INDEPENDENCE Day



Happy 4th of July!

Or, more appropriately, I should say, "Happy *Independence* Day!" This day commemorates the gift of freedom in the United States of America. We're incredibly fortunate to live in a country of like-minded citizens who value freedom above all else.

We families who rely on homeopathy are additionally fortunate to benefit from a system that gives us an alternative to conventional, allopathic medicine.

When it comes to healing ourselves and our loved ones, we have the freedom to turn away from harsh drugs with needless, harmful side effects.

Instead, we choose the efficacious, polite and wondrous homeopathic medicines that have worked beautifully for generations of independent thinkers – just like us.

Tonight, when you watch those fireworks bursting in the air

overhead, say a word of thanks not only for our country but also for those homeopathic medicines you hold dear – remedies that have brought your family comfort, uprooted long-standing illnesses, helped mitigate injuries, or simply made tummies feel better after too many hot dogs on a holiday night.

Happy Independence Day! (And never take our independence for granted.)

Warmly,



P.S. If you want to actively be involved in protecting our homeopathic freedom for future generations, I suggest you become more educated about the FDA's recent actions designed to change homeopathic product regulation.

Whether you merely want to learn about the potential changes for yourself, wish to volunteer to help spread the word throughout the homeopathic community, or would like to convince key representatives to stand against the FDA, check out Americans for Homeopathy Choice – a strong, hard-working, grassroots organization formed by determined homeopathic moms.

Remember, with freedom comes responsibility.

Cell Salt Series: Never Forget *Ferrum Phos*



“But, Joette! There are over 6,000 homeopathic remedies! I can’t remember all of them!”

Well, of course.

You most likely have a busy life.

But, I bet you can handle twelve things, can’t you? And that’s exactly how many cell salts there are. I mean, if you can conquer a dozen eggs or a dozen doughnuts, you can

certainly conquer a dozen cell salts.

I call the Cell Salts "The Easy Homeopathy™" for just this reason. They are not only an excellent gateway for newcomers getting started in homeopathy, but they also remain an ever-effective homeopathic medicine no matter how educated you become.

I've noticed that cell salts seem to be a popular discussion on Facebook, so I decided to do an ongoing blog series on each of them one-by-one. (You may recall from a couple of months ago my post Cell Salts: The Basic Building Blocks, in which I discussed *Calc phos*.)

Today, let's talk about *Ferrum Phos*.

All you have to do is remember the sound of an F – as in *Ferrum Fos*. (Okay, okay, I cheated on the spelling of the "ph" sound there, but I'm making a point.)

This is exactly the method I used to teach my sons about *Ferrum Phos* when they were growing up and learning to read. In fact, I used it as a phonics lesson to show that F and Ph made the same sound. (I spoke about this during a Facebook Live titled Convalescing with Cell Salts.)

It was PHun!

Hyland's bottle of *Ferrum Phos* even has a big, red number Four on the outside! (It's as though they're playing along.)

So, let's get down to business. When should you think of *Ferrum Phos*?

- As a First aid remedy
- When addressing inFlammation
- If Ferritin is low (iron deficiency)
- Prophylactically after exposure during Flu season
- During convalescence from the Flu
- Fever, Fever, Fever

For an acute problem with a presenting fever, *Ferrum phos* 6x is generally taken every 3-6 hours until temperature has returned to normal.

For a chronic issue (for instance, chronic inflammation), *Ferrum phos* 6x is most often used twice daily until very much better.

What could be easier than this?

There is an effective medication in that little bottle of *Ferrum phos* – all you have to do is remember the F.

Warmly,



P.S. If you want more information, I have produced a CD/digital download titled, *Cell Salts; The Easy Homeopathy™* that will help you get a firm grasp on all twelve of the cell salt remedies.

Plus, I utilize the same system to teach you that I used myself when memorizing over 300 remedies for my certification exams. It works!

If you're interested in continuing your homeopathy education, I suggest you employ *Gateway to Homeopathy I*, my guided study group curriculum. You can assemble your own study group with friends and family. Or, if you don't have a group of your own, we can help you find a study group through our dedicated Facebook page.

Plus, we have launched our *Gateway to Homeopathy II* – an exclusive offering for those who have completed the prerequisite *Gateway I.* The *Gateway II* curriculum covers

cell salts in much more detail.

P.P.S. If you're looking for all of the posts in my series on the cell salts, here are the links for your convenience:
Calc phos
Ferrum phos
Mag phos
Nat phos
Kali phos
Calc fluor
Nat mur
Nat sulph
Silicea
Calc sulph
Kali sulph
Kali mur



Podcast 53 – My Best

Homeopathy Travel Staples



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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Homeopathy Kits available through Joette Calabrese

A *Materia medica*: Practical Homeopathy® for Busy Families

The top three single remedies you should travel with:

- *Arsenicum album* 6 or 30 (or *Veratrum album* 6 or 30) for dysentery, for Montezuma's Revenge, Delhi Belly (gut issues from food or water)
- *Hepar sulph* 30 or 200 for infections (ear infections, throat infections, eye infections) or plugged-up ears
- *Nux vomica* 30 or 200 (perhaps both) for jet lag, restaurant foods, not getting enough sleep, "over the top" feeling (see transcript for frequency appropriate to specific issue)

Related travel blog posts:

- "Flying: A Pain in the … Ear"
- "Holiday Travel? Call AAA!"
- "No Jet Lag on My Trip to India"

Joette: Before you travel to a country that has diseases that are much different than your own, you might want to get this book. It's super easy to carry around …

Kate: You are listening to Podcast Number 53 with Joette Calabrese at practicalhomeopathy.com. On today's podcast, Joette shares her homeopathy travel tips and some of the most important remedies to have on hand while away from home. Now, let's hear from Joette.

Hi! I'm Kate. I'm here with Joette today, and we are talking about travel. Travel is fun, right?

Joette: Yeah. It's fun, but it can also be cumbersome. So, let's try to make it as easy as we possibly can.

Kate: Exactly. So, let's talk about how you travel with your remedies, and what remedies you might consider bringing and things like that.

Traveling with remedies

Joette: Sure. Well, there are lots of different kinds of remedy kits. The manufacturing pharmacies – these homeopathic pharmacies that produce these kits – have a very good handle on what you will need. Besides remedies that are obvious to you or to most people such as *Arnica,* and *Arsenicum,* and *Nux vomica*, they know that in a household, most people will need "this, this, and this," as well. So, they do the thinking in advance which is one of the reasons why I love kits.

By a kit, I mean, usually it's a plastic box. Sometimes they come in pretty hardened cardboard boxes, but more often, they're plastic boxes. They usually have 50 remedies. My first kit had 29 remedies, and they were larger bottles. But they have 50 remedies or 100 remedies, and they're the top, most frequently used for most households. So, what I love about them is that you've got exactly what you need, pretty much. I mean it's not going to be perfect. You can't have 6,000 homeopathic medicines, but you'll have 100 – the top 100. Those are the remedies that you need to know how to use once you really start learning homeopathy.

But you needn't know how to use every single one of them while you're just traveling. That's just the goal that you should have for the eventuality of learning more. So, at any rate, what I like about them is the bottles are small. Some people complain, and they say, "Those bottles are too small." I say, "No, no, no. You don't understand." If you get sick, and you're traveling – or if you're home, and you get sick or someone in your family falls ill – you need to have the choices of the medicines. Then once you know that

Arsenicum album, for example, is acting for this terrible, relentless diarrhea and vomiting, then you get out, and you buy a bigger bottle. But at least it carries you until you can get to a place, or you can have it sent to you directly from OHM or Amazon or Boiron or something like that. So, you've got them on hand.

So, for travel, you don't know where you'll be in terms of finding a homeopathic pharmacy. Now, throughout the world, they're very plentiful. In South America and Europe, you'll find homeopathic pharmacies on many corners of big cities and even smaller villages, but you don't know that for sure. So, it's nice to be able to carry that with you. We carry some of the kits in our office so that folks have that available to them, and we have special packaging for them. If you buy two different kits – then one is a 200 potency, the other is the 30th potency – then you get a special break. We also have produced a lot of information so that you don't have to count on your memory or even my blog necessarily. But, there's a lot of information that accompanies it. That makes it a little bit more valuable. So, that's a great way to travel.

Do X-rays affect homeopathic remedies

Let me mention that there is the belief that homeopathic medicines will be ruined by going through X-rays and electromagnetic fields. I've not put together a scientific study on this, but in my experience – and I've done a lot of traveling – I don't find that that is a problem. I still – when I travel – I get my kit, and when I'm in the checkout area of the airport, I tell them that these are homeopathic medicines and that I'd like them *not* to go through the X-rays. They usually oblige me, and there's no problem. It takes an extra five minutes or so.

But, through the years inadvertently, I have left some

remedies behind. One of them might have been in my makeup bag or inside of my purse, and it goes through anyway. Then I go to use it – two days later, a week, a month later – and it still works. I've labeled them so that I remember. It's just happened so many times that it's becoming clear to me that it really is not a problem. So, I still ask them not to put these remedies through the X-ray because there are 100 remedies in one of the kits that I carry and 50 in another. They're very small kits so they're really very portable. But just in case, I guess I still am being a little extra wary about it, and I ask them not to. But, I have not had any bad luck with it so far.

Kate: Yeah. I haven't either. I've flown with huge gallons of black bags full of these – much to the dismay of my family who has to roll their eyes when I'm standing there and getting hand-checked. Oh, my goodness!

Joette: Pat-down. It's a pat-down.

Kate: You know, not always do you get patted down just because you ask them to hand-check. So, those of you who are wondering – once in a while, they do require a pat-down when you ask them to hand check, but not always.

Joette: I was saying earlier to you that I believe that a lot of times the pat-downs and the extra scrutiny is because the medicines are in liquid. When they're in liquid, I find that is more often when they go the extra mile.

Kate: However, I have had times with liquids where they haven't done the pat-down.

Joette: Oh, for goodness' sake. So, yeah, nothing's completely consistent.

Kate: Right. Hey, I think we should do a "myth buster" segment where we talk about all the myths of homeopathy, like you can't put it through X-ray, can't be in heat …

Joette: Oh, I love the idea of a myth buster program! That sounds great. Yes, lots of myths around homeopathy.

Kate: Yeah! We should do that sometime. So, there are lots of myths about homeopathy, and one of those is about X-rays. You're saying that you haven't found that …

Joette: … X-rays dilute the value of the medicine – I found that it does not do that. So far. And as I said, I'm not willing to take a chance with 150 remedies in one felled swoop, but so far, I've had no trouble.

Kate: So Joette, what do you feel about the liquid homeopathic medicines? Do you feel like they're a little bit more fragile than the pellets?

Joette: No, I don't think so. Some of my liquids have gone through, and they still act.

Kate: Okay. Well, that's good to know. Yeah.

Joette: Yeah.

Kate: I think also, it's a good idea to label your box, your kit, your bag – whatever you are bringing the homeopathic remedies in. So that if they're really busy in the TSA or if you're traveling and you accidentally leave them somewhere, that people know how to get a hold of you. Because it's happened to me where I've actually shipped remedies, and they have gotten lost in shipping, and they are gone. I do not have them.

Joette: Prudent.

Kate: Yeah. I think it's a good idea to label them.

Traveling by car

So Joette, what if you're not traveling on a plane? Let's say, you and your family are going on a camping trip or

traveling across the states or in another country, you know, country-to-country? What advice do you have for traveling in a car?

Joette: Well, it doesn't change much. You just keep them inside the car itself. I mean, we used to do a lot of traveling to Chicago at Christmastime. There've been times when we were stuck in snowstorms. If I'd kept the kit in the trunk and somebody was not feeling well, we'd have to stop the car, open the door, shovel our way to the backend of the car, open the trunk, and get the remedies. So, you want to keep them on hand.

So, when my children were little – and even now with just my husband and I traveling alone – I keep the remedies right behind him, in the seat behind him so that I can reach over quickly. Which reminds me of a time in which we were traveling to Vermont, and my husband suddenly had tremendous kidney pain. He'd never had anything like that before. It was excruciating and abrupt. It was so painful that he didn't know whether or not he could even pull off the thruway very quickly. He was perspiring heavily from the pain. He said, "It's got to be kidneys." He could barely speak. The pain was so horrible.

Kate: Wow!

Joette: It could have been a stone. It could have been just kidney colic that was extreme. Who knows? So, I grabbed the remedies that were right behind him, pulled up *Berberis* and *Belladonna* and started administering it to him immediately – we were on the thruway right on the side of the road with the trucks zooming by us. It took about … I'm going to say 15 minutes maybe? It's hard to remember; it was years ago. He was better in, really, in about 15 minutes! It was over with! It didn't come back again until perhaps a few months later. It came again but not as severely.

That's not uncommon that we find with homeopathy. When you find the correct medicine for a condition, and you use it at that moment, the next time it presents, it's often not nearly as severe. We used it again that time. We were not traveling the second time it occurred. It was the middle of the night. That was the last time that he ever had that pain and that sensation again – and it's been years. So, it was good that I had it right there. Now, being on the thruway, if I had to get out, if the traffic was heavy, or we were in an inclement weather, it could have posed a little difficulty. So, I always try to keep them close by. I keep them in my bag.

Now, I don't travel to the grocery store with my remedies. When I used to go to my parents' house, they had their own remedies there. So, I knew that they had what I would need. But certainly, when I'm going to go someplace where I'll be gone for somewhat of an extended period of time – a few days – then I take my kits. I take two kits. One has 100 remedies in it – very small kit, very, very tiny. We sell them at my office. Another kit has 50 remedies in it, and those are the 200 potencies. Then I also carry anything that my husband or I inadvertently need, have been needing from time-to-time that are not perhaps in the kit. Then I have a little ziplock bag for those. But generally, I just travel with these two kits.

Kate: A good idea when you're traveling is to do some investigation of the area where you're going and find out what stores they have there that might carry homeopathic medicines – and more and more are carrying them now – because that can save you some packing room as well, if you can just go locally and get them.

Joette: Well, also depending on where you're traveling, homeopathy is ubiquitous all over Europe and South America. You'll find plenty of pharmacies and stores, mostly they're pharmacies. They're on many street corners in large cities

in South America, Europe, India. You see them everywhere. But in the US, you don't know where you'll find them.

Kate: But quite often, you find them in surprising places, like grocery stores.

Joette: Yes! Oh yeah! Wegmans carries them, and certainly Whole Foods, and Wal-Mart carries homeopathic medicines. It's great!

Kate: Yeah, Vitamin Shoppes.

Joette: Right.

Having the information at hand

Kate: So, let's talk about another aspect of traveling and being prepared homeopathically. That is: having the information that you need at your fingertips. Because you may have the remedies, have those kits, but if someone gets sick – like your husband and you mentioned that kidney attack –how do you get the information that you might need to know? What remedy to use on the spur of the moment like that? I have a couple of things that I do. I know that you have lots of tips as far as keeping that information at your fingertips. What would you say?

Joette: Well, I've been directing people just to go to my blog. But, a lot of folks are telling me, a lot of my students are saying, "Well, sometimes I don't even go to your blog, Joette. I just write the name 'Joette Calabrese' and the name of the condition." I think they've got a valid point. Not only because my website is not as sturdy as I'd like it to be – we're in the process of updating it grandly. But until that time, there aren't a lot of synonyms to use. So, if you think of "ear infection," and the article was written about "otitis media," then you might not find it. So instead, they just put my name in there, and they find it

not only from my blog, but they'll find articles that I've written for other blogs as well as articles that I've had published and speaking engagements that I've had online. So, you'll find lots more information. Obviously, everything there is free. So, that's a great way to find a solution to many of the conditions that most families would suffer from.

Kate: What I do, also in addition to that, because I've done the same thing. We all have smartphones now, right? We can type in "Joette Calabrese, ear infection," and come up with all kinds of ideas. But a couple of things that come to my mind are, one: those study groups because I've developed a close group of women who I've studied with over the years. These women, I know that I can call any number of them, and they are going to be there to answer my questions and to help me out. If I don't have access to the information, they are willing to go in and look up the information for me. So, the study groups really give you that core group of people that are really going to be your support group and help you through those situations like that.

Joette: Yeah, that camaraderie which is so important when you're studying or learning something that is a little outside the norm because it's not your average information. So, it also makes for people who are more excited about the subject and more passionate about knowing how to use this or that and willing to share information. It's a great resource. Those study groups are wonderful. And not only with the Gateway study groups, but also in the courses – on Facebook, those folks who have taken those courses all have gotten to know each other. Many of them actually meet. One group is meeting in Florida. They're coming from all areas around Florida and Southern US. They plan on meeting to actually meet each other physically after having been friends for so long on Facebook through these courses. It's a very exciting movement that we're involved in.

Books to carry

Kate: The other thing that I want to do every time I travel is I want to take all my binders of the information from your courses, Joette. I want to bring them all with me, but I can't put them all in my suitcase (or my family would really think that I'm crazy). So, I have made a compilation of all the protocols that are listed in your courses. I just carry those sheets of paper with me when I travel, so that I have that information at my fingertips, and I don't have to bring all those binders.

Joette: Well, I have a book that I bought many years ago that's a desktop guide *materia medica*. It's written by Gibson. What I like about this book (it's not very thick; it's hardbound), and what I like about my own *materia medica* for the same reasons, is that there's not an enormous amount of information in each of the entries. So, what I've done has I filled it all in with my own experiences and information and studies and what I've learned from some of my teachers and my clinical experience and what I've observed in India. It's all filled in. So, if I'm going to travel with any book, that's the book I travel with. So basically, it's a *materia medica* that I have filled in with my own notes.

Now, I've encouraged folks that when they purchase my *materia medica* that they do exactly the same thing. The *materia medica* that I've authored is *not* hugely extensive. Each remedy is maybe half a page or a page – at most two pages long. Whereas if you were to purchase the "Concordant *Materia Medica*," you might find that, for example, *Sulphur* could be eight pages long. It's almost too much information. It doesn't leave you much room physically on the page to fill in the blanks for those areas that you have found valuable for your family or clinically. That's one way that I would travel in the old days. Now, I don't travel so much like that. I have them mostly memorized. I know what

protocols to use, and it falls more readily at my fingertips.

But, I want to mention something else, Kate – and this is someone else's book. It's called The World Travellers' Manual of Homoeopathy. I love this book by Dr. Colin Lessell, L-E-S-S-E-L-L. The last time I looked this up, it was on Amazon for a dollar.

Kate: Wow!

Joette: It's the best book I have found that's small that is laminated – so, it can maybe fall in the ocean a couple of times (the cover). It's super easy to carry around. I don't know that I would necessarily carry it. But before you travel to a country that has diseases that are much different than your own, you might want to get this book and look it up. So, if you have someone who's going on a mission to Africa or other parts of the world where the diseases are different than what our bodies are accustomed, then you might want to get this book and learn exactly which medicines you should have on hand for yourself or your family and in exactly that potency. And then you could certainly do what you said and keep a file card on it, so that the person knows exactly what to do should they encounter that condition once they leave the US.

Kate: Yeah, great idea. Okay, so we've covered bringing our remedies. We've covered how to find the information on how to use the remedies. Now, let's talk about maybe some top remedies that we just do not want to be without when we travel.

Remedies to bring when traveling

Joette: Let's see if I can come up with as few as possible, just to really tighten this up as much as I can. The top remedy – especially if you're traveling to someplace like

Mexico, or the Caribbean, or a place where the food is going to be different, the water is going to be different, and you're worried about dysentery or something like that – I can't imagine traveling without *Arsenicum album* or *Veratrum album*. So, think of it this way. It's the two albums, *Arsenicum album* or *Veratrum album*. I would use them in a 6 or a 30 for dysentery, for Montezuma's Revenge, for Delhi Belly, for all the different names that are attached to this gut problem that people have by being exposed to water that's different than what they're accustomed to (or foods). So, I'm going to count that as one. Even though those are two separate remedies, *Arsenicum album* and *Veratrum album*, I put them somewhat in the same category because they work so similarly.

The next one that I can't imagine leaving home without is *Nux vomica*. Because when we're traveling, *Nux vomica* is one of those medicines that help with the jet lag, and eating restaurant foods, and not getting enough sleep, and over-the-top, and different weather conditions, and changing atmospheres, et cetera. *Nux vomica* is excellent. So, I can't imagine leaving without that in a 30 or a 200 potency – perhaps both.

Then the third one that I can't imagine living without is *Hepar sulph* or *Hepar sulphuricum calcarea*. It's not two different remedies. It's the same remedy. The second version is just the abbreviated name and the first one is the full name: *Hepar sulphuricum calcarea*. I would use that in a 30 or a 200 potency, probably more likely a 200 potency. It's great for infections, ear infections, throat infections, eye infections. I've written about it on my blog and in other places. It's what I call the homeopathic antibiotic. So, I love that one as well. That can also help with ears that get plugged up on travel – we talked about that in a blog just recently. It's not the only one; we have others that could be just as useful. *Pulsatilla* could be helpful, et cetera.

But, *Hepar sulph* is a great one because it covers so many conditions. So, there are three. I could go on, Kate.

Kate: Right? Yeah, because I have, remember, that gallon-sized bag full of homeopathic remedies when I travel, so we could talk about everyone. So, let's go back to *Nux vomica* for a minute. Let's talk about how to use *Nux vomica* when you are traveling, and you're not getting much sleep. How do you recommend to use it? Like for instance, how many times would you take it throughout the night that you're traveling and not maybe getting sleep or in the days to follow?

Joette: Well, today, I had these chocolate things: chocolate-covered pretzels. I can't resist them. So, I bought these chocolate-covered pretzels. I thought, "Oh! How nice. I'll just buy … and I'll have a few of them, and then I'll give them to my son (because he's here working with us for the next several days) and my husband. Everyone will enjoy them." But that's not what happened.

Kate: What!?

Joette: I have eaten so many of those stupid little chocolate-covered pretzel things that I actually feel very uncomfortable right now. It's late afternoon for me. I started early this morning eating those darn things. I know that if I try to go to sleep tonight, I probably won't sleep. Now, if I were traveling on top of it, that would really put me over the top.

So, why do I bring up the chocolate idea? It's because when you're traveling, you eat foods that are not usual to you. If you're careful about how you eat generally, and then you can't keep that up when you're traveling, *Nux vomica* is a great remedy for if you start feeling uncomfortable. That's exactly how I feel right now. I really should have taken *Nux vomica* before we started this podcast tonight! But I know that tonight, I probably won't sleep unless I take a dose.

So, I would take a dose of *Nux vomica* 200, probably about an hour before it's time to go to bed. It would just bring me down from the chocolate, settle my stomach, allow me to sleep properly. I would not take it every day. I use it as an SOS from time-to-time when I'm stupid like this. "SOS" means Sorry that you did something wrong and feeling really Stupid about it – so SOS!

Kate: I like that.

Joette: But I'm never sorry enough to *stop*! Because then a few weeks from now, it will start all over again – like I haven't remembered a single thing about it.

Kate: Which brings us right back to that *Nux vomica*. So, when I travel overnight or don't get much sleep, I'll take some that night. And then I'll take some again maybe a couple of times during the next day, and then maybe once or twice the following day – depending on how lacking I am in sleep and just how off schedule I am.

Joette: Yes, because while traveling to get clear across the earth, it can take two days – sometimes two and a half days – and you're sleeping at odd hours, et cetera. In that case, I wouldn't just take one dose. I would probably take it every 12 hours for several days until my sleep was restored properly. Because once I get to India, every year I crash when I get there. I don't take it generally while I'm flying because I don't feel ill – although I probably should, prophylactically. But, I wait until I feel like I ate chocolate pretzels. And then I take it, and it does help. It makes a big difference.

Kate: Okay, so I think we've covered our travel bases. We're ready to take off in the car or on a plane now. We can travel knowing that we are prepared. There's also a couple of blogs for those of you who want to follow up and know more about remedies to use while you're traveling. You have

one called, "Holiday Travel? Call AAA!" and that's about anxiety for travel.

Joette: Yes, for flying.

Kate: You also have a blog titled, "No Jet Lag on My Trip to India." So, for those of you who want more information on traveling and remedies for that, go to Joette's blogs and look those up.

Joette: So, having an interest in homeopathy is one thing but actually taking it on is another. So, if you plan on traveling or even if you're just staying at home, but wherever you are in any part of the world, if you want to count on homeopathy, it is very important that you *own the medicines* – as many as you possibly can. So, birthdays, anniversaries, Christmas, Mother's Day – ask for remedies. Buy as many as you can possibly afford, because it's no good to say, "Oh, oh, I know the remedy for that. I know exactly what to use." And then you go to your little kit, and you don't have it. So, to be prepared, not only with knowledge but with the material acquisition of the medicines are both key.

Kate: Okay. Well, thank you Joette for taking the time to share with us your travel tips.

Joette: It was fun, Kate.

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.

My Libido? She Was Sent Packing Years Ago – The Homeopathic Fix



“Whatever.”

“I don’t want to.”

“I don’t care.”

Sometimes, we women catch ourselves saying these things more and more often.

It may seem like a big part of us is missing.

When our hormones go awry, our whole personality and outlook can change.

We experience increased emotional PMS, irritability or vaginal dryness. Sometimes those around us notice our "nesting" instincts diminishing, as evidenced by our lack of interest in our family, in housekeeping, in cooking or in caring for our children.

Even worse, we sadly lose interest in our husbands. It's as though our libido packed up and left the building!

Of course, all of us have our individual levels of enthusiasm towards our "wifely duties," so a mild enthusiasm is not necessarily a pathology. But, if we have a strong aversion to the activities associated with being a woman or if we lose the feelings of enjoyment we used to have for them – then it is reasonable to suspect hormonal imbalance.

Life-in-general can disrupt our hormones – as can having a child or taking bioidentical hormones. (By the way, keep in mind "bioidentical" is really only a marketing term. It does *not* mean the product is natural.)

But, I have found one of the most prevalent hormone disruptors in our society is birth control pills. Women don't take this medication for a few weeks, and then they're done.

No. In general, when a woman goes on the pill, she is on it for *years, even decades*!

Imagine the confusion years of synthetic hormones cause our bodies – not only in our reproductive systems but the overall endocrine system. Our hormone balances are

intricate. Tinkering with them without care for what they may actually cause is at best sloppy science but more importantly, can cause a future of health and even behavioral fallout.

In fact, some have referred to the birth control pill as the "divorce pill," because of the increased divorce rates in women who have taken the pill. Google it.

It's fascinating – and distressing.

As a woman approaches menopause, prior hormonal tampering can cause her to lose interest in a wonderful man she has loved for years. (In fact, I wrote about this very situation in a previous blog.)

Or worse yet, the birth control pill may cause women to choose the wrong mate in the first place! Scientific American featured an eye-opening article about the subject. Or, perhaps I should say "nose-opening" because birth control pills alter our sense of *smell*.

Believe it or not, smell is a major subconscious influence in our choice of mate. Synthetic hormones manipulate the naturally occurring senses in a woman's body – changing her and changing her preferences. When she stops taking the synthetic hormone, she returns to "herself" and wonders how she ended up with *that* guy.

Shocking, right?

Well, what do we do if we suspect our hormones have changed naturally or have been artificially manipulated? Generally, a good starting point is *Sepia* 200, twice weekly until hormonal instincts return to normal.

Now, don't get me wrong, there's more to it than just this. The subject is complex, which is why I present an entire course on women's issues: *Feminopathy*. There, I teach that

when approaching this concern homeopathically, *Sepia* 200 is the first thought that should come to one's mind when dealing with such hormonal conditions.

Indeed, *Sepia* has a reputation for being able to bring a woman to herself again. That is, it can restore the imbalances the endocrine system has undergone. It helps right the wrongs of synthetic hormones. It is used for low libido, vaginal pain, vaginal dryness and most astounding of all, brings a woman, not to her 20-year-old self, but *her* version of balance.

I have seen *Sepia* 200 reestablish an interest in the family that has been lost.

I've witnessed its ability to give a woman a lilt in her step when dealing with her household duties.

I've noted time and again that it melts away irritability and fatigue that burdens women, interestingly at around 4 PM.

It does this over a period of weeks or months, sometimes many, but when the problem is clearly "a *Sepia* problem," it acts in a way that can be demonstrably life-changing not just for the woman, but her husband and children as well.

None of us need to live our lives without the joy of taking care of our homes and family. And, we certainly do not need to live without the joy of a loving relationship with our husbands. If it seems our libidos have been sent packing, let's bring them back home!

You may be asking, "Joette, why are you writing about this particular subject today? It's Father's Day!"

EXACTLY! I think there is no better present a husband could receive than enjoying his wife's enthusiasm again. Don't you agree?

So, to all you Dads with Audacity – Happy Father's Day! (With a little wink from me.)



Podcast 52 – Moms with Moxie: "I Can't Get Enough of Homeopathy"



IN THIS PODCAST, WE COVER:

06:12 Studying Classical Homeopathy

09:25 Fixing the dog

10:48 Curing the chickens; fixing the husband's migraine

12:46 Allergy and the children's take on homeopathy

16:15 Eczema

16:47 Sinus tooth pain

19:16 Homeopathy is life changing

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Belladonna and Similasan ear drops: for ear infection pain

Mercurius solubilis 200C: for yeast infection See blog post: Vaginal Yeast Gone with Homeopathy

Good Gut, Bad Gut course

Antimonium crud: for dog's skin condition

Ignatia: for dog's PTSD

Arsenicum album: for chickens' diarrhea (mixed with rice and bone broth)

Symphytum: for chicken's bad leg

Coldcalm®: for colds

Symphytum/Rhus: mixed together for aching joints

*Symphytum*and*Arnica:* an alternative mixed together for aching joints

Camphor: to antidote

Antimonium crud and some *Arsenicum album:* for eczema

Calc carb: for sinus pain and issues

Hypericum: for numbing, tingling nerve pain

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. Your successes inspire me. They're glorious and powerful. 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: You are listening to Podcast Number 52 at practicalhomeopathy.com. Welcome to another Moms with Moxie podcast. I’m Kate and I have a lovely guest with me here today who is passionate about learning homeopathy. Welcome, Julia.

Julia: Hi!

Kate: I know we have other moms who are listening today to this podcast who are similar to you, Julia, in that they can’t get enough of learning about homeopathy. I know that you’ve immersed yourself in learning homeopathy, and you’ve been studying it with Joette for quite a while, I think. So, I look forward to hearing all about your experience. But first Julia, tell us a little bit about yourself and your family.

Julia: I’m a mom of three boys, and I live in Albuquerque, New Mexico. My youngest, who is 12, wanted me to be certain to mention him.

Kate: That’s great. Let’s start with how you first heard about homeopathy or got into learning about it. Can you give us a little bit of a background?

Julia: I had a couple experiences with it—good experiences with it. My MD is also a homeopath. So, he helped me tremendously with some migraines many, many, many years ago. Then—what was it, seven years ago—I woke up one day with a terrible earache, ear infection. It was a Sunday afternoon. The only phone number I had for some reason was my Doctor of Oriental Medicine. I don’t know why I had it, but I’m glad I did. She said to send somebody to Whole Foods and get me some *Belladonna* and some Similasan ear drops. Within a few minutes, I could lift my head up off the pillow after being

stuck there all day. It came back again, so I repeated again. I think it was just two doses and I was done. That was like mind-blowing. It was shocking! That was the first time that I was like, "There's something here!" That was amazing. You know I could have chalked up the migraines to any sort of change of diet or hormones or anything that helped the migraines, but the ear infection was such a direct cause-and-effect. There was no denying it.

Kate: Yeah! So even though your MD was also a homeopath, you hadn't had that much experience with homeopathy, or you worked with him in the classical way?

Julia: No. I worked with him classically for the migraines, and then when I would see him beyond that, he was very open to anything. Whichever route I wanted to go was how he would do it. But, he's big into supplements and that sort of thing. I think maybe he asked me once if I wanted to go the allopathic route or the homeopathic route. And I chose allopathic, and maybe he just wrote it down the chart and never asked again. I don't know why we didn't do any more.

I went in one time. I had cellulitis on my ear. I don't know how I got it. It hurt like the bejesus and he said, "Do you want to treat this homeopathically or allopathically?" I said, "Give me the antibiotics!" I regret that now. But, I didn't know about Joette and all the beautiful things.

Kate: Yeah! Well, we've all been there. We all had to start some place…so. After that point then what?

Julia: Then I would buy some Boiron tubes and not know what to do with them. I even bought a couple of books, and I still wouldn't know what to do with them. It all seemed really scary and overwhelming. Then one day, despite as near a perfect a diet as you could get, I had a yeast infection that would not go away. I had so little sugar in my life that I even had to cut out balsamic vinegar to remove the

last of the sugar. And I could not kick this thing! That's when I found Joette's blog. I took whatever it was she recommended on there—*Merc sol*, I think—and took it away, never to return, no questions asked. Then I started following Joette's blog. Let's see, in January of 2016, I think it was, I was fed up of chasing the health hamster wheel and called her up.

Kate: So, when you say you called her up, what does that mean?

Julia: For a consult.

Kate: Oh, okay! So, you consulted with her, and then you also have taken her courses as well, correct?

Julia: I have; it was funny. The first time I consulted with her and she said, "So, would you be interested in taking any of these classes that I offer?" And I said, "No, no, no. If I had any extra time, I'd be taking art classes!" She very kindly said, "I understand." I have to say it was less than two weeks later, there was such a dramatic shift in my health that I signed up for Good Gut, Bad Gut. Within a few months, I had plowed through everything she had to offer.

Kate: Oh, my goodness! What a shift from wanting to take art classes to then diving into all of those homeopathy classes.

Julia: It was amazing! It was life-changing, transformational, life-altering! It was fantastic!

Kate: Yeah. Oh, isn't that great? So, you've also taken this whole thing one step further, and you're actually going to school for classical homeopathy?

Julia: I am.

Studying Classical Homeopathy

Kate: Some of the people listening to this podcast often wondered that same thing, should I go to school for homeopathy. How can I get more of this? Because they have taken all of Joette's courses and read all the blogs and the podcasts and the Facebook Lives. So, they just want even more. They want that foundation. I know Joette has talked about this that she says if you ever want to go into practice, you do need to go to school for homeopathy. So, give us a little bit of information about where you're going, and would you recommend it?

Julia: If I recommend it, that's a tough question. No, I do because I can't get enough of it, and it's the only way to get more—other than just reading, which is great. I am looking at all my books sitting in front of me. I have quite a collection of homeopathy books. But, the classes take it that next step. Then learning to do the cases takes it that *next* step. And, getting feedback classically is that *next* step. So, it's one thing to read it and learn it. It's another thing to do it under supervision.

Kate: You did mention to me though that there are pros and cons to that. If you go to school and you're studying classical, but yet, you're using the protocols that you're kind of in two different worlds.

Julia: It's terrible being in two different worlds. It is such a mind switch. When I first signed up for the classes, and I thought, "I'm just going to take it just so I can get some more knowledge for me and leave it at that." But then I really got hooked. In the middle of that first six months of the classes, Joette did another webinar. So, I signed up for that. I took that. I'm like, "Why am I going to school? This is the information that I need, and I want." But, I was hooked so I kept going. It is *very* difficult to switch your brain back and forth between classical and practical.

Kate: You've actually been able to share some of the protocols with some of the students in your classes.

Julia: I have, yes—a couple of people I've reached out to who have been very open to it. One of them actually had worked with Joette prior. Then she joined the school. Another one is in the school, but she also worked with Joette. We talk sometimes on the Facebook page. And then a third one that I was paired up with to do some case taking, and she can't wait to learn more of Joette's stuff. But, she reached out to Joette, and Joette said, "I suggest you finish the schooling before you start watching the webinars," which I think is really good advice.

Kate: So, she's not too confused, right?

Julia: Right, exactly.

Kate: What is the school that you're going to in case some of our listeners want to know?

Julia: I'm enrolled in the Homeopathy School International. I chose that one at first because they say after the first year, you get these friends and family certificate where you have enough knowledge to treat your friends and family. I thought that worked beautifully with what Joette did.

Kate: Good! All right! Well, let's dig into some of your experience using homeopathy. I know you have lots of stories from friends and family members to even pets, and dogs, chickens, all sorts of things. So, why don't you tell us some of your experience using homeopathy?

Fixing the dog

Julia: My first really big "aha" experience was with our rescue dog. We got him on a whim. He was "sicker than a dog," to use that phrase. I was just going about this. It was really our first dog as adults. I have lots of dogs as a

kid. But I went to the pet store and bought the bag of pet food and just did it in a normal way of being a pet keeper. Then a light bulb went off, and Joette's voice was like, "You got this! You have the knowledge to fix this dog, to help this dog." And so, I did. I got out the bone broth, I jettisoned all that crap food in the bag and got him good food. And then started tackling his skin condition with some *Antimonium crud*. He had some yeast issues on his paws that I took care of. We used homeopathy with him all the time – a little *Ignatia* for his PTST, the poor fellow.

Kate: Oh!

Julia: It's a beautiful thing.

Kate: So, that was your moment when you knew you could do it, right?

Julia: It really was!

Kate: Yeah.

Julia: It really was.

Kate: And then it's so exciting when you see that change and that shift, and then you think, "I can do this. It's attainable."

Julia: Absolutely. Joette describes it as a heady experience, and I think she's right.

Curing the chickens; fixing the husband's migraine

Kate: Okay. So, tell us about some other issues that you've tackled with homeopathy.

Julia: Well, in addition to the dog, I would treat our chickens. If they had some diarrhea, I would put a little *Arsenicum album* mixed in with some rice and again some bone broth, and then that would make sure that they would eat it

all up, and the diarrhea would stop. I had another one with that bad leg. It wouldn't leave the roost. So, I brought in again some rice and broth and some *Symphytum* this time. By that night, she got off her roost. The next day she was walking fine. In addition to that, my husband's migraines – he will reluctantly admit that I have fixed him.

Kate: Speaking of "reluctantly admit," your husband, is he on board with homeopathy?

Julia: He is but he isn't. He is a healthy skeptic. He is a scientist by training and a lawyer by trade. Once upon a time, years ago before all of this, I was talking to him about homeopathy and he said, "Well, you know, if somebody told me there was some poop in some water, and they diluted it 200 times, I wouldn't want to drink it." So, I think something must be left in there.

Kate: I've never heard it described that way before.

Julia: That's how his brain works. It's great! But, he will take it. He calls it my "hocus-pocus," but he's coming around.

Kate: Well, the more he sees it working, the more he will become a believer.

Julia: Absolutely. He's a big fan of Coldcalm®.

Kate: Oh!

Julia: But, that's not *my* hocus-pocus. That came from a shop.

Kate: Oh, so then it's okay, right?

Julia: Right. It comes in a package with its name on it telling you what it does.

Kate: That's funny. I think that's how a lot of people are.

It’s somehow okay when it’s in a package from the store, and it says right on it for sinuses or congestion. Oh well, that’s another whole discussion.

Julia: That’s right.

Allergy and the children’s take on homeopathy

Julia: My almost 18-year-old son was the biggest skeptic in the house. He refers to this as my “placebo.” He has terrible allergies. I said, “Did you take your Claritin?” because I’m not pushing it. This is him. This is what he wants to do.

Kate: Right.

Julia: He said, “I did take the Claritin, but it’s not helping.” And I said, “Would you *like* to try some of the homeopathy?” He said, “Okay.” He tried it. And then, I was leaving the house, and he called me back in just about 15 minutes later, and he said, “Oh, Mom, your placebo is working.” He is going on a school trip to Bhutan and Japan and wants to take a kit—the remedies—with him. That is the biggest coup I could ever imagine.

Kate: Oh! That is so exciting! Oh! Wonderful! Then your other children, are they on board with it as well?

Julia: Completely.

Kate: Good! That’s wonderful. Okay, so tell us, Julia, about some other people and how you’ve helped them because I know you have a lot of stories.

Julia: I have a lot of stories. My Pilates instructor, about ten days ago or two weeks ago, she said, “My joints are really aching.” So, I gave her some *Symphytum/Rhus* and she actually immediately proved *Rhus* but realized it and put it all together. So then, we swapped her to *Symphytum* and *Arnica*, and she said that her joint issues are 50 percent

better. Which I'd say—such a big issue like that in less than two weeks' time to get 50 percent—I'll take it.

Kate: Yeah. Having your joints that are constantly aching be 50 percent better, that's huge. That means that she can teach those classes without the pain that she was in, right?

Julia: Absolutely.

Kate: Now, let's just talk for a minute about you said that she proved *Rhus,* because I know provings can be a scary thing for some people—they are concerned about that. But tell us how did you know that it was *Rhus tox* that she was proving?

Julia: Well, whenever I give anybody remedies, I tell them to be on the lookout for anything that new develops. If so, stop the remedy and take some *Camphor*, or sniff some mint, whatever. She wasn't concerned about it, and she liked the joint relief more than she cared about the sore throat. But I said, "No, no, no. We don't want to do that." So that's when we stopped it. But, she just knew that the sore throat was not supposed to be there.

Julia: Okay. And it wasn't a scary thing for her?

Kate: No, not at all.

Julia: So, I'm not afraid of provings. As a matter of fact, right now, I'm taking *Symphytum* and *Rhus* mixture. And, I've proven *Rhus* a couple of times. But, I go back to it because it's helpful. Now, I'm finding that if I just lower the potency, I can take it, and get the good benefits that I need without the itchy skin that comes along with my proving.

Kate: So, when that happens, you get itchy skin, do you stop and take mint or *Camphor* or anything, or do you just lower the potency and then move on?

Julia: The first time, I stopped and took *Camphor*. Then…I think I've actually proved *Rhus* maybe three times. Now, I just lower the potency.

Kate: By doing so, those symptoms that were irritating—the itchy skin—they went away?

Julia: Completely.

Kate: How long did that take?

Julia: The next day.

Kate: Okay, so it was quick.

Julia: As Joette says, "The best antidote is the right remedy."

Kate: Right.

Eczema

Julia: My husband's good friend's wife has struggled with eczema all her life, literally. She was willing to give this a go. And a little *Antimonium crud* and some *Arsenicum album* and her hands are not bleeding; they are not cracked. She has pretty much normal hands for the first time in her adult life.

Kate: Wow! Can you imagine that? Having bleeding cracked hands your whole life?

Julia: They looked so painful.

Kate: I bet she's a believer in homeopathy now.

Julia: She is, yes.

Sinus tooth pain

Kate: So, there was a friend, I think you said, that had some sinus/tooth pain. That is a really interesting story.

Why don't you share that with the listeners.

Julia: She called me up; she was having terrible pain. The doctor has recommended surgery for her sinus. So, it's a sinus issue. She feels the pain in her tooth. And she said, "What can I take? What can I do?" I knew what she had in terms of remedies. So, I flipped through my books and I said, "Try the *Calc carb*. See if it helps." It did help. Eventually, she went to *Calc carb* 200 and the pain is gone. I believe she is no longer needing the surgery.

Kate: You also said that at the time, you were going to school, and you were trying to also look at the case classically. Tell us what happened there.

Julia: I did. I took her case classically for one of the casework that you have to do in school. I thought it can't be *Calc carb* because that kind of came to me from listening to Joette all this time. I worked really hard to disprove the *Calc carb* remedy, but in fact, that was what she needed.

Kate: Great how that worked out!

Julia: It did, and I just had that again the other day. I had to take an acute case. My sister had broken her wrist and had numbing, tingling going up her arm. I said, "Well, take some *Hypericum*. We know from Joette the shooting pains are *Hypericum,* and tingling would be nerves and *Hypericum*." I needed another acute case for school, so I took her case. Once again, classically speaking, *Hypericum* was the answer.

Kate: That's *so* great to know that it's confirmed over and over again when you look at it both ways. But, you get to it quicker with the practical protocols.

Julia: Absolutely. Oh my gosh, so much quicker. It's crazy, the time it takes. It's very frustrating. I'm listening to the classes, and I just want to pull my hair out and say, "Well, she needs *Ignatia*." I would have to take a half-hour

case and spend an hour repertorizing. And she needs *Ignatia*!

Kate: That's funny. It must be hard staying quiet in your classes.

Julia: Actually, no, that's not hard because they're all done on DVDs. I think the DVDs were probably—it's filmed—recorded 10-15 years ago. So, I'm talking to myself when I'm saying this.

Kate: So, you *can* shout out, "She needs *Ignatia*!" That's funny.

Julia: I do.

Homeopathy is life changing

Kate: So, something that you have said to me over and over again is that you just cannot get enough of homeopathy, and how it has changed your life. Why don't you give us a little summary about homeopathy, and how you feel about it—because you have a really good saying.

Julia: I can't get enough of homeopathy. It has changed my life. It has altered my life course. I never dreamed that I would be going back to school, number one—and number two, even *considering* becoming a homeopath. And here I am, well on my way!

Kate: I am so excited for you, and I can't wait to see how you use homeopathy in the future. So, thank you for taking the time to share with us today. We look forward to hearing from you again, Julia.

Julia: Thank you very much. I couldn't have done this interview before homeopathy. My anxiety was thick. And thanks to homeopathy, I can lead an easier life in my very busy brain.

Kate: Thanks again for sharing with us. It's been a

pleasure talking to you, Julia.

Julia: Thank you, Kate.

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.

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

Flying: A Pain in the … Ear



“There is nothing worse than a screaming baby on a plane!” I’m willing to bet many people say that because they feel the baby is interrupting their peaceful flight, right?

But in my case, there is nothing worse because I know the suffering of the baby and family. When I hear a baby screaming, the mother-in-me knows the baby can’t adequately communicate its pain in any other way, and the poor mother is probably trying everything she can think of to bring the child comfort.

I remember when one of my sons was an infant, he was prone to ear problems. Often while flying, because of their tiny, developing Eustachian tubes, babies are likely to experience ear pain due to the abrupt change in air pressure during takeoffs and landings.

So, whenever we had to fly, I assumed the pressure changes might be difficult for him. During each takeoff and landing, I made sure I was nursing him (the swallowing motion helps keep the Eustachian tubes open). It worked. He never experienced ear pain on a flight.

Since nursing is not an option (without ending up on the no-fly list), many adults substitute it with chewing gum to induce the same swallowing mechanism. But gum alone doesn't work for everyone, so naturally, we can turn to homeopathy for an answer.

Generally, if an adult suffers from pain in their ears due to barometric pressure changes, they have had ear issues at other times as well: sinus blockages, tinnitus, or a history of ear infections.

It would be rare for them to experience ear pain out of the (literally) clear blue sky; something else is *usually* going on. The body doesn't just say, "I think I'll choose ear pain today." No, the ear is often an already weakened link. Consequently, we should always incorporate any previously existing condition into our thinking as we choose a remedy.

As one example, if the pain appears with an accompanying discharge from the ear, *Hepar sulph 200* is commonly used every 3-12 hours, depending on the severity of the pain, until all symptoms are gone.

But, let's say someone experienced horrendous, outrageous pain during a flight, with no pre-existing symptoms. What to do then? Well, *Chamomilla 200* would be the generally-accepted starting point, taken in the same fashion (every 3-12 hours until the pain disappears).

If the pain was absolutely excruciating, then it might be appropriate to consider *Belladonna 30* every 15 minutes, as an SOS until the pain subsides.

A student once told me her ear reacted painfully to flying – *every* time, with no pre-existing conditions – and the barotrauma lasted for days.

So, if I knew beyond a shadow of a doubt that I was going to experience this pressure-change pain during flight, then I

would consider employing *Chamomilla 200* prophylactically – especially the first time I flew after gaining this knowledge.

After that first usage, my having taken this medicine may have uprooted the underlying issue, and I might not need to use it prophylactically again. But, you bet I would continue to have it handy in my carry-on!

Whatever the appropriate remedy, homeopathy provides us with a way to travel through the air comfortably – in the same way it allows us to travel through life comfortably. So, keep this blog post with your travel papers, as well as my article on my number one travel remedy (AAA), and my method for adapting to time change. Then put your seatbacks and tray tables in their upright positions and enjoy your flight!

P.S. Carrying a compact Homeopathy Kit containing 100 of the most necessary remedies is the best travel insurance you can have with you when you travel. Due to overwhelming demand, the Homeopathy Kits are occasionally on back-order. But, my office can help you get one of these imperative remedy collections and advise you on delivery expectations. Click here to learn more.

No Joy: Postpartum Depression



Cecelia was so excited for the birth of her first child.

She had painstakingly renovated a spare room for her baby's nursery with soft, springtime colors of pale greens and soothing blues. In Cecelia's daydreams, however, she didn't envision her child sleeping alone there but rather, right next to Cecelia and her husband in a crib next to their bed.

Cecelia couldn't wait; she longed to hold her new child in her arms and looked forward to cuddling her baby throughout those coveted nighttime nursing sessions.

On that wintry day when Elenore was born, Cecelia was exhausted but happy. Labor had been long, but Cecelia made it through with pluck as Elenore finally emerged at a healthy seven and a half pounds.

The first week after the birth, Cecelia was so exhausted and overwhelmed by her new role, she didn't actually notice how

she really felt. Her husband Mark was thrilled and excited, and Cecelia assumed she was as well … after all, wasn't this what she had wanted and looked forward to for so long?

But, after a week had passed, Cecelia gradually became aware that something was wrong.

Instead of enjoying those nighttime cuddles with Elenore at 3 AM, Cecelia resented them.

She thought maybe it was just sleep deprivation, as any new mother can attest to when it comes to caring for a newborn. But even in the daytime (with a lot of naps in between), Cecelia knew something else was missing.

She felt no joy, no excitement, and (to her horror), didn't feel the strong maternal bond to Elenore she had felt while her baby was still in the womb; when Cecelia and Mark had lovingly talked to their baby in utero and laughed with excitement whenever they felt her kick.

It wasn't just a problem with Elenore or Cecelia's connection (or lack thereof) to her.

Cecelia didn't feel like herself.

She had lost her sense of humor, and life seemed colorless and dull.

Nothing felt particularly interesting, except for a recurring fantasy Cecelia had that she could get away from her baby, get away from Mark, get away from her house and her town, get on a plane, and fly to some hot, tropical place where she could just sit on the beach with a book and soak up the sun.

Cecelia craved the sun. Everything was so dark and gloomy this winter!

Cecelia lived with these feelings for a LONG month without

telling anyone; she felt too guilty to admit how she felt. But then Cecelia's mother Annette came to visit for a week, and Cecelia couldn't hold it in anymore.

"Mom, I feel terrible …" she began, as the two sat in the kitchen with their morning coffee.

Luckily for Cecelia, Annette had been studying homeopathy and took my *Feminopathy* course on women's health issues while Cecelia was pregnant. This was Annette's first grandchild and she wanted to be prepared. Grandma to the rescue!

Annette promptly went online and ordered *Sepia* 200C and *Aurum metallicum* 200C (and even paid for overnight delivery)!

Meanwhile, she provided Cecelia with two doses of *Ignatia* 200C (Annette always carried that one in her purse). She gave one dose that morning and another that evening. The next day when the remedies arrived, Annette had Cecelia start with *Sepia* 200C, every three days.

Annette tucked the *Aurum metallicum* away in a kitchen cupboard knowing it would come in handy at some other time; she wasn't yet sure whether Cecelia needed it but wanted to have it on hand just in case.

Annette was confident *Sepia* would help Cecelia, but she was so impatient for her daughter to have some relief, she gave her another two doses of *Ignatia* 200, and continued to do so every day she was visiting.

By the time Annette was packing to go home, Cecelia had had 14 doses of *Ignatia* and three doses of *Sepia*, and Annette could see the change that had progressed over the course of the week:

Cecelia began smiling more, there was more life and

inflection in her voice, and her energy was improving. Better yet, she began to laugh at funny things little Elenore did.

Annette was able to board her plane and return home feeling confident Cecelia was on the mend. Within about two weeks, during their routine Skype call, Cecelia told her mom she felt like her old self again. But Annette didn't need to be told; she could see it herself.

Mothers know these things instantly.

Cecelia no longer wanted to escape from her husband, her baby, and most importantly, her *life in general*! She was right where she wanted to be.

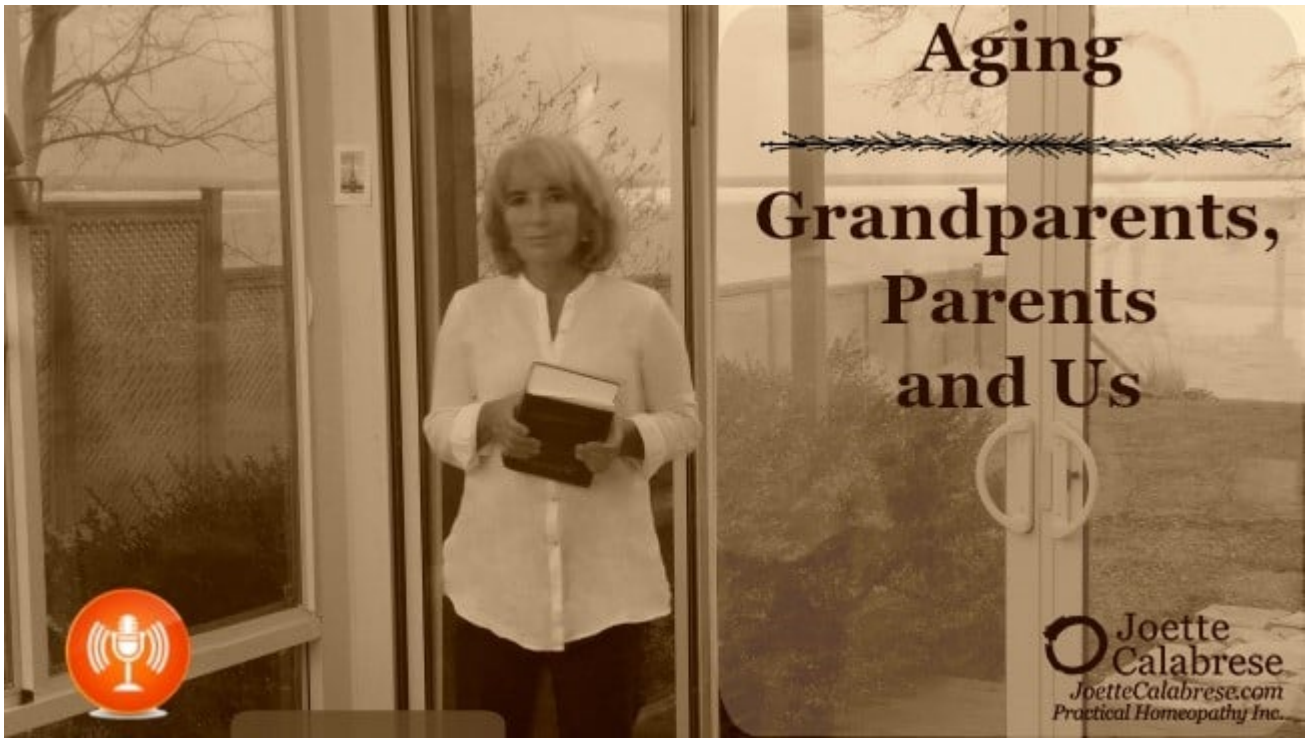
The topic of postpartum depression was covered in my *Feminopathy* course, but it's also relevant to the newest course I'm offering: *Mindful Homeopathy: Practical Protocols® for Mental and Emotional Conditions*.

This latest course will focus on homeopathy's ability to uproot both acute and chronic mental and emotional ailments such as anxiety, depression, bipolar disorder, OCD, learning disorders, brain fog, PTSD, addictions or dementia – to name a few. I hope you'll join me.

P.S. I've put together an infographic called "The Many Faces of Mindful Homeopathy." It's a diagram showing some of my favorite medicines for common mental and emotional health issues.

This infographic will offer a sneak peek into what my newest course will provide. Click here to receive your free copy of the infographic and follow the link on the page to learn why you should add this important course to your homeopathic library.

Podcast 51 – Aging: Our Grandparents, Our Parents and Us



IN THIS PODCAST, WE COVER:

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41:13 Joette’s goal

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Ignatia 200 – for anxiety

Coffea 200 – for insomnia

Arthritis blogs

Darvocet banned

Hypericum or *Arnica* (or both) or *Bryonia* – for pain

Weston A. Price Foundation – nutrition and health

Practical Homeopathy® course page

Gateway to Homeopathy: A Guided Study Group Curriculum

Free resources from Joette Calabrese:

Podcasts

Blogs

Most important remedies to own (remember to use the code “Joette” to receive 20% off your Boiron purchase):

Arnica montana 200C

Aconitum

Rhus tox

Kali phos

Symphytum

Hepar sulph

Joette: You don't live a charmed life in this world. Nobody gets away scot-free. There's no such thing! The fate of your family is in your hands.

Kate: You are listening to Podcast Number 51 with Joette Calabrese at practicalhomeopathy.com. On today's podcast, Joette shares her strategies for staying healthy now and as we age. We will learn about the top homeopathic medicines for anxiety and insomnia. And, stay tuned at the end of this podcast for an exciting announcement!

Hi, I'm Kate. I'm here with Joette. Today, we're going to talk about growing old. As I think of growing old, all these negative images come to mind like wrinkles and gray hair and forgetting things. So, tell me Joette, what do we have to look forward to besides that? Not that you're old, but you work with a lot …

Joette: Yeah, because I have experience now that I'm as old as I am. You know, what's really funny? I just had a birthday. I thought I was turning 67. I was *certain* I was turning 67. My son said, "Mom, you're turning 66." So, I added a year!

Kate: Oh, my gosh!

Joette: I've been adding a year for a long time. I've been thinking I was going to be 67 soon. It turned out that I was 65, and I just turned 66!

Kate: Oh!

Joette: So, I just lost a whole year. So, I have much less confidence in what I can offer today now.

Kate: But, you're much younger. Because you have your mother living with you, and so, you are very familiar with the aging process.

Joette: Yes!

Kate: You've walked through this with your parents.

Joette: I do think that. As they say, "Stuff happens." I suppose there are ways to slow it down. In fact, I think it's almost empirically verifiable that you could slow things down. I think that a lot of it has to do with looking around you and looking at those who are not in good health – and then doing the opposite.

Kate: Yeah, right?

Joette: I actually told my kids that when they were little. Whatever everyone else is doing around you, do the opposite, and then you'll be pretty safe – in general.

I wrote an article quite a while ago called, "My Dad and the Dead Cardiologists." My father remarked how was it that he was doing so well. I mean he had his problems. There's no doubt about it. But, why is it that all of his cardiologists were dying? They were like falling like flies on a windowsill? It was amazing! I think in the article, my father and I had accounted for seven, and then after the article was published, we counted two more that had died. None of these doctors was older than my father. They were all his age or younger. He outlived them, sometimes by as much as 25 years and in many cases, 10 years.

So, why is it? Did my father have fabulous genes? No. He had a lot of brothers, and they all died quite young. His parents died young. His mother died in her sixties. His

father died in his … I'm going to say it was also in his sixties. He had brothers that died in their sixties. He had sisters that died in their sixties. One sister – now, my father was one of 14 – one sister lived to 99. But, she was the only one who had longevity – and my father, who lived to 90 (just over 90).

So, you wonder what's the difference? I think that the difference has to do with how often you go to the doctor. I think the more we go to the doctor – the more drugs and procedures we submit ourselves to – the sicker we become. Then more drugs on top of that to deal with the side effects of the first drug, the second drug, the third, the fourth. I mean, I have folks who come to me who have a page-long of drugs.

Kate: Oh, my goodness!

Joette: It takes *that many drugs*. I do the best I can to help them, but it is a sad state of affairs. You know, my grandparents on both sides of my family were very poor – especially my father's side – very, very poor when they came to this country. They were Sicilians. They were laborers. My mother's side of the family also came with no money. They were also Sicilian on both sides.

Then my husband's side of the family was very well-to-do. They did very well in the 1930s, which was unusual. They weren't hurt by the depression. My husband and I have often marveled at how often his grandparents went to the doctor. They went frequently because it was considered the educated thing to do. It was an upscale thing to do. So, they did it! They thought they were being responsible to themselves and to their families by subjecting themselves to test after test after test. And then, hence, drug after drug.

People do have to make that connection: Test equals treatment. Just know that! A test is not there to prove to

you that you're great or that you're healthy. That test is there to prove to you that you're *not* well, and you need this drug. It's that simple. So, they submitted themselves to lots of tests, hence drugs. And they didn't live much longer than my side of the family – certainly, not his grandfather and his grandmother on the other side. One grandmother did have some good longevity, but she was anti-doctor! That's what I think saved her.

So, when my grandparents got sick, my grandmother went in the backyard and picked dandelions and bark from the local herbalist and made tinctures and made teas and gave the family those kinds of things. When my grandmother gave birth, she gave birth at home – all of them. All 14 of them were born at home.

Kate: 14!

Joette: 14 kids. So, she knew her stuff! I think the more children we have, the more we learn, of course. We have to! We become less dependent on others.

Unnecessary medicines

Kate: Here's an interesting story. I recently went with my grandmother to the emergency room because she was having some severe pain in her back and in her abdomen. They were going to run some tests, but first, they came into her room with some medication for her to take. They came in and I said, "What is this medication for?" And, they said, "For nausea." And I said, "Wait a minute. She's not nauseous." "Well, yeah, but she mentioned once that sometime today, she felt a little nauseous – one time."

Joette: Oh, for goodness' sakes!

Kate: I thought, "Are you kidding me?"

Joette: Jump at it! Jump on that! You just move fast on

that!

Kate: Right! If I hadn't been there questioning what they were doing, why they were giving that? And then you know one medication … like you said, the nausea medication, and then that might have caused some other symptoms and then that medication …

Joette: Well, it would have. It has to! Conventional drugs *must* cause side effects. They are toxins. Now, it doesn't mean they can't do some good because sometimes the side effect of that toxin can be loss of consciousness – which is important if you're going to go undergo surgery. But remember, it *is* a toxin! The liver has a hard time processing all that. It's a very different way of looking at it when you realize that the side effect might be that you can get rid of headaches, but the real effect is that it destroys your liver.

Kate: Right. Choices! You have to weigh that out. How badly do you want to get rid of that headache, and what are my alternatives rather than those drugs?

Joette: Well, and the promise is specious. Even those who are promoting these drugs don't even realize that these drugs are as bad as they are. They just listen to the drug reps.

ER episode

Kate: Thinking back to the emergency room episode with my grandmother, she had some stomach and back pain. It was under her ribs. I thought about this whole experience afterwards. If you're going to take elderly parents in (or grandparents), be there! Ask lots of questions about what are they doing, why are they doing this. Because looking back, afterwards … she wanted to go. She was in some pain. We didn't know why. They never figured it out. But, they did a CT scan of her abdomen. They put this radioactive dye

through her veins. Right?

Joette: Yeah, the contrasting dye.

Kate: So now, her body has to process that. First, they had to give her fluids, so that her body could process those toxins and get them out quickly. But, she underwent that test and a couple of others. And, we look back afterwards, and I think the reason she was having the pain is because she was coughing really hard from some cold or something that she had. And I think she pulled some muscles! That's what was causing the pain. They did give her a couple of different medications for acid reflux and something else (I can't remember what it was now). So, she went home with two new prescriptions.

Joette: Yeah, on top of the ones she's already taking for her high blood pressure, the baby aspirin, the statin drugs, the leg cramp anti-spasmodic, the insomnia drug. Oh, yeah!

Choosing your doctor

Dr. William Osler who was one of the founding directors of the Johns Hopkins University once said, "The person who takes medicine must recover twice: once from the disease and once from the medicine."

Kate: It would be interesting to know when he said that – at the end of his career?

Joette: It's hard to say, but let's talk about that. Let's talk about beginning and ending of doctors' careers because that really matters in this discussion today. I love that you brought that up, because I don't think that doctors come to wisdom early on. Who comes to wisdom when you're, you know, 25? It's pretty rare. You want a doctor who's in his sixties. There are a couple of reasons for that.

The first is that there's lots of clinical experience behind

him. He has been in practice a good 40 years – maybe 35 years – and he's seen it time and again.

You also want someone who thinks outside of the box, not just because of his clinical experience, but because he doesn't care about the American Medical Association anymore or the board breathing down his neck. He's in his sixties. He's almost done! He's going to retire in a few years. So, he's willing to question the standard of care. So, that "standard of care" means they use this method because everybody else is. Yikes! That's not a consensus. This is not about everybody agreeing on something. That's not the way science works. Science is not based on consensus.

Also, he's playing golf now on Thursdays. So, he's relaxed. When he goes to work, he enjoys it better. He is more present with his patients. I don't mean to make doctors sound as though they're greedy because I don't believe that they are. I do believe that most doctors go into medicine for lofty reasons, but they're *human*. When they're young and they're not making any money (because they've just finished a four-year residency after medical school of three or four years, and before that, it was college), and all they've done is borrow and borrow and borrow money to go to the next level of their education.

It's the same as your attorney. It's the same as anyone who's in a profession where it costs a lot of money to get to the top, and then they have great expenses. So, you want someone who's not focused on his woes. He's now gotten to the point in his life where he can really be who he is, and that is someone who cares about other human beings.

Kate: You're talking about choosing a doctor. Say, you're working with your elderly parents. They want to have that medical care because that's what they trust, right? So, how do you work with that?

The strategy of imposing fear

Joette: If you're talking about that situation, that's pretty rough to do. I take care of my mother; I am her sole provider right now. My brother shares it with me from time to time. But, he was taking care of her for a while; now, I've got her full-time. So, I have full control, and he's on the same page as I am with her care. But, when my father was alive, that was a different story – not only for my mother but also for my father.

Now, my father trusted me. But, this is one of the techniques that you have to be aware of. He was a veteran. The VA Hospital, as well as the other doctors he was going to, called regularly to make sure that he showed up for his appointments. If they hadn't set an appointment, they'd set it then. "You've got to come in." "Well, no," he'd say. My father did *not* want to go in because he knew what was up. My father figured it out a long time ago that every time he went in, he got more drugs – and also, they scared the bejeebers out of him. But, they convinced him almost every time until the last couple of years. But they convinced him, "Look, you *have* to come." "Why?" he would say. Now, they know exactly what to say, *exactly* what to say to bring you in.

They *scare* folks. "Well, because if you don't take this drug, if you don't get this medication reinstated, you could *die*!" They actually say those things. The insinuation is you *have* to do this because this is for your health. You don't want to go to the point where you could be very, very sick from not taking this drug or from doing this or that. So, it scares people.

When I was in television sales – I used to sell airtime for a small, independent television station. Then, I sold airtime for an affiliate of NBC in Buffalo – we were trained to deal with the objections. So, when the person said, "I

can’t afford it,” you gave them the answer that was predetermined – that was canned of sorts – to explain why they could afford it. And then even break it down for them and show them how they could. If they said, “I don’t like your television station,” you gave them an example of how this television station was superior to the others (if you were dealing with competition). No matter what they said, we had the objection memorized. We knew *exactly* what they were going to say. There was nothing new. It was all the same kinds of objections, and we had all the answers. That’s how it works in sales.

I also used to sell real estate in Washington D.C., and it was the same thing in real estate. It was the same thing when I was on the board of the Buffalo Philharmonic Orchestra. That you knew exactly what to say when someone didn’t want to sponsor you because you’ve heard them so many times. Now, the person you’re talking to, though, has never been in this situation before. They’re brand new. They’re walking in like little lambs. So, they say, “What, really? That could happen to me?”

Bam! Got the appointment.

Kate: When it comes to your health, people are worried in general, anyway.

Joette: They’re already in a difficult state. Listen, I’m also culpable. I fell for all of this stuff myself – for years and years and years. I decided by the time I started to have my children that I wanted to have home births. But, it took a long time for me to get to that point. Because leading up to that, had I not gone circuitously all around trying to find the answers through modern medicine for my ill health, trying to find the answers through alternative medicine for my ill health, trying to find the answers doing nothing for my ill health, I finally came to the point where I said, “Guess what, Joette? It’s in your hands.” I’m a

walking refutation. I can refute every one of these practically.

Now, please, don't get me wrong. I'm not saying you should never go to the doctor. I'm just saying, cut back – *way* too many appointments, way too many … you know, well-baby checkups, well-child checkups, OB/GYN checkups. This test has got to be performed. What about your colonoscopy? What about your mammography?

Taking care of the elderly

But, we don't get to that point until we've been (like I have) beaten up, brought to our knees with conventional medicine, with drugs and procedures, and still found no answers – and then found something that actually worked. It's not until you go that far do you realize that.

Getting back to your question, when you're dealing with an elderly parent, it is very hard because they've grown up believing that modern medicine is a panacea. We've just found out after a whole generation-and-a-half or two, that it really is not a panacea. They've made a lot of mistakes. A lot of drugs have been put out there as perfectly safe: birth control pills, steroids, antibiotics (antibiotics are the big one), vaccines. We could go on and on about everything that they assured us was safe while they had a compliant audience. Because back in the day when my parents were young, there was no such thing as an educated consumer. We didn't become educated consumers until recently. Up until that time, everyone believed what they were told, pretty much. Pretty much.

At least in our society, that's the way it's been. They just believed. People were not educated. I mean in college, not that you learn in college about *any* of this stuff … don't get me wrong. But because they had not finished high school – my grandparents didn't even finish grade school. My father

just barely finished high school. So, because they saw that there were other people who were way ahead of them in education, they made the consequential and incorrect assumption that those people must know more, so, we must bow to that knowledge.

Now that we are all educated with degrees coming out of our Eustachian tubes, we have now realized degrees don't tell you *anything* about self-reliance and about true health. In fact, if anything, the *more* educated the person is, the more pigeonholed they are into believing that modern medicine is the bee's knees.

Kate: So, how do we work with that? In our family, we have older parents. You have a parent that's living with you. I know many of our listeners are dealing with aging parents. What can we do?

Joette: Well, what I'm doing with my mother is super easy. I just use homeopathy. I mean there's just no question about it. There's no need to get a diagnosis for my mother. We know what the diagnosis is. We're already there. When my mother gets constipation, I treat her. When my mother has indigestion, I treat her. When she's got a rash or hives, I treat it. I just do what I know to do.

For my father, it was a little different, but, I learned as much as I could. So, if I knew my father was prone to palpitations, I knew my homeopathic palpitation remedies – because I knew it was forthcoming. It would be foolish for me *not* to know them. I knew my father could be prone to cardiac arrest. So, I knew my homeopathic cardiac arrest remedies. I knew my father could be prone to anxiety attacks, so I knew my homeopathic anxiety remedies. *And I owned them!*

And, I not only owned them – because I didn't live in the same house, I lived about 40, 50 minutes away – so, I kept

them at my house, and I had *another* box of them in his house, and they were labeled. Any time my father got sick with anything, he always called me first. So, I had an opportunity to make things right. I didn't get it every single time, but I sure got it plenty of times.

I talked to my father on the phone twice a day every single day for the last decade. First in the morning, "Dad, how was your night? Tell me how you're feeling." Then that night, "Okay, Dad, ready to go to bed? How did you do?" I tried not to make it always about his health. I would share with him something that one of my kids did or asked him how Mom was or how did it look on the lake because they lived on the lake. "How does the lake look today?" So, you try to make chitchat and inevitably, they start sharing with you if they're suffering.

Kate: So Joette, do you think that is key to getting them to open up and share issues that they're having health-wise? Is that open communication – so much communication?

Joette: Yes. It's a commitment. You better be prepared for it. If it's not a mother or father, and someone's the next step away … I had the same relationship with my aunt and uncle. I called her at least two to three times a week. Then when she passed away, I called my uncle pretty regularly because he was suffering so badly from grief. So, I called him everyday. So, it's a commitment. Once you start, it's like feeding the birds. You can't just feed the birds and then winter comes … "Aww, I'm going to Florida!" No, you got to be there. If you're going to start this, you got to take it all the way.

I also urge folks to think this way: Just because you know homeopathy, do not tell your loved one, "Oh, oh, oh, I got the remedy! I know what to do! This will work! This will help you!" Never say that. Never ever, ever say that. Just say, "Here you go." Because if you get it wrong – and you

will get it wrong from time to time especially in the beginning – even seasoned homeopaths get it wrong. It's not a *perfect* recipe. It's not a *perfect* blueprint. It's close, but it's not perfect. So, you don't want to lose their confidence in you. Instead, you just say, "Here, let's do this." "What's it supposed to do?" "Well, let's see. Come on just take it."

Years ago, I had a friend who had a parrot, and it was the cutest thing. It was called Papagaio, and they called him Poppie for short. When they would travel, I would take care of Poppie. So, every time I would take the food into Poppie, into his cage, I'd say, "Here you go, Poppie. Here you go." He'd come right over, and he'd knew that he was going to be fed. So, it's kind of the same thing. "Here you go." That's all. I wouldn't even say anything more. "Here you go." "What is this?" "It's homeopathy, and it's helped me and my family." Well, they want to know more. "There are no side effects. It's regulated by the FDA. It's medicine. It tastes good." So, once you've gotten past all of that, and now they're comfortable with that aspect of it, you go, "Here you go." Don't give any more information – because you can't promise anything anyway.

Kate: Okay. But, here is another thing, too. I recently had a conversation with someone I'm related to. They were struggling; they were in pain. I said, "What about trying this homeopathy?" And they said, "But, I don't know what's in that." I said, "You don't know what's in the medications that you take! You're concerned about homeopathy, but you're not concerned about the side effects of the medications that you're taking, and you don't know everything about those anyway."

Joette: Well, that's right. Well, they can just Google the medication. They can look that up. The problem is, now, the pharmaceutical industry and their minions have figured out that that's what people do. So, on the first page, if you

say, “side effects of acetaminophen,” all of them are titled, “side effects of acetaminophen.” You open it up, and it doesn’t say anything about side effects. “Oh, go to the next one. Oh that, that doesn’t say anything about it, either.” It’s the *title* of the link, but it doesn’t say anything about it. They are directing you to the wrong place, so that eventually you just give up.

Kate: Yeah. So, you just get tired of looking, and you stop.

Joette: Yeah. But, another way to do it is (there are sites that you can go to, and I don’t know them off the top of my head), just open up the little insert that the pharmacist gives you. You’re going to have to get a magnifying glass because there are so *many* side effects that they would have to put it in a book form, so they use tiny, tiny print.

Top aging remedies

Kate: So, let’s talk about a couple of top remedies for people who are aging.

Joette: Well, many elderly people have anxiety. I think one of the top remedies for that is *Ignatia* 200, twice daily. But, if they have insomnia – *Ignatia* can help with insomnia too, there’s no doubt about it – but it kind of depends on what *kind* of insomnia they have. Then we can also look at *Coffea* 200 because that has busy, busy, busy mind – planning this, planning that and not being able to sleep, heart palpitations, the heart is racing, super anxious. It can be *Coffea* 200, twice daily as well – not in addition to – but it’s *also* a remedy that can be useful.

Kate: Right.

Joette: So, that can calm things down just to give them a little bit of relief, no side effects, very gentle. When the remedy acts – let’s say it’s taken twice a day everyday for

a week or so – now the person says, "Oh, I'm feeling pretty well." And then, we urge them to stop because we're always looking for that *sweet spot*. Where is the place where we stop? So, they're doing a little bit better, a little better. That's the thing that you're talking to your grandmother about. You're asking these questions. Mostly, you're listening more than asking. We're always listening and observing and listening and observing. Just like if it were a child who couldn't give you good information – because you don't want to direct them. You want to just listen and know what to do from there. So, after about a week, if they're feeling better, then have them stop. If it starts coming back again four days later, now you know! Approximately every four days, they might need it twice daily.

Kate: Okay, so *Coffea* for not being able to sleep, anxious mind.

Joette: Heart pounding like crazy, feeling like (oddly enough), like you've had too much coffee.

Kate: Too much caffeine.

Joette: Right. I take *Coffea* sometimes when I eat chocolate too late at night.

So, arthritis is a pretty awful thing. I won't go through the remedies that are specific for arthritis because they're on my blog. So, just go to my blog and look up arthritis, and there it is. It's super easy.

Digestion is a big problem. There's a lot of bloating, indigestion, gas. Constipation is a big problem – that's a really big one. Why is constipation such a big problem? Because it is … and so is sleep, by the way … because those are major side effects of most drugs.

So, let me tell you a story. I've told this story before

about my aunt who was my godmother. I was very close to her; it was my mother's sister. I gave her a homeopathy kit so that she could have … two kits actually, a 30th potency and a 200 potency … so she could have it whenever she needed it. As I said, I used to talk to her two, three times a week generally. She slipped and fell and sprained her ankle. And I didn't know. I didn't call her that day. So, my uncle took her to the hospital. (I think she didn't call me because she was always saying she was worried that I was too busy – which was ridiculous. I'm never too busy for someone like that in my family.)

So, the doctor of course prescribed a drug. It was Darvocet. So, she took the Darvocet. She must have been in a lot of pain. My uncle said that she was weepy because of the pain. And, she had a heart attack that night, cardiac arrest and died. Now, my aunt had just reported to me a week before that she had gone to the doctor and had a cardiac test, and her heart was fine. No one in that side of the family had *ever* had a cardiac arrest. She had no history of any cardiological problems. But, she died of cardiac arrest. I was suspicious that it was the Darvocet. In fact, I was pretty darn sure it was the Darvocet. It turns out, not more than three years later, Darvocet was taken off the market. Why? Because it causes cardiac arrest in people who have no history of cardiac disease.

Kate: Wow!

Joette: Now, Darvocet has been on the market, I don't remember, I want to say it was something like the early 60s, late 50s, it's been on the market. So, it's not like it was a new drug, and no one had figured this out yet. It's not like, you know, when they say, "Oh penicillin. No worries." That's been on the market a long time. It's an old drug. Everybody thinks, "Oh, well, 'old' means like 'elder.'" No, it doesn't. Old drugs can do just as much damage as new

drugs. What is odd about this is she died in her bedroom. Not more than maybe 10 paces away from her homeopathy kit. That had she taken *Hypericum* or *Arnica* or both or *Bryonia*, or called me, and I would have told her to take those medicines – who knows, she might still be with us today.

Kate: Oh. It's so sad.

Joette: But, that's just one story. I've got hundreds! And I'm sure you have, too. Everyone does! You just ask around and anyone who's got their thinking cap on has kind of noticed that when you take statin drugs, you get leg cramps that are often unbearable and relentless. When you take aspirin, you get hematomas and blood shows up in your stool. You can't play around with Mother Nature.

Modern medicine

Now, let's put this aside because I'm really bashing modern medicine here. But, I always try to make this clear. There *is* a place for modern medicine. I do believe that tests can be valuable – not tests that require that you go just because you're over 40 or 50 or 60. That's ridiculous! You have your mammogram because you're a certain age. You get a colonoscopy because they said so. I don't think so!

But, if you have rectal bleeding, and you know it's not from hemorrhoids, and you've tried other methods for a short period of time (homeopathy, in particular), and you're not seeing a change, and you don't wait too long (I would urge you not to wait too long), then you find out what it is! Get a colonoscopy! Find out what's going on! It could be quite valuable to know what that is. If you have a lump at the axillary, under your arm, and you haven't had that before – okay, now it's time to have somebody check that out and find out. Is this a lymph node? Is this cancerous lump? What is this? Is it because I'm eating too much chocolate? A lot of people get that! So, tests can be *very* valuable. And we can

see inside the body now like we've never been able to see. But, I would save those tests for when they're needed, not just to fill someone's schedule.

The second thing that I like about modern medicine is that if someone's in an accident – in an automobile accident – you don't pick them up and take them to a chiropractor or to a homeopath. Of course, you go to the emergency room! Those people know what they're doing. There are things that they do that I'm not crazy about. But, on the way to the hospital, you're administering the homeopathic medicine if you know it – and you ought to if you're going to take this to heart. Then you put them into the hands of those who deal with this everyday all-day long. There's no doubt about it.

The third reason that I like modern medicine – and there are probably others, too, but these are my main reasons – is that when you have to have surgery, *truly* have to have surgery, it can be a lifesaver. It can be a life changer. It can be a needle mover. There's no doubt about it. Surgery can be very, very valuable. The drugs that accompany surgery can be valuable because when I had my tooth extracted, I *thought* about it. I seriously thought about not using a local anesthetic. I talked to my dentist about it pretty thoroughly. He had done it without a local anesthetic.

Kate: Oooh!

Joette: Yeah, he had his friend do it. He did it. I said, "So, tell me about this." He said, "Well, it was pretty painful." So, I am a chicken. So, I didn't do it. I did get a local anesthetic. But I thought about it! So, the drugs that they use before surgery, of course! *Hello*! That's where modern medicine shines. It's in the chronic conditions and these drugs that are used just to suppress symptoms that I find it lacking.

So, this is about self-directed life. I don't believe I'm

speaking just to those who have elderly parents and grandparents. I'm hoping I'm speaking to the elderly parents and grandparents. I'm hoping they're listening, too, and they start questioning – or continue questioning if they've been on this road for a long time. I work with a lot of elderly people who do not use drugs. So, they seek me out.

Kate: So, for those who are wondering if this is possible, it *is* possible!

Joette: Well, so far so good for me! I mean I had to have a tooth extracted because it cracked, and there was no integrity remaining. So far, my husband, too! So far, my children – of course, they're young; they're in their twenties and thirties. I've an old dog. Buster's old. He's 13. So, so far, we've been able to do it.

Kate: And, your mother.

Joette: And my mother, that's right! And my mother. Someone told me the other day, "Well, the reason that you didn't have to worry about taking your children to a pediatrician is because you were lucky." *Luck*! Really? You don't think my kids got chicken pox and ear infections and bronchitis and strep throat and conjunctivitis and injuries and broken bones? Really? No lacerations, never bitten by an animal? Really? Did you really think that? Stepping on a nail, croup, birth? Really? You thought that I just lived a graced life?

Kate: And skiing, how about those skiing accidents?

Joette: Skiing injuries, head injuries, concussions, *we've had it all*. Falling from trees, being bitten by animals, my gosh, we've seen it all. We've seen it all! You don't live a charmed life in this world. Nobody gets away scot-free. There's no such thing. And, the more children you have, the more you see of it. The more rambunctious and outdoorsy they are, the more likely it's going to happen.

Kate: Right! And you had all boys!

Joette: Right. We had food poisonings. We had – oh, my gosh – eczema, parasites, constipation, diarrhea. You name it; we've had it all. So, the fate of your family is in *your* hands. It shouldn't be in the doctor's hands. This is up to *us*. It's always been up to us. That's why I never got relief from the doctors. It wasn't because they were scoundrels. It's because it wasn't their life, it was *my* life. When they finished with me, they went on to the next patient. It's my job to figure this out, and so I did.

Don't get me wrong. I don't want to elevate myself by saying that I did it, and others haven't. But, the only reason I can say that is because I was sick for so long from the time I was six weeks old. My mother and I were on a path. First, it was my mother alone, and then it was my mother and I were on a path to try to figure these allergies and food intolerances, et cetera, out – this chronic fatigue and everything else that was plaguing me.

So, it took me a long time. In fact, in Italian, there's a term – I don't even know if I'm pronouncing it properly – it's called "testa dura" which means "hard head." It took me until I was 30 to figure it out. What the heck! Why did it take 30 years? I should have figured it out when I was 20! I would get a urinary tract infection. I'd take an antibiotic, and I get another urinary tract infection. Then I wouldn't be able to drink milk anymore! Then I get another urinary tract infection and take another antibiotic. What the heck was wrong with me?

And birth control pills, how stupid could I have been? Now, we've all been stupid. As I said earlier, I'm culpable just like anybody else. But *finally*, I figured it out. When I was 30-31, I decided, "That's it. I'm done with the drugs. I've had it." So, I just stopped everything. Then I slowly started to learn a little bit about vitamins which was

vacuous as far as I'm concerned – vitamins, supplements. I learned about herbs which I thought was great, and I still think is good. I started to learn about essential oils which have their place, and nutrition – but I started off all wrong. I started with macrobiotics! My poor husband. "My God," he said, "Kale again? No cheese even? Not even any butter with the stupid kale."

Kate: He was very tolerant.

Joette: Oh! He was tolerant. He's great. Then it was veganism. That was another several years. And, then I found Weston Price. I always loved cooking. So, it was a joy to learn some of these things, but they were very myopic – really narrowed down my choices. And then along the way, I found homeopathy. That turned my life around. It turned my world around. That's what I hoped to do for others is to just help you turn your world around, too.

Kate: Joette, I hear that so often as I'm doing these interviews for the podcast. I hear people say, "When I found homeopathy, that's when it all changed. That was a turning point in my life." And, it's so exciting!

Joette: Well, each one of those paradigms that I just described gave me a little bit of something. So, I thought I had little aha moments, but it wasn't until I got to homeopathy, and then it was the tsunami of information and credibility and data and capability. It came at me with such a rush. It was a wind that came at me and just filled my sails, and I've been sailing ever since. I want to share that with others.

I don't want to make it sound like Kumbaya here. What I'm saying is that if you knew the answer to world peace, shouldn't you share it with people? If you know the answer to how to deal with health – not all illnesses – we can't do everything. We can't cure everyone. "Yes, all illnesses have

been treated with homeopathy successfully, but not all people have," said Dr. Prasanta Banerji to me once. But, if you knew that there was a way that that child did not have to have antibiotics for that croup or a breathing treatment for that asthma, don't you think you should tell people about it? That's what I'm here to do – to tell people about it.

Yes, I have classes. I have courses, and the courses are very much in-depth. They're not inexpensive. But they're very, very in-depth. We do have our Gateway classes which are very inexpensive and a great way to meet with other people and to study homeopathy together. But, if you can't afford anything but to listen to me on these podcasts, do *just* that.

Kate: Read your blogs, too.

Joette: And read the blogs.

New course: Mindful Homeopathy

Kate: Okay, before we leave today, I want to share some exciting news about a new course that we have coming up.

Joette: Yeah, it's called Mindful Homeopathy, and it's about psychological problems, mental problems, emotional problems such as sleeplessness, anxiety, worry, fear, attention deficit disorder – all those things that fall into a different category than the general conditions that I've been teaching so far. Sometimes they overlap. Attention deficit disorder can often be related to gut. So then, I harken back to the gut course, as well. Anger – violence even – we can work with that with homeopathy.

Kate: Addictions.

Joette: Addictions, yes, thank you.

Kate: Yeah, it's going to be exciting. I can't wait!

Joette: Yeah, I think so, too! I think so, too.

Joette's goal

My goal – one of my goals, I have many goals in life – but, one of my goals that could affect others is that I hope to reach 100,000 families by the year 2020. I actually think we're really darn close to that. We've got two years left. So, I'm going to have to up that goal.

I want to see, if nothing else, *Arnica montana* 200C in every medicine cabinet in this world if that were possible. *Aconitum* – those are all important remedies – *Rhus tox* (very, very important), *Kali phos* (really important), *Symphytum*, *Hepar sulph*! Read about that on my blog. It's free! Just read about *Hepar sulphuricum calcarea*, a very important remedy to have on hand for your family.

So, the fate of your family is in your hands, whether we're talking about your family's education, their well-being, the structure of the home, the wellness of their prayer work, the wellness of their health. It's not up to the government. It's not up to the doctor. It's up to *you*. So, I leave you with that heaviness. But, there's also a great deal of joy in accomplishing this mission.

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.

Birds of a Feather Need Ignatia Together



In twelve-year-old Penny's case, it started with seemingly innocent hair twirling.

At first, her parents thought it was cute but soon enough, it wasn't cute anymore; in fact, it became downright frightening.

The problem that began with Penny wrapping and twirling strands of hair around her fingers progressed to strands of hair she would absently suck on, or even worse, pull out. Penny's parents started noticing that as Penny struggled with math homework, the pages of her textbook and notebook would be littered with pulled hairs.

For a while, they were able to persuade Penny to twist a ring that her mother bought her to wear in lieu of pulling out hairs, but Penny's mother was troubled by the fact that the anxiety still remained, regardless of whether the outlet for it was relatively harmless or not.

For ten-year-old Patrick, skin picking was the problem.

Patrick could leave no scab unpeeled. The poor boy's cuticles were a bloody mess from his pulling and biting at the skin. If he had chapped lips, he picked at the peeling skin with both his fingers and teeth until his lips became more and more cracked and irritated. As a result, Patrick seemed to have chronic chapped and torn lips because he never gave them a chance to heal.

Pat's parents tried having him wear gloves, but he found the urge to pick so irresistible, he'd remove them, and then feel even more guilty and anxious afterward. No amount of reasoning, scolding or nagging seemed to make a difference.

Unfortunately, in Patrick's case, his parents agreed to attempt treatment with an SSRI (Selective Serotonin Reuptake Inhibitor) drug before the disastrous side effects made them abandon that course (under their doctor's supervision) and look for a solution that was less harmful.

Both repetitive hair pulling (Trichotillomania) and repetitive skin picking (Dermatillomania) can be related to either impulse control disorders or obsessive-compulsive disorders; sometimes both. At any rate, each condition is often linked to anxiety.

Both Penny's and Patrick's cases reminded me of another case I dealt with many years ago; that of Poppie. But Poppie was not a pre-teen … Poppie was a parrot.

Some 23 years ago, an exotic parrot was brought into my office.

Poppie remained politely perched on her owner's knuckles throughout the entire 45-minute appointment. Even though her owner whispered in her partially exposed ear that she was a pretty bird, it was a little white lie. Poppie was not a very pretty bird because about a third of her feathers were

missing, which left her with noticeably bald patches of exposed skin. To make matters worse, the feathers that remained were tattered and shredded.

It looked like Poppie had fallen into a Vitamix.

Poppie's owner explained that she had been pulling her feathers out for about a year … in fact, it all started around the time the family had moved.

Assuming that some kind of emotional condition related to the move was the catalyst for Poppie's problem, I suggested *Ignatia* 200, which was administered every three days. The next time I saw Poppie, about two months later, she looked more fully dressed. Not exactly *pretty*, but certainly healthier and a little fuller.

Two months after that, she returned once again. This time, Poppie was a genuinely pretty girl!

Ignatia was halted after about the third month and she remained well.

About eight months later, Poppie commenced pulling her feathers again and the owner reinstated the *Ignatia* schedule. In short order, she settled down once more. That was the last time I heard from Poppie's family, so I assume all is well.

Ignatia would be my first choice for both Penny and Patrick's cases above as well. We would use *Ignatia* 200C twice a day and assess after eight weeks. Although we typically think of *Ignatia* for grief, I have found it covers a wide range of emotional ailments and the various types of symptoms associated, including anxious behaviors like hair pulling and skin picking. And, I might add, even if anxiety is not identified.

But homeopathy is a generous medicine, and there is more

than one potential option. Even though *Ignatia* would be my top choice, I might also consider *Stramonium* or *Tarantula hispania*. *Stramonium* might be indicated if one were to observe restless sleep, fearfulness, fear of the dark, temper tantrums, violent or aggressive behavior, etc. *Tarantula* is another great remedy for restlessness and hair pulling or skin picking, especially when the person complains of painful pins and needles sensations, or the feeling that bugs are crawling on the skin.

I'll be delving into an in-depth discussion of anxiety, grief, and mental and emotional conditions in my new, highly-requested course, *Mindful Homeopathy: Practical Protocols® for Mental and Emotional Conditions*. If you are interested in learning more about cases such as Poppie's, or if your family is dealing with anxiety, depression, bipolar disorder, OCD, learning disorders, brain fog, PTSD, addictions or dementia – this course is for you. Homeopathy has a history of uprooting these conditions! Download this free infographic illustrating remedies for nine common conditions and receive more information about the course.

Farewell, Dear Baba



“I do not fear death. I have lived a very satisfying life.” – Dr. Prasanta Banerji

Today we say goodbye to Dr. Prasanta Banerji. Though this

great man has passed on, he leaves the world a better place than when he entered it. There are certain traditions in life that provide inspiration and enrichment to society, and one of them is paying homage to the extraordinary few who merit honor. Dr. Prasanta Banerji is one of those few. The world will long remember his legacy of devotion to the suffering, to the ill and to the poor through homeopathy and a compassionate heart.

Prasanta didn't come to this alone. It was in his blood. His father and great uncle built a foundation that Prasanta inherited and added to, but Prasanta earned his place among them through his own innovations, brilliance, long hours and hard work. Following the multi-generational philosophy of devoting themselves to the needy, Prasanta was a champion for those who had none; a tireless advocate; a kindly and gentle doctor; a patient and understanding but also a brilliant and efficient healer.

Having had the privilege of working by his side day after day for weeks at a time over seven years, I was graced with being offered to call him Baba; the affectionate and revered Hindi name assigned to an honorable father/teacher.

Indeed, he was honorable, a great father and a great teacher.

As a young doctor, Dr. Banerji assisted his own father in the practice of homeopathy, and when he opened his own clinic in 1950 he was visited by over 500 patients daily. It soon became clear to him that the sheer numbers of patients filling his waiting rooms and spilling out into the streets required a new approach to homeopathy if he were to have any chance of helping them all.

The old classical method of homeopathic case taking and prescribing was too slow and unwieldy for the job required of Prasanta. Prasanta's father Pareshnath, attending to his

own massive crowds of patients seeking aid, had already begun the process of developing standardized protocols for common ailments. Inspired by his father Prasanta took that approach a step further. And this is where Prasanta and his father stand out from the crowd; the crowd of practitioners that would have given up would have turned people away, would have remained unexceptional and conventional. This is where Prasanta distinguished himself as among the great heroes of the world.

With brilliant innovation and painstaking, meticulous labor, Prasanta drastically distilled the practice of homeopathy, revolutionizing the art and science of homeopathy along the way.

Necessity, as they say, *is the mother of invention*. But necessity only provides the fertile soil for invention, it takes an inspired and courageous thinker to plant a seed in that soil, and countless hours of resolute and persevering work to bring forth a great harvest. Pareshnath planted the seed and cultivated the metaphorical garden. Prasanta inherited that garden from his father and built a massive orchard.

Within a few short years of running his own clinic, Prasanta had honed his skills enough to be able to determine patterns that allowed him to standardize treatment protocols for every disease. This is a very different method of treatment from that of Classical Homeopathy and is actually closer to conventional medicine in its speed, efficiency and focus on reproducible results.

Prasanta Banerji, more than any other person to date, is the man that built a bridge between conventional medicine and homeopathy, and in doing so he and his son Dr. Pratip Banerji have captured the attention of conventional medical institutions and medical researchers from all over the world, particularly in the field of cancer research.

In 1993 Prasanta founded The Dr. Prasanta Banerji Homeopathic Research Foundation. This foundation has the aim of bringing homeopathy to the masses through comprehensive health care as well as keeping a database of all serious cases treated with the Banerji Protocols at the Foundation's clinic.

These serious diseases include various types of cancer, renal failure, multiple sclerosis, and other debilitating ailments. The Foundation also funds conventional diagnostic tests for underprivileged patients. Today, twenty-five years later, they have over half a million visits recorded.

Dr. Prasanta Banerji along with his son, Dr. Pratip Banerji, have been regularly invited to speak at international scientific symposiums to present their method, known to the world as "The Banerji Protocols". In 1995, Drs. Prasanta and Pratip presented the paper "Regression of brain tumors by ultra-dilute medicine" at the 5th International Conference of Anticancer Research in Corfu, Greece. In attendance were over a thousand delegates from all over the world, and researchers from the USA, UK, Australia and the West Indies invited the Banerjis for scientific collaboration. They regularly presented at the National Cancer Institute (NCI) to crowds including cancer specialists from leading Cancer Centers such as the Memorial Sloan–Kettering Cancer Center, Johns Hopkins Medical Center, the University of Texas MD Anderson Center and many others.

Over the past two decades worldwide interest in "The Banerji Protocols" has grown, and they have completed research projects with various institutions. In 2003, the *International Journal of Oncology* published the results of a study the Banerjis conducted in collaboration with the Department of Molecular Genetics at the MD Anderson Cancer Center in Houston. The Cancer Center's investigators found that the homeopathic preparation of *Ruta graveolens* 6C administered in combination with *Calcarea phosphorica* 3X

induced complete regression of tumors in eighty-six percent of the glioma patients who took part in the study. Oncologists consider this particular form of cancer as practically incurable, and the usual five-year survival rate for adult glioblastoma patients is around 10 percent.

From 2004 to 2013, the Banerji Clinic treated over twenty-four thousand cancer patients. Half experienced either improvement or complete regression of their cancers, with a further twenty-eight percent achieving stable condition, getting neither better nor worse. Today, the Clinic treats twelve hundred patients per day, not just cancer cases but practically every illness known to man, and out of that twelve hundred, seven to eight hundred are seen free of charge.

Dr. Prasanta, was so tireless and dedicated that he never fully retired. He performed many speaking engagements this year at various conferences and summits and oversaw complex cases.

Dr. Prasanta Banerji was the soul of homeopathy and the heartbeat of the vision that homeopathy be spread throughout the world – not just to be used in clinics by practitioners, but by anyone who was willing to learn. My dear mentor, my dear teacher, dear Baba will be greatly missed but never forgotten. I believe that Prasanta’s impact on the world will only continue to grow, exponentially.