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

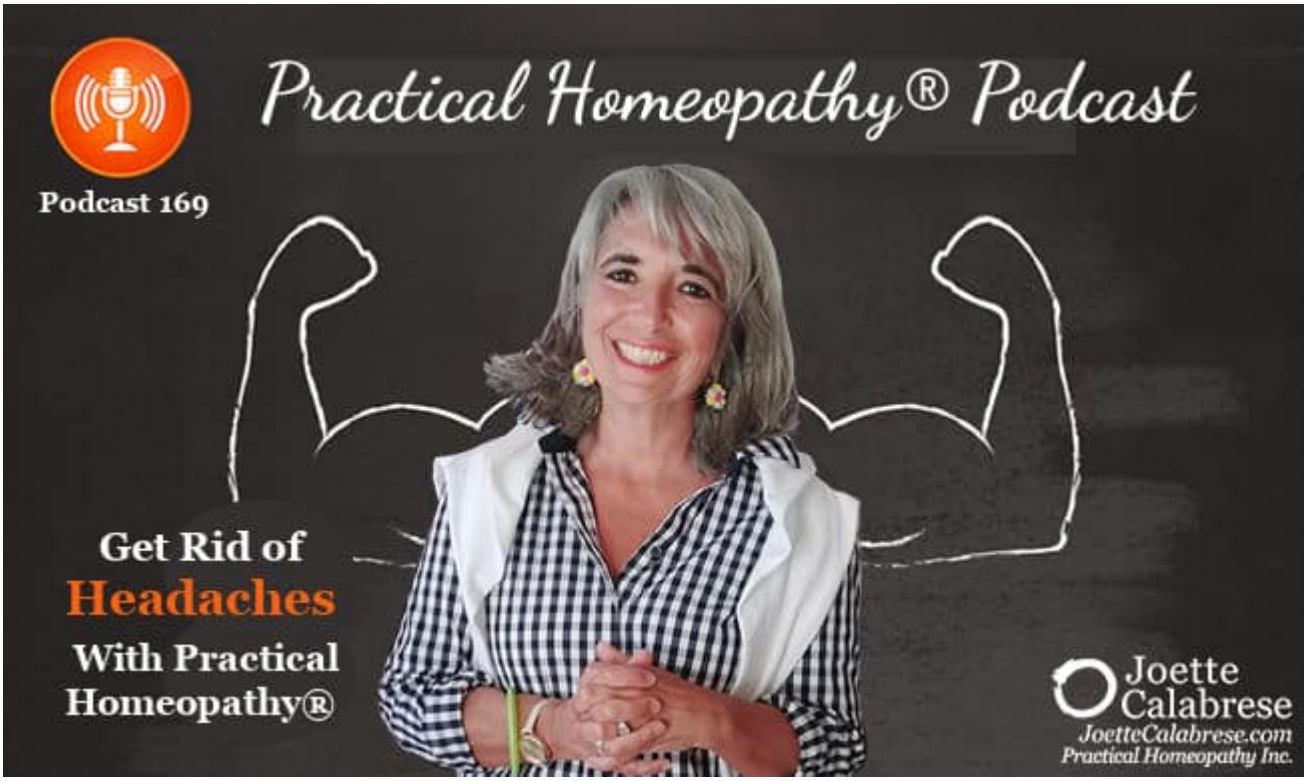
Since I shipped the very first Gateway to Practical Homeopathy® study guide a decade ago, over 20,000 have learned Practical Homeopathy.

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

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

Podcast 169 – Get Rid of Headaches With Practical Homeopathy®



In this podcast, we cover:

01:00 Introduction: Get Rid of Headaches With Practical Homeopathy®

01:41 Different kinds of headaches

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

06:12 Success Story: Barometric headache

09:31 Different homeopathic medicines for different headaches

JoetteCalabrese.com

Don’t Forget Sepia for Headaches

April Showers Bring Sinus Headaches

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

11:05 The beautiful truth of our bodies and homeopathy

Additional resources:

Joette Calabrese on YouTube (Monday Night Lives)

Joette's Learning Center

The Academy of Practical Homeopathy®

Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

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

Joette's Mighty Members

FindAPracticalHomeopath.com

Kate:

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

Joette:

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

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

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

Introduction: Get Rid of Headaches With Practical Homeopathy®

Kate: (01:00)

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

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

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

Different types of headaches

Joette: (01:41)

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

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

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

So, whether it's a headache or a migraine, the key is to investigate before reaching for the homeopathic medicine. We want to try to find the cause, if possible. If we can't

pinpoint it exactly, at least narrow it down to the specific symptoms, because sometimes the cause can give us very good information.

Kate:

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

Joette:

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

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

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

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

Kate:

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

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

Joette:

Not really. Once you understand the difference between

migraines, certain common headaches, their causes, their unique symptoms, everything changes.

Two personal examples: barometric pressure and dehydration headaches

Joette: (04:12)

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

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

The pain would start above my eyes and spread, feeling like – I don't know – a vice grip, squeezing my sinuses in my whole face. It was miserable and predictable with the forecast, but only once I recognized that. I never realized that.

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

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

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

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

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

Kate:

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

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

Joette:

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

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

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

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

But once I started to learn a little bit about homeopathy, I

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

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

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

Kate:

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

Joette:

Perspiring.

Kate:

Yeah. Right.

Joette:

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

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

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

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

Kate:

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

Different homeopathic medicines for different headaches

Kate: (09:31)

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

Joette:

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

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

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

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

And so, I also cover headaches in greater depth should this information not be of use to you because as I said, there are a myriad of different types of headaches. So, there's also [Make It Stop!] Escape from the Prison of Chronic (and Acute) Pain, which is an in-depth course, which covers headaches as well as many other kinds of pain that people suffer.

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

The beautiful truth of our bodies and homeopathy

Kate: (11:05)

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

Joette:

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

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

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

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

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

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

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

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

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

Kate:

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

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

Hyperhidrosis: Not Hot. Not Nervous. Still Sweating. Consider These 2 Homeopathic Medicines.



Here's an obscure fact: Researchers[1] say that up to 20% of people are averse to even the *word* "moist." So, what would be worse than shaking hands with someone whose hand is sweaty and moist?

Easy. It's actually *being* the person whose hand feels sweaty and moist.

Imagine how difficult it must be to offer one's hand in friendship, only to realize that it might be considered off-putting.

Sweaty hands are a form of hyperhidrosis, defined as excessive perspiration that is not necessarily tied to thermoregulation (heat or stress). Five percent of the global population deals with this condition. Most often, hyperhidrosis affects the

palms of the hands, the soles of the feet, and the underarms.

It's embarrassing, and it's equally uncontrollable for the sufferer.



A Hyperhidrosis case in point: *Calc carb* 30

In my practice, I met with a very young child who was embarrassed – and I mean, soooooo embarrassed – about having sweaty hands. Why? Well, in her kindergarten, the young students had to hold hands to walk from place to place. She was in a panic that someone would notice her hands were always wet.

My goodness, that's a high social mountain to climb for a tiny one in kindergarten. Heck, I'm sure sufferers of any age can relate to that concern of being ridiculed or ostracized.

Conventional treatments run the gamut from destroying the sweat glands with electricity or microwaves, prescription topicals, prescription pharmaceuticals and even Botox injections.

However, we successfully addressed this youngster's condition with the first homeopathic medicine that comes to my mind when considering hyperhidrosis: *Calcarea carbonica (Calc carb) 30,*

twice daily, until very much better.

This choice makes perfect sense. When one reads up on hyperhidrosis, there appears to be a component of calcium assimilation and depletion. Calcium management is right up *Calc carb*'s alley.

Now, the distinguishing factor for choosing *Calc carb* is that the hands feel clammy. Indeed, there's generally no odor … just a clammy, moist feel. (Oops. There's that word again. My apologies.)

Calc carb can also be a good consideration for hyperhidrosis on the head, neck, chest and feet. For instance, if a baby's scalp sweats while nursing, or they wake from a nap with soaking-wet hair, we would also consider *Calc carb* employed in the same manner. This alone is not cause for administering a homeopathic because it's not a pathology, but it offers a clue to consider *Calc carb* for other conditions.

This medicine was a perfect fit because *Calc carb* is also a great remedy for someone prone to frequent colds. So that clinched it: This child did, in fact, suffer from colds more often than most.

Indeed, the prudent use of *Calc carb* addressed both the child's clammy hands and their propensity to catch colds.

Social disaster averted, while overall health was bolstered. Win-win.

Hyperhidrosis in the hands and/or feet: *Silicea* 6X

However, *Calc carb* is not our only consideration. If excessive perspiration also occurs on the feet, or if it has a sour odor, we might look more pointedly at *Silicea* 6X, two to three times a day, depending on severity, until very much better.

What do I mean by "very much better"? Well, it means the condition has diminished enough that it's no longer a bother

or has disappeared completely. When the condition is no longer the uppermost thing on the sufferer's mind, it's time to halt the medicine and observe. Should the condition recur, simply resume the medicine schedule that previously worked until it abates again.

If, after giving the remedies their due (six to eight weeks for a chronic condition), there is no improvement whatsoever, then one might consider pivoting to another appropriate medicine.

To that end, I will discuss two more homeopathic medicines for hyperhidrosis in this week's Memo to Mighty Members.* We'll look at excessive perspiration during menopause, and also discuss a remedy for hyperhidrosis that specifically occurs in the armpits with an accompanying odor.

If you enjoy this content, please share it. Also check out my podcasts, Monday Night Lives, and connect with me on YouTube, Instagram and Facebook.

Pass on the good news of Practical Homeopathy®!

Warmly,



*You must be logged into your Mighty Member account for protected links to take you directly to the offering.

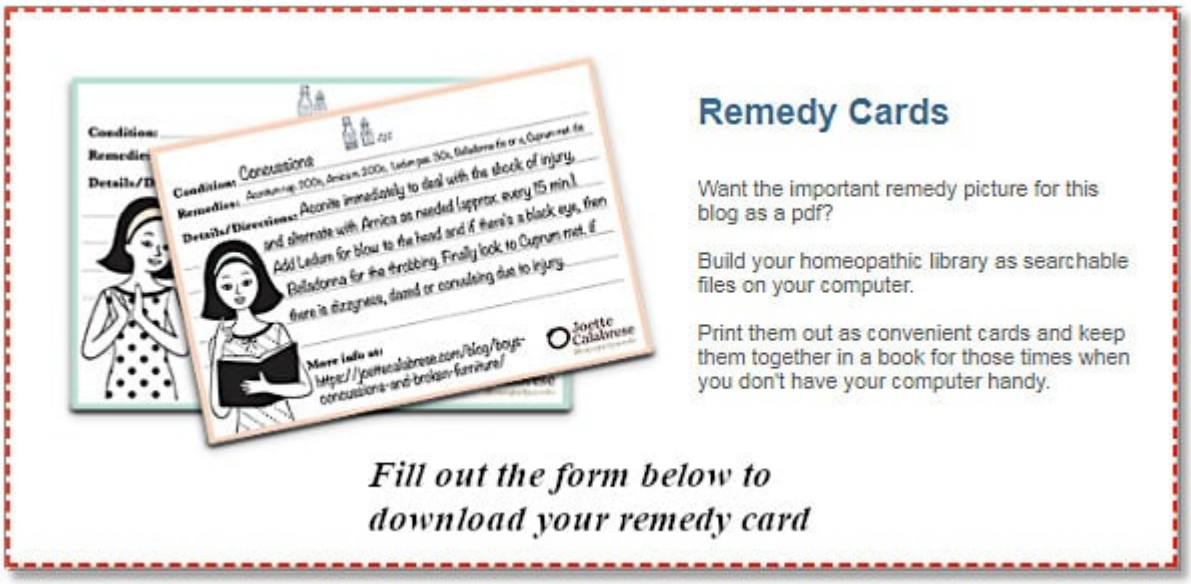
P.S. Join Joette's Mighty Members today, and you'll receive the next Memo to Mighty Members right in your inbox on Thursday to learn two more homeopathic medicines to consider for hyperhidrosis.

Plus, Members can search all the previous Memos on your exclusive website. Yes. That's 309 previous posts with information to help you "skill up" in using homeopathic medicines properly for you and your family.

Remember – all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

References:

1. Cheydleur, K., Oberlin College. (21 August 2015) "Why 'Moist' Makes us Cringe" https://www.oberlin.edu/news/why-moist-makes-us-cringe



Alpha-Gal Syndrome:

Homeopathic Considerations for a Carnivore’s Worst Nightmare

Alpha-gal syndrome is a tick-borne disease causing an allergic reaction to eating meat. Homeopathy can help!

Podcast 168 – Don’t Worry

Worry can be normal, but when it starts to affect our daily lives, we might consider a homeopathic medicine to calm that thought pattern.

The Curious Case of Connie’s Cognitive Crisis: Menopause and ADHD

Connie wasn’t herself. She felt like she was in a cognitive crisis, and everything was slipping. Was it menopause, ADHD or both?

Spring Has Sprung. Allergies Have Attacked.

Many folks suffer from seasonal allergies in spring. Symptoms can vary, so how do we choose the most appropriate homeopathic remedy?

Podcast 167 – Practical Professionals: Aconite for Shock, Fear, Anxiety and Panic

Have you ever had a shocking experience? One homeopathic medicine in particular is a true standout for shock, fear, anxiety or panic.

A Blessed Easter 2026

Wishing you a blessed Easter. Please enjoy my gift to you in today’s blog post: a beautiful hymn to commemorate this deeply meaningful day.