

Podcast 78 – What Is Homeopathy?



IN THIS PODCAST, WE COVER:

- 04:37** Allopathy versus homeopathy
- 10:00** Joette's elevator speech on homeopathy
- 15:20** How to get started
- 20:58** Conventional medicine as needed

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[My blog](#)

[Weston A. Price, the Wise Traditions](#) (my articles)

[Quick Start Guide](#) (decide what steps to take next as you learn homeopathy)

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

[My Free Community](#) (links to research and articles about homeopathy)

Kate: This is the Practical Homeopathy® Podcast Episode Number 78 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, a few minutes ago, we were talking about what we did this weekend and last week. We both had occasions where we had to answer the question, "What is homeopathy?" I think this is a really good question that gets asked a lot by the people that I talk to and I'm sure your students, right?

Joette: That's right, all the time.

Kate: So, you had an interesting conversation with someone. I want to hear how you answered that question with this person. So, tell us a little bit about what happened, and who you met, and how you answered that question.

Joette: Well, the person that was asking me the question is a very seasoned businessman, very successful. I had to do a presentation in front of a group, and I was being critiqued on what it is we do in my work. So, it was very important to me that I made it super-clear what it was but without carrying on and on.

It is difficult when someone has been using homeopathy – even if it's just for a short period of time or even a longer period of time – it's easy to get caught up on how homeopathic medicines are *made* because they are made so differently from conventional medicines. Conventional medicines are just ... they get a substance, they mimic it synthetically, and they manufacture it in a manufacturing pharmacy.

Homeopathy, of course, is much different than that. So, because of that, many of us – especially in the beginning when we first learn about homeopathy – get caught on that rung of the ladder. When instead, what people are looking for is, “What is this and how can it help me?” Or, “How did it help you, and then I can decide whether or not it could help me.”

Kate: It's almost like – when I'm listening to you talk – that it's what we learn in sales. Right? I mean, we're not trying to *sell* this person on something, but we can overcompensate.

Joette: Oh, yes, we are! I'm trying to sell the *world* on homeopathy! I want this medicine *out there*. I think that humanity will be much improved if we can get rid of the dependency that we so deeply have on synthetic drugs. I believe homeopathy can do *wonders* for the structure of the family. I think it can do *wonders* for the elderly and for – here's one of my big things – for independence, because we tend to get depressed. Excuse me for going off on this tangent, but I believe that we, as humans, get depressed when we're dependent.

My mother is dependent on me. (I don't think it depresses her. She has late stage Alzheimer's.) But when she was going into it, it was her greatest concern. It was my father's greatest concern: "I *don't* want to be dependent on you." That's why I think it's *so bad* for adult children to stay at home too long. I think it's *so bad* for people to go on welfare for long periods of time. I understand if it's needed, in a time of need for a short period of time, but if you want someone to be a fully active, vibrant human being, they *have* to be independent.

So, if I have not sold you on homeopathy, I have not done my job! I want you to be so sold on homeopathy – not you Kate because you already are – but I want you listeners to be so *sold* on homeopathy that you can now sell it to others.

That's what I try to do when I explain what homeopathy is.

Allopathy versus homeopathy

So, this is what I said to this group of people. I said, "There were two kinds of medicines in North America. There were the conventional medical doctors (the AMA types that we all know today), and there were the homeopaths. Both went to medical school. The homeopaths went to homeopathic medical school – just as rigorous in those days as conventional medical school was back in those days (in the 20s, the 30s, the 40s, even long before then).

I've actually written a book on it! We had just over 100 homeopathic hospitals in the U.S. The conventional medical doctors had just under that ... as I recall, it's something like 96 conventional hospitals. All of the hospitals that the homeopaths built were big, stalwart hospitals. They were the mainstay of communities. They were big and beautiful and well-funded. Not well-funded by industry, well-funded by women's auxiliary groups and patients who donated because they were so pleased with what occurred.

So, two factions: The first faction had aspirin, very strong drugs such as cocaine; they had surgery; and that was pretty much what ... and mercury. And then they developed antibiotics during World War I (it didn't get out into the market until just around World War II) and psychotropic drugs. So, with those two categories, the pharmaceutical industry that was backing them – that was right there along with them – flourished tremendously. So, with that, they felt empowered!

Meanwhile, the homeopaths had the same medicines we've had for 200 years. There was a competition. The conventional doctors got together and decided, "Now that we have this strength in these two considerable drugs ..." (I might add they were quite considerable) "... then now we can get rid of the competition."

It was that simple. So, they organized, put together a plan – a very well-funded (because the pharmaceutical industry was behind them), very intelligently orchestrated plan to eliminate the competition. And the homeopaths were the only competition at the time, pretty much.

So, the first medical association in the U.S. was a Homeopathic Medical Association. The second one was the American Medical Association. So, that medical association deemed that if any of their members sent one of their patients to a homeopath, they would be eliminated from the AMA. If any of them *accepted* a patient from a homeopath, they would have been eliminated; blackballed from the American Medical Association, if they played *golf* with a homeopath.

And yes, this was all written. It's all stated. You can read about it. So, the homeopaths foolishly thought, "The cream will rise to the top!" People will understand how great homeopathy is, and that there are no side effects, and that it can be quite curative, and that it's not synthetic, and it's inexpensive to purchase, and it gives families an opportunity to treat their own, et cetera.

But that's not what happened because the marketing from the other side was voluminous and stellar.

So, homeopathy died in the late 40s in the U.S. – well, North America, so Canada as well. It did *not* die in England, Germany, France, Italy, Spain, Portugal, Switzerland, South American countries. But it died in our country because of the strength of the advertising and the work that was done. Also, I might add, in conjunction with governmental bodies, the AMA worked very diligently and hard to get their medicine at the forefront.

We still see it today. Now, ask a conventional doctor about this, and they won't know what you're talking about because they don't study the *history* of medicine. They're studying "this" condition means "this" drug or "this" surgery.

So, when I finished saying what I just said to you now, one of the men in the group who I behold in very high regard said, "That's it! Now, I get it. Now, I understand."

He didn't need to know that they were all little white pills. He didn't need to know that they all come from nature. He didn't need to know that they were inexpensive. (I mean, I led up to that slightly.) He didn't need to know how they were made, that they were potentized and diluted, et cetera, and that they are not owned – there's no patent on each one of them. He didn't need to know any of that! But we get caught up in that when we're learning homeopathy.

Joette's elevator speech on homeopathy

Now, even a shorter version of the same, what I might call my elevator speech, is:

"What is homeopathy?"

"Homeopathy is the medicine we all thought we were getting, the one that was going to cure."

I also say, "You know when you go to your doctor, and you have a sinus infection time and time again, or those urinary tract infections keep coming, or that eczema is now worse than ever? Now, you can't have gluten, and you can't have dairy. Well, this is the medicine that uproots that. This is the one we *really* were supposed to be getting all along."

Now, you don't have much time to explain any further than that because the door opens, and they exit on the seventh floor.

Kate: Right. That's very fast!

Joette: Yes, especially when you started on the fifth!

Kate: Now, you've piqued their curiosity.

Joette: Right, right.

"Wow! What is this?"

"Well, you're interested, you can go to my website, and I talk about it and give lots of information for free."

So, that's what it boils down to. Now, if someone wants to know more than that: "Well, so do you have a medicine for ...?" (That's usually the next question.) "Do you have a medicine for ... " (And then fill in the blank – you know, gout or arthritis or eczema, whatever.)

"Yes, yes, we have a medicine for that."

"Are there double-blind tests?"

Most people, if they start digging around on the internet, they're going to find information that leads people to believe that there is no scientific evidence and there is *voluminous* scientific evidence. In fact, the term double-blind is actually a homeopathic term.

Kate: Really?

Joette: Yeah, because that's how provings are done. The provings began in the late 1700s. Dr. Samuel Hahnemann used double-blind strategy. That's how we learn what our *materia medica* is made up of. How do we know what these medicines are capable of if we don't prove them in a proving using double-blind methodology?

Kate: So, when they are doing the provings, there's actually a group who does not take the medicine, and then a group who does take the medicine, and they don't know which is which and they write down?

Joette: Yes. When I studied homeopathy in Toronto, I was part of a proving. There were actually three groups. One group took the medicine (not knowing what it was.) The second group administered the medicine (not knowing what it was). And the third group (because I was chicken) ...

Kate: Now, I thought you said you were pregnant.

Joette: At one point I was pregnant, but it was a five-year class – five years' worth of these provings. I was pregnant *and* chicken. So, I was part of the group that did the collating, organizing, and putting it all together. Then when it was all done ... and there were hundreds of people in these groupings. There were 300 people in the class – 340 people, something like that. So, 100 people actually took the medicine. Then once it was collated and organized, then we spent countless hours listening to what came of it.

And there were unifying threads. Out of the 100 people, 20% experienced anxiety upon waking at 4:00 in the morning because they were proving it. They didn't need the medicine, so they were being made uncomfortable by it. That's how we learned what these medicines are capable of. That's one way.

Another way is clinically. After a while if someone hits their head time and time again – not one person, if many people hit their heads – and there's an astute practitioner noticing that, "Gee, every time someone hits their head, and we use *Arnica*, it works!"

Do we need a proving to show that?

No. Clinically speaking, that's evidence in-and-of itself.

Kate: So, getting back to that question – that second question that people asked after you give the elevator speech or the history of homeopathy – you talked a little bit about going to your blog. Then we talked about there is evidence and provings and studies. But if they ask specifically, "Well, okay, but do you have a remedy for asthma?" What do you say then?

Joette: The answer is yes.

It depends on how much time I have with this person. If it's

someone who's suffering an asthma attack right then and there, and I've actually done this in airports. I see someone suffering and we've got hours before we catch our next flight. I actually say, "Here's a medicine. If you're interested, you're welcome to take it. You don't have to take it. Here are some of my cards so you can see that I am not a "fly-by-night." This is something that could be of use to you."

But if it's someone I only have a few minutes to talk to, then I'm going to tell them, "Yes, there is a medicine for that, and should you be interested, just Google my name and the name of that condition, "Joette Calabrese asthma," "Joette Calabrese high fever." Because although I've authored [this blog](#) for over 10 years, I've also populated other people's blogs with my articles and other people's newsletters ([Weston A. Price, the Wise Traditions](#), a column that I have been writing for 10 years). I have a lot of information out there that's *absolutely free* for the taking.

How to get started

That's where I like people to get started. If they find that they're interested, *then* they can start thinking about, "Gee, I do want to learn more. I don't want to just use this. I want to use this for my entire family. How do I learn more?"

Then they follow [the guidelines on my site](#) that teaches them how to ... "Okay, what's next? What should I consider? Should I start [a study group](#)? Should I join a study group, et

cetera, so that I can learn more?" Once they start the study group ... and that's what I want them to do ... I want people to get hooked just like *I* got hooked so that they can raise their families, or if their families are already raised, or they don't have a family, they can utilize this medicine in place of the far-too-many synthetic drugs that we're all swallowing on a regular basis.

Kate: Joette, that's the exact, same thing that I do when people ask me, "Is there a medicine for XYZ?" I refer them to your [website](#), or I say Google "Joette Calabrese" plus the condition. That's the exact, same thing that I say. We point them in the direction of your website. I also tell them that they can learn on your website what homeopathy is, specifically, if I don't have time to explain things. Like you said, maybe we don't even go into it. I probably go into it even too much rather than just giving them a very brief ...

Joette: Oh, yeah, because if you give them too much information, you can see their eyes glazing over. They have to make one step at a time.

"Oh, this is interesting. Yes, I would like a medicine that doesn't have side effects. Yeah, I would like a medicine that's not going to keep me from being able to eat foods for the next 30 years of my life because the antibiotics undid all my good bacteria and gut bacteria, et cetera."

So, another area as I always say to people when they say, "Really? This is proven? I don't know. I go to Wiki-paid-ia." (Oh, excuse me. I mispronounced the word, "Wikipedia.")

“And it led me to believe that homeopathy was quackery.”

Well, I just hinted as to why I believe that is found on Wikipedia. Regardless of how many times many homeopaths have tried to correct that, within minutes, minutes, it's put back again, and it's eliminated. So, Wikipedia is not organic, folks. Just so you know. It's not been organic, I think from its inception because this has been a problem not just with homeopathy but with other subjects as well. If they don't want that information on there, it will not be on there.

So, I tell them go to my website. Click on resources, [then on community](#). We have several pages of links. Hopefully, they're still alive and well because we do check them, but we don't check them as often as I wish we would – research and studies that have been done on homeopathy throughout the world. Many of them are done by PhDs, many by medical doctors, many of them by hospitals (not of course in the U.S. but elsewhere).

That will give you your basis so that you could say, “Okay, this is real. It's not magical. It's not New Age.”

It is not New Age. I cannot stress that enough.

Homeopathy is *not* New Age! It is *medicine*! It is regulated in our country by the FDA *as a medicine* because the FDA was begun with one of its great members who was a homeopathic physician. Dr. Copeland in New York State was his name ...

made sure that homeopathy was covered back when the FDA began. So, it's not a supplement. It's not vitamins. It's not nutrients. It's not essential oils. It does not mean holistic. It is a medicine in and of itself.

Kate: When people ask you what is homeopathy, you don't say what you just said?

Joette: I don't go that far. It will just turn them off. In your exuberance, in my exuberance, I found in the past, it goes too far in the conversation. If you're interested, and then I just drop it, and I just say, "Just go to my [website](#)." Unless, you know, they have a lot of time on their hands; we're at a family picnic or something, and someone new comes into the family and wants to know what this is. I don't want to be the center of attention at a family picnic. I don't want my message to be that. I want people interested, but I just want to pique it and then send them on their way and allow them to learn and discover at their own pace.

Kate: I'm curious to know. This gentleman, he was interested? Or how did that conversation go afterwards?

Joette: Interestingly, yes. He's contacted the office and has scheduled an appointment. He's very interested. He said, "I know what you mean. I'm tired of the drugs. I have a chronic condition, and I don't want to take these drugs because they're causing more conditions."

That's where we've *all* started out, wasn't it? I mean no one comes to homeopathy skipping along in great health. They come crawling to homeopathy because they've been beaten by illness and the ill treatment of their illness, as far as I'm concerned.

Kate: From what you said to me, he's someone that could go anywhere in the world and get whatever type of help.

Joette: No doubt. No doubt about it. He could go anywhere, and he *has* gone many places in the world to find help medically – which is so for many. Royal families have been using homeopathy for centuries. They could go anywhere. Rockefeller was a proponent of homeopathy, although on one hand he had a homeopath on his staff to take care of him, and then on the other hand, he spoke on the other side for conventional medicine.

Conventional medicine as needed

Look, I'm not here to disparage all conventional medicine. There are many aspects of conventional medicine that we need; we all may need some time in our lives. Emergency care in a good emergency room could be lifesaving. Surgery when truly *needed*, not when, "Oh gee, the tonsils are enlarged. Let's just cut them out." No, no, I'm talking about surgery that's truly needed with the skilled hands of a good, experienced surgeon – the guy who has the gray hair at his temples, that's the guy you want. You don't want a young guy. You want somebody older and plenty of experience. That's the kind of medicine that we need.

Diagnostics! Very, very valuable. The diagnostics that are available today to the general public through conventional medicine can be lifesaving. If someone has a lump in the breast, unless we know that this happens every month when the woman eats chocolate, we can pretty much guess that that's not going to be something that's cancerous. But if there's a suspicious lump, and you don't know what it is, and your good, graying-around-the-temples doctor says, "I don't know what this is. We really do need to look into it." You bet, get that test done. Find out what it is.

You have rectal bleeding, and the blood is black, you bet. There is a time for a test. But to go for a test just because for a good old look-see, that's where I draw the line.

So, modern medicine *reined in* is a very good thing. Modern medicine gone amok is what I believe we see a little bit too much of today.

Kate: Well, that's really interesting. So now, this gentleman will be a client of yours, and he'll certainly then learn what homeopathy is – firsthand.

Joette: Well, it's interesting because the people ... this is a man who is a very successful businessman. I believe that often in order to be a success in anything we do in life, we have to think outside of the box. We can't act and be like everyone else. So, he's not unaccustomed to thinking outside of the box. We get to a certain age, and we say, "Well, I

did ABCD and E and followed the narrow road – or I should say the *wide* road ...”

Kate: Right, the wide road.

Joette: ... the wide road and it didn't help me. I guess I have to follow a *narrower* road. So, those are the people who are the most likely to be interested because of their lifestyle, because of their experiences, because of their faith, because of their choices in life. You usually know what kind of people are going to be the ones who are interested in homeopathy. They are ... let's put it this way, they're the curious ones. Because if we go through life not being curious, we will be led down that wide path. It's curiosity that keeps us aware and constantly learning and interesting and interested.

That needs to be curated. I encourage folks to curate that *daily*, to educate yourself and not put so much emphasis on what you can learn in the wide road – at the end of the wide road such as the universities and the post-grad degrees. It doesn't mean that doesn't have some value in certain circumstances, but that's not the narrow road. That's the wide road.

Everybody goes to college now. I mean I don't want to be facetious here, but it's the way it was when I was in high school. Everybody went to high school. It has now become too mediocre, as far as I'm concerned, unless you have a goal specific, “Okay, I want to become a lawyer.” “I want to become an engineer.” Then I get it. Now that makes sense.

But we need to be self-educated, and it needs to be a daily activity.

Kate: So, there you have it, a really good explanation for “What is homeopathy?” If you need to go back and listen to this podcast over and over again so that you have that history memorized and you can help explain to people how the pathway of homeopathy was shifted so dramatically that most people have not heard of it.

Thanks, Joette for bringing clarity to that for us.

Joette: My pleasure, Kate – as always.

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 and nutrient-dense nutrition. Joette’s podcasts are available on iTunes, Google Play, Blueberry, Pandora, Stitcher, iHeart and TuneIn radio.

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.

How I Use My Kits



What's black and white and red all over?

A Top 100 Homeopathic Medicine Kit, of course!

You hear me talk about homeopathy kits all the time. If you already have one (or more), you understand how invaluable they can be. But you may also be interested in how I use mine.

I make a little tweak to my red kit that works well for my family, which you might find helpful as well.

But before I get to that, first let me explain a little more about the kits to those who may not know about them yet.

Kits of homeopathic medicines are available from many retailers and manufacturing pharmacies.

Let's face it: Having all the knowledge of homeopathy in the world won't help you if you don't have what you need when you need it. Sort of like an umbrella, right? You need your umbrella when you don't have it with you!

Well, these kits allow you to have, at-the-ready, a majority of the most commonly needed medicines – at a significantly reduced price as compared to buying the remedies individually.

The kits available from several retailers come in different varieties. But briefly, the most commonly referred to kit in my blog is the Washington Homeopathic Top 100 Kit. It provides 91 remedies in 30C potency and nine remedies in 200C potency. They also carry a kit of 50 essential remedies in a 200C potency.

Lastly, [I have curated a kit](#) to correspond to the remedies you will learn in my course, [The Survivalist Guide to Homeopathy](#). (Please note – in order to purchase this kit and know how to properly use these specific medicines, you must have first participated in the course.)

So, that's the "what?" Now, let's talk about the "how?"

Here's the little tip I mentioned earlier that helps me personalize my kit. If you own both Washington Homeopathy's Top 100 kit and the 200C remedies kit, you might want to do the same thing.

The bottom row of the red Top 100 kit houses nine 200C remedies. I removed them. (Don't worry – they will not go to waste! Those same medicines are also included in the 200C kit, so you can use these vials as replacements in that kit when needed.)

In their stead, I placed nine *other* remedies – medicines specific to my family's needs. For instance, if you have a family member with allergies, choose the specific remedy

that corresponds to their allergic condition, and place *that* medicine vial in your Top 100 kit.

Do this for each of the nine slots by choosing the specific medicines for the nine conditions your family deals with most often. This way, you will have everything you need – unique to you and your family – consolidated in one place.

If you're in a hurry to evacuate your home in an emergency, or if you're just traveling on vacation, you can grab your kits and go with confidence! You'll have the most commonly used medicines for any unexpected maladies, *plus* you'll also have your family's most needed ones – all in compact, portable containers.

I always bring my kits with me when I'm traveling long distances. Because we've been told for years that homeopathic medicines are fragile – adversely affected by x-rays or heat – people often ask me how I take them through airport security.

While I do try to be careful with them, I must admit, in my experience, I have never had to worry. Even after having been exposed to x-rays or extreme heat, my medicines have always continued to work!

That said, yes, I bring my kit on board with me in my carry on and I *do* ask security to hand examine them (rather than put them through the x-ray machine). Why? Well, it may only be one or two people at a time, but I like getting the word out about these remarkable medicines. And invariably, this interaction through security can start a conversation.

For instance, at the airport in Dubai, I once informed a security guard that these were homeopathic medicines. She said, "Tell me more."

I assumed she meant "more" from a security standpoint.

But no.

She wanted to know more about homeopathy and how it worked for her family. We had a quick discussion, and I gave her my business card. She later contacted me to confirm she was buying the right kit! That one cursory conversation led to a new convert to homeopathy.

That is exactly what I mean when I say, “Pass on the good news of homeopathy!”

So, while I do prefer to have my homeopathic remedies hand-checked through security, I can assure you that many times I forget, or one slips through by hiding in my make-up bag or purse.

In the past, I have marked the outside of the exposed tube to distinguish it from the others. The next time a situation called for that specific medicine – provided it was not a serious or emergency situation in which there was no margin for error – I utilized the marked remedy. That way, I could specifically experiment with its efficacy. As I mentioned before, it still acted each time.

(I have also proven that remedies are hardier than we’ve been told when it comes to heat as well. In case you missed [Podcast 59: Myth Busters](#), you might enjoy hearing my story of an *Arnica* tube that successfully survived not only the clothes washer but also the dryer! It still makes me laugh. If you haven’t heard the story in my podcast before, it’s a great example of accidental myth-busting!)

But back to kits: one other way I use them is as gifts. What more caring, practical and precious gift can you give someone interested in homeopathy?

Plus, it’s exciting to receive a kit. If you’re like me and love the process of organizing your remedies, you’ll be captivated by the tidy little rows of $\frac{1}{2}$ dram bottles all

neatly labeled and ready for any eventuality. As a gift, it's quite a treat.

I've given them as gifts for baby showers, housewarming celebrations, anniversaries, birthdays and even Christmas! I usually give one of my books along with them (as additional education and instruction on how to use the remedies included in the kit). My [Gateway to Homeopathy: A Guided Study Group Curriculum](#) is a perfect choice to accompany a kit. Or, should they already have that, [A Materia Medica: Practical Homeopathy® for Busy Families](#) would be another great choice.

While you definitely should purchase individual tubes of the remedies you use most often, a kit allows you to maintain an inventory of medicines you might not own until you know you need them.

What better source of confidence can you have in the middle of the night (which seems to be when so many unexpected things happen) or while you're away from home?

Once you determine you have the correct remedy for the condition, you can purchase a larger tube at your nearby store or order it online. But at least you'll have enough to get you through the first few days of an emergency.

As always, pass on the good news of homeopathy!

Warmly,

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

P.S. Great news! Pandora is now streaming my podcasts! Search in your Pandora mobile app for “Joette Calabrese,” and you’ll find all of our podcast episodes – back to the very first one! (You can also still listen to my podcasts through my [website](#) or iTunes, Google Play, Blueberry, Stitcher, iHeartRadio, and TuneIn radio.)

Podcast 77 – Moms with Moxie: This is Powerful Stuff!



IN THIS PODCAST, WE COVER:

04:19 Plantar Fasciitis

07:51 *Symphytum* 200 and *Rhus tox* 30

15:28 Celiac disease and Crohn's disease
20:43 Detached retina
22:02 Blood poisoning

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[The Weston A. Price Foundation](#)

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

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

[The Survivalist Guide to Homeopathy](#)

[Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#)

[Joette's blog posts](#)

[Joette's podcasts](#)

[Joette's Facebook Live archive](#)

[Homeopathic Remedy Kits](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 77.

Joette: Each day from my office, I get to see how

homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi! This is Kate. I am here with another Mom with Moxie today. Her name is Holly. We're getting to know each other a little bit, and she's fantastic. I think you guys will love to hear from Holly and the things that she's doing with homeopathy. So, Holly, welcome!

Holly: Hi, Kate.

Kate: Thank you for being here, taking time out of a busy family weekend to do this. So, thank you.

Holly: Thank you so much for having me. This is exciting!

Kate: I'm super-excited to get to know you. So, tell us a little bit about yourself, Holly.

Holly: Well, I am a somewhat stay-at-home mom. I home school my 13-year old son. I do marketing and communications for our family business. I have been working with homeopathy off and on for about ten years but really only seriously the last few years – maybe three years.

Kate: But you've known about homeopathy and used it for actually a very long time. You started to use it anyway, right?

Holly: Yes. Yes, I did. Actually, I came across it ... we had a tragedy in our family. We lost my stepdaughter to cancer when she was ten years old.

Kate: Oh, my goodness!

Holly: It led me on this discovery of alternative medicine, therapies, diet, nutrition. Jordan Rubin, his book, "The Maker's Diet" ... I read ... mentioned the [Weston A. Price organization](#), so, I started reading a lot of their information. That's actually how I found Joette and some of her early information that she had. Again, this was about 12 years ago, I guess.

Then I purchased a homeopathy kit after reading some of Joette's blog posts and articles that she had published with the Weston Price organization. I didn't really know how to use it. At that time in my life, I was so busy and absorbed

with a toddler. I would just read a little here and there, and I didn't educate myself enough. So, I didn't really know what I was doing, and so, I would just use it here and there.

Thankfully, my son was really healthy. We didn't have a lot of occasion, I guess to use it. So, it kind of went off on a shelf, got dusty, and I forgot about it for a long time.

Kate: You seriously forgot about it?

Holly: Well, I knew it was there, but it almost overwhelmed me, I'll be honest. Because he would get the flu or a couple of little things like that, but I would try it. And I really only understood the classical approach at that time – even that, I barely understood. So, when you see a list of 15 possible remedies, and you're supposed to analyze your 2-year-old's emotional state and all of these different things, it seemed impossible to me – or very daunting, I should say that. So, I didn't have a great success with it and hadn't really tried to use it a lot. Like I said, I just kind of set it aside, and it would just be in the back of my mind.

Kate: I understand what you're saying, Holly, because when kids are young, they can't answer your questions. In classical homeopathy, you really have a lot of questions that you could ask them that would be helpful for you to choose the right remedy. So, when kids can't answer those questions, it makes it a lot more difficult, I think.

Plantar Fasciitis

Holly: Yes. That's how I felt. So, I was just intimidated by it. It wasn't that I didn't believe that it worked. I just thought, "This is probably too much for me right now."

I had already, at the same time, was delving into learning about nutrition and essential oils and herbal remedies and decided that maybe that was easier for me. So, I spent many years really using oils and making a lot of things from scratch, tinctures and salves, and focusing on that area.

Again, the homeopathy was in the back of my mind, but I just never really went back to it. Occasionally, I would get an article or a blog post from Joette and skim through it, but it didn't quite resonate with me yet.

It wasn't until I had plantar fasciitis. I had started working out. I am not an athlete. One of my friends dragged me to CrossFit one day. I said, "Okay, I'm going to do this. I'm going to really give this my all." Well, I got plantar fasciitis. So, here I am trying to get really fit, and I can't do anything. I look even more pathetic. I mean it was really funny.

The trainers were awesome. They tried to help me. Then I was doing all these stretches and different therapies and wearing a special brace at night and this sock during the day and icing it. You name it, I was trying it ... different supplements for inflammation. Nothing works. I would rest

and not do anything for days and just think maybe that's it. Nothing helped.

I broke down and even went and saw a podiatrist and got a steroid injection which at that time I knew was not an ideal thing, but I was desperate. I thought, "Okay, I'll just do this once." Well, it didn't do anything, nothing, zero. Maybe it helps some people. It did nothing for me. So, I thought, "Oh, I can't believe this."

It just happened that in my email was a blog post from Joette about treating ... I think it was actually tennis elbow was maybe the focus of the article she wrote ... but she mentioned plantar fasciitis in it. So, I thought, "Oh, I need to try this. I'm going to get out my kit." I didn't even have the exact potency at the time that was recommended. But there were two. It was mixed or two remedies, and I didn't have the exact potency of the one, but I thought, "Well, I'll just use what I have here." So, even using that, it was probably two, maybe three days, and it was completely gone. That was again three to four years ago, and I've never had it again.

Kate: Two to three days is super-fast!

Holly: I know. It actually spoiled me. I'm glad it happened that way because I'm someone that likes to see results. I mean, we all do, right? A lot of us don't have the patience we need, myself included. I needed to see results, and I did. So, I really thank God for that because, you know, I'd been praying actually about it: "I want this to be taken

care of so I can attend to my physical health.”

So, it was amazing. So, I recommended this combination to a lot of people, and I’ll say, “Okay, it may not happen that quickly for you. So, don’t be discouraged if it doesn’t.” But it *did*, and it was amazing! Honestly, for acute conditions, I have found homeopathy to be so fast acting most of the time. I mean, I know that it’s not always, but it’s amazing to me.

Kate: I feel like when you get the right remedy, it’s generally pretty fast acting especially with acutes.

Holly: That just built up my confidence in it then, and I was *totally* astounded! I shouldn’t have been. Again, I shouldn’t have been, but I was astounded.

Symphytum 200 and Rhus tox 30

Kate: I know that there is a blog post that Joette did that’s called “Homeopathy for Plantar Fasciitis.” Did you use the remedies listed in that blog post; do you know?

Holly: I did. It was *Symphytum 200* and *Rhus tox 30* mixed, and I took it twice a day.

Kate: So, after your pain went away, after the plantar

fasciitis went away, did you keep taking the remedy for a little bit yet, or did you stop right away?

Holly: I took it probably for another day or two. I cannot recall now, but I stopped because I think Joette was pretty clear in the post. It's like with anything. Once it's healed, you stop taking it.

Kate: Then you've never had that again?

Holly: Never again, yeah. I must admit, I'm not doing CrossFit anymore.

Kate: That was it. That ended your CrossFit career.

Holly: Well, I kept going for a while after that, but I decided it wasn't for me.

Kate: Oh, gosh, that's funny.

Holly: So, Kate, that's actually one of my favorite combinations. I feel like I've used that the most and recommended that to people the most, and they've had a lot of success with it: the *Symphytum* and the *Rhus tox*.

One really fascinating ... at least to me ... example is my

husband hurt his knee. He had jumped out of the back of a truck and landed on concrete and just landed poorly on that knee. It had probably gone on for a couple of months that he had pain. So, he was going to a trade show. We were going to be doing some site seeing, and we knew we'd be doing a lot of walking. I said okay, "You've got to do something about this."

I thought, "Maybe we should try this combination. It worked so well for me." So, he started taking it, and he's a pretty disciplined person. He was taking it twice a day. I didn't think much of it. (This was about a week before we left.) We were walking around at an amusement park, and I looked at him, and I said, "How's your knee?"

He said, "You know what? It doesn't hurt!"

I said, "Okay, that's *awesome!*" He'd had this for months, and it didn't hurt anymore. I said, "Well, you can stop taking that. You don't have to take it anymore." It was that great. So, it was just completely healed.

Again, the thing that is just really interesting to me is that my husband had a compound fracture, a broken bone in his wrist when he was ten years old. As the years had gone by, he has felt more pain in that – you know, obviously arthritis of some kind. At night, he would just kind of rub it. He'd lie there in bed and just say, "Oh, you know, my wrist just hurts. It's okay."

I noticed this was happening with increasing regularity over the last few years. And as he took that remedy, I realized that he wasn't rubbing his wrist anymore at night. Again, same kind of thing, I said, "Wait, does your wrist hurt anymore? I don't notice you rubbing it at all."

He said, "You know what? It doesn't! I can't remember the last time that it hurt." That was *all* we had done – or he had done – you know, is take that. So, that was absolutely amazing! Basically, a 40-year old injury ... I'm assuming it was arthritis.

Kate: I bet he was pretty impressed as well.

Holly: Yes. I mean, it was one of those things that honestly, I was so new to working with homeopathy, we weren't even trying to address that. I don't know that I would have thought you *could* at the time. It wasn't even a goal to heal that pain there.

Kate: Right. It seems like that happens to me a lot with homeopathy.

I've been taking a combination of *Symphytum* and *Calc phos* that Joette recommended for me to help strengthen my bones, and my jaw, my teeth because I've been having some issues with my teeth. Prior to starting that, I was having a lot of arm pain from some broken bones that I had in my arm. I just realized – actually in the last week – that that pain that I've had for a while now is gone. I think it's those

remedies because that's the only thing that I've changed.

So, yeah, *Symphytum* is super-powerful.

Holly: You know, it's that same combination that helped another family member of mine who's having a lot of issues with her hip. It caused a lot of pain when she was walking and such, and that helped her remarkably. I think *Symphytum* is actually the homeopathic form of comfrey which is known as "knitbone." So, it's very interesting then that it would work that way homeopathically.

Kate: So, yeah, it makes sense. While we were talking, I pulled out [Joette's materia medica](#), and it says also that it's the number one remedy for traumatic injuries to the eyes. I always *forget* that. It says, "It can be also beneficial to other areas of the body after having suffered from blows, bruises, or broken bones." So, it's for bones, sinews, tendons, joints, and eyes.

Holly: I did not realize that about the eyes either.

Kate: I love reading *materia medicas* because I always learn so much, and I read about remedies. But I have a hard time then remembering it. I don't know about you.

Holly: I know. I have to write it down. In fact, it's funny. After I had a few of these successes, I thought, "Okay, this is really powerful stuff. This is more powerful

than any of the essential oils I used, any of the herbal tinctures. I mean, I have to learn more." So, I just spent every free minute I had reading and just digesting Joette's blog posts and taking notes.

Celiac disease and Crohn's disease

Okay, so, you've had some pretty amazing things that you figured out on your own that I want people to know about. Tell us a little bit about your stepson.

Holly: Well, my stepson is 19 years old. Three years ago, he was diagnosed with Celiac and then Crohn's disease. When he was first diagnosed, the treating physician said, "Listen, there is nothing that you can do – diet, supplement-wise, alternative medicine – to help this. There's nothing. You just need to take these drugs," which were ... I believe the one was ... it's an immunosuppressant, potentially chemotherapy drug, a rheumatoid arthritis drug.

And, I said, "I know that's not true. I know too many people who have been healed of these conditions or are managing them through diet, supplementation, alternative therapies. So, I think we need to at least explore those options."

So, bless his heart, he was all for it. We were able to get his symptoms under control and turned around in a very short period of time. We were doing blood work. We were working with a practitioner. We were able to see drastic results in

a six-week period of time. Through that, again, I was still relatively new to homeopathy. So, I did not introduce the Crohn's protocol. I don't think I probably even knew it existed. But I did give him things sporadically for different symptoms initially. So, of course, you have diarrhea, bleeding, stomach upset.

Then, probably his main thing that came back after we controlled all of those things originally was joint pain. He was in the marching band, and he was a drummer, and he would have a lot of pain – his hands, knees, ankles, elbows, wrists, everywhere. So, I put him on that combination remedy again: the *Symphytum* 200 and *Rhus tox* 30. He took *Rhus tox* 200, as needed, if it was really severe.

He was skeptical to say the least at first. What are these little, white pills that I'm going to be taking? He came back and he said, "This is amazing. I'm telling my friends about it."

It worked!

I laughed because I said, "Okay, if this was placebo effect, I'll take it! Whatever!" I didn't think it was placebo effect, but you know what some people say about homeopathy.

But it's great. This kid just didn't want to be in pain anymore. So, he was very thankful, and he took that throughout that season, and then he was done. He actually hasn't had joint pain since. That was just initially right after his diagnosis. Then, as I have learned more about homeopathy ... I mean, he's only had three flare ups in three

years.

Kate: Oh my gosh! Wow! So, what you're doing is you're just treating the acute symptoms?

Holly: Well, that's what I was doing initially. I wasn't aware there was a Crohn's protocol. I hadn't really searched for it because we were managing individual symptoms. He was doing so well that it almost didn't seem like there was any need to do anything else. Over those last few years then, I took Joette's "[Gateway to Homeopathy](#)" course. I took her "[Survivalist](#)" course, and I took the "[Mindful Homeopathy](#)" course. So, I obviously learned, "Okay, there's something we can do for this."

Kate: So now that you learned what the remedies were for Crohn's disease, then you started implementing those?

Holly: Yes. So, we added in those remedies, and *Bovista* to address the gluten intolerance, and a couple of others to uproot the Crohn's. So, he's doing very well. We're excited to have him *not* have this be a lifelong issue.

Kate: Yeah. Is he on diet restrictions right now?

Holly: Well, he is. He doesn't eat gluten. He eats what I would call just like a very clean diet. So low carb, low sugar. We try to make it nutrient-dense. So yes, he wants more freedom with what he eats. I think we still need to eat

healthy, but we shouldn't be in *bondage* to that.

Kate: Right, right.

Holly: He should be able to eat something not-so-clean every once in a while and feel okay. And he does, again, *every once in a while*. But we don't want him to have any issues with it.

Kate: Right, exactly.

Holly: Freedom! That's what homeopathy gives us. It's so amazing.

Kate: I hear that over and over again actually, when I do these interviews, that they have now freedom: whether it's freedom from the bondage, like you said, of restrictions because you're dealing with health issues, or the freedom of knowing that you can do something about whatever comes your way. You have some tools that you can use, and that are going to help you. So, you don't have to have the fear, so that that gives you the freedom.

Holly: Yes, this whole process has really empowered my family – every one of us because we all rely on homeopathy. So, that's a wonderful thing.

Detached retina

Kate: There is another example of where you've used homeopathy with your husband. Do you know what I'm talking about?

Holly: You're probably talking about his detached retina.

Kate: Yeah, tell us about that.

Holly: He had a detached retina and had to go into emergency surgery. After that, I was so thankful that I had prepared ahead of time and had what I consider like "emergency remedies" – some higher potencies of things. So, I was able to use that to completely control his pain post-surgery. He had a prescription for a narcotic, if needed, but we never filled it, and he never needed it.

Someone was joking with me and said, "Are you sure that he just wasn't gritting his teeth and bear?

I said, "No. He absolutely would have said ..."

In fact, he did a couple ... and that's how we knew. We went by his pain level to say, "Okay, you need another dose now." It was amazing to see how that increased. The time between dosing increased. It was just exactly what Joette talks

about all the time. It was kind of neat to see it happen almost predictably. So, it was really good, but it was amazing to see how powerful that is.

Blood poisoning

Kate: Then there was an issue of blood poisoning. I don't know the story, but I know you wrote it down.

Holly: I did write it down. I have to say it wasn't diagnosed as "blood poisoning" by anyone. However, it certainly presented like it was from my knowledge of it.

But my 13-year old is in karate. He got a rug burn, a mat burn or something like that, and didn't tell me about it (on the top of his foot) and just kept putting a Band-Aid on it. So, you pick up all sorts of bacteria when you're working on the mats barefoot.

So, one night around 9 o'clock at night, he comes into my room, and he's getting ready for bed, and he said, "Mom, my foot really hurts." I looked, and there is this huge wound at the bottom of his big toe. It's red, throbbing, hot. You could tell it's just pus-filled.

Kate: Oh!

Holly: His toe is swollen, and he could barely bend it. I said, "Oh, my goodness! Why didn't you tell me about this?"

I go back, and I thought, "Okay, first thing to do, I need to clean this." So, I go to get the things to take care of that. When I come back out, he's sitting on my bed. I looked closer in the light, and it looks like there is a red line coming from the wound going halfway of his foot.

Kate: Oh no!

Holly: I kind of freaked out, and I said, "Wait. Did you just scratch your foot?" Because where he was standing before, I didn't see a red line. "Did you do this? Did you just make this mark?"

"I don't think so. I don't know."

So, I thought, "Oh my goodness, this is blood poisoning." You know, I'm not going to mess around. Right? I'm thankful to have things to treat my family safely and effectively. But we will certainly go to the doctor or the ER, if necessary. But I had to make this debate at 9 o'clock at night: "Do I need to do this?"

I actually had these thoughts of, "Is this going to be the first time that he will have to be on antibiotics?" Because he's never had to take an antibiotic his entire life, and I thought, "Oh my gosh!"

I remembered again another post that I had seen on Joette's site about someone with kind of similar origin. They woke up with pain on their hands and had a red line. They put an ink mark at the end of where the red line was to see how it's progressing. So, I was thankful to have that knowledge from that. I did the same thing. I put a little ink mark across where the line was, and I just started aggressively treating it with *Pyrogenium*. I didn't have the 200 which is what the blog post mentioned, but I had 30. So, I did that, and I alternated it with *Hepar sulph* 200. Every couple of hours, poor kid, I kept waking him up because I wasn't going to take any chances with this.

The next morning, he got up. It wasn't worse. I couldn't quite tell if it was a little better – possibly. He thought maybe the pain was a little less. Again, when you ask a 12-year old to tell you, you know, "Give me a number from 1-10," it wasn't very exact. But by early afternoon, which is kind of the amount of time that I gave myself to say whether or not I would go and do something else about this, the pain was drastically reduced. The swelling was down. The pus was coming out in a manner that looked like healing. He could bend his toe, and the line was going away.

Kate: Wow!

Holly: So again, I don't know why I continue to be amazed because I know how amazing homeopathy is, but when you just see it right before your eyes like that, I thought, "Oh, my gosh!"

Again, you just feel so *empowered*. Five years before that, I would have been (if it was in the evenin) at a StatCare place or an emergency room, or certainly the next day at a physician's office. But I didn't have to do that!

Kate: Isn't that so exciting?

Holly: Yeah, very exciting. I could tell you – my friends and family probably get sick of me telling me about it, but ... I have a lot of them on the bandwagon, too, now. So, that's fun.

Kate: They're, I'm sure, thankful that you know, because who did they call when they have a problem.

Holly: Well, it's true. I have been very intentional about keeping a diverse number of remedies and the potencies at my home. I do try to share them with people because, again, sometimes things happen, and if you're not prepared, or you ... it can be a decent investment to get such a broad array of remedies. So, I purposely have tried to keep that.

In fact, I have another dear friend who has gotten really interested in homeopathy. She's taken a class of Joette's and reads all of the blog posts and listens to the podcasts. She has the same things. So, we try to say, "Okay. Well, I may not have this, but you make sure you have it." So, we know that we can rely on one another, if needed.

Kate: Yeah, that's really great. Good idea. I mean, it is a rather large investment. But if you think about what you would spend going to the doctor or just ... not even the money but just the peace of mind and knowing that you can do it.

Like your son's foot, he didn't have to go through the antibiotics and then the gut issues that would follow from the antibiotics.

Holly: Yes. I am very, very thankful that I have this resource. I would say we have a lot of tools at our disposal. So, I like to make sure that I have them with me. I have my toolkit built up in my house and ready to go in case of emergency.

Kate: So, what advice would you give people who are listening to this podcast?

Holly: I hear a lot of people say, "Oh, I can't afford to take one of the study courses right now. I can't do that." While they're extremely valuable, I would say there is so *much free information* that you can glean from the [blog posts](#) and the [podcasts](#). I would say start with that, and again, do it in your spare time because it is worth it.

Kate: And the [Facebook Lives](#), too.

Holly: Yes, [the Facebook Lives](#).

[And then buy a kit.](#) Just buy a kit to be prepared because that's actually the biggest thing that I hear. Someone will text me or call me and say, "What should I do in this situation?" Or, "What do you know about this? What have you read about this?"

Often, they don't have the remedy that's needed. So, I would just say, "*Just get the kit.*" There's that 100-Remedy Kit that's kind of that starter kit that Joette recommends. Just get that kit, and then you have a starting place. Even if you don't have the exact potency or something, you have a *starting* place.

That was the best investment that I could have ever made. That was 12 years ago, and I'm still using that kit. I used it earlier today, in fact.

Kate: Yeah. People ask quite often, "What kit do I get or what do I purchase?" That is a great starting point, that 100-Remedy Kit.

Well, good, thank you so much, Holly, for taking the time out to share with us your success stories with homeopathy. You've had some pretty incredible ones. So, thank you for encouraging us and taking the time to share.

Holly: Thank you so much. You are a blessing. Joette is a

blessing. I'm very grateful for the knowledge you share and for the time you all invest and giving us so much free information.

Kate: Yeah, Joette is incredible with that. If you cannot take a course right now, just go through the blog posts, the Facebook Lives. There is so much information out there. Get the remedies, and then you can be prepared.

Holly: Yes, be prepared! It's a wonderful feeling!

Kate: Yeah.

Holly: Thank you, Kate. I had a great time talking with you.

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 and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, iHeartRadio and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.

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

My Top 5 Sizzling Summer Remedies



Summertime is filled with sun and fun but, unfortunately, it can also be more than a little treacherous.

However, when armed with homeopathy, we can be ready for anything. Here are my favorite remedies for summer – my go-

to treatments for when the going gets tough:

YIKES! ([*Aconitum napellus*](#))

We mothers know summertime means our kids spend more time outside. Outside, where hazards containing homing devices to attract our children are lurking! *Aconitum napellus* (*Aconite*, for short) is known for addressing shocking situations. And believe me, as a mother, I know that feeling!

When my boys were little, they insisted on climbing the tallest tree they could find. Yikes! I'm betting your kids do the same; I'm also betting it drives you just as crazy as it did me. You know, when your monkey is so high up in a tree, you have to look the other way because your nerves can't take the stress?

But they're having great fun!

Unfortunately, however, it seems their inevitable fall always comes. With any luck, there will be no serious injuries.

But even so, I don't doubt your child will be shaken up by any bumps received in the fall and might also be frightfully upset by gravity's betrayal. That's a call for *Aconitum* 200 every few hours, depending on the severity: especially for your child – but also for you!

Of course, if the injury is severe enough, professional medical help would be warranted.

BANG! ([*Arnica montana*](#))

If that aforementioned fall from a tree – or any other event, for that matter – happened to involve a bump to the old noggin', my first thought would be *Arnica montana*. Generally used in the 200th potency, *Arnica* is highly effective in cases of head injury. I utilize it every 1-12

hours, depending on the severity of symptoms.

Arnica is also excellent in cases of bleeding and bruising (ecchymosis). And let's face it, summer means bikini season, right? You don't want your carefully curated poolside look to be marred by an assortment of black and blue (and purple and yellow) spots!

To combat this fashion faux pas, keep *Arnica* handy as an integral part of your summertime wardrobe!

MOMMY!!!!!!!!!!!! ([*Calendula*](#))

Skinned knees and elbows are summertime rites of passage. The weather is hot, so our children are dressed in shorts and t-shirts as they run, play ball, ride bikes or skate outside.

I bet I could have built an entirely new child with all the skin my boys lost off their knees and elbows!

While an abrasion of this sort might not be the most severe injury of summer, it can certainly elicit a loud, "Mooooooooooooommy!"

Remember the old traditional mercurochrome our mothers used for almost everything? Well, it may have fallen out of favor, but our modern drug store shelves are littered with other antibacterial antiseptics – old and new sprays, creams and gels – all filled with questionable ingredients.

Calendula has the natural ability to clean out wounds. Along with your own cleaning of them with soap and water.

I prefer to use *Calendula* in Mother Tincture form. (A Mother Tincture is an extract of the raw material, botanical or otherwise, with a specified amount of alcohol and distilled water).

I clean the injury with the *Calendula* solution and pour a

bit of the dilution on the dressing I'll use to cover the wound. I change the dressing every few hours (with fresh *Calendula* solution added to it each time).

OUCH! (*Ledum palustre*)

As if inanimate objects didn't pose enough danger already, doesn't it sometimes seem as if the peskiest of pest residents of summer are out to get us? By air, land and sea, creatures who bite put *us* in their crosshairs. *Ledum* is a wonderful answer to bee stings and insect bites.

Plus, *Ledum* is an equal opportunity remedy. There's no species-ism with *Ledum*! In addition to insect bites, it effectively addresses dog bites, cat bites, and even naughty raccoon, snapping turtle, or feisty squirrel bites. (Ouch! Bad squirrel!)

Frankly, *Ledum* is appropriate for anything pointy and sharp going into the body – even puncture wounds! And yes, that includes the unavoidable, dreaded summertime pain from pouncing on perilous pricklers! (Say that five times fast!)

I find it most effective to utilize *Ledum* 200 immediately after a bite or prick, then four times a day for the first several days (until very much better).

Keep in mind, *Ledum* is also the first step in dealing with Lyme Disease, so it's essential after a tick bite.

ARE YOU KIDDING ME!? (*Glonoinum*)

Then there are those few summer days each year that are so hot, it feels as if we are living on the surface of the sun – *with* humidity. I mean, 95°F is hot, but then when the weatherperson says the heat index is actually 110°F, I can't help but snap back at them with, "Are you *kidding* me?"

And then I reach for another of my favorite summer remedies: *Glonoinum*. When it's really sizzling, *Glonoinum* 30, taken

every three hours, buffers from the heat and humidity. It's also invaluable during heatstroke.

And, in fact, it can even be used for those in the throes of menopause who can't escape their own, self-generated heat.

Combat summer!

Put these five remedies – *Aconitum*, *Arnica*, *Calendula*, *Ledum* and *Glonoinum* – in your purse, your pocket, your beach bag or your picnic basket. The spills and thrills, sharp-toothed creatures, and wickedly high heat won't stand a chance against you!!

And ... pass on the good news of summertime homeopathy!

Warmly,

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

P.S. A *materia medica* is invaluable when determining which remedies you need for your family. There are free ones available for view on the internet (such as Dr. James Tyler Kent's). But you may find older *materia medicas* tend to be written in a somewhat difficult-to-understand language.

Because of that, I have written my own: [A Materia Medica: Practical Homeopathy® for Busy Families](#). I hope you'll find it's written just as I speak – in easily accessible language, complete with my own stories and experiences to help you fully grasp each remedy I cover. I strongly urge you to add it to your homeopathy library.

P.P.S. Interested in my years' worth of collections of homeopathic methods on how to treat extreme situations, conditions, and illnesses? Check out what I call my opus,

[“The Survivalist Guide to Homeopathy: Over 500 Safe, Natural Medicines to Address Dozens of Disaster Scenarios for Those Who Seek Health Independence.”](#) Be prepared for not just the mild scenarios but the cataclysmic.



Condition: Concussions
Remedies: Aconitum nap, 300s, Arnica, 200s, Belladonna for or a Caputrat de
Details/D: Aconite immediately to deal with the shock of injury.
and alternate with Arnica as needed (approx. every 15 min.)
Add Lulium for blow to the head and if there's a black eye, then
Belladonna for the throbbing. Finally look to Cuprum met. if
there is dizziness, dand or convulsing due to injury.
More info at:
<https://jennalabrese.com/blog/boys-concussions-and-broken-furniture/>
Jette Calabrese

Remedy Cards

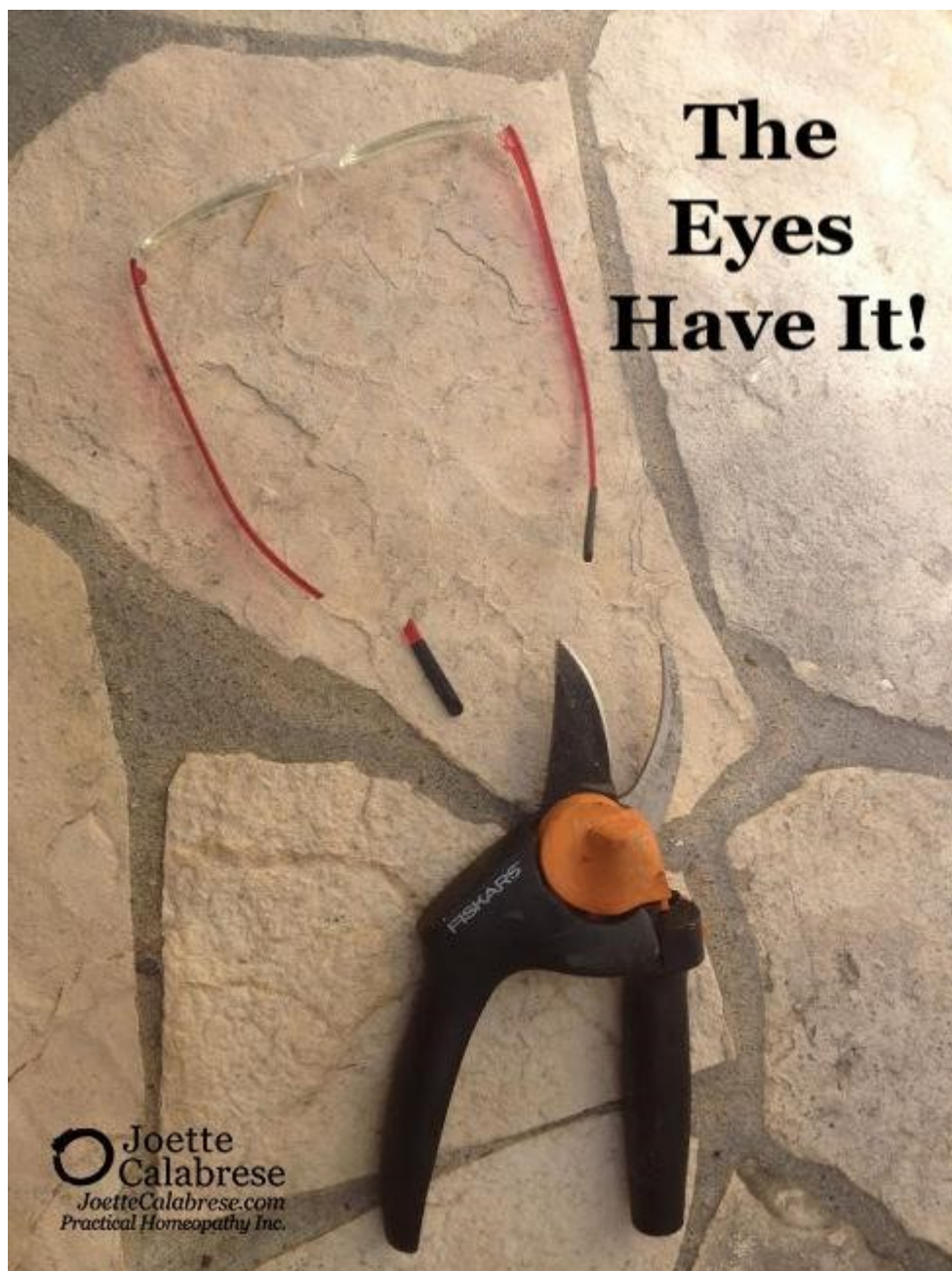
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Emergency Remedy Series: The Eyes Have It!



This week's entry into the Emergency Remedy Series is [*Aconitum napellus*](#) or *Aconite* as we call it for short.

Uh-oh. I can see your quizzical gaze from here. (Don't forget, first and foremost, I'm a mom. I have eyes in the back of my head!)

I know, you're thinking, "Poor Joette! She must be so busy she doesn't remember *Aconite* was the very first remedy she discussed in her Emergency Remedy Series."

Well, don't you worry. I most assuredly do remember [talking](#)

[to you about Aconite](#), but we only discussed one *aspect* of it. The beauty of this remedy – besides how quickly, efficiently and politely it works – is how versatile it is!

That's why *Aconitum* was (and is) my number one emergency remedy ... the one I always have in my purse.

Aconitum napellus is a brilliant choice for eye injuries. It not only addresses the shock of an eye injury (which, let's face it, is always more shocking than most injuries because our eyes are so precious and irreplaceable to us), but it also attends to the injury itself.

You may have heard me say this before, but *Aconite* is the *Arnica* of the eye.

One of my team members was clipping hedges in her yard. Ferociously clipping, apparently. She admits she was moving too fast, leaned over to snip a low-hanging sprig, and poked herself in the eye with another branch she had overlooked.

She had her glasses on, which partially deflected the incoming stick, or it could have been catastrophic.

Even with the deflection, the stick penetrated the white of her eye, and a tiny hole was visible at the point where it had made entry.

Her wound was no joke.

I did have to laugh, though – just a bit – when she told me that her glasses flew directly into the jaws of her hedge clipper before she could stop her manic motion. Her glasses were “clipped” as well as the hedge. Yep.

Those were her glasses in the photograph above ... may they rest in peace.

Her eye? Luckily, her vision was not affected, so she felt comfortable that the emergency room was not required. Her

eye would heal – and probably heal more quickly than her ego.

Customarily, *Aconite* 200 is taken immediately after the injury and used as needed every few hours until very much better. For wounds to the eye such as hers, homeopathy provides comfort that she was doing all she could to promote her body's natural healing.

(I should add: If the pain had been extraordinary, [*Hypericum* 200](#) or even *Hypericum* 1M might have been added as well.)

Injuries to the eyes occur more frequently than we imagine, and, in general, they happen quickly, as in my staff member's case. For this reason, *Aconitum napellus* should be in your purse, in your pocket, in your medicine cabinet, and in your first aid kit at home, at work and in your car. When needed, the eyes will have it!

(And a good optometrist can fix the glasses.)

Pass on the good news of homeopathy – especially in cases requiring first aid!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in dark ink.

P.S. There are so many homeopathic remedies to remember for emergencies. When you're in a panic, wouldn't it be easier to have a handy reference guide to refer to rather than depending on your memory? [Please click here for my free homeopathy first aid chart, *First Aid in a Pinch*](#). Don't wait to print it out. You never know what's just around the

corner.

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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Living with a Pig



Hey. I'm Eleanor Pigby. Remember me? Buster, the Bad Office Dog, [wrote about me](#) recently.

Usually, I'm happy ... following my mom around the house, merrily grunting. But as I write to you today, I'm not grunting at all.

I guess you would say I'm "disgruntled."

Why? Well, a few weeks ago I overheard the neighbors complaining their cat suddenly had stopped behaving in a tidy manner. They had the nerve to say, "All of a sudden, we're living with a pig!"

What?!

Are you kidding me? A *pig*? Why in the world would they use *my species* as an example of another animal's dirty messiness? That is blatant species-ism.

Pigs are actually quite clean. I certainly am ... ask my mom! When I'm inside, I use my litter box like a good girl, or I go outside where I'm told.

But that cat? Not so much.

Apparently, she stopped using her litter box – just refused completely. She started going to the bathroom in various places around the house ... even in the bathtub! Can you imagine her poor Mom's surprise when she stepped in to take a bath?

Blech!

It's not that the cat didn't know better. She did! She was purr-fectly well-trained. (I couldn't resist.) It seemed as though she had just changed her mind and decided the litter box was no longer her cup of tea.

But those darn cats have such a big reputation for being clean. Who do they think they are? Nobody says they're "living with a cat" to express frustration with dirtiness. No. When a cat gets messy, all of a sudden, they're called a pig!

It makes me so mad!

Luckily, my friend Buster's Mom, Joette, knew from experience of the perfect homeopathic remedy. She suggested

Ms. Cat be given [Sulphur 30](#) twice a week. In short order, it worked! Ms. Cat was back to using her litter box appropriately!

And all the unfair pig references stopped.

Joette says sometimes little humans have this problem as well. (I love hiding in my blanket, so Joette didn't notice me in the corner when she told this story.) Years ago, Joette knew a young sixth grader who wouldn't ... um ... how should I say this ... "poop" in the toilet. Obviously, she'd been potty trained for years! She'd tinkle in the potty with no problem, but when it came time for a bowel movement, she'd go in a wastebasket!

It wasn't a lack of understanding; it was apparently a lack of concern regarding certain disgusting aspects of life. It didn't bother the little girl at all.

But it drove the girl's poor mommy out of her mind.

So, she gave her daughter *Sulphur 30* twice a week. Would you believe, after only three weeks of taking this homeopathic medicine, the problem was gone? The little girl returned to normal bathroom habits.

I'd call that amazing.

It also works for little boys who refuse to urinate in the right place.

What's more, [Sulphur 30](#) twice a week can be helpful for anyone who is messy. Joette is specific though: not just "normal" messy, but realllllllllly messy. Their hair's a mess, their clothes have stains on them, they don't like to bathe, and many times have a foul body odor.

To remember this remedy for messy, smelly individuals, Joette reminds us foods high in sulfur are also stinky (like hard-boiled eggs, broccoli, cabbage or onions). So, think

Sulphur 30 for anyone who is messy, dirty and stinky.

You know, like in the Peanuts cartoon ... the character of Pig-Pen.

WAIT! There's that word again!!!

Why did they have to go and nickname that messy little boy after a pig? I wouldn't dream of being caught with a cloud of dust and dirt hovering around me.

Ugh. I give up. I'm going back under my blanket to sulk.

But as Joette would say, please pass on the good news of homeopathy – especially the good news about *Sulphur* 30. And as a favor to me, please don't let anyone say they're "living with a pig," (unless of course, they actually are).



P.S. In addition to detailing these interesting points about *Sulphur*, Joette's book, "[*A Materia Medica: Practical Homeopathy® for Busy Families*](#)," contains all kinds of clever information for many of the most popular and useful remedies. If you enjoy books as much as I do – I especially like to stick my nose in the paper and sniff around – then you really should consider owning your own copy of Joette's easy-to-understand *materia medica*. You never know when you might need it, so why wait?



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BOOM! It's Fourth of July! (I'm Not Scared, But Others Are!)

Happy Fourth of July!

 Joette
Calabrese
JoetteCalabrese.com
Practical Homeopathy Inc.

Hi! Buster, the Bad Office Dog, here. My family and I want to wish you a very Happy Fourth of July!

But unfortunately, this holiday (especially tonight) can be a very stressful time for some of my friends. At our last Secret Dog Club meeting, after we finished sniffing each other, our first order of business was discussing fireworks.

While they don't bother me, I discovered many of my friends are scared to death of them! And boy, you humans love your fireworks! (Personally, I don't see what the attraction is. Watching squirrels is much more stimulating.)



A couple of my friends said when the fireworks start, they hide under the bed.

Quite a few of them jump up on their parents' laps (and believe me, I don't mean to be rude, but they aren't all "lap-size"). And, this made me so sad, I heard several of them are usually left alone while their families go out to celebrate ... so they just shiver and whimper alone.

So, what can their humans do? Well, my mom, Joette, always has a homeopathic remedy or two up her sleeve that will help! (My mom is the best, don't you think?)

You may remember, I wrote a blog post a couple of years ago about my friend [Gunner, who had a lot of anxiety](#).

He responded well to *Argentum nitricum* 200. But I overheard

Mom say recently that [*Phosphorus 200*](#) is really great during loud, frightening events like fireworks.

It can be given to us as needed, and also can be used as early as the night *before* – in preparation.

Phosphorus 200 is also effective for us during thunderstorms. Of course, I'm not really afraid of anything (except running out of snacks), but many other dogs are just as fearful of thunder as they are of fireworks.

So, your small investment (under \$10) in this remedy will bring your pet a wealth of security during both natural and man-made events.

Now, before I go, I bet I know what you're thinking. You're wondering about [*Eleanor Pigby*](#), aren't you? Well, this is her first Fourth of July. She told me she's not sure what fireworks are, let alone if she's afraid of them.

I guess we'll find out soon. For right now, though, the only thing that makes her hide under the bed is any mention of "bacon."

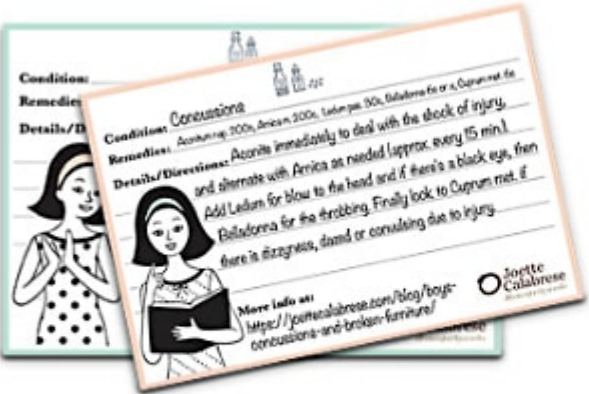
Why on earth would anyone be afraid of bacon?

Anyway, Happy Fourth of July! Enjoy your fireworks tonight! Enjoy your independence. And pass on the good news of homeopathy (especially *Phosphorus*).



Buster

PS. God bless America!



Remedy Cards

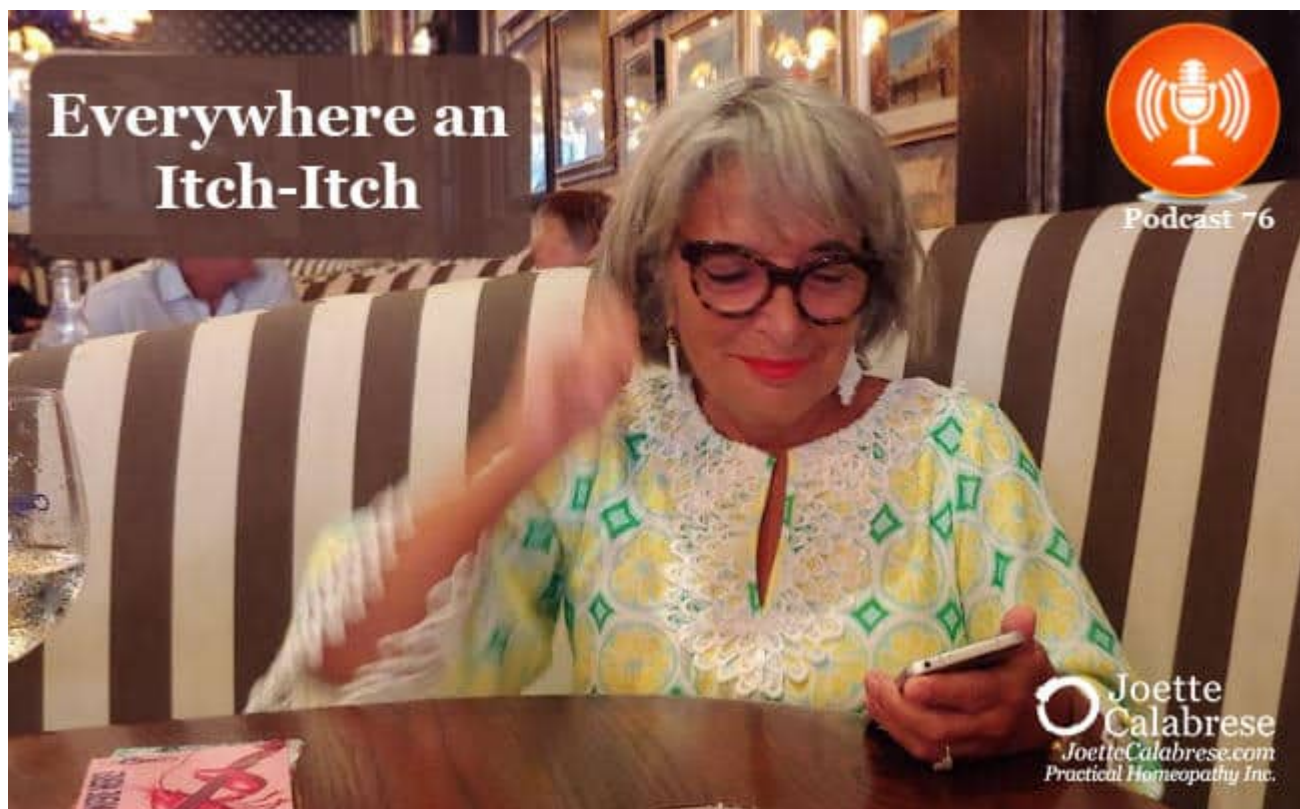
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Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch



I wanted you to have this podcast as quickly as possible the transcript is below.

Warmly,



P.S. If you want to jump ahead, download *Skinderella*, my infographic and read more about *Skin the Ugly Truth Course: Safe, Effective Treatment of Skin*

Ailments, Chronic or Acute, with Homeopathy – [Click here](#) and simply follow the prompts

IN THIS PODCAST, WE COVER:

- 01:02** Swimming and blepharitis
- 06:44** Skin allergy remedies
- 14: 25** The need for *Sulphur*
- 16:42** Suppression
- 23:20** *Skin, The Ugly Truth*
- 24:05** Getting sick is inevitable

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Facebook Live](#) (referred to in this podcast regarding my eye)

[Sulphur 200](#)

[Antimonium crud 6](#) and [Arsenicum 200](#) (Banerji Protocol)

[Skin, The Ugly Truth](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 76 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: It is summertime right now, and we are enjoying the weather outside. I know I am. I'm here with Joette.

Joette, you have a new hobby that you've been doing this summer. Tell us a little bit about what you've got going on.

Swimming and blepharitis

Joette: Well, I'm now in Southeast Florida, and so it's summer *all* the time here. Since I've moved here, I have found swimming again in my life because there is this pool right at my patio. I mean, literally, I open my gate from my patio out into the little common area, and I could dive into the pool right from there. There are only six units in our complex, and I'm the only one who uses this pool.

Kate: It's like your private pool.

Joette: Oh, my gosh! It's fantastic. Then I see my neighbors once in a while, and it's really nice. I've been swimming in this pool 45 minutes a day, and it has really limbered me up, and I'm sleeping better, and everything is really great ... but then something started to happen.

I started to break out, and my left eye got swollen. I had blepharitis. First, I thought it might have been conjunctivitis, you know, infection. But no, no, it didn't feel like an infection. It was just, [as I said in my Facebook Live](#), my eye looked like a puffer fish that was pregnant with octuplets and had just finished a meal that was highly inflammatory.

Kate: Oh, my gosh!

Joette: I mean, my eye, around my eye was so edematous and so swollen that it turned inside out. The lid turned inside out! I was looking at the inside of my lid as I looked in the mirror. It was so gross.

Kate: I was trying to picture that, Joette, as I was listening to you on the Facebook Live. I mean, I don't even know how that's possible.

Joette: I mean, I'm laughing now because I'm better. But it got so "fluffy" below and above, and the bridge of my nose widened. I mean I looked, really ... I didn't even look human

anymore. Then it got so full and edematous that it just – “poop” – just popped open. Plus, it was cracking. Oh, my gosh, it was a mess! I was obviously in allergic reaction now.

I had an allergic reaction similar to this in seventh grade when my parents got a new car, and we drove down to Florida from Buffalo in this brand-new car. I remember feeling really sick and soporific (is the best way to describe it). I just couldn't stay awake. I slept the whole time. I felt out of it, drugged even.

We realized later that it must have been the brand-new car. But when we got to Florida two-and-a-half days or three days later, this is exactly what happened to both my eyes. They got very swollen and puffy. My parents were beside themselves. They didn't know what to do.

But it didn't bother me that much. I was in seventh grade and life was fun. We were in Florida. It was our first vacation ever, and it was really fun.

Then I didn't have it again until a few weeks ago.

So, I was in denial as I often go into – as we all do, but I do it a lot. I did not want to accept that it was the pool, that it's the chlorine in the pool or something in the pool. I don't know what it was, but I really was thinking pretty much it was the pool.

I stopped wearing all makeup. And, I don't wear a lot of makeup. I wear a little bit of eyeliner pencil and some lipstick when I go out. That's it.

So, I stopped that, so then I looked ugly on top of ugly. I looked unkempt on top of ugly!

Kate: I'm sure you didn't.

Joette: Oh, my gosh, it was horrible!

Kate: You just talk about it.

Joette: So then, I went out with sunglasses. I wore sunglasses wherever I went because there were times when it looked so bad, people would stare at my eyeball. So, I wore sunglasses, and then I would wear a lip gloss. Actually, it was coconut oil, to make me look a little kept ... or kempt I should say. (Not *kept*, I was not a kept woman! I was a *groomed* woman.)

You know, I've got this philosophy about grey hair. I've got a lot of grey hair. Now, my hair is mostly white. My philosophy is that it will make a woman look haggardly unless she wears earrings and puts a little makeup on. That's what changes the whole thing! That's it!

If you're dressed nicely, and you have your nails look nice, and you have earrings on, you have a little makeup on, and you've done a little something with your hair – you don't just let it hang there and look kind of like you did in the 60s, but if you do a little something – then that's what makes grey hair look beautiful, as far as I'm concerned.

Kate: I think that's true. I mean, I know we're going off on a little tangent here, but as you know, I'm in a nursing/rehab facility with my mom. These little, old ladies that are in their ... there's even a man here, 103. (I should sit down and interview him.)

Joette: Yes!

Kate: But the only change – the ones that look really sharp – are the ones that have a little bit of lipstick on and maybe a bandanna.

Joette: Yes, a little something. You've got to just look like you've put something into yourself.

Kate: Some effort.

Joette: Yes, a little effort goes a long way.

So um, so, where were we in the story? I forgot.

Summer! We're back to summer.

So, I've been swimming. And so, I was in denial, and I said, "I'll be darned. I'm going to swim."

Now, I don't put my head in the water necessarily, although it does inadvertently go. But I'm doing the backstroke, and the sidestroke, and the breaststroke. So, water gets on my face, but that wasn't the issue because it was affecting my skin all over my body. I had outbreaks of eczema that, again, I have not had since I was in seventh grade.

Now, let me just put this into perspective. Seventh grade was 1965 ... just so you get an idea.

Kate: That is a long time.

Joette: Seventh grade was not 15 years ago!

Kate: But you're not old though!!

Skin allergy remedies

Joette: No, not at all.

So, I did not want to stop, and I wanted to use homeopathics. But even in the beginning, I said, "Ohhhhhh! It will just go away. I'm not even going to bother using anything. It's just a little nothing."

And it got worse and worse and worse, and then it kept me up at night. I was scratching, and the itching was maddening. So, I used *Argentum nitricum*, and I used *Syphilinum*, and I used *Apis*. I used, oh my gosh, I've used them all. then I used *Sulphur* 30.

Then two nights ago, although I was slightly improving ... I was using *Bovista* and *Calc carb* for allergies ...

Kate: How about *Antimonium crud*?

Joette: I used *Antimonium crud*. *Arsenicum* was helping for a while. *Bovista* seemed to be helping for a while. Even those were not just getting to it fast enough. It was helping a little. I have to admit that it wasn't quite as severe. My eye didn't look like a pufferfish any longer. Now, it looked like a pachyderm.

Kate: You changed species.

Joette: Different species, a land species now, in Africa, in dry dessert of Africa – after the elephant or the rhinoceros was in the muddy water and had been away from the muddy water and now in the dessert for the last 10 years. You can imagine all the cracking around their ankles and all ... *that's* the way my eye looked.

Kate: Was it painful?

Joette: At times it was. It was burning and prickly. Burning, burning, burning, and burning. The reason I say that it's not that it was burning an awful lot, but I'm pointing that out because it is an aspect of the medicine that we're going to talk about here.

Because the itching had now gotten way past my eye and my face, it was on my scalp; it was on my back; it was on the flexors of my elbows. I mean you name it, and I'm not going to. Any place in my body – that I've ever noted – is now a place of itch. Then I said, "I'm going to take [Sulphur 200.](#)"

Now, I had taken the 30. It had done nothing.

But I took *Sulphur 200*, one dose and it went – hold your ears – BAM!

Within an hour, not even an hour and a half, I was *instantly* better! The swelling in my eye went down. The itching was completely gone all over my whole body. I felt this peace

come over me. I also felt energized and happy. I was kissing my husband and my son who's in town. I was kissing. I was so happy. I felt so good. I said, "Okay, let's make dinner, then let's go for a walk on the beach. Let's devour life."

Up until that time, I had been just kind of slogging along, just barely getting my jobs done. So, I knew I had hit it.

Now, I've taken it for a couple of days.

Last night and the night before – because this was actually two days ago – I had the most delicious dreams. They were so much fun; I didn't want to get out of bed. They were such happy times. My parents were young, and my brother, and my friends, and our old neighborhood. And then we went to another chapter. You know how dreams can seep from one part of your life to the next, but they were all lighthearted, joyous dreams.

So, I know I've hit it. So now what I'm doing is I'm taking it twice a day.

Now, I had also taken – because I want to talk about this other remedy because I'm not going to tell people that they need to use *Sulphur* any time they have an eruption like this. But it was kind of screaming *Sulphur* all along. I had just thought, "Well, I'm going to try everything else first, and I'll put *Sulphur* on the backburner."

Let me also say, let me go back and say, parenthetically, I've always known that *Sulphur* would be a very good medicine for me at some point. Because the eruptions that I had had as a child had been suppressed for so long, because my family is Sicilian, and Sicily is known for *Sulphur* mines. I'm kind of drawing from all of that.

But I've seen a lot of *Sulphur* characteristics on both sides of my family – my mother's and my father's side of the family – that I believe many members of my family would have been benefitted by the use of *Sulphur*.

I was kind of waiting for a skin eruption to re-present, and it took all these years for it to re-present. Why didn't I go to it sooner? Well, because I guess I was in denial because I wanted to swim. I guess that was part of it.

The other part of it was when I repertorized – and I did repertorize, and I also used protocols – *Sulphur* always shows up. When you repertorize, you go into any repertory, and you look up anything of the skin, you're going to find *Sulphur*. Some say it's over-represented in the repertory. So, you have to kind of put it aside and say, "Yes, we get it. *Sulphur* is in there somewhere possibly." So, you put it aside and then try everything else and then when nothing else works, then you go to *Sulphur*. That was basically my philosophy.

Kate: But Joette, you did use *Sulphur* in there during that time. Was it once or twice?

Joette: I only used one dose, and that's really not a good indicator. I did it half-baked – kind of half-baked effort. What I mean by that is I took *Sulphur*, and then I went ahead and took *Antimonium crud* and *Arsenicum* as well. So, I really would not have had much of an indicator of which ones were acting.

Kate: As we're talking about this, I want people to understand. You're not just taking one dose of *Arsenicum*, one dose of *Sulphur*, half an hour later, a dose of ...

Joette: Thank you for saying that. No, no, no, you have to commit to it. When I was in a real acute state, I was taking these remedies approximately every three to four hours. As it backed off and wasn't as severe and my eye was no longer flipped inside out (my eyelid), then I was able to open it up and take each one of them maybe twice a day.

Kate: So, give us a more in-depth picture, Joette. Because maybe you took *Arsenicum album*, every three or four hours, and *then* you would switch to another remedy? Or did you take *Arsenicum album* and then *Antimonium crud*?

Joette: I actually took [*Antimonium crud* 6](#) and [*Arsenicum* 200](#) simultaneously.

Kate: Because that's a protocol.

Joette: It's a protocol. I decided on *Antimonium crud* 6

because it has a unique aspect to it, and that is itching everywhere. Not because there's a rash everywhere but it's just here an itch, there an itch, everywhere an itch-itch.

Kate: Now, that's confusing to me because I thought the *Antimonium crud* was for the rash or the eczema (some skin condition), and then the *Arsenicum album* was to take care of the itching.

Joette: That is so, except that *Antimonium crud* is also useful for itching and *particularly* when the itching is here, there, and everywhere. Those two, *Antimonium crud* and *Arsenicum album* are very interchangeable in many ways.

So, that's what did it. I mean, now my eye looks a little funky, and the other one looks not so great. But I don't look like there's something wrong with me. I look aged by about eight years, before it was 15 or 20 years. Now, I'm in my 70s according to my eyes!

Kate: So, when you say that's what did it, it's the *Sulphur* that did it.

Joette: Oh, my gosh, the *Sulphur* did it. There's no doubt about it.

Now, how long will this hold up? I don't know. We'll find out. I'm going to be using it for the next many days until this has completed. So, I'll be taking *Sulphur* 200C, twice

daily probably for another week or so.

I've not been swimming in my beloved pool. I've not swum much in the ocean because the ocean where I live right now is just *loaded* with seaweed. I mean not just a little bit; I mean you're covered in it. You can't swim in it very easily without it just covering you. So, I'll wait until that passes, and then I'll get back into the ocean. Then I'm going to try the pool again. I've got to find out whether or not it's the pool.

The need for *Sulphur*

Kate: So, *Sulphur*, to just recap, is a great medicine for skin ...

Joette: ... eruptions, especially when you've tried many others, and nothing is acting. There's itching everywhere – and especially if you can rationalize it with a history of the need for *Sulphur* all along. In other words, the skin issue is likely presenting from a history of suppressed eruptions.

I'll go back and explain that I had eczema from the time I was 6 weeks old until I was about 13. I didn't have just a little patch here or there; I was literally blanketed in it for the most part. We used steroid ointments. You name it, we used all the drugs that were available at the time in the '50s and '60s. There were plenty of drugs to use.

So, when we see that kind of a picture, then we, again, put *Sulphur* in the backburner because it is so ubiquitous when we look up skin conditions in the repertory. We keep it kind of at bay, unless it's screaming. If I had been super-hot – these are characteristics of *Sulphur*, of the need for the remedy *Sulphur* – if I had been super-hot which I wasn't; if I had been sloppy.

My desk is kind of sloppy lately, but I mean *really* sloppy. I keep a very tidy house. *Sulphur* is usually messy. They have a sloppiness. They are very intellectual. (I don't think I'm that intellectual. I think I'm more involved with people than I am with the intellect.) But if you see a lot of that, then you move a little more towards that. Diarrhea can also be present, that kind of thing.

Kate: And maybe an odor?

Joette: Yes, if there were odors. Now, no one in my family reported anything like that, so I'm going to assume that I was okay in that department.

Or there can be odors that are detected by someone who needs *Sulphur*. In other words, they are someone who is sensitive to smell, sensitive to chemicals and perfumes, and bad odors – the odors of a dirty dog or garbage dump or something. And I *do* have that. There's no doubt about it. I am sensitive to odors. Nothing like I used to be, but I still have that. So, that did fit as well.

Suppression

Kate: Someone might say to you, “Joette, you’ve been taking all of these remedies. You’ve tried all these different remedies for the skin condition. Well, now, what is going to be suppressed because of the different medicines that you’ve used?” I think you’ve mentioned that to me recently that you’ve heard people talking about medicines can be suppressive.

Joette: I say to that, ‘Oh, pshaw.”

I’ve heard a couple of people talk about that recently, and I’ve heard it of course through the decades. In my estimation, it is a classical homeopathic way of looking at using homeopathic medicines. I fear that there is something behind that when classical homeopaths instill in their clients, and/or patients, or students that they should not be using these homeopathic medicines on their own, and that they are instilling a weariness that is uncalled for.

We need to be able to treat ourselves.

Now, let me say, I’m going to put that juxtapositioned to the other side of the story that is: you don’t want to just willy-nilly take remedies, one after another, after another, after another. It may have sounded like that to you when I’ve described this to you earlier. That’s not how I did it,

and I suppose I could go into a little more detail, but ...

Kate: And this has been over weeks that you've done this.

Joette: Yes, yes.

We don't want to be sloppy. We don't want to choose our medicines from fear and from angst saying, "I got to do something! I got to do something. I'll do this. I'll do this. Okay, no, then I'll do that. Oh wait, maybe this is it. Maybe that's it." I discourage that greatly. That's what I teach against – that behavior – in my courses and on my blog, too. (I hope I come across that way on my blog as well.)

But on the other side of it, we do need to learn how to use these medicines. What I mean by that is, how do you learn to use them if you don't *use* them? You've got to. So, by my using the wrong "homeopathic medicine" does not mean that I will strip myself of the ability to get well because it was wrong. It is not, I believe, *suppressive*. I believe that it will, in fact – as you take the incorrect medicine, and you find out that you have – now you've got something *more* to read.

Of course, we're always reading symptoms. So, what we're reading now is the next set of symptoms that may have come as a result of having taken the previous incorrect medicine. So now, what's presenting more than ever?

Well, now more than ever, after taking *Arsenicum* and *Antimonium crud* for example, and I also took *Petroleum* earlier on, I found that the itching was worse than ever. I'd had the itching around my eyes, but now the itching was en masse because my entire body was itching. So, *that's* what then led me to the idea that I should consider the remedy that was sitting on the backburner – and that was *Sulphur*.

Kate: Let's talk about that fear, too. We were talking earlier about "don't just jump from one remedy to the other out of concern for the situation or the person." We want to be thoughtful in our remedy choice. But also, you've talked many times about if you take an incorrect remedy, taking the correct remedy will *antidote* the incorrect remedy.

Joette: That's right. That's absolutely right.

Kate: I think we need to know that you did – I think I remember you saying in your Facebook Live – you did take *Camphora* 200 one time in this process?

Joette: Yes, I did. I don't remember what was happening, but I felt worse. But in the beginning when my eye was as swollen as I described it, *Apis* seemed to make a lot of sense. After taking *Apis*, some of the edema went down, but then under my eyes started to crack. I was forming fissures under my eye and above my eye. There was darkness all around it. It was starting to occur in the other eye as well. It was exuding liquid.

I said, "Oh, my gosh! This is the remedy *Petroleum*." We were going to talk about *Petroleum* today. The indication for the use of *Petroleum* is when we see cracks, especially if there happens to be some oozing of clear fluid. So, that came next, and so, I took *Petroleum*. *Petroleum* got rid of the fissures.

I still wasn't finished with what was going on with my eye. *Apis* took down the extreme edema. *Petroleum* took away the cracking fissures. *Antimonium crud* 6 and *Arsenicum* 200 helped a little bit with the itching but then caused greater itching all over.

I know I'm missing a couple of remedies in there, but that's the crux of it. It was around that time that I realized I really did need to take *Sulphur* 200. Which brings me, Kate, to a very important aspect of this, and that is knowing the potency. *Potency matters*.

Sulphur 30 would not have done it. I took one dose; I saw no change. I took one dose of the 200, and it was life-changing. I was brought back to myself after, I don't know, three weeks of this business.

I believe that this would have carried on, Kate. Because although it was acting like an acute situation, it was actually an old symptom that I'd had as a child. So that it was a chronic, underlying, bubbling-under situation that all I needed was a little impetus, a little stimulus caused by perhaps – I still don't know for sure – but perhaps the

chemicals in the pool that I was swimming in daily that brought it out.

So, I think this would have gone on for a long, long time. If I had gone back in the pool, it would have started all over again. Well, that's yet to be found.

Kate: So, you've been staying out of the pool now?

Joette: I have. I look at it lustfully.

Kate: That's sad.

Joette: Wistfully ... just look at it from my patio.

Kate: So, now you have to find a new form of exercise again.

Joette: Oh, yes. I got a bicycle, but it's hot. You know, when it's 95 degrees, I don't care how early in the morning it is ... you don't want to be riding a bicycle. I don't know.

The thing is what I love about swimming is that I'm gaining skills. It's more than just exercise and pleasure. I'm gaining skills. I'm tightening up my strokes. I'm becoming more efficient. So, it just feels like fun to gain some

greater ability, but I'll find another way.

Skin, The Ugly Truth

Kate: So, all this talk about the skin ... people are dealing with skin issues in the summer oftentimes. So, if you want to know more about the skin issues, Joette, you have a course. It's called [Skin, The Ugly Truth](#). People can look below this podcast in the notes, and we'll give you information if you want to learn more about skin conditions and how to help them with homeopathy.

Joette: Really, there are very few people on earth who don't end up with some skin condition at some point in their lives. What better time to clear that up than in the summer when you're wearing sleeveless and bathing suits, and everybody sees everything?

Kate: Yes. Then you can tell if it's working or not because in the winter if you don't have those issues, you can't tell if the remedies are doing anything necessarily.

Joette: Right.

Getting sick is inevitable

Kate: So, we've covered a lot today Joette. We talked all about the skin. Is there anything else that you want to cover in the podcast today?

Joette: Well, the only thing I want to say is that I want to point out that we'll *all* get sick. We will all have injuries. Homeopaths get sick. Everyone gets sick.

People have said to me, "You get sick? I thought you were a homeopath." That has nothing to do with it. I'm still on this earth. I'm still susceptible. I made a lot of mistakes in my life, and it all comes back at you at some point to a certain degree. So, we're all going to get sick.

But the way to engineer yourself out of it is to learn homeopathy and to step aside from that mediocre – excuse me for being so derogatory – from the mediocre medicine of just slapping on an ointment made of steroids that just forces the body to react in a way ... it doesn't know really how to react properly. It throws that condition often to the future which is precisely why this has happened to me now, in my estimation. This is one of the understandings of homeopathy is that when you suppress symptoms of old, they will come back in the future, perhaps in a more sobering way. Thankfully, it's not more sobering for me. It's simply eczema again, and blepharitis, and et cetera, but it did not turn into red skin syndrome, for example, which is a *very* scary condition.

So, in spite of the fact that we all will suffer, I mean that is part of the human condition, that's what it's all

about being on this earth. In spite of that, we have the tools to be able to get ourselves out of – not every situation, not perfectly – but we do have the tools to engineer ourselves right out of a lot of what we've already done, or what we've got ourselves into, or what life has handed to us.

It is an *upper*, actually, to think of it that way. So, instead of using something that suppresses symptoms, we can use something that corrects them on a much deeper level, so that when I go back into that pool – and we don't know what's going to happen – but when I go back in that pool, I will, hopefully, have a medicine that I can use so that I can, and I will not suffer from it.

Kate: All right, there we have it. Thank you, Joette, for sharing your story with us and giving us more tools that we can use to deal with our skin issues.

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, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit in your health strategy, visit PracticalHomeopathy.com.



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Happy Father's Day: 3 Ways to Convert Your Husband to Homeopathy



Happy Father's Day!

Men, look away for a quick moment. I want to talk to your wives.

Just between you ladies and me, what's the best gift to give on Father's Day?

Please don't say socks or underwear. Let's get more creative!

So, nope, not another tie, either.

Hmmm ... maybe a sailboat? Or a Maserati? Better yet, why not the winning lottery ticket it would take to buy those things?

No, I'm thinking of something more down to earth.

I bet your husband would say you and the family you've built together is present enough. But what if you were to give him a gift that nurtures his loved ones and keeps him healthy,

happy, productive, robust and able to enjoy his life more thoroughly.

You know where I'm going with this.

What if you could convert your husband to homeopathy? What a lifelong gift that would be!

Now, I know many, many of you already have husbands who've joined you, keeping your family independent and powerful through homeopathy. There are families all over the country – all over the world – who are of one mind with their healthcare.

However, there are a few of you who are still struggling to ignite your husband's passion for these medicines. This is for you.

I suggest you persuade him of homeopathy's efficacy through these three avenues: Logic, Practicality, and Experience.

1. Logic

Men are rational beings. (Generally speaking, of course.) If your husband sees homeopathy as somewhat of a “fringe” element of alternative healthcare, let's approach him logically – with information.

Perhaps you haven't noticed it, but on my website, I offer a [Free Community area](#) containing scores of resources, research studies, medical journal findings and worldwide news articles. This area is intellectually delicious. He will be stunned to discover the amount of research and results published.

2. Practicality

What man doesn't want to save money? None of us want to spend more than we have to. Allopathic medical care is expensive – out of reach sometimes, especially if you don't

have insurance.

If your husband has delayed seeing a doctor because he doesn't want to spend the money, or if he avoids taking medication because it's too expensive, then homeopathy is for him! Most tubes of a homeopathic remedy cost between eight and twelve dollars. Can the same be said of Big Pharma's drugs?

3. Experience

Endorsements from athletes are well-known to sell everything from cereal to sneakers. So, apparently, the experts believe men can be influenced by their athletic heroes.

Perhaps your husband might be interested to know the current "Fastest Man in the World," Jamaican sprinter Usain Bolt, has utilized homeopathy for years. Soccer star David Beckham sang the praises of homeopathy after it hastened his recovery from an untimely broken foot. (Granted, there's never a *good* time for a broken foot, but just weeks before the World Cup is truly the worst of timing.)

Professional athletes have been my clients, as well. For instance, you may remember my recalling a story about a hockey player with an ulnar nerve injury in my blog post, [The Funny Bone is NOT Funny](#). Perhaps, [the story of another professional hockey player](#) who suffered from extreme fatigue at the beginning of training camp stuck in your mind. There are many more, but I don't want to spend too much time on this subject.

Share those blog posts with your husband. Let him discover some very hard-core athletes who have used homeopathy successfully to make them more fit for the ice or the track or the stadium.

The fatigued Sabres Hockey player was flabbergasted by the speedy, restorative action of *Arnica montana*. I tell his

story in much more detail in [my *materia medica*](#) (while maintaining his privacy, of course). If you own my *materia medica*, show the entry on *Arnica montana* to your husband.

Or better yet, let him experience the wonders of *Arnica* first-hand, just as that hockey player did.

The next time your husband overdoes it at the gym lifts too much or is just plain physically exhausted from work, offer him [Arnica montana 200](#) twice a day (If severe a few more doses will often do the trick) until he feels very much better. If he experiences a trauma that could lead to bruising, or if he suffers a sprain, grab your *Arnica*. It can also be especially effective as an initial remedy for aching knees. (Stay tuned for a future blog post on additional remedies specifically for slightly more complex problems with knees.)

Topical *Arnica* is becoming ubiquitous in health food stores and mainstream drug stores. Personally, I don't usually use *Arnica* topically as I find it works so well in the oral form. However, some people get great results from the cream or gel, so you can certainly use it. In fact, you can use both the topical preparation as well as the homeopathic pillules if you want. Either way, I encourage you to offer your husband the benefit of first-hand experience. Feeling better will certainly help him become a convert.

What better gift can you give him than the means to be intellectually stimulated, save money and feel better?

Okay, okay, go ahead and give him that wallet or the pair of slippers, and maybe preparing his favorite dinner tonight wouldn't hurt. But this year, make homeopathy his real gift!

As always, pass on the good news of homeopathy! (And I bet soon your husband will be passing it on, too!)

Warmly,



P.S. Joining a study group is an important part of not only your education but also of your ability to educate others. When you begin to dive into homeopathy and experience successes, you'll naturally want others to follow you. So, why not join with like-minded people to learn as much as you possibly can to have clear, informative answers at-the-ready when you are questioned about particular aspects of homeopathy. (You may recall I wrote about this very thing in [Operation: Mother-in-Law](#). Why not use the same strategy with your husband?)

P.P.S And don't forget, on most Monday nights at 8 PM ET, I host a [Facebook Live event](#). Each week we discuss a different topic based on issues of most concern to my clients and students. Ask your husband to sit in with you at the next event. Perhaps if he hears wondrous successes of homeopathy directly from me – as well as from the other attendees – he'll sit up and take notice a tiny bit more when you talk to him about it.



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Podcast 75 – Moms with Moxie: Joette's "Truth Bombs"



IN THIS PODCAST, WE COVER:

02:24	An undiagnosed illness
05:53	Joette's truth bombs
10:57	How homeopathy worked
15:48	Supplements
20:45	A tooth story
26:16	Some dog stories

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Joette's blog, podcasts, and on Facebook](#)

[Fizzy Lizzy CD](#)

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

[Good Gut, Bad Gut course](#)

[Purchasing a homeopathy kit](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 75.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really

caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi, this is Kate. Today, I'm here with a very special Mom with Moxie. She has some amazing stories that she's going to share with us. It will have you in tears by the end of this podcast. I'm sure of it. But not sad tears, they'll be happy tears! So, I'm excited for you all to get to meet Jennifer.

Hi, Jennifer!

Jennifer: Hi, Kate. Thanks for having me.

Kate: Oh, of course! We are looking forward to hearing how you're using homeopathy. Because, really, in your family, you've seen some pretty drastic, life-altering changes with homeopathy. So, I'm really excited to have you with us and to share your story.

Jennifer: Thank you.

Kate: So, before we get too far, tell us a little bit about yourself.

Jennifer: So, we used to live in New York, and we moved a few years ago to Tennessee. We have animals – chickens, dogs, cats. I raise my three boys. We homeschool, we've been homeschooling for 13 or 14 years now. And, that's about it.

Kate: One of the things that we're going to talk about today, Jennifer, has to do with something that happened before you moved from New York. Why don't you tell us a little about what happened while you were in New York and one of the reasons that you got into homeopathy?

An undiagnosed illness

Jennifer: Well, a few years ago, my son started exhibiting just signs of fatigue and just tiredness, headaches, things like that. So, we took him to the doctor a few times, different doctors. We weren't getting any answers or results. And, there's another doctor (and some friends) who suggested possibly considering Lyme disease and asked if he'd ever been bitten by a tick.

And we said, "Well, yes, actually he has. And that little tick had been on there a couple of days before he was ever even noticed by my son."

So, he started to continue to develop more signs of illness, but we couldn't get any positive Lyme disease test results. So, we just kept looking for answers and moving along in that direction – the path of Lyme disease – just trying to find some connections because he was exhibiting all the typical signs that you would see in someone with Lyme disease.

So, we ended up moving here a couple of years after that. He continued to get sicker and sicker. He was exhibiting signs of insomnia, dizziness. He was having heart trouble, headaches, chronic headaches daily, chronic fatigue. He was unable to run anymore – went from not being able to run to not being able to walk. He just didn't have the strength. He had the headaches. He was just so exhausted. Walking was a chore. Walking made him dizzy.

Any movement made him dizzy, chemical sensitivities and food sensitivities, motion sensitivities, had difficulty walking up the stairs – that was a big one. Walking up the stairs was hard for him to do, and I'm talking about 12 or 13 stairs. By the time he would get to the top, he would just have to either sit on the ground and catch his breath or wait for the dizziness to pass. So, that was difficult for him. He had so many symptoms. I can't quite think of them all. Oh, the sore joints and bones – that was a big one. He had very sore joints and bones.

Kate: So, this was life-altering. This wasn't, oh, some mild illness. He had trouble getting out of bed every day, had trouble just functioning, right?

Jennifer: Yes, every day was a challenge just for him to get out of bed, just so he could get to the couch. Just so he could make it to be around everybody else in the family and try to just engage in some type of daily activity with us. But he didn't have any energy to do anything. And this just progressively got worse over the last few years. We just kept searching for answers through all that time just visiting different doctors, different types of doctors.

The thing is they really didn't give him a diagnosis. Most of the doctors were like, "Well, we don't know what it is. And how about trying gluten-free?"

"Well, we're already doing that. So, what's next?"

We just kept looking because we didn't want to go down any path of unnecessary treatment and to put him through any more stressful situations just because it was hard for him to get in the car and drive with all the motion, and being a lab rat – a pin cushion really – for all of his blood work that he was getting done.

Kate: I can't imagine watching your son suffer like that and not having any answers. That must have been horrible.

Jennifer: It was tough. It was tough. We did a lot of worrying, a lot of praying. I did a lot of crying. There were a lot of sleepless nights for me and for him. It was hard for me to sleep when I knew he was having trouble sleeping. So, that was tough.

Kate: So, tell us what happened next.

Joette's "truth bombs"

Jennifer: Well, I'm very thankful for the way the Lord just brought Joette into our life, and it was unexpected. I was not searching for homeopathy. I had only heard the word "homeopathy" once in my whole life and never connected any dots. But I had a girlfriend of mine forward a Lyme disease summit that was taking place in June of 2017. I decided that I was going to listen to the whole week's worth of doctors and professionals in the Lyme disease area.

So, I sat down. I had my little notebook that I was taking notes on everything that everybody had to say because I was really just hoping for an answer through one of these people. Everyone was wonderful.

Then we got to Joette! Joette was extremely bold and very forward! I just remember the thing that grabbed my attention the most was when she said, "It doesn't matter if you have Lyme disease."

I was like, "What? How can she say something like that? What is she talking about? How could you imagine saying, 'It doesn't matter if you have Lyme disease'?"

So, I was really intrigued by that because I've never heard of anything like that before. Everything that I was immersing myself in was, "Oh, this is going to be such a struggle. This is going to be so hard on your body ... the recuperation time and maybe there will be no recuperation," and you know, on and on it goes with that.

But she was just very bold, and I just loved that. So, I was very interested at what she had to say as to *why* it didn't matter, and what is this homeopathy she's talking about. So, that's when I really dug in and called her office right away.

Kate: You said you used a term for Joette.

Jennifer: Oh, yeah! She drops these big "truth bombs" on you!

Kate: That's right. "Truth bombs!" I love that.

Jennifer: That's what it was! When I first heard her say that, I literally could have fallen out of my chair if there hadn't been arms on it. I would have dropped right over.

But I was like, "What is this thing that she's talking about! How could it not matter?"

She gave the example of the iceman from 5000 years ago, I think she said. So, she backed up everything she said. I'll be honest. At first, I was a little offended because here we are with our daily grind of suffering, and "How do we get out of this place that we're in because my child is getting older and older. He's got to graduate. He's got a life to live. We can't get past the front door."

So, I was a little offended at first, but that's what I needed. We need to hear truth and sometimes truth is a little shocking. Maybe it hurts a little bit, but it gets you to move.

Kate: I'm interested to know, what was it like when you actually consulted with Joette? How did that go?

Jennifer: Well, it was great. I was able to get an appointment with her. It took us a little while because I had to talk to my husband and, you know, try to explain to him what homeopathy was even though I really didn't have any idea. But I was just trying to learn as much as I could from [Joette's blog](#), and listening to these Moms with Moxie [podcasts](#), and listening to her [on Facebook](#) when she does her live talks and things. Any recordings I could find, I was just trying to gather information so I could relay that to my husband. We listened to her [Fizzy Lizzy CD](#) together, and that was really helpful. So, he said go for it. I made an appointment with her in August.

We decided that we would stop supplements and vitamins and anything else (essential oils, herbs, teas. We were doing

everything). We were very naturally-minded to begin with. So, we were doing everything that we could nutritionally being gluten-free, dairy-free because those were all things that he was very sensitive to. So, we had eliminated those things. We lived on a farm in New York. We were raising our own meat, and our own vegetables, and things like that. So, we were not guzzling soda and potato chips and the sad American diet or whatever they call ... "standard" American ... It is sad, but it's *standard* American diet.

Kate: You actually let him eat whatever he wanted to at that point as well, right?

Jennifer: Yes, yes. We said, "You are free to eat whatever *you* can handle at this time." Because obviously, he was sensitive, and he was already fatigued. And then if he ate something he was sensitive to, he would get lethargic and blurred vision. He would just go down even worse ... and stomach upset, and the whole rigmarole of all that.

So, we just said, "It's up to you."

Joette said, "We're not going to know if these remedies are working if you're completely avoiding all these foods." He wasn't allergic to them. He was just intolerant to them. So, it's a different story there. So, he *could* have a glass of milk and see, "Gee, how do I feel? Is this getting better or worse or whatever?"

So, yeah, we decided to stop all the other extras because we

wanted to see exactly what homeopathy could do and if we were putting our money in the right answers for him.

Kate: So, fast-forward now.

How homeopathy worked

Jennifer: So, fast-forward of a few months, and it was probably October – from August to October. We went out to an indoor waterpark (which was huge that he was even able to go with us to that). He went up these stairs which were, you know ... waterslide, the stairs are huge. He just went up this humongous flight of stairs, and I wished I knew how many steps there was. But I just remember thinking, “Oh my word! I have got to take a picture of this and send this to Joette,” because I was floored! I was just absolutely shocked, and a picture is worth a thousand words.

And I am holding back tears. I had to snap a shot of that for myself – and my husband because I wanted to show him. But I was just thrilled that he could climb those stairs, and spend the day with his friends, and enjoy what he’d been missing out on so many years. So, I just love having that picture as proof that we were just moving in the right direction.

Kate: You know, it’s funny because we talked earlier, and we both were crying when you were telling that story. Well, this time I’m not going to cry. I just had to struggle to hold back the tears because what an amazing thing that is to

watch your child who couldn't climb stairs, climb all the way up!

And that visual! Joette showed us actually, in staff meeting, the picture that you sent to her, and we all were just so thrilled for you. We're just so happy that homeopathy been such an amazing thing for your family.

Jennifer: Yes, it was just shocking, because it felt like 12 or 13 steps to get up to upstairs in our house. And for him to not even be able to do *that*, and then to be able to go up (and then down) the slides, to be in the water with all the chemicals that they dump in ... I mean, you walk in there, it's an indoor pool! It's an indoor park. So, you get hit in the face with the chlorine as soon as you walk in. For him to be able to do that in such ... I think three months is a short amount of time for someone who has lived with chronic illness for a few years.

So, I just can hardly ever tell that story without crying – and all the other ones like it. But it is just miraculous to see.

Kate: That's so great. I'm so happy for you, guys. So now, you've said he's even working, and he runs.

Jennifer: Yes! He runs. He can run a mile in under seven minutes. He works 30 hours a week. He's involved in leadership training. I don't even know what the number is – hours of community service that he's done. He went and

assisted during hurricane Florence for a whole week and was there passing out food and water and tarps and just helping people in need.

I'm going to start crying again. I have to pause. Oh, my gosh!

Kate: Oh, my gosh! Probably everyone else who is listening is crying, too, at this point.

Jennifer: I'm getting bleary-eyed. Bleary-eyed. I can't see.

Kate: So, you were so sold on homeopathy that I think the next thing you did was you started a Gateway group, didn't you?

Jennifer: I did. That November. I mustered up, not knowing many people here because we had just moved here. I was able to muster up a couple of girls. I started the Gateway group because I wanted to make sure that I didn't have to rely on any over-the-counter meds, any antibiotics, or anything like that. I wanted to make sure that he could just keep moving in this direction of progression. One of the things that Joette had said in the first meeting that we had back in August was she wasn't going to tackle it from a Lyme disease point of view. She suggested that it was a gut issue that we were potentially dealing with. So, we went at it from a gut point of view, and that is working beautifully.

Kate: Well, the way that you guys went about it was obviously very effective and has helped him to regain his life which is nothing short of miraculous. (I mean, not when we *know* about homeopathy and how it works.) But just to see his life change like that is great. I imagine you shouting from the rooftops about homeopathy now and how excited you are.

Jennifer: Yes, yes.

I do want to say another one of those “truth bombs” that she dropped on me which will just lead into what I’m going to say next. When we were again in that first meeting, the reason why she had gone with the gut issue is because we didn’t have a definitive diagnosis that it was indeed truly Lyme disease. So, one of the things she did say to me, though, about the supplements ... We were talking about supplements, and she said, “So, why are you supporting your problem?”

I was, like, “Ahhh, uhmm, hmm. I don’t know.”

Kate: So, explain a little bit more about what she meant by that.

Supplements

Jennifer: The supplements weren't correcting the problem. We were on them to try to alleviate some of the discomfort, the tiredness, maybe some of the sore joints. It wasn't doing much of anything, honestly, but I didn't have any other answers to go on, so we just continued to use them. So, she was really just bringing that to light, as to "Why do you continue to go in this direction if nothing is being accomplished?"

Kate: I think that's really good because we have to think about whatever it is that we are doing. Is it really correcting the problem, and what direction are we moving in? Is our body being healed, or are we just sort of getting by every day, and nothing is significantly changing? I think that's what you're saying if I'm hearing this correctly. That supplements were fine, and maybe they'd help some. But if you went off the supplements, then there was no change really. You just went right back to the same situation.

Jennifer: Right. We were just basically treading water. We were just sitting there, treading water. We weren't moving in any direction.

Kate: That was another "truth bomb," right?

Jennifer: That was another "truth bomb."

I literally sat there, and I was like, "Uhhhhhhhhmmmmmmmm. I don't know the answer to that question. Do I *have* to have an answer?"

Because we really weren't seeing anything really come of taking all those vitamins and supplements and herbs and all these things we were doing. But I felt like I *had* to do something. I couldn't just sit by and do *nothing*. It just was making us feel a little bit better that something was being accomplished because we weren't getting answers anywhere else. So, it was nice to hear the truth.

Kate: Yeah. So, tell us what your cupboards look like now if someone came over and needed something.

Jennifer: Well now, my cupboards are strictly homeopathy. I do have some essential oils still in there.

After I took [Joette's Gateway course](#), I felt very confident with being able to tackle illnesses that arose whether they were acute or chronic. So, I decided to get out my garbage can and make my way through my cupboards to my pantry and my drawers. I dumped over-the-counter meds, and Tylenols, and Advils, and cold and flu, and things like that. Even though we didn't really use them that often, because I did try to go the herbal and essential oil route and things like that, I still had them as my crutch in case I couldn't tackle the illness on my own.

We were able to see the beauty of homeopathy by eliminating migraines from our lives and headaches and diarrhea and indigestion heart burn. What is there? Pinkeye, there were so many things that we were using homeopathy for that would just pop up into our daily lives unexpectedly. I had not

reached for any of those things. I hadn't even reached for my herbs, my tinctures, which is what I essentially always reached for 99 percent of the time before I had homeopathy because I didn't have anything else to go on except for those things.

But I still love herbs, and I still love essential oils, but I don't use them for tackling illness now. If someone looks like they're coming down with an ear infection; we just go to the appropriate remedy. Someone's getting a sore throat; we go to the appropriate remedy. Pinkeye? Not a problem. I laugh in the face of pinkeye! I don't worry about that anymore. But before I would be like, "Oh, I hope I can cure it early," or whatever. But I just, "Oh, you got a little pinkeye? Take the right remedy. You're good!"

You know?

Kate: I don't know if you feel like I do, but when I hear of people investing in huge essential oil kits, I want to tell them, "No!" Not that essential oils are bad but get a homeopathy kit because it can save you!

Jennifer: Yes, yes. That's exactly it. Like I said, I still have my oils because number one, I love them, and I spent a lot of money on them. But I use them for just enjoyment purposes.

Kate: So, after the *Gateway I* study group, did you take another course from Joette?

Jennifer: I did. I ended up taking the [Good Gut, Bad Gut](#) course because I felt like I was ready to take my training wheels off and venture out on my own. So, that's what we did. I took the *Good Gut, Bad Gut*, and I absolutely loved it. It really just gave me a ton more confidence. So, I just loved that course. I really enjoyed it.

Kate: Now, you've been using homeopathy for a couple of years, and I imagine that you have a lot of other things that homeopathy has helped your family with. I know there's one story in particular that you talked to me about. I know so many of the listeners would like to hear about it, and that is your tooth story. So, tell us about that.

A tooth story

Jennifer: Yes, the tooth story. Well, it started last March. Yeah, I think it was last March. I went into the dentist, and I had a cavity starting in between my molars. I had one starting in my front tooth which is horrifying to hear. She told me that my X-ray showed that I was losing bone in my jaw. I had some bone loss. I was ... in the same section, I had receding gums starting. Also, from a previous filling that I had had in that same section, I don't know if you'd call it tooth sensitivity? After I had had a filling done there, I had a very hard time chewing or eating anything on that side. It would just shoot like electric pains through my jaw. So, I was very cautious to avoid eating on that side of my mouth. So, these are all these problems going on.

I was already gluten-free. I was trying all these things naturally to try. It didn't dawn on me yet to try homeopathy. You know, you always put your kids first above yourself. You're like, "I'll get to myself later." But still, I was like, "It's time to do something here."

So, when I got that information at last year's dentist appointment, and I had the X-rays, and they were showing that I had those problems, first I scheduled for my filling. I went home and panicked because I hate drilling, filling, cleaning, anything. I hate it all. So, I called, and I cancelled.

I decided that I was going to do this. I was going to figure out how to reverse my tooth decay essentially. I went on Joette's blog. I read as much as I could whenever she talked about cavities. I went on the Weston A. Price website and read about the teeth on there. I had also had the privilege of listening to Joette talk a lot about the benefits of raw milk and what it can do for your bones and your health and all that. So, I was able to talk with her a little bit more when we had one of our meetings together.

So, fast-forward a year, and I've been doing *Calc phos*, *Calc fluor*, and *Silica* (or *Silicea*), and I've been taking those twice daily. I went to the dentist this early April, and I had X-rays done. I was super excited to get my X-rays – which in all of our charts says, "No X-rays unless absolutely necessary!"

But I was like, "Oh, is it X-ray day? I'm so excited to get my X-ray! I really, really want to see what ..."

Maybe I didn't really want to see. I was like, "At least if it's halted, I'm happy." But I would have loved to hear that it had been reversed.

So, I had my X-rays done, and the dentist came in, and he did his thing. He checked my mouth and everything. She pointed out the cavity between my molars – because that was of concern because I was supposed to have it filled and cancelled that appointment. He said, "Huh. There's nothing really there. No, you don't have to worry about that."

So, I was so excited. I'm just trying to act nonchalant. I really wanted to jump out of my chair and be like, "What? Are you kidding me?"

So, I just was like, "Oh, okay, that's great."

So then when he left the room, I was like, "Can you show me the before and after pictures? Can you pull out last year's X-rays? I *have got* to see this for myself. I want to see last year's X-rays compared to this year's."

So, she was really gracious. She did that for me, and she showed me where the cavity was last year. Then there was just teeny, teeny, little speck of a little spot that she's like, "No. There's essentially nothing there."

I was like, "Okay!" I knew that I had to keep going with my remedies because I'm not fully, *fully* there. But I was so excited that I left the office forgetting to ask her about all the other issues that had been mentioned in last year's appointment.

So, I had to give her a call back. I asked her about the bone loss and the receding gums. I already know that my tooth sensitivity is virtually gone, unless of course I would chew on a popcorn kernel or something like that. She said my bone loss had stopped. My receding gums have stopped. Not improved, not reversed, but had halted which I was still very, very thrilled with.

And I said, "What about that front tooth cavity? Did you see anything there?"

She was like, "No, you're good."

I was like, "Good, as in it 'stopped' or good, as in 'you don't see anything'?" Because that means something to me. I want to know exactly what we're looking at.

She said, "Oh no, there's nothing to see."

I was like, "Hallelujah!" Because I don't even know what that would be like to have your front tooth drilled. I can't

even imagine.

So, I don't have to worry about my front tooth cavity. My molar cavity is essentially almost non-existent. So, I'm just going to keep guzzling my raw milk because I have that every day. I've been doing that for a year. I'm just going to continue with taking those three cell salts twice a day until probably next ...

Well, I don't know how long I'll go but I'll definitely want confirmation in my next year's appointment in my X-rays to make sure it is completely invisible.

Kate: Well, I think that is fantastic, Jennifer. This is why I wanted everyone to hear this because I wanted to know that this was possible. You hear of people reversing their cavities, but to talk to you face-to-face and know someone that personally had their cavities reversed is, I think, super-encouraging. So, that's great. Thank you so much, Jennifer, for sharing that with us.

You also have some stories about your dog. So, share with us just briefly about what happened with your dog.

Some dog stories

Jennifer: So, I love the animal stories because it always irks me when people are like, "Oh, it's placebo. It's just a little sugar pill." I just love the animal stories because

they're just flies in the face of that.

But my dog, she had a severe bite not that long ago, a few weeks ago. She had had a little tussle in the woods with some type of animal. So, it bit her back leg, left two gaping holes on her back leg. We treated those strictly with homeopathy. We used the *Ledum*, *Hypericum*, *Arnica*, and even *Staphysagria* because we just wanted to make sure we were hitting it with all the infection-fighting ones because we couldn't treat her with anything else like washing it with soap and water. That just was not going to be a possibility. She was not going to allow us to do that. So, that's one of the other things that I love about homeopathy.

She was healed and good to go in a week. She was all closed up. She healed beautifully. It was effortless on our part. We just had to administer the little pills, and she never got an infection. There was never even a sign, and it was a really deep gash.

One more story about our dog. Last year, she had a bladder infection. I noticed she had puddles every time she got up and moved, and she was very uncomfortable. So, I realized that she had a bladder infection. So, to deal with that, I chose a couple of different remedies, *Aconite* being the main one that I used due to the fact that she had been out swimming in the hot and then coming in to the cold air conditioning – doing that over and over. So initially, she's probably experiencing a shock to the body.

That was really amazing to see how after the first dose, the

puddling had stopped. She just continued to improve after that, and there was no more sign of that. But I did continue for a couple of days, just to make sure that we didn't have to worry about the puddling anymore for her, and that she was happy and content.

Kate: So, as we wrap this all up, just share with us some of your wisdom today about using homeopathy.

Jennifer: I would think that one of the main things for me that really helped me to take off and feel confident was not only taking the Gateway course, but definitely [purchasing a kit](#) – as you learn in the Gateway course how important a kit is. I would say that that's absolutely correct. Because without the kit, you can't accomplish these things as quickly as you should be able to because you wouldn't have the proper medicine on hand. So, it's nice to just be able to reach for my kit. I do have a lot of remedies, but I don't have *all* of the remedies. So, I know that I have my kit there to buy me some time, so to speak.

As our dog got the bladder infection, I did not have every single remedy that I needed for that. So, I was able to use my kit to buy me some time, to go online, to purchase the remedy. By the time it came three days later, I didn't need to give her anything anymore. But I had enough there for me to go on to do what I needed to do for her. So, without the kit, I would have ended up in the vet's office. Who knows what else I would have had to spend? So, the kit pays for itself time and time again. That is huge for me – was the kit, just making sure that I have everything I need at my fingertips to take care of business.

Kate: I totally agree. I talk to people all the time and they ask me about using remedies. Then when we figure out a remedy, so often if they're new to homeopathy, they don't have a kit, and then they're stuck. They can't try those remedies. So, yeah, I think that's really important.

Jennifer, thank you so much for sharing your passion for homeopathy with us and all of your amazing ways that you've used homeopathy. I'm super-encouraged, and I know those listening today are also encouraged. So, thank you for taking the time with us today, Jennifer.

Jennifer: Thanks so much, Kate. I had a lot of fun.

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