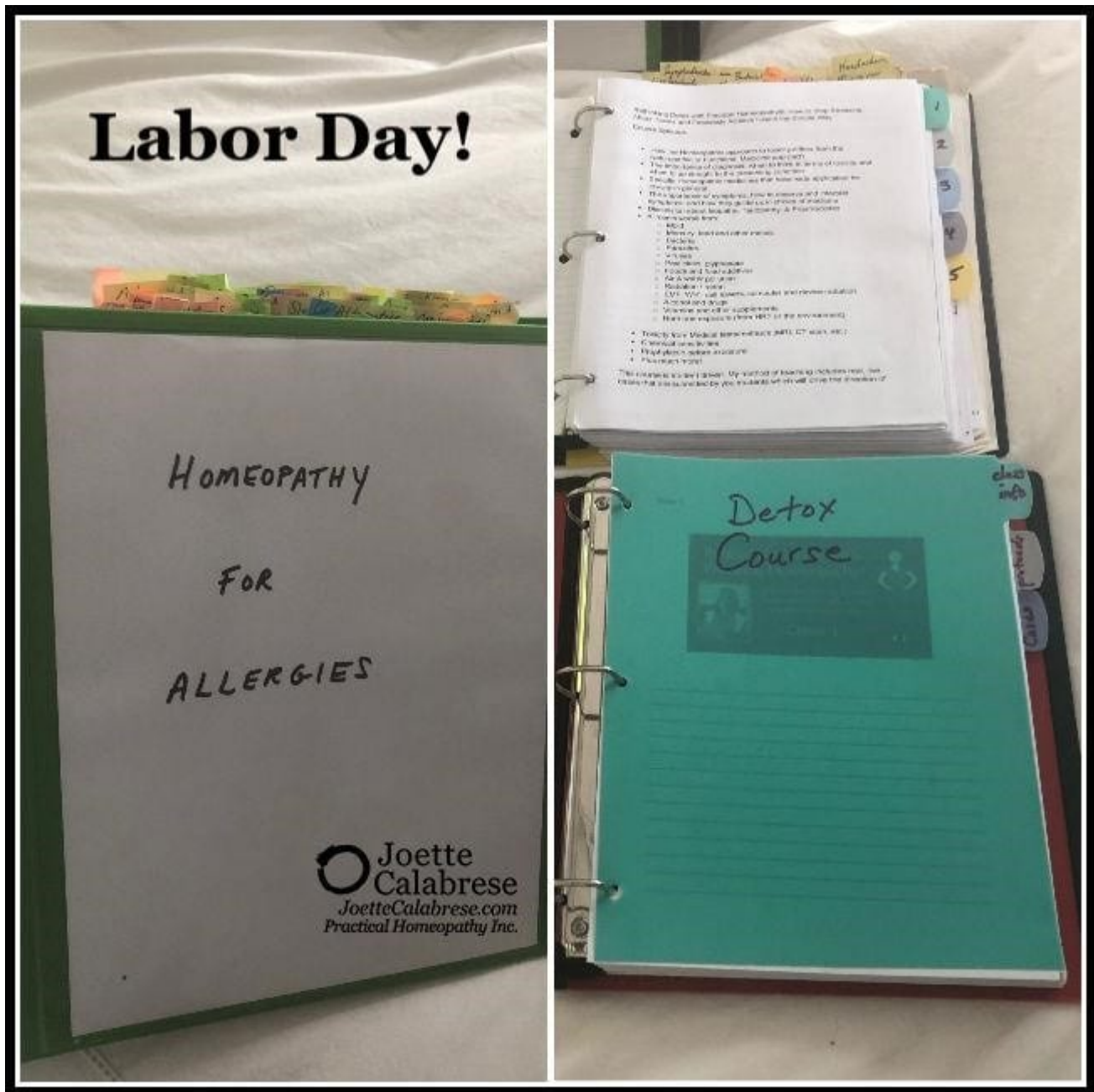
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Labor Day



(The photo above is an example of the notes one of my students took and organized after taking my courses, Allergic and Detox.)

As we celebrate Labor Day today, I began thinking about what this day means. But we discussed all its various meanings sufficiently in my previous blog, "[Happy Homeopathic Labor](#)

[Day](#),” so I wouldn’t want to belabor the point.

Instead, I want to take this opportunity to congratulate all you moms on the beginning of yet another school year. For many of you, Labor Day means freedom!

Since the day you went into labor, you’ve tended your children’s needs – at every moment. But after Labor Day, for those few hours a day that they’re in school, you have the time to do something special.

Reward yourself!

And by “reward,” I don’t mean a manicure or a spa treatment. Although those are nice, I’d prefer you to reward your *intellect*.

Since you have a bit of free time now, set some aside to learn homeopathy. I promise you; it won’t be laborious. If you join one of my [Gateway to Homeopathy Study Groups](#), learning can actually be fun! You’ll make new, like-minded friends as you join other mothers to learn how to take control of your family’s health with Practical Homeopathy®.

Trust me, your Gateway night will quickly become your “girls’ night.”

If you’ve already gone through the Gateway series, [take one of my courses](#) – whichever one best fits your family’s current health needs. Don’t labor under the delusion that I’ll be around forever. I will be here to further your education as long as I possibly can, but I’m not immortal! While I’m here, I’m trying to pass along the torch of homeopathy.

Please take it and run with it!

Learn as much as you can, as quickly as you can. Plan out your day with your homeopathy education in mind. Get organized (take inspiration from the photo above). Set

goals. Consider it a labor of love!

Happy Labor Day! And pass on the good news of homeopathy!

Warmly,

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

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They're hosting their semi-annual pledge drive fundraiser on Facebook this week. During this special event, you will hear from homeopaths and people who use homeopathy from all over the world, including a presentation from me on September 10, 2019. I call it "Secrets of a Prepared Homeopath."

Also, [if you purchase my Gateway to Homeopathy Study Group Curriculum during this limited time](#), I will donate your entire purchase price (minus the appropriate shipping and handling) to *Americans for Homeopathy Choice*. Each of you who purchase will receive my booklet that was "banned" by Congress: *Homeopathy: A Brief History of an Expansive Medical Paradigm*. (The Congressional Ethics committee would not allow AFHC to give this informative booklet to congressional members.)

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Emergency Remedy Series: Just One Lick



Hi! Buster, the Bad Office Dog, here.

Mom was recently discussing her latest subject for the Emergency Remedy Series:

Food poisoning.

Just thinking about it makes me want to run out and eat grass. You, too? Oh, wait. That's right ... you humans don't eat grass, do you?

Well, trust me. Don't knock it 'til you've tried it.

Anyway, she reminded me of a story about my birth mom, Dolly. Before I was born, she had a wicked case of food poisoning. Seems she got into the neighbor's garbage and mistook it for a smorgasbord.

Blech.

She was soooooooo sick! She started horphing all over the house and was desperate to get outside into the fresh air.

Then the diarrhea and the vomiting started. Both! She got so dehydrated and thirsty; she'd crawl over to her water bowl but just take one lick – not even a full drink. Just one lick, and then she'd collapse with exhaustion. Dolly was terribly sick. (Why she ever ate garbage is beyond me! Ewww.)

Of course, Mom took great care of her (as she does everyone) with homeopathy. She gave Dolly [Arsenicum album 30](#) as needed until Dolly was back to her old self.

Apparently, it worked really well, or I might never have been born! What would my family have done without me?

Anyway, I found out the same thing happens when you humans eat some bad food. (Just please tell me you're not getting into your neighbor's garbage. You should know better than that!)

You'll probably know you have food poisoning from the nasty (and relentless) vomiting and diarrhea. It's no fun at all! When the humans in my family are this sick, they always say, "Everything on my inside wants to be on my outside!" (At least they keep their senses of humor, huh?)

You may also experience burning in your stomach, chills, weakness, fatigue, and especially find yourself craving small sips of water just like Dolly did. Mom says anxiety is a big tell-tale sign as well. Lots and lots of anxiety.

Well, guess what? Humans can take *Arsenicum album* 30, too! (In the exact same way – as needed until very much better.)

In fact, Mom says even though *Arsenicum album* is the first remedy she thinks of in a case of food poisoning, it doesn't actually *have* to be food poisoning for it to work. You can also use it when you have those same yucky symptoms, no matter

what the cause.

So, be sure to keep *Arsenicum album* on hand with your other emergency remedies. You never know when something you eat will disagree with you, and it's way too hard to drive to the store when you can barely leave the bathroom!

And don't look at me ... I don't fetch!



Remember what Mom says, "Pass on the good news of homeopathy!"

P.S. Mom's *materia medica* contains other remedies that can help in these cases, like *Veratrum album* or *Nux vomica* or *Ipecac*. So, you may want to have your very own copy of [A Materia Medica: Practical Homeopathy® for Busy Families](#) at home for reference. It has lots of different remedies in it. You'll learn so much!

P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from [Boiron's website](#), you can receive 20% off your order by using the coupon code: joette. And while you're at it, be sure to download Mom's [First Aid Chart](#).

(And just so you know...I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)

[Aconitum napellus](#) (Shocking events)

[Arnica montana](#) (Fatigue)

[Rhus toxicodendron](#) (Delayed onset neck pain and headache)

[Pyrogenium](#) (Sepsis)

[Ledum, Apis, Arsenicum album](#) (Bites and itching)

[*Aconitum napellus*](#) (Eye injuries)

[*Hypericum perforatum*](#) (Injury to nerve-rich areas)

[*Arsenicum album*](#) (Food poisoning)

[Cold Calm®](#) (Colds)

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Podcast 80 – What is Homeopathy? Part Two



IN THIS PODCAST, WE COVER:

- 02:30** How the books define homeopathy
- 11:08** A nurse's comment
- 16:45** I have a mission

22:05 Kate's Study group

23:51 *Ignatia amara*

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

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

[Gateway to Homeopathy II](#): Only available for purchase through your resource page, after having taken the prerequisite Gateway to Homeopathy I (referenced above)

Joette's [Blog](#), [podcasts](#), [Facebook Live](#), and [articles in Wise Traditions](#)

[Free Resources](#) (articles, research papers, studies)

Find a study group: [Joette's Study Group: Find your New Study Group Friends](#)

[*Ignatia amara*](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 80 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: Joette, we're here to talk again about, "What is homeopathy?" We're going to answer that question and expound upon that a little bit more today in this podcast.

Joette: Yes, that's right, Kate. The reason that I wanted to expound on this a little bit more is because last time when we discussed, "What Is Homeopathy?" I gave more of a history of homeopathy so that people can understand what's behind the story and also what to say to folks.

This time, I would not urge people to get too involved in explaining this, but sometimes we want to have a better understanding ourselves. Should we come across someone who wants a little more explanation, that's what I wanted to offer today – just to get a little bit clearer about what homeopathy is.

Kate: So, in the Gateway II, we talk about this very question, "What is homeopathy?" I know the reason that you put that in there is because you wanted to give people tools that they could use when they're asked that question. So, I know that you wanted to talk about what you've written in your [Gateway II study guide](#).

Joette: Now, Gateway II is the second group that follows after taking [Gateway I](#), which is a study group. These are all virtual study groups for those of you who don't know what is available for learning experiences.

Kate: So, it can be virtual, or it can be some ladies or men. We've had a group of men getting together in their home and going through these study guides. It's a really great resource for people who want to learn more about homeopathy. So, I know you wanted to dive into that book just a little bit.

How the books define homeopathy

Joette: Yes, yes. So, this is what I've written. I'm going to read directly from the book, page 35:

"Homeopathy is a system of medicine that's fundamentally different from conventional allopathic medicine. Whereas allopathic medicine focuses on suppression of symptoms, generally, homeopathy seeks to correct the underlying imbalance that cause the symptoms in the first place. Homeopathy achieves this by strengthening the body's own defenses, thereby allowing the body to heal itself."

Another way to explain homeopathy is that it works on the principle that "like cures like." This principle says that any substance that can cause illness in a healthy person can

cure that illness if manipulated in such a way as to minimize the toxic properties and leave only the curative ability. That's done, of course, through homeopathic medicines. This is accomplished through a manufacturing process where each medicine is prepared using a series of repeated dilutions and succussions."

By the way, this is very mathematical and pharmacological. It's not done willy-nilly. This is done in a very systematic way.

"So, these medicines are made by homeopathic pharmacies in accordance with the standards and processes described in the Homoeopathic Pharmacopoeia of the United States, which is HPUS, and are regulated by the Food and Drug Administration."

So, homeopathy is regulated by the Food and Drug Administration because it is considered medicine. They're not supplements, not herbs, not vitamins, not essential oils. In fact, I used to consider it holistic, and now I'm thinking a little differently about how we present that because as soon as you say holistic, people think that what I mean is it is *synonymous* with holistic. Homeopathy is not. It is a very specific medical paradigm that does not use conventional drugs. That's really the best way to put this.

Kate: I think that is the main thing that homeopathy is confused with is they hear the word homeopathy, and they think that it means just general natural medicine *including* all of those things that you mentioned: essential oils, and

herbs, and every type of natural medicine. Don't you think that's the biggest misconception?

Joette: Well, it's the misconception of someone just hearing the word for the first time. Yes, it's very common, because unfortunately, in the word "homeopathy" is the prefix homeo-. People think that means "home" such as in "home remedies." And that really throws off the discussion from that time forward.

I remember having a discussion with a friend, oh, 35 years ago, who said homeopathy means "holistic."

I said, "No, it doesn't. It means it's a specific kind of medicine."

She said, "No, it really means it's, you know, it's herbs."

I said, "No, it really isn't. I don't want to get into an argument with a friend, but you really need to look this up."

Now, at that time, of course there was no internet to look it up. But I even worry about *that* because harkening back to the discussion we had in the last podcast, was that I don't trust Wikipedia – not for a New York minute. But if you look it up according to the National Center for Homeopathy and organizations that promote homeopathy, you will get a better definition of course.

But I also want to read something that's from a fabulous book called "Nanodynamics." It's written by Dr. E.S. Rajendran. I love the way he puts this. He tells us – and it is absolutely so – homeopathy is *nanoscience*. It's nanomolecular.

So, I'm just going to read this little section:

"In the process of scientific evolution, the greatly acclaimed Cartesian mechanistic model is making way for the realities thrown up by nanoscience and the related technology.

Now, we realize that there is a clear and subtle world present in nanoscience. So, nanoscience and nanotechnology accept and realize that particles smaller than the size of 100 nanometer process properties entirely different from that of particles of a larger size. They're capable of showing new chemical and physical properties absent in particles of bigger dimensions. It is observed that these particles smaller than a critical size have different electronic structure, conductivity, reactivity, melting temperature, and mechanical properties."

Then he goes on to say that the reason that we know this, that we've been able to experience this or note this is the recent advent, of course, of nanoscience and its related technology with the advanced electron microscope. We're now capable of *seeing* the particles that homeopathy has been saying are there for all these 230 years.

Kate: There is a video on YouTube that I found in the last couple of years. It actually shows that there's a man, I don't remember his name, but with a large microscope, and he was talking about that very thing that you just said, Joette. That now, they can actually see the molecular structure left, say, on the glass of water that you put some homeopathic remedy in. They pour it out, and they see that molecular structure is left on the glass. So now, with those microscopes, they're seeing these particles.

Joette: Yes, so it's now become no longer enigmatic. What we're talking about is something that was *misunderstood* for all these years because there simply wasn't the clear evidence. Now, we have the clear evidence.

However, having said that, they did not know the mechanism of aspirin for more than half a century – 75 years. Yet, conventional doctors still administered it regularly. It was only just discovered – the action or the mechanism in aspirin – about, I'm going to say (I'm guessing now), that it was discovered about 25 years ago.

But up until that time, it didn't mean they *use* it just because they didn't understand the mechanism. They just knew that it showed action. When there was a fever, it brought the fever down. That's clinical evidence. When there was swelling, it brought the swelling down. Clinical evidence, observation.

If we don't use that observation and dismiss it as only an

occasional event or not holding enough water because there was no study of hundreds of thousands of people behind it, we are going to lose out on an awful lot.

In fact, it always makes me chuckle when personally I have seen in the very beginning, when I was first using homeopathy long before I was in practice or teaching it, that when I use *Belladonna* for an extremely high fever in my children (one son in particular), the fever went down in very short order. One could say, "Well, that's just the progression of the illness, and that was going to happen anyway." But not when it's time and time again.

So, it's not unlike you put the key into your car, and you turn it, and the ignition goes on.

"Well, how do you know that was what did it?"

"Well, because every time I do that, it works!"

"How do you know?"

"Well, because I've done it 500 million times, and it works."

That's how we know.

Kate: You can't necessarily explain how it works. You just know it.

Joette: That's right. I know nothing about cars. My husband and my sons could tell you everything about cars. I know nothing. All I know is I put my key in, turn it, and it starts, and then I'm on my way. That's good enough because that's pure observation and logic.

So, for those who don't believe in homeopathy, all they need is to be cured of something or observe a cure in someone else, particularly someone who they have a vested emotional interest in. So if you see your child suffering, and the child is no longer suffering because you've just given whatever – *Belladonna* for the extreme fever or *Arnica* for pain or whatever it might be – and you see it time and again, after a while, you kind of have to sit back and show some respect to this medicine.

A nurse's comment

Kate: Joette, I wanted to bring up something that I find very interesting. On our last podcast, there was a nurse that wrote down a comment, and I just want to read it to you.

She says, "Excellent podcast. Thanks for letting us read it, too. I feel an exciting door has opened for me. I'm a retired pediatric nurse but have moved away from traditional medicine. I'm a believer in natural cures, healthy eating,

staying away from allopathic medicine unless necessary.”

So, what I find fascinating is the number of nurses that I see on your Students of Joette page, or writing comments to blogs and podcasts, or even in the study groups that I lead. Almost every study group, there is at least one nurse. So, I find that very exciting.

Joette: Well, nurses are unique because more often than not, they’re in the trenches. The doctors prescribe the drug for let’s say a chronic condition – because I do have to separate those two. I think that in *acute* situations, drugs can be lifesaving. For chronic conditions, then that’s where I think modern medicine falls short. But they’re in the trenches. The doctor prescribes it on the phone or now fax or email ...

Kate: Tablet.

Joette: ... texting or whatever. I don’t know because they have to be legal about this, so they have to be very careful. So, the nurse administers the medication, and then she’s there, and she observes.

I’ve heard many, many countless numbers of nurses who say, “I see what these drugs are doing. He doesn’t see. The doctor doesn’t see it. He’s not there. He’s busy somewhere else.”

It's not that he doesn't *care*. It's that that's the structure of medicine, and the way it has to be run. So, she's seeing the pitfalls. He might see the report. She might report this or that. But observing someone suffering at the hand of a drug, observing someone going downhill at the hand of many drugs, firsthand observation is very powerful.

I would say that in all our study groups, and we have lots of them from all over the world, there's almost invariably always a nurse. Usually a retired nurse who had been in the trenches, as I said earlier, and has seen too many problems associated with drugs and had decided that she was not going to use drugs unless necessary.

Now, I also want to say because that's an important statement that she said, "Unless necessary." What is necessary? That's a very subjective word.

If you ask the prescribing doctor if it's necessary, you think he's going to say, "No, this isn't necessary."

Of *course*, he's going to say it's necessary because he *believes* it is. In his world, it likely is! It's the only choice.

But we have to parse that out, pick it apart. Tease it apart and find a way to look at it a little differently because what might be necessary in one person's opinion is not necessary in another person's opinion. It depends on your

education. It depends on how much time *you* put into your own education.

Because if a child has a fever of 105 as my child did some 32 years ago, if I had taken him to the pediatrician and not been dogged about it, I'm certain that the pediatrician would have said, "This is necessary that we give this child acetaminophen and an antibiotic."

But I found that the medicine *Sulphur* 30 brought down the fever within minutes and proved to me, my mother, and one of my closest friends, as we observed my child come out of this high fever lingering for days, that it indeed would have been *unnecessary* and that what was necessary was *Sulphur* 30C.

So, what is necessary?

We want to change that. It doesn't mean that you don't listen to doctors. I would *never* say that. I think that they can be very valuable for diagnostics. We do want to bow to their knowledge in that arena. But it doesn't mean that the treatment is always the exact answer. We don't want to be foolish about this, but we have to weigh out the words. We have to weigh homeopathy against allopathic medicine in many, many circumstances.

As a mother or a grandmother, that's a hearty, heavy-duty responsibility. But if we take our mothering and grandmothering seriously ... this is where it all boils down

to, separating the girls from the women, the ones with gut, punk, and moxie from those who are unsure.

Don't get me wrong. It doesn't mean you're not going to be unsure when you make these decisions. But if you can hoist up your thinking, your confidence by *good* training in homeopathy, it's likely that you'll get it right more often than not. And by training, I mean *self-training*. I'm not saying going to college or going to a homeopathy school. I'm saying that you can learn this, folks, on your own! You can learn this all by yourself!

I have a mission

But, of course, what I love best is that folks join study groups, which is why I'm happy that you mentioned that earlier, Kate. Because for every person in your study group is a story attached to that person – perhaps two or three stories – and how they used this medicine, and how it worked ... or how they used that homeopathic medicine, and it didn't work, or it did work. Each of those stories are much more memorable than if you're just reading a book.

You will never forget the time that Alice said when her dog got hit by the car, the dog was screaming, and she gave the dog *Aconitum* and *Hypericum* that the dog was relieved. You'll never forget it! You'll have that image in your mind forever!

Then there's Alice and her daughter who are in the study

group. Then there's the other group of people who are all telling their stories. *That's* how we learn, and how we share this information and get this out.

I believe, I, personally – and I know this probably sounds trite to some – I have a mission! This is important stuff that we're getting out there. In case you haven't noticed, I don't monetize my blog. I do teach classes. I do indeed. I hope that you would commit to them at some point in your journey in learning how to use homeopathy. But my blog is not monetized. That means I don't have any advertisers on it. Because if I had an advertiser on my blog, I'd have to write articles *to their products* so that it pays for my [blog](#). That's how it's done folks.

Kate: And your [podcasts](#)– not monetized.

Joette: And the podcasts are not monetized, nor is [Facebook Live](#)– everything I do. Nor does my article in my column in [Wise Traditions](#), it's not monetized. I'm not paid for that. I do it because I need to get this information out there.

Then when I give you the information on which homeopathic medicine to use in my articles on the blog, and it's written in blue, and you click on it, and it takes you to either Amazon or Boiron (wherever else we can find the medicines), I am offered by these entities to be paid back for every click-through. That's called an affiliate program, and I don't accept it. I said, "No, thank you."

I don't want that. Because I don't want to be giving you information that I will instantly be paid for. My payment is that you do it, and you get someone in your family well or yourself, and you *write* to me. Tell me on the blog. I want to know about it. Tell the world about it!

My payment is to send it off to other people – *get it out there*. This is how I want you to help me. This is how you can repay me. I want you to have the burden of knowing that you *must* get this out there. You *must* get homeopathy to your friends and your relatives. Teach your children. Raise them knowing how to use homeopathy. Start your familial legacy. Teach your children. Teach your grandchildren. When you pass, they will remember you as the one who taught them how to treat an injury or an infection or a psychological concern. Then that will be passed on, and you will have built a legacy and homeopathy's legacy as well.

Kate: So, if you're wanting to know how to explain to someone how to help them understand homeopathy, a couple of options: They can listen to the podcasts. They can get those study guides, the [Gateway I](#) and the [Gateway II](#) and take their friends and their family through those study guides. They can go to your [free resources section](#) on your website. That's joettecalabrese.com. If you click on the free resources tab and then scroll down to free community, in that section, you have a lot of resources, articles, research papers. What else?

Joette: Studies.

Kate: Studies on there.

Joette: Studies done by doctors, by pharmacists, by hospitals, by clinics that you're not going to find here in the United States. It's mostly in Europe and India, South America.

It's a simple explanation as this: When someone says, "What is homeopathy?" You could simply say, "It's the medicine that works without the side effects. It's the one that we use to cure without the side effects. It's the medicine that's inexpensive."

Now, if you have to go further than that, then by all means.

Remember, don't go too far. You have to be able to read who you're speaking to. You don't know how much they want to know. You don't want to come across too heavily. We have to balance that zealous personality aspect that many of us have – including, obviously, me. And, you want to appeal to their emotions, but you also want to appeal to their intellect.

That's what I'm trying to do today, and what Kate is trying to get across is that there is information out there that you can study and read and have as a resource so that you understand who has done the research, and how it's been done.

Kate's Study group

Kate: When people ask me, Joette, I usually give a short answer similar to the things that you said today. Then I say, "If you want to know more, go to joettecalabrese.com." There's a tab at the top of your website, homepage. It says, "New to Homeopathy?" They can just click on there, and go through those things, and learn more, and dig, and research for themselves.

I say, "And I have a study group coming up if you want to join that. You can learn for yourself about homeopathy."

Joette: I know, Kate, you've run ... how many study groups have you organized?

Kate: I don't know, Joette. I think over 10 or 14. I don't know, something like that, over 10.

Joette: Excellent! And you're one of the stars doing this. We have other ladies who are doing it, too, and they run these study groups all the time as well. Sometimes they're only 10 in the group. We've had groups with as many as 99 people in them, and all meeting virtually.

So, Kate, I know that people are going to ask this in the question and answer, and then you're going to be gone, and I'm going to be answering these questions at two in the morning. So, how do people join a study group that you're

running? How do they do that?

Kate: Well, they can find me under the Facebook page: [Joette's Study Group: Find your New Study Group Friends](#). So, if you go to that Facebook page, you can find an advertisement for the study groups that I'm starting, as well as all the other people who are starting study groups. That's where you can find everyone who's starting a study group.

Joette: Well, what's nice about having a choice of those who are running these study groups is because some of them do it on Thursday nights, eight weeks in a row. Others do them on Saturday mornings. So, you want to decide depending on where your little bit of free time comes in.

Kate: Exactly.

Ignatia amara

Kate: Joette, I know our listeners love to hear recommendations for remedies on these podcasts. So, can you give us a little tip on using one remedy before we leave today?

Joette: Yes. If you are worried that you are going to make the wrong decisions, if you're worried that your husband is not going to like homeopathy because he's new to it, if you're burdened by being overwhelmed trying to learn all of

this – I'm not talking about a little discomfort, I'm talking about something that is long lasting, that's been a problem. Now, you're up at night thinking about it. I would urge those people who *suffer* from these – not who are just touched by it but suffer from it – to go to one of the most wonderful homeopathic medicines on earth. That is [Ignatia amara](#), I-G-N-A-T-I-A. Second word is amara, A-M-A-R-A. It's named after St. Ignatius because it's harvested around St. Ignatius Day.

We use that in a 200 potency. It helps people who have too much on their minds fall asleep. It helps people who are overwhelmed, not feel so overwhelmed. It's more often for woman, but it is also a grand medicine for men as well. So, remember this *Ignatia*. I've written about it many times because it is such a ubiquitous medicine. It has so many places in our day-to-day world that it is a mainstay. I want you all to remember that it is a mainstay. Not *Ignatia* 30 – it can help. Not *Ignatia* 6 –it can be useful. Not *Ignatia* 1M. No. 200 is the potency that I find to be the most efficacious.

Kate: One time, Serena took *Ignatia*, and I feel like it just popped in her mouth and right away, boom! She was changed from taking *Ignatia*.

Joette: I remember you telling me about that, Kate. It can happen that quickly. It can happen so quickly that it's not even completely swallowed. It's just slightly melting in the mouth and chewed up a little bit.

I've seen that happen with Buster. When my husband leaves town, Buster freaks. If he's restless, I don't give him *Ignatia*; I give him something else. But if he's not restless, and he's just kind of sitting at that door pining for my husband, I give him *Ignatia*. Within short order – it's not always that it works that quickly but certain times, certain circumstances, certain people, it works more quickly for – then I can get him to come to bed. "Come on. Let's go. Just because Perry is not here doesn't mean you can't go to sleep. So, here you go. Get in your little bed in my bedroom," and then he's fine the rest of the night.

Kate: Everyone should have *Ignatia*.

Joette: That's right.

Kate: Not *take Ignatia*, but everyone should have it in their ...

Joette: No, we don't want to take this willy-nilly because as we said, harkening back to the beginning of our conversation, this is *medicine*. We only use it when there is pathology. When there's something wrong, then we use it. Not because, "Oh, well, let's just give it a try." You're better off saving it for when it's necessary.

Kate: But have it in your toolkit and be ready to use it when you need it.

Joette: You bet.

Joette: As I hope you know by now, on my [blog](#), [podcasts](#) and [Facebook Live](#), I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising. But let me be clear. When it comes to more complex conditions, it's key that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my courses in which I walk students through each method with step-by-step training. I hope listening to this podcast has inspired you 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 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](#). ([JoetteCalabrese.com](#))



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What's in a Word?

 **Joette
Calabrese**
JoetteCalabrese.com
Practical Homeopathy Inc.

What's in a Word?

“Look it up in the dictionary!”

How many times have we moms said that to our kids when they have endlessly asked us what a particular word means?

Yes, we probably give them an answer the first time. Maybe we try to jog their memory on the second time. But by the third time, we’re done. It’s “dictionary or bust!”

I’m pretty sure my poor office team feels the same way at times.

Many terms you may see on my website or Facebook page are unique to the way I teach Practical Homeopathy®. Some of them come direct from the Drs. Banerji; some are my own. You’ll learn all of these terms as you further your studies.

But patience is not everyone’s virtue. Many new students want to know NOW! So, instead of looking a term up themselves – doing their own research – they’ll call my office.

We have an inside joke in the office when someone calls with a question that they could have looked up themselves: We say, “Let Me Google that for You!” (In fact, I even [wrote a blog post about it!](#))

Probably the two terms my office is most often asked to explain are “repertory” and “*materia medica*.” What’s the difference?

Repertory: A compendium of symptoms (organized into anatomical sections) followed by a list of the remedies that have been found to be associated with those symptoms. Each repertory uses a grading system to rank the medicines according to how important they are to the condition.

A repertory is used to discern which homeopathic medicines may apply to the condition in question.

Materia medica: A list of homeopathic medicines; an expanded dictionary if you will. It includes not only all the various symptoms that can be associated with a particular medicine but also more detail about each one.

This in-depth information helps you narrow down which remedy fits best with the symptoms currently presenting.

Hopefully, that helps differentiate between them a bit. (However, for much more detail and how to properly *use* repertories and *materia medicas*, you may want to join one of my many study groups, [Gateway to Homeopathy II.](#))

My office is also constantly asked how many pellets constitute a dose. If you think I'm exaggerating when I say "constantly," take a look at the comment sections on my blog posts.

Sometimes, I'm even asked two and three times in one comment thread!

Here's the answer: One **dose** of a homeopathic medicine is indicated on the outside of the remedy's tube or bottle. The number of pills/drops per dose can differ with each homeopathic pharmacy manufacturer, so you have to read the directions on what you have!

There are a few other terms and abbreviations you will run across in my free information. Your familiarity with these terms – especially those regarding the way homeopathic medicines are taken – can make all the difference in the effectiveness of the medicine.

Once, a client of mine was not seeing the improvement we had expected from a particular remedy. I wracked my brain ... couldn't figure it out. Now, you may remember [Camphora 200](#) is a mainstay of the Banerji protocols, used to open most cases as an *antidote* to previously used conventional drugs or homeopathics.

She had misunderstood the term “One dose/One day,” and had been taking *Camphora* – Every. Single. Day.

When she told me, I think my exact words were, “No, no, noooooooooo!!!” She had been antidoting her well-chosen remedy each day – before it had a chance to act! Thank goodness she finally told me what was going on so she could actually begin her schedule of medicines and commence healing.

One dose/One day means take only one dose of the particular medicine on one day – and then no more!!! (The devil is in the details.)

While we’re on the subject of taking homeopathics, here are down-and-dirty explanations of just a few other terms you’ll hear me commonly use when teaching. Please, don’t think this is all of them. It’s not. It’s just a taste of the delicious knowledge you will gain when you dive headlong into Practical Homeopathy®.

2D: A homeopathic is taken twice daily (AM and PM).

e3H: A homeopathic is taken every three hours (e4H would mean every four hours, and so on).

eod: A homeopathic is taken every other day.

Add a medicine: Wait a minimum of about 5-10 minutes after another medicine has been taken, then add the next one. (Not to be confused with “mixed with.”)

Alternating with: (abbreviated as #) When two medicines are recommended to be taken during the same time interval, but not at the exact same time (alternated).

Scroll down on this page and download the Remedy Card to see an example straight out of *Gateway to Homeopathy I* of

alternating remedies that are used at the first sign of the flu. In that example, [*Rhus tox*](#) might be taken at noon, [*Bryonia*](#) at 1 PM, then *Rhus tox* again at 3 PM, *Bryonia* at 4 PM, etc. (Again, be sure to download the Remedy Card for potency information – and *remember...don't ask how many pellets are in a dose, 'cause now you know!*)

Mixed With: (sometimes abbreviated “mw”) Two remedies are to be taken together in the mouth at the same time.

Again, these are only a few terms. Looking things up yourself; doing your own research; studying my [blog posts](#), [podcasts](#), [Facebook Live events](#) and my [other free resources](#); wading through other student's stories, successes and failures – THIS is how you get the material to stick.

The more you study, the more freedom you will attain. After you are well-studied, when illnesses and injuries arise, you'll be able to confidently and competently help yourself, your family, friends, loved ones and even your pets and livestock.

And before you know it, you'll be passing on the good news of homeopathy to others – just like it's been passed on to you!

Warmly,

A handwritten signature in black ink, appearing to read "Jette". The signature is fluid and cursive, with a large loop at the end.

P.S. How do you learn more of the terms I use in my homeopathy discussions? Well, you join a study group using

my guided curriculum, [Gateway to Homeopathy: A Guided Study Group Curriculum](#).

For less than the cost of a dinner out – and I’m not even talking about a high-end dinner with linen tablecloths! – you can gain a strong foundation in the most commonly used homeopathy terms and homeopathic medicines. At the same time, you’ll also develop lifelong friendships and a fantastic support structure from like-minded moms and grandmas just like you. This is exactly the way I learned when I started my journey into homeopathy. Believe me, study groups work best!



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Podcast 79 – Moms with Moxie: “Catastrophilia”



THIS PODCAST, WE COVER:

- 04:21 Gut Issues, bronchitis, hormonal issues
- 09:24 A supportive family
- 13:20 All about dogs
- 21:00 Spreading homeopathy with *Arnica*, *Ipecac*, *Aconite-Bryonia*
- 24:20 *Arsenicum album* 200 & *Antimonium crud* 200 for bed bugs
- 28:08 "Catastrophilia"

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

The [Weston A. Price Foundation](#)

[My articles](#) in Weston A. Price's quarterly journal, *Wise Traditions in Food, Farming and the Healing Arts*

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

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

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

Kate: This is the Practical Homeopathy® Podcast Episode Number 79.

Joette: Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories. With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

Kate: Hi! Welcome again to another Mom with Moxie podcast. Today, I am here with Sharon.

Sharon, welcome to the podcast!

Sharon: Thank you. I really appreciate the opportunity of talking with you.

Kate: Well, I'm excited to learn more about what you're doing with homeopathy. I know you have a unique family situation, and that you have a lot of pets that you use homeopathy with.

Sharon: That's true.

Kate: So, you have a lot of stories about taking care of those pets and using homeopathy. So, I'm excited to hear about that.

Sharon: Well, we live in a country situation. We have lots of strays – cats, dogs, we've had a goat or two, a horse. I'm not treating any of those, but we have taken in quite a few stray dogs and stray cats. And we have chickens! My husband was adamant about having chickens so that we could have eggs. I made him promise that we wouldn't have to eat

them.

The chickens have been very healthy overall. But when there has been a problem, it's very easy to put a pellet in water for them to take. I know that they're going to get an appropriate dose of what their needing to have for that particular thing that's going on. So, I've given the chickens remedies.

Kate: That's awesome. Let's start by getting to know you a little bit better. Tell us a little bit more about yourself.

Sharon: I was born here in California. I am the oldest of five children. My dad, he went to medical school. We moved to Oregon, and he started a general practice. Then we moved several places after that because he wanted to do more education and ended up being a psychiatrist. So, we moved all over the place.

One of the things that I remember that relates to how I ended up becoming interested in homeopathy is that my mom and my sisters and I went to Germany to meet my dad who was already there. Before we went to Germany, we had to have ... I don't know how many ... 15 different vaccines because of all the things that we might encounter as far as diseases were concerned.

We also had to use a military dentist. I remember I had so many cavities in my mouth. I don't know if that was nutrition going on before we were there, but I had all these

cavities in my mouth. I ended up with a lot of gut issues that I was having a hard time finding ways to deal with. I believe that it all went back to that period of time where I had so many vaccines in my body and so much mercury in my mouth that that kind of led eventually to me going on a path to become more healthy.

Kate: So, that leads us into how you came to be interested in homeopathy. You talked a little bit about that. Why don't you tell us a little bit more about the specifics of you learning about homeopathy?

Gut Issues, bronchitis, hormonal issues

Sharon: I had tried many things. I had gut issues. They basically had been there through a lot of my life, but I dealt with them. I didn't know that there were any other ways to treat them. Especially being the child of a doctor – because there's always a medical thing that you can do when your father is a doctor. So, all of those things were tried. I got to the point where I was in my, probably, late 20s, early 30s, and I kept getting recurrent bronchitis issues. Whenever I had a cold, it would go straight into my chest.

At one point in my life, I went to school to become a court reporter which is a stenographer kind of a thing where you sit in a courtroom or lawyer's office. You take the back and forth questioning and the conversation down on a steno-type machine. So, that was my job. I had to be invisible unless somebody asked me a question and asked me to read something from the record. So, the coughing that went along with my

frequent bronchitis was embarrassing. I'd have to leave the room sometimes because I was coughing so hard and gagging.

So, I wanted to resolve that, but it just kept continuing. I was having bronchial episodes almost every winter.

Then at the same time ... this is in my 40s then ... I started having hormonal issues, perimenopause. It was very difficult for me because I was having constant headaches, like 40 headaches a month.

Kate: Wow!

Sharon: I tried different ways of dealing with the symptoms that I was having which was uncontrollable anxiety, and not wanting to do medication to treat anxiety because I'm very sensitive to medication. I don't like the way those things made me feel.

So, long story short, I ended up in a practice where there were alternative methods for dealing with menopause. I did go on hormones. It was a big improvement in terms of the anxiety, but I could not get enough appropriate hormones into my body through the transdermal method. So, I was exposed to a lot more hormones than I needed to.

But the one thing that I took away from that (I'm off of them all now), I was told that my respiratory issues were due to my gut being inflamed. That was the first time I had

ever heard that concept. So, I was told to do an elimination diet, which I did. Everything improved. I no longer had to use inhalers and so forth to not have bronchitis anymore.

But I wanted to get off hormone replacement. Through Weston Price, I started following that diet pretty much. Everything just went away after I did that. I was looking for another alternative way that was not medical (and involved medications and pharmaceuticals) to treat my gut so that I could be healthy after I had gotten all of this stuff out of my system.

That led to finding [Joette's quarterly post in Weston Price's magazine](#). I decided that I wanted to call her. I did and made an appointment with her and became a client.

Kate: How many years has that been now?

Sharon: I think we're going on 2½ years, maybe 3.

Kate: Since that time, I know you've taken some of Joette's courses and done a lot of research and learning on your own as well. Tell us what you've studied with Joette.

Sharon: I've purchased two of Joette's courses. Whenever I have free time, which is not frequently these days, I sit down and listen to a portion of it. I read through her [materia medica](#). I research her on her website a lot.

Through just doing that and then trying things in my home environment with my pets and my husband and myself, I have learned a lot about how it works, and what not to do, and how to tell when it's not acting in the way that you would expect, how to choose a remedy and so forth. That's purely from the copious information that Joette has on her website which is absolutely fantastic. I send people links all the time. When they have questions, "Go to Joette's website because she's got so much information that you can really get started and feel confident about what you're doing for the most part."

Kate: Yeah, you can learn a lot from that. You had mentioned your husband. What's interesting is he's in the medical field, and I had asked you earlier if he's supportive of you using homeopathy. Tell the listeners a little bit more about that.

A supportive family

Sharon: He was initially skeptical. It's not that he didn't think homeopathy was legitimate or valid. He believed that it did help people, but he wasn't that interested. It's not that he was allopathically-oriented so that it was just like, "I don't want to hear about that. It's an alternative thing. I believe in allopathy." And it wasn't that at all.

Being a busy person, he did not have time to delve into it the way that I did. So, he said, "I trust you. Sure, I'd be

happy to try anything." Little by little, he's gotten more and more convinced to the point ... he's not telling other people about it, but he is happy to take remedies and to try things that I think might help him when he gets a cold or ...

He recently had a sinus infection that was pretty dramatic, and he had to work. So, I recommended (or I found one) that matched his symptoms, a remedy that happened to be a Banerji Protocol. So, I said, "Why don't you try this?" And, within three or four days, it was, like, gone. He was just amazed.

Kate: So, what's also interesting is that your husband is also a client of Joette's.

Sharon: He is. Initially, I was kind of nagging him about it because I thought that it would be a good thing for him. He was, you know, "Not yet, not yet, not yet." But after he had had a couple of successes with me giving him remedies, and it having a good effect on him, he was fine with seeing Joette.

He makes her laugh. He's a real jokester. He likes to have fun with people and so forth.

Kate: Well now, I want to meet him!

Sharon: You should.

Kate: I think we all do.

Sharon: At the end, I'll have him come in and say hi.

Kate: Perfect.

Sharon: He's on board. His chemistry background and medical background has kind of intersected in a way that's interesting. He is unlike many psychiatrists or even doctors. He does not believe in polypharmacy. Polypharmacy, for people who are listening, is where you give somebody a lot of different drugs to try to treat problems. If you give someone too many drugs, you don't know which drug is doing what, and how they're interacting.

So, he's famous for starting people on one drug. Let's see how the person responds to that. Then we'll see if we need to add something or subtract something.

Sometimes with remedies, it's so tempting to just start it. It doesn't quite have an effect that you think you want, or it's not acting fast enough, and so, you go and try a couple of different remedies. And it's the same thing: you don't know which one is doing what. He's helped me a lot in that area to just be calm and choose your remedy. Do it carefully. Administer it and give it some time to act.

So, my granddaughter responds really well to *Ipecac*. I've given it to her for hiccups. I've given it to her for

coughing. I've given it to her for nausea. So, it's been her remedy.

An example with her ... she's seven ... she's not terribly coordinated yet. So, she tends to fall a lot, and she scrapes her knees a lot. And, she's very dramatic. She fell and scraped her knees. I gave her an *Aconite*. I said to her mom, "Watch. It's just going to be a minute or two, and she'll be fine."

Sure enough, she had been whimpering. I gave her the *Aconite*. Within, oh, it was less than a minute, the whimpering just was slowly, slowly, slowly going away, and the sniffing went away. Then she was just like sitting there, and I was able to take care of her knee, and she was fine. She went back out and played. So, it's beautiful when that happens.

Kate: That's great.

Sharon: So, that's a remedy that I've told my stepdaughter that she should keep on hand for the girls.

All about dogs

Kate: So, Sharon, tell us some other stories about how you're using homeopathy. Let's specifically talk about some of your animals because as you mentioned earlier in the

podcast, you have quite a few animals. I want to hear some of those stories.

Sharon: One of the most dramatic ones, Kate, was my neighbor up the road ... they had a stray show up. This particular dog was quite dominant. One of her other dogs had used to be the dominant dog. And they got into a scrap. The stray dog just tore into my neighbor's little just, like, a Westie kind of a dog.

I just happened to talk to her the next day. She told me what had happened. I said, "Oh my goodness!" (This is when I was brand new.) I said, "Well, I've heard about some remedies that might help with that situation," because she was covered in bites especially on her abdomen. She was just in bad shape. Our neighbor, she doesn't have a big income. So, taking her dog to the vet was not an option at that point.

I said, "Well, why don't you try these two things. Please call me first thing in the morning and let me know how they worked for you." She was afraid the dog was going to die through the night. I was hoping that I had chosen the right thing to give her. So, I waited.

The next morning, I actually called her, and I said, "How is Muffy doing?"

She said, "Oh my goodness. She's so much better this morning. We're able to dress her wounds. We didn't think she

was going to make it through the night. She just cried the whole night. But the things that you gave her calmed her down. So, we were able to pet her and put her in a more comfortable position. Then in the morning, we were able to clean her up. I'll keep you posted."

She just kept improving and improving and improving. So, she eventually recovered from that situation. The stray dog had to find another home, of course, because that wasn't going to work

I was telling you about the lady who delivers the mails through our house. She has probably 12 or 13 dogs. One of the things that have come up a lot with her dogs is ... she's a "little dog" fan. So, all of her dogs are tiny ones. So, they get ear infections a lot. She was running to the vets to treat all of these issues. It was putting a strain on her pocketbook to be giving her dogs antibiotics all the time.

She came to me fairly recently with a situation where the dog's ear was just not healing very well. One of the groomers had poured vinegar down it. I don't know about using vinegar for ear infections. It's not something I've ever tried. But I said, "You know, it could be it's kind of boggy in there. Let me give you something else that you might try and see how that works for her."

I ran into her in a couple of days. She told me that the dog was feeling so much better. She stopped scratching her ears. It wasn't red. It was not sore and sensitive anymore. It was really on the way to being better. We've done that a couple

of times, and she's been very excited about homeopathy. She doesn't have time to learn it, but she's happy to ask me.

Kate: So, do you have any dogs in the room with you right now while we're recording the podcast?

Sharon: I happen to have a dog in here. She was making a noise on the door, so I've let her in here. I don't know if you can hear the panting, but she's in the corner over there. That's my beagle, Luna. Luna is 10 years old. She has been the busiest dog we've ever had. She was a stray.

The thing about beagles is that they are very allergy prone. Their noses take them everywhere that there's food. We live in the middle of lemon orchards. There are no houses visible for half a mile where our house is. So, lots of orchard to explore. Periodically, the workers will prune or pick the lemons, and they always leave lunch bits and breakfast bits behind. So, Luna is so very good at cleaning up the orchards.

We've taken her to the vet numerous times with itchy skin – just to the point where she is biting on herself, and she can't sleep at night. She's panting so hard. She's absolutely miserable; can't lie still. We tried the vet route with different things. We thought it was food allergies. I don't think it is food allergies anymore. I think she's actually allergic to the saliva from the fleabite. It's a histamine reaction.

So, we gave her a histamine blocking shot which I was totally opposed to because it's a suppressive kind of thing. Those things tend to boomerang after a while. I told my husband we have got to find a way to treat her allergies so that she doesn't have these episodes all the time because she was just raw in places.

So, I did consult with Joette, and I have done research on my own. We've come to some remedies that have done a very good job with addressing the acute symptoms. We have not had to repeat the histamine injection this time. I'm hoping that we can hold to that. But the homeopathic remedies have worked fabulously in the last two months.

Kate: It seems that allergies for dogs, in particular, are on the rise. Don't you feel that way?

Sharon: Yes. One of the things I think is the diets that dogs are on. We stopped feeding our dogs dry food a long time ago. We give them a product called GreenTripe. It's ground up cow's stomach. It's disgusting. But the dogs absolutely love it. They never get tired of it.

We had a Basset Hound. She had lipomas all over her body as she aged. When we put her on that diet, her lipomas shrunk to almost nothing. She had been a very fat dog, and she lost weight. She looked great. She really got reinvigorated in her old age. The diet made a real big difference with her.

Kate: Interestingly, our dog, Lilly, she's the sweetest

Golden Doodle. She's so cute. Everyone loves her.

Sharon: Adorable.

Kate: Yeah, she had terrible allergies. In fact, the vet was talking about maybe having to do some surgery on her ears because she would just itch them raw. We actually used only homeopathy to cure her of the allergies. She doesn't get allergies anymore. We would use chronic remedies for the chronic condition. Then we would use remedies for the acute on top of it. So, the first year, we helped her, and she had some allergies. But then the second year, she only had maybe a couple of weeks of the allergic reactions.

Sharon: That's fantastic.

Kate: Then this year, she's had nothing so far! So ...

Sharon: See, I'm hoping we can get to that point with Luna. She's much better. I mean, she's herself again which is so fantastic because she's a very active dog, actively looking for food out in the orchard, and she enjoys her walks. Recently, with the allergy situation resolving all of a sudden, she was not herself. We found out that she has bone spurs on her knees. Of course, rather than signing up for the ritual pill from the vet's office, we are working with homeopathic remedies and have already seen some results.

Spreading homeopathy with *Arnica*, *Ipecac*, *Aconite-Bryonia*

Kate: I know that you've been, as you mentioned earlier, talking with your stepdaughter and your grandchildren about homeopathy, and they've used some homeopathic remedies. I think it would be interesting to know about that dynamic and how you approached initially having her use homeopathy, and how open has she been, and how has that played out.

Sharon: Well, I have a very close relationship with my stepdaughter. The girls come and visit us with their parents several times a year. Since this is a farming environment, there's times when they fall. They were roller skating out in front. (We have a hill in the front of the house. That was a little bit scary.)

So, I think I started with *Arnica* gel. When one of the girls fell down, and I put some *Arnica* gel on her bruise. She stopped crying and felt better. I explained to my stepdaughter what homeopathy was and she said, "Oh, I'd be really open to trying it." She had done some essential oil treatments and things like that. But I explained to her the difference between essential oils and homeopathy, and how they could be incompatible because of the strong odors and so forth.

I think it started with my oldest granddaughter getting a cold, just sniffing and coughing in the middle of the night and so forth. I got the *Ipecac* out for her, and it made a big difference. She stopped coughing.

So, I explained to both of the girls about the fact that the

remedies weren't candy. I just went through the whole safety thing with them. I explained it in front of their mom. I said, "You can't take these things on your own. You need to always ask your mom or dad before you get into the bottle. You'd have to make sure that you don't do this, this, and this with pellets and so forth," just basically educating them with the little incidents that happened with them.

They've all been pretty simple. I haven't recommended things ... in fact, I don't think they'd even had a pediatrician visit in over a year. So, it's mainly just remedies for colds.

They love the *Aconite-Bryonia* remedy to cut a cold off. It's worked several times. Just within a day, they're absolutely fine. They aren't missing school anymore. They're not in the pediatrician's office anymore either.

Kate: So, that is a combination. It's actually a Banerji Protocol. It's *Aconitum* 200 mixed with *Bryonia*, either 30 or 200C. That is an amazing combined remedy for the beginning of a cold. If you don't have that one in your stock pile, get it.

Sharon: Absolutely. My husband travels with it. He travels once a month and then drives distances and overnight another time during the month. He's been very prone to colds recently. So, *Aconite-Bryonia* is in his SOS kit that he takes with him.

He gets exposed to a lot of different people in his practice. He actually had someone cough right in his face, someone with a full-blown cold coughing right in his face. He whipped out the *Aconite-Bryonia* and took it and didn't get sick!

Kate: That's wonderful. Wow!

Arsenicum album 200 & Antimonium crud 200 for bed bugs

Sharon: I had a very interesting experience. It's been about a year now where my granddaughters and my stepdaughter were visiting our house, and we decided to go out for Japanese food. I love Japanese food, and I love sushi. I ordered one that I have not ordered before. I won't say the name of it because I don't want to malign any types of fish. But within a day or two, I was just not feeling myself. I was very queasy. I had no appetite which is unusual for me. I just felt awful.

I consulted with Joette and explained the situation. I called it, "The Bad Fish Episode." So, she suggested some remedies that I might try. Those helped with the queasiness. But I had to go to San Francisco for an appointment. It's about 4 ½ hours away. I was still feeling so lousy. So, I took all my remedies with me. We usually stay in this very nice hotel in downtown San Francisco. I came home, and I was much better from the bad fish episode.

But about 24 hours after I got home, I was awakened at night with intense itching on my side and on the underside of my left arm. I took my pajama top off, and I was horrified to see that I was covered with bites that went all the way down my left arm and about a six-inch swath along my chest wall on my left side. I had never experienced anything like that. I had no idea what it was. I thought we either got a huge bug infestation in our bedroom or what in the world did I get into. Then I started Googling it, and the pattern was bed bugs. It just made so much sense.

Well, I tried myself to find an itching remedy. It took it away for a little bit, but it would awaken me in the middle of the night with just off-the-charts itching. So, I consulted with Joette on an SOS basis. I sent her an email. I said, "I'm sorry it's an emergency. I need to ask you how to deal with this." I said, "It's just unbearable!"

So, she suggested a combination remedy for me. That combination worked immediately. The itching went away in less than 10 minutes. It would wear off so I would take another dose. That went on for a couple of days, but you could just see the bed bug map on the arm and my chest.

Kate: Oh no!

Sharon: All the way down bit by bit. So, I was thrilled. I've used that same combination with my beagle. What it does is it makes ... well, it made *me* sleepy. I was able to go to sleep with it plus have the itching go away. It does the same thing for Luna when she was in her frenzy. It's just

been a really good remedy for her. It's her go-to when she does have itching.

Kate: Okay. Now, I'm curious. You have to tell us what that remedy is.

Sharon: Okay. It's a Banerji Protocol, and it's *Arsenicum album* 200 and *Antimonium crud* 200.

Kate: Hmmm, the famous skin protocol!

Sharon: Yes, yes. Oh, it was a miracle worker. I'm glad that I got home from San Francisco before that happened because I was miserable. It was absolutely hideous. I've never had anything like that. I mean I've been bit by spiders and fleas and whatnot, mosquitoes, but that was the worst itch experience I've ever had.

Kate: Wow.

Sharon, you've had a lot of great stories to share with us about using homeopathy. It's been fun getting to know you. Can you just share with us some final thoughts about homeopathy, and what you might say to those who are listening today?

“Catastrophilia”

Sharon: I have the perfect word to describe the way that I used to be before homeopathy. My husband invented it for me and tells me that my whole family is infested with this malady. It's called “catastrophilia.”

Kate: “Catastrophilia,” I love that word!!

Sharon: It's for people who immediately press the panic button when something happens. I used to be one of those people. I have to say that I can be one of those people from time to time. But homeopathy has been the single best thing that I've gotten myself involved with of all the alternative paths that I've taken in my health journey to lessen my episodes of catastrophilia.

Having the remedies on hand – Joette is absolutely right – you can't have too many. My closet is filled with remedies. But I feel confident because if something happens, I can do something. I can do something right away as soon as I can find the remedy that matches whatever is going on.

Aconite is my go-to. I do take it when things like that happen because you don't always think straight.

My dachshund, Winnie, killed a chicken right in front of me. I tried to save the chicken from being eaten. I was unsuccessful. I was heartbroken. My husband was gone that

weekend. I ran in the house. I took *Aconite*.

He bit me not because he was trying to bite me, but because he was trying to hang onto the chicken that he was killing. So, I had some bad wounds on my hand. And, I didn't panic! I mean I was feeling panicky, but I was able to methodically think my way through it.

Aconite was the first thing that came to my mind, and then the next thing was something to treat the bites. I recovered beautifully from the episode.

Usually when my husband is gone, things tend to happen like that. So, I had homeopathy on hand so that I feel a lot more confident about dealing with the things that come up in a country living situation. So, I love it. I'm looking forward to learning more and more about it.

Kate: Good. Well, it's been fun getting to know you. I want to thank you for taking the time to share all this good information with us. Thank you, Sharon.

Sharon: Thank you, Kate. It was really great to meet with you. I'm glad we had the opportunity to talk together. I just encourage everyone to follow your passion with it. It won't disappoint you. Thank you.

Kate: Exactly. Before we go, can we meet your husband, Michael?

Sharon: Absolutely. He'd be interested to meet you too.

Michael: Hi, Kate.

Kate: Hey, Michael. It's nice to meet you!

Michael: Nice to meet you, too.

Kate: I had to talk to you because your wife just told me that every time that you talk to Joette that you make her laugh. So, no pressure or anything, but you're on a podcast, and we all want you to make us laugh.

Michael: You want me to make you laugh?

Kate: Yeah.

Michael: You want me to tell you a joke or something?

Kate: I don't know. But you love homeopathy?

Michael: My wife loves homeopathy, and homeopathy has done some really incredible things for me personally.

Kate: Great! I've heard some pretty amazing things on how it's helped you. So that's really wonderful. Do you enjoy meeting with Joette?

Michael: Of course!

Kate: Yeah, she's funny herself.

Michael: Mother Theresa.

Kate: You call her Mother Theresa?

Michael: Yeah, I tease her. Yeah, of course.

Kate: Yeah?

Michael: Oh, yeah, sure.

Kate: Oh, I bet she gets a kick out of that.

Michael: Yeah. Well, I tell her stories and make her laugh about myself and the animals, my symptoms. My idiosyncratic behavior she thinks is funny.

Kate: Probably the way you say it, she thinks is funny.

Michael: Maybe.

Kate: I'm glad that I got to meet you.

Michael: Well, I'm glad I got to meet you, too. I'm really excited that you're doing this thing with my wife because she really invests a lot of time and energy in it and has done really miraculous ... You know, we've kept the dogs and the cats and everybody away from the vet which is really nice. It's been great. It really has been great.

Kate: Yeah, that's wonderful. It's an investment in time and resources, but it pays off in the long run in so many ways.

Michael: Yeah.

Kate: Well, it was great to meet you. Thanks for jumping on and saying hi to us.

Michael: No problem at all. Nice to meet you, too. I'll give you back to Sharon.

Kate: Okay.

Sharon: So, you got to meet the guy who invented "catastrophilia."

Kate: Yeah. I love that. That word is going to stick with me now.

Sharon: Good, you can have it. It's a great word.

Kate: It is.

Sharon: I was very offended at first about it but not anymore!

Kate: Now it's just funny.

Sharon: Yeah.

Kate: Well, Sharon, thank you so much. Give our thanks to Mike, too.

Sharon: I will.

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 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

These Moms with Moxie podcasts are designed to be inspirational, not specifically educational. No Remedy Card is provided.

6 Habits to Set Your Sails for Success!



You're busy.

You already have a full life.

How are you supposed to find the time to learn homeopathy?

Speaking from experience, I assure you it can be done.

How? Well, I learned there are at least six things successful people do differently than everyone else. If you incorporate them into your life, these habits will catapult you above the mediocre majority.

I acquired these habits early in my life. Unfortunately, I didn't have them in high school, which is why I floundered there. But when I was in college, I got the hang of them and have learned to count on them ever since.

These habits gave me a leg up – a distinct advantage when life seemed to turn against me. They became so well established in my routine that whenever I was sick, depressed, or overwhelmed, they gave me the comfort and steady pace I needed.

They became akin to muscle memory. No thought was needed; I simply considered them the rules of my life.

If you develop these good habits, they'll help set your sails for when you feel aimless. However, most importantly, when they become your life's method, they'll turn you into an accomplishment machine! You'll be able to polish off in a few hours what it takes most people a day to complete.

This will leave you plenty of time to tackle other things – things that matter the most to you.

For me, it was learning homeopathy well enough to heal my family and myself. Eventually, my goal became knowing homeopathy well enough to practice it with confidence and teach it worldwide.

On the side, I also played the piano (not well, but enough to give me satisfaction), studied classical music (on my own) and even some opera (my true love).

The efficiency I gained from these habits offered me time to prepare daily meals from scratch and later, write my blog, author both columns and books, produce homeopathy courses, raise my children, homeschool and sustain a happy marriage. **Mind you, this is a description of my time over many the years, not one day!**

I want to inspire you with what has worked for me.

You may have your own ways, but here are my best six habits. They have served me well for 50 years, but you must decide which to incorporate into your daily life. (And yes, I said daily).

I do promise you that utilizing these strategies to run an organized, efficient household will make your days hum much smoother and push you ahead of the crowd. If you're suffering from ill health, adjust the following to what you can take on:

1. Get up early and get started.

It's really true. The most effective people get up before everyone else. A jump on the day establishes everything that follows. All the rest falls into place when you get your work started super early.

However; it should go without saying: you must get to bed on time. One without the other doesn't work. So, this habit starts the night before.

2. Before bed, look at what needs to be done the next day and prioritize.

This doesn't mean you need to write it down, but that helps ... a lot.

3. Delegate, delegate, delegate!

Get an assistant. This may mean delegating chores to your children (chores they can do to lighten your load), or it might mean hiring someone to come in a few days a week as an extra set of hands.

When my mother was younger, she was by my side, helping me with the household and kids. When she wasn't able to help, I hired teenage girls to come in daily for a few hours.

Don't think of this as extravagant! Teenage girls need not be paid an adult's wage. Arrange for them to come to your home daily, allowing you to study your homeopathy or take on whatever else it is that lights your fire. Use this time to focus on those things you do best or will give you the most value for your future self.

4. Curate your guts, spunk, and moxie.

Push ahead even when you're apprehensive. No excuses, or you'll stifle yourself. There's always an alternative to any obstacle, so if you find a roadblock, blow a hole in it and push forward!

In case you need a word for this, it's called drive. If you have it naturally, take advantage of it every minute of every day. If you don't naturally possess it, develop it. It will be your best resource.

5. Work smarter, not harder.

Combine tasks! If your goal is to learn how to treat the next batch of fevers and ear infections in your family, consider reading your lessons aloud to your children. Use your education as a teaching moment for them.

Even the young ones can learn. They need to know this stuff every bit as much as you do, so bring your studies into their arena. As a bonus, you'll actually learn faster by teaching them while you learn.

6. Don't waste a minute. It won't ever come back.

From the time he was a young man, my father was a professional trumpet player. When I was in high school, he decided to learn to play the flute, too! He had a small business and a family to raise, so he didn't have hours and hours to practice. Instead, he made every minute count.

Once, when he picked me up from school, I discovered exactly how he did it.

He kept his flute nestled beside him in the car. At every red light, he'd pick it up and play a couple of scales. First in major, then in minor. If the red light was extra-long, he'd play the corresponding arpeggios. Indeed, he made every minute count, and it wasn't long before he was playing the flute in professional big bands and symphonies.

All of these habits can be performed at home and everywhere else.

Each element of this can be done with your children at your side. When a child requires more of your time, be flexible and don't feel resentful. Instead, embrace it. Learn something from it.

Life is not only about knowledge but about wisdom, as well. Those moments of diversion, stalls, or setbacks are often an opportunity to gain wisdom, depth and perspective.

Pass on the good news of homeopathy ... as well the six habits that helped set your sails!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is written in dark ink on a plain background.

P.S. Make it a habit to my [Facebook Live events](#) on Monday nights at 8 PM Eastern, as I discuss various remedies contained in [my materia medica](#). Hope to see you there! If you can't make it live, my Facebook Live videos are posted later on [Instagram](#) and archived on [YouTube](#) as well (where

some are even dubbed in Spanish)!

Emergency Remedy Series: On My Last Nerve



Hi! Buster, the Bad Office Dog, here.

Every once in a while, Mom will mumble under her breath that I'm getting on her last nerve. Frankly, I don't see how that's physically possible. I may be furry and walk on all fours, but I'm not stupid! The human body has billions of nerve cells. Therefore, how could I *possibly* be on her "last" one?

But it did make me think about how painful nerves can be when they've been injured.

Not so long ago, a friend of mine (of the canine variety) had a terribly painful experience. He accidentally ripped one of his toenails out, and the poor little guy was screaming in agony!

Ooooh ... I shudder just *thinking* about it! That had to be ruff!!!

Luckily, his mom knew about homeopathy. She gave him the same medicine Mom wanted to discuss in this latest entry of her Emergency Remedy Series: [*Hypericum perforatum*](#).

Hypericum is great for addressing pain in nerve-rich areas, like when you injure your fingertips or toes, fall on your tailbone, or have dental work done. There are so many areas of our bodies rich in nerves that respond well to *Hypericum*.

In an acute situation, Mom uses [*Hypericum 200*](#), as needed, every few hours, depending on the severity of the pain. Sometimes if the pain is really extreme, she'll switch to *Hypericum* in a 1M potency.

Well, I'm sure this will come as no surprise, but my friend's toenail pain was alleviated in short order, and the area healed. But boy, he sure appreciated the power of homeopathy.

In fact, I heard our moms laughing together on the phone. A month or so later, after the injury had fully healed, my little fur-friend would still occasionally stand in front of his mom with his paw lifted. That cunning rascal! He was fake-begging for more remedy! (And they call *me*, "The bad office dog!") Apparently, he reaaally liked his *Hypericum*! (Guess he doesn't know what "as needed" means.)

Anyway, as you know, homeopathy works in the same way with us animals as it does with you humans. So, if you get an injury to a nerve-rich area, be sure to have *Hypericum 200* and 1M already stocked in your first aid kit. When you need

it, you'll definitely want it to start working as soon as possible! Remember, the chances are very high you'll need *Hypericum* at some point – especially since you have billions of nerve cells.

Just don't try to convince me anything is on your last nerve. I'm not buying it.

Oh, and as Mom says, "Pass on the good news of homeopathy!"

Warmly,



P.S. I encourage you to download Mom's [First Aid Chart](#). It's absolutely free and is a great addition to your First Aid Kit. When accidents strike, you humans don't think as clearly as you might like. (Believe me, it happens to me, too!! Sometimes, I just chase my tail around ... and then go lie down.) Mom says when the going gets tough, having this handy reference will help you address your family's needs competently and confidently.

If you want to learn more than Mom can teach in these short blog posts, she also offers a very reasonably priced digital download (or CD, if you prefer) called [Perform in the Storm: Homeopathy First Aid](#).

P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from [Boiron's website](#), you can receive 20% off your order by

using the coupon code: joette.

(And just so you know ... I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)

[Aconitum napellus](#) (Shocking events)

[Arnica montana](#) (Fatigue)

[Rhus toxicodendron](#) (Delayed onset neck pain and headache)

[Pyrogenium](#) (Sepsis)

[Ledum, Apis, Arsenicum album](#) (Bites and itching)

[Aconitum napellus](#) (Eye injuries)

[Hypericum perforatum](#) (Injury to nerve-rich areas)

[Arsenicum album](#) (Food poisoning)

[Cold Calm®](#) (Colds)



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