Podcast 50 – Moms with Moxie: Homeopathy Gave me Freedom!



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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

abbyloopers.org – Support group for transabdominal cerclage

Sepia – for "Monster Mom" moodiness and fertility

Mag phos – for post-surgical heartburn

Nux vomica – for post-surgical nausea

Argentum nitricum – for post-surgical anxiety

Joette's blogs on Surgery Prep – "Answering Your Questions: Surgery"

"Anticipating Surgery? Homeopathy Can Help"

Aconite 200 – for newborn entry after C-section and for shock after accidents

Chelidonium 6X – for newborn's jaundice

Arnica – for injury (in pets as well as humans)



You are listening to a podcast from practicalhomeopathy.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

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 50 at practicalhomeopathy.com.

Hi, this is Kate. I am here with Kathryn today. Kathryn is a brave, strong woman. You will be amazed at the stories she has to tell. I know that you will learn something today from her. So, Kathryn, welcome to the podcast.

Kathryn: Thank you. I’m excited to be here.

Kate: I’m excited to learn from you, Kathryn, because I’ve heard some pretty amazing stories about the things that you’ve gone through, and how you’ve used homeopathy in amazing ways. So, why don’t we get started by learning a little bit more about you. Give us some information about where you live and your family.

Kathryn: Sure. I’m from Texas. I’ve been married to my husband, Nam, for 14 years. We have twin, five-year-old daughters, Charlotte and Esther, and a newborn daughter, Rosemary

Advocate for one’s health

Kate: As Kathryn and I have been talking, preparing for this podcast, I think that Kathryn is brave. That’s the word that comes to my mind when I think about Kathryn because she is one tough cookie. Let’s just put it that way. So, Kathryn, you say that you are a proponent of people advocating for themselves and that’s what you do. You are an advocate for yourself, for your children, for your family. So just give us a little bit of a background in how you came

to be such a strong advocate for your health.

Kathryn: So, my background … I really didn't have a particular interest in anything medical or advocacy for myself until 2010. Then I was pregnant with twin boys and sadly, I delivered them very early during my second trimester. Isaac and Samuel both passed away very shortly after birth. That was horrible, and all the doctors that I met with – yeah – they all said, "Well that was a fluke. Well, that was a twin thing." And I had lots of frozen embryos because we had done IVF. I assumed correctly that I would have twins again, and I couldn't go with just a "fluke" or a "twin thing." So, I really had to dig in and research and find out what had happened and what I could do to prevent it again.

That put me in contact with lots of other women who were courageous and brave and had gone through similar things and had a better outcome. It took me out of state and definitely out of my comfort zone. But, as my husband and I explored and researched that area, we really learned about advocacy. We had learned about understanding the *true* parameters of a situation. Just because somebody tells you what something is, that doesn't mean that's actually true. Sometimes it might be. But, we really learned how to identify correct parameters with our sons' (Isaac and Samuel) passing. So, that's where advocacy started.

Kate: Kathryn, I can't even imagine what you went through. I'm so sorry that that happened.

The true parameters

Kate: So, Kathryn, can you give us a little bit more of an understanding what you mean when you say, "find out what the true parameters are."

Kathryn: Sure. So, when something happens, you go to the doctor that you have a relationship with or who has been

with you through something. And, you ask for his expertise, and he gives them to you as if it's fact. And, that may not always be the case. So, for me with my sons, Isaac and Samuel, I was told, "That's it. It was a fluke. It's a twin thing. We don't know. It probably won't happen again."

I went to the next doctor, a specialist. I met with him. He said, "It's just a fluke. We don't know why. It probably won't happen again."

But then, I went to an out-of-state doctor who happens to be the world's foremost expert, in my opinion, on cervical insufficiency. He said, "No, it's not a fluke. This is a *classic* incompetent cervix. And here are your options and here is what I think is best and here is why."

So, if I had just stuck with what those other doctors said as fact – fact: it's a fluke; fact: it probably won't happen again – then in all likelihood, I would have lost more children. So, because I really wanted to make sure that those boundaries were in fact true – they were correct – I found out that they weren't! I was able to get other information and other insights.

Kate: You didn't take "no" for an answer, right? You just kept digging in and researching and kept looking for what you thought was the sufficient answer, and you really wanted to know the truth.

Kathryn: I did. I remember sitting in the second doctor's office that I consulted with. I said to him, "I feel like I'm fighting for my future children's lives." He kind of smirked and laughed and said, "Well, you're not really in that camp yet." But, I think he's wrong. I was in that camp. I had frozen embryos that I felt it was my obligation to protect and to give a chance at life. I really was fighting for them.

Kate: That boggles my mind. How could he even say that? Oh

my gosh! So, you actually took a trip out-of-state to see this other doctor. You found him … do you mind me asking who this doctor was that you found because maybe some other listeners want to know who this is.

Kathryn: Yes, Dr. Arthur Haney is at the University of Chicago. He is well-known for his work with cervical insufficient patients. He performs a particular surgery called a transabdominal cerclage which is a permanent cerclage placed through surgery. It is very different than a traditional vaginal cerclage that many women are familiar with. So, I was able to do a free phone consult with him and free email with him because he just has a heart to want to help moms who have gone through this.

He gave me the information. My husband and I prayed on it. We met with several older couples that we really trusted to kind of run through the information to make sure we were understanding it and thinking through it correctly. You got to have your people around you that you trust so that you can run information by them.

And, we ended up traveling out-of-state. He is in Chicago, and I had surgery there – which on the front end of it, going out-of-state for surgery and then staying in a hotel after being cut open, that sounded really scary to me. But it was fantastic! There's a group of women who advocate for this particular procedure called the TAC. And they really helped to prepare me. It's just a great sisterhood to be a part of, and Dr. Haney is a *saint* for helping all of us.

Kate: So, when you say TAC, is that an acronym? What does that stand for?

Kathryn: Yeah, TAC, T-A-C stands for transabdominal cerclage.

Kate: Okay. So, there's a Facebook group?

Kathryn: Probably the best group to get information about that procedure is called Abbyloopers, and their website is abbyloopers.org, A-B-B-Y-L-O-O-P-E-R-S.org.

Kate: Great! Thank you for sharing that information. So, then you healed from that, and everything went okay after that?

Kathryn: Not quite. I thought that we would be able to jump right back into fertility and do a frozen embryo transfer. Unfortunately, I noticed that my vision changed. So, I went to the doctor because why wasn't I seeing? After lots of trial and error and looking into different things, it turned out that I had a very small, benign tumor on my optic nerve. And, I didn't know enough back then to know of alternative methods. I did ask the oncologist, "Are there alternatives to radiation for this?" He said, "No." There were not. I don't know what happened to my advocacy-self, but I think I was just scared because my vision had changed, and I couldn't see.

Kate: I'm thinking through this as you're saying it. And, I think it's so important if you can't advocate for yourself, to have someone else who can advocate for you. If you are in the hospital, have someone there the entire time!

Kathryn: Yes, absolutely. My mother and my husband were champions for me. But, we were still inside of a conventional paradigm. That's kind of where … I don't know that I failed. I mean that's where I was at that time. But, I advocated for myself within that conventional paradigm.

So, I did end up having radiation for that tumor. Then after that, I had a wait period. Then, we were able to pursue fertility, and I did, in fact, then have my twin daughters.

Kate: Wow! How exciting to have twins!

Kathryn: It was *very* exciting.

Treating rashes through homeopathy

Kate: Okay. So, let's talk a little bit about where in that period of time you learned about homeopathy.

Kathryn: Sure. So just like Joette says, new mom really wants to make sure she's doing the right thing for her children. Certainly, I had fought very hard to have these girls. I wanted to do the best by them. So, when my daughters were about a year old, one of them developed this really horrible diaper rash. It wasn't minor. It was down her legs and up her backside and really painful for her. I tried lots and lots of naturopathic things. After a month and a half or so, it just was not gone, and it was getting worse. So, I loaded her up, and we drove an hour away to our pediatrician (because I can't just have a pediatrician close by, of course, in particular).

The nurse practitioner looked at it and she said, "Well, have you done *this*? And I said, "Yes." "Have you done *this*?" And I said, "Yes." She went through this list of naturopathic things. I had done all of them. She said, "Well, you've done everything I would recommend. So, at this point, we really need to go ahead and give her a steroid cream."

I know I hear everybody gasping, but I didn't know and my child was in pain! So, I took the prescription for the steroid cream. We went home, and it was the tiniest little tube. (I look back and that was such a blessing.) But, I applied the cream and sure enough, that rash started improving. It did not go away by any means, but it started improving. Just when I thought we might be over a hump of it going away, the tube of cream ran out! So, in the time that I had to wait for the doctor's office to call in to refill – and the pharmacy – the rash came back with a vengeance. Kate, I think it was literally a one-day delay. But it came back horribly! I went ahead and applied the second tube, and

we went through it, and it never made a dent in the rash. It just remained really terrible. I'm so thankful for that, but I didn't know that then.

So, I thought, "Well, if I take her back to the pediatrician, she already told me the next step would be giving her an oral antifungal." I thought, "I don't want to give her this oral antifungal. She's a baby!" So, I really wasn't sure what to do, but my child was still in pain. My husband said, "Look, take her to the doctor tomorrow and take her to a *real doctor*," which is pretty funny because he knows that I would have gone through a naturopathic doctor or the chiropractor or, if I could have found it, a witch doctor – anybody besides back to the pediatrician because I did *not* want to give that oral antifungal.

Kate: Yeah.

Kathryn: So, I had my marching orders. Take her to a real doctor. Then I remembered, "Hey, there's a real doctor who's not very far. (Real meaning he's an MD.) He practiced something called "homeopathy." I don't really know a ton about that, but it's not going to be a prescription for the oral antifungal. And, it meets my husband's criteria of a *real* doctor." So, off we went.

Kate: Did your husband know that you were taking her to an MD homeopath?

Kathryn: No! No, I didn't tell him. I did say, "Guess I'll go to a real doctor." So, we went. I took her to the *real* doctor, this homeopath. He asked a few questions. Well, actually pretty in-depth questions, and they were difficult to answer because she was 14 months old – and he's a classical homeopath. So, it was pretty hard to answer those questions about my 14-month-old's preferences. Anyhow, he asked questions. Then he did do an overall exam, listening to her and looking at her. Then he went over to his cabinet.

And he opened a little bottle of something. (I think they were like Number 10 pillules – they were so small.) He put a few on a piece of paper and made it like a funnel, and he opened her mouth; put them in, and he said, "Okay, there you go." I thought, "What do you mean, 'There you go'?" I said, "Okay, so do I give this to her twice a day or a few times a day?" He said, "No. That's it." I said, "What do you mean that's it?" He said, "That's it. That should take care of it. If you need me, you can email me next week."

Kate: Meanwhile, are you thinking in your head, "My husband is going to say, 'What in the world?'"

Kathryn: Yes! We went and checked out, and I paid. So yeah, I drove home, and I thought, "My husband is going to be so angry with me. What have I done? I just got taken for a ride." Because I didn't really have experience with homeopathy, I didn't really know what it was. I just knew I was trying to avoid that prescription medication. So, got home … I had to admit to my husband what I'd done. He wasn't very happy with me, but it was bedtime, so we all went to bed. So, we woke up the next morning and I eagerly went in there and took her diaper off. *Holy cow!* That rash that had persisted horribly for over two months was 50% diminished.

Kate: Wow!

Kathryn: I could not believe it. I called my husband in there, and we just kind of stared in disbelief. That was on a Tuesday. By Thursday, it was totally gone!

Kate: Oh, my goodness!

Kathryn: I was floored. I was astounded. I thought I have got to know what that was. I couldn't believe it.

Kate: Right. So, did you call him?

Kathryn: No. I dashed off an email to him saying, "You

won’t believe this!” But of course, he did.

Kate: Yeah.

Learning about Joette

Kathryn: I had a friend at church who I knew used homeopathy. She and I started talking about it and looking at things. That was really over my head. There was so much minutia involved. I got a couple of books that were for moms and things to help with infants and children. I could kind of navigate through, but I didn’t have a ton of success. I didn’t really know what I was looking for. I certainly didn’t have anything as grand as that rash that disappeared in four days, but then this friend came across Joette. So, she said, “I’ve got to show you this stuff.” So, she introduced me to Joette’s website and to the Banerji stuff. Wow! I could do that. I could learn that stuff. It really was distilled in a way that I could understand, and I could start using right away. But, it wasn’t really just homeopathy that Joette taught me. I think what Joette did was she came in line of a lot of other people who had prepared me, and Joette really gave me this message of freedom. I can be in charge of myself, truly. I *really* could do it. I really could take care of my family myself. That was huge!

Kate: Yeah, that’s what you had been looking for all along. Talking about advocating for yourself – this is the ultimate!

Kathryn: Absolutely. Absolutely, it is. There are times when – going back to that idea of parameters – you know, have to know what our situation is. Then within that, what are our choices?

Kate: Which leads us right back to what you were saying in the beginning which is freedom.

Kathryn: Absolutely. When my friend introduced me to Joette's website, I actually went all-in. I joined a study group. I purchased several of her courses. And, I started working with her one-on-one to learn more about homeopathy.

Kate: That is all-in!

Kathryn: It is. I don't think that's typical. But, that was perfect for me because doing each one of those things sharpened what I was doing in the other areas. So, I could hear something in a study group and talk to other experienced moms. And then I could listen and learn in the course I was taking, and then have a one-on-one conversation with Joette and say, "Now wait a second. What did you mean by this or what about in this situation?" So, I was just learning a ton.

Kate: So, let me ask you a question here because a lot of moms ask me, so should I take a course? Should I join a study group? Should I consult with Joette? They're trying to figure out what's the best way to go about this. What do you recommend?

Kathryn: I think it probably depends on where everybody is individually, where they're at. The reason that I started consulting with Joette was because I was desperate. I had something I like to call "Monster Mom." I think other women can relate, but mine was really, really bad. I mean I had done five rounds of IVF at that point. Those are heavy duty drugs, lots of hormones, injections, I mean all sorts of things. My daily life really reflected that.

I had these precious daughters that I wanted and treasured. Yet, I would find myself screaming and just being ridiculous, throwing things across the room and saying mean things. It's totally not me. I mean, I am a Christian woman and I love the Lord, and that is not how I act or how I conduct myself. Yet, it was happening all the time with more

and more frequency. I was overwhelmed with life, and I just couldn't get it together. So, I had tried all the naturopathic things. I had done all the fancy testing. I had done all the supplements and all the natural hormones. I had done prescription hormones. I had success with all of that stuff for about a month. Each new thing would be about a month. Then Monster Mom would come back and throw her head back and laugh and say "Nope!" She's still there, and she's still in charge.

So, I was really desperate. My family was desperate. We needed something. Monster Mom needed to be slayed. That actually is why I said I don't have time to learn this fast enough – because I think I could have learned it, particularly with the Feminopathy course. I could have learned it. But we were desperate, and I needed to work with Joette to get a grip on it right away. She did in fact teach me what I needed to know. Not only was Monster Mom slain, but then this is pretty funny, Kate. A few months later, I realized, "My goodness, I haven't had a period in quite a while. Huh, I wonder why not?" But we've never had a natural pregnancy, so I just didn't really track my cycles. So, I didn't think much of it. But then another week went by and another week went by, and I thought, "My goodness, where is my cycle?" I kind of worked myself into a frenzy. I thought, "This is it. My body has given up on me at 37."

Kate: Oh no!

Kathryn: "I must be full-blown diabetic." Because I had been trying to uproot some insulin resistance in me, and I had decided, "Well, forget it! The homeopathy I was using didn't act, and I'm full blown diabetic, and my body just isn't having periods anymore." I realized finally, "I need to go talk to my doctor – because if I really am diabetic, I need to do something. But before I go, I know the first stuff will be taking a pregnancy test. So, let me get that out of the way."

I woke my husband up at two in the morning because I was frantic. I said, “You have to go to the 24-hour store right now and get a test.” He said, “No. It’s two in the morning.” I said, “You have to go! I’m freaking out!” So, he is such a great husband. He got up and he went at two in the morning.

Kate: Wow! Wow!

Kathryn: You know what? He came home, Kate, and I was asleep.

Kate: Oh no! Oh my gosh! Oh, my goodness.

Pregnancy journey

Kathryn: So anyway, I woke up the next morning, and I took that test. I could not believe it. It was positive. I was pregnant. We had been married at that point 13 years. It was the first natural conception that we have had without IVF. I wasn’t working on fertility, but that happened. It was great!

Kate: What a testimony to the fact that when you take the right remedies, it just fixes things that you’re not even intending to work on. But, it really works on your whole body.

Kathryn: Yeah. So, the remedy that I had used was *Sepia*. I think a lot of people know that’s my all-time favorite remedy because it did slay Monster Mom in me. But then I got this little baby, my little *Sepia* baby.

Kate: Awwww!

Kathryn: You know, Kate? That threw me into, “Okay, what am I going to do now? Because I’m pregnant, and I do have that permanent transabdominal cerclage. That means that I absolutely have to have a C-section. There’s no other option.” I knew that when I had that placed, but that was okay with me because live babies were better than babies who

passed away.

Kate: Right.

Kathryn: But, that meant I need a lot of interventions. I couldn't have a home birth. I couldn't go to a birthing center. I couldn't even just have a vaginal birth at the hospital. I had to have a C-section. So, I was pregnant with this surprise *Sepia* baby, and I was overjoyed. But at the same time, I was really nervous. This was my tenth pregnancy. So, in all of my previous pregnancies, I had had hyperemesis gravidarum, – which I think a lot of moms know, that's not just a little bit of morning sickness. That's really, really severe vomiting and losing fluids. I would always end up in the ER and even hospitalized because I had it so terribly in all my previous pregnancies. So, while I was excited about this little surprise *Sepia* baby, I was pretty nervous about that. I had decided previously that in future pregnancies, my plan would be to get weekly IV fluids to help prevent dehydration. I would take whatever drugs they were giving for nausea and vomiting because I was trying to avoid ER and hospital. I was even thinking, "You know, I guess I'll just get a port. So that I can have these medicines given to me very easily because I know I need them all the time."

Kate: Wow!

Kathryn: I mean that's how severe it was. But, I had a consult with Joette. I told her my fear. She said, "Why don't you consider looking at these remedies?" The first one, it didn't work for me. The second one didn't work for me. I thought, "Oh no! This isn't going to work. I'm going to have to use drugs." And the third one – oh my gosh! It just stopped! I was done. I was done throwing up. I felt totally fine. I couldn't believe it. That lasted for four days. Then the hyperemesis came back.

Kate: Okay, so now what?

Kathryn: Yeah, then what? So, I tried another remedy, and that was it. I took it twice a day for a few weeks. Then I didn't even need it anymore.

Kate: And that was it? You were done?

Kathryn: That was it!

Kate: Oh, my goodness.

Kathryn: It was night and day. I couldn't believe it. I could not believe it, because that was such a serious concern in all my previous pregnancies.

Kate: Right.

Kathryn: So, I did; I had this drug-free pregnancy. I only used homeopathy and nutrient-dense food. It was fantastic. So, I knew I would need a C-section. But, I still wanted to be in charge of how my care went – even with the C-section. So, I started really researching what needed to happen, and what I wanted, and what standard procedures were, and was that okay with me. Was that what I wanted?

Kate: By this time, you're gaining confidence in using homeopathy, right, because you've seen it work so many times.

Kathryn: Yes, absolutely, because in addition to chronic stuff that I had been able to uproot, I still had these little girls and husband and at that time two dogs. I was helping take care of their needs left and right with homeopathy. I really, I was able to abandon all other modalities that I had been using because homeopathy took care of it. I just didn't need anything else anymore.

Kate: Yep.

Kathryn: So, one of the first things that I realized was what a blessing it was that my husband and I decided to not carry medical insurance. So, we didn't have limitations and boundaries that insurance companies often place over which doctors or which facilities or how procedures have to go. We are part of a healthcare ministry where we share costs. But, that puts us in the driver's seat. So, that was a huge blessing that we had already made that decision a couple of years prior. And then I was able to choose the physician I wanted. So, I chose the physician who has decades of experience. He's closer to the end of his career than the beginning. He's at the top of his field. There's nowhere else for him to climb. So, he doesn't have to prove anything to anyone. The other thing that was important to me was that he has lots of years of experience to remember when things used to be done a little bit differently.

One example is, currently if somebody goes in for a surgical procedure at a hospital, every surgical patient gets prophylactic antibiotics. Period. The end. That's the story. That's true for C-sections, as well. There actually can be good reason for that. But, I have a really unique situation in that I'm not allowed to go into labor because of my transabdominal cerclage. My cervix won't change – and, and, and, and. So, there are other things that are really particular to me that I was able to research and realized – in my opinion, for myself – I don't want those antibiotics. And because my surgeon didn't have anything to prove, and he could remember when that wasn't the standard procedure, he was fine with me signing a declination form for no antibiotics. So, that was one aspect.

Another aspect was I really had to know the actual surgical procedure. They use chlorhexidine to do an incision site preparation now. Well, that's an antibiotic. I didn't want that! So instead, I was able to say, "Hey, remember when they used to do the old Betadine preps? I want an old

Betadine prep. Then when you close, just close the fascia and then give me a Betadine bath for two or three minutes. Then close the skin this way." But, I had to learn all of that, Kate.

Kate: Oh, my goodness! Wow!

Kathryn: I had to do a lot of research. I had to talk to lots of medical people. Fortunately, because of my mother, I have access to lots of older nurses and old L&D people who remember how things used to be. But, you really have to learn what's going on. Just because something is a standard procedure now, it doesn't mean that that's the best thing for *you* and your situation. So, you've got to be willing to dig in and look at that.

Another aspect of my pregnancy was, well, I had to deal with the hospital. They have consent forms. Have you ever read any of those consent forms?

Kate: Oh yes! Actually, because whether it's a dentist or any medical professional, they want you to sign lots of forms, right?

Kathryn: Absolutely. So, I had to jump through hoops to get a copy of the consent *prior* to my surgery day. Can you believe that? They said, "Well, what do you need these for?" I said, "Well, it's 23 pages. I can't read that the morning of my surgery." So, I got them a couple of months ahead of time, and I read through them, and they're shocking! There are *shocking* things in those consent forms.

Kate: Kathryn, you are amazing!

Kathryn: Well, thank you. I don't think the hospital felt that way.

Kate: I know. It's as if when you question, and you say, "I want to read these," they're shocked first of all. And then

they act as if, “Why would you want to read these?” as if you’re crazy for questioning them and just not signing – which I do not understand.

Kathryn: Well, I’ll tell you, later on when I did go (the day of (to sign them), I said to the ladies in the room, “Hey, do you know it says this?” And they were shocked. *They work there!* It’s their job to get the consent signed, and they didn’t know that that’s what it said. One of the things it says is it’s at the hospital’s discretion what they do with any body fluid, tissue or body parts from surgery. They can dispose of it. They can do research on it. Or they can bank it – which frankly it means they’re going to sell it and make money on it. No, thank you! Not with my body parts! That was all throughout the consent forms. Not just the one you sign, but it’s all throughout the booklet.

Kate: So, did you cross things off of the consent form?

Kathryn: No. I contacted the Hospital Advocacy department. They assigned me my own personal advocate because I called so frequently. And, we worked with the hospital’s legal department, and they drew up personalized consent forms for me.

Kate: Oh! So, no one would think of this, right, that that’s even an option? You just think, “I don’t have an option. I have to do what they’re telling me.” But, that is amazing, Kathryn.

Kathryn: So, that goes back to what I said at the beginning: knowing the true parameters. If I had just read it and said, “Oh well, this is what it is,” I would never have known. Kudos to the hospital because they did work with me; they really were great. Other things in the consent forms that might be concerning to people who listen to Joette’s podcast: the consent forms will say that they’re allowed to have a vendor, a medical vendor in the operating

room. No, thank you.

Kate: What is that? What is a medical vendor?

Kathryn: I think, probably, if there is a material used in the surgery, and it's sold by a particular company that a rep from that company can be in the OR. Something else in the consents was that you can send to the procedure being photographed or videotaped. I asked, "Well, what is the purpose of that. Is it for training purposes? Do you de-identify me? What body parts would be shown?" And they didn't know. I said, "Well, no thank you, just no videotaping or photography."

There's a pretty blanket statement that says I consent to standard protocols that hospitals employ being enacted. I don't know what that means. Does that mean they automatically give a vitamin K injection? They automatically give erythromycin eye ointment? They automatically give a Hep B? I wanted to have control and choice over each of those things. So, having that general statement of standard procedure was concerning to me. Then the last thing that was pretty funny to me that I had taken out of my consents was saying that I consented to having creditors text message my cell phone. I said, "First off, I'm already paid up – because I paid cash and I paid ahead of time. So, that won't be an issue. But, no thank you, they cannot send me texts."

Kate: Oh, my goodness.

Kathryn: You have to read those consent forms and know what's in them. I don't know that every hospital or facility would be cooperative. But, it doesn't hurt to ask – and ask more than once. Ask more than one department and go up the chain.

Kate: Right, if you don't get the answers that you're looking for, yep.

Kathryn: Another thing that I really had to battle with in my pregnancy was the newborn screen. You guys are probably familiar with that. They do a heel prick and test the baby for a set of genetic disorders. Every state handles that newborn screen differently. Some states test for 73 genetic disorders. Some states test for only 22 disorders. What are they testing for? Is that necessary? Then most importantly to me, what did they do with that blood sample?

And so, probably a lot of people just don't do the newborn screening. I actually, as I researched it decided, yes, I did want to do that. Again, it's about choice. So, it's about me having the education and doing the research, doing a cost benefit analysis. I decided yes, I did want the newborn screen. However, what they do is they take a newborn blood sample, and they put it on a blood spot card. I had to find out what they did with that. I really had to dig. I spent a lot of hours talking to my state health department, getting different answers and varying answers that didn't seem to all jive. So, I spent a lot of hours digging into that.

I found out that they send the blood spot cards to a research facility. They do the genetic screening and send the results out. Then they keep that blood spot card for 25 years, and they do research on it. They can do experimental research, or they can do control research – just to make sure that they're sticking with good procedures. They even trade those blood samples with other states and other labs. I thought, "No way!"

So, what's the alternative? If I don't want my state to have my child's blood sample for 25 years, what else can I do? Well, in Texas, you can opt out of that. However, that's all they tell you. They don't tell you that if you sign the opt-out form, they still keep it, and test it for two years.

Kate: It's like a false statement that you can opt out.

It’s not really opting out.

Kathryn: That’s absolutely correct. I then said to the state, “Okay, well if someone opts out, when you do destroy it, what are you destroying?” They said they destroy the blood spot card. I said, “What about results from any testing?” They said, “No.” They don’t destroy the results from any testing. It was unclear whether they de-identify any results that they got from that blood spot card. So, I don’t want to sound like a conspiracy theorist, but it just doesn’t seem like a good idea to me for the state to keep my child’s blood. You could go into a million what-ifs. But at the end of the day, if they don’t have the blood, there is no what-ifs. Kate, I come back to, I wanted that newborn screen. So, what could I do? Well, what I could do is I could do it privately.

Kate: Yes.

Kathryn: I found an organization, actually, that was responsible in my state for increasing the number of genetic tests that are run because they had had a son who had passed away from poor screening. So, I was able to purchase, very inexpensively, a private newborn screen kit that is *superior* to the number of tests that my state runs. I took that thing to the hospital, and they would not use it. It was a disaster because they didn’t know what forms to have me sign. They wanted me to sign a religious declination form that I had religious reasons I was refusing the newborn screen. I said I’m not refusing the newborn screen. We are, in fact, doing the newborn screen. They didn’t know what to do with me. Honestly, I don’t know what happened. I think they probably just wrote patient refuses to sign and put it in my folder. But anyway, they didn’t get my baby’s blood. So, then I went off the next week to our pediatrician. She pulled the blood sample, and I got to use my private newborn kit.

Kate: This is all so fascinating. I am so proud of you that you stuck to what you believed in, and you didn't just go with what they said. But I'm sure there's more, right?

Kathryn: There's the actual C-section.

Kate: Okay, tell us about that.

Kathryn: So, I went in. I had again done research. I had actually spoken to several hospital pharmacists at my delivering hospital – several times – to have discussions about pharmacology, and the drugs that were typically used with the C-section. I had to meet with anesthesia ahead of time, too. So, I had this list of all these drugs that they typically use. There are a *lot* of drugs, Kate, that are just thrown at people when they go in for a C-section. I thought, "No, no, no, no, no, and no," to a lot of them.

In particular, with my previous C-section when they do the spinal, they include a drug called Duramorph which is basically what keeps you pain free after the numbing wears off. But, I had a *terrible* allergic reaction to it. When I had my twins, I was hallucinating, and I was so itchy, and I couldn't stop vomiting. I didn't actually get to see my babies the first 24 hours because I was so sick. So, I knew in this C-section, I did not want to experience that. They couldn't come up with an alternative for me. I said, "Well, then I'm just not having any. I guess it will really be just homeopathy."

So, I went for my C-section. I had a special form that my surgeon (who's wonderful) signed allowing me to use homeopathy in the OR. So, I did have bupivacaine which numbed me, so I wouldn't feel the incision. They typically give a blood pressure medicine when they do that because the body automatically usually drops blood pressure. But the anesthesiologist was fine with me saying, "Let's wait until I feel like I need it." I will tell you that when I was on

the table, I said to him, “How is my blood pressure?” He said, “Fine.” I said, “I don’t think so. You need to push that,” because I could tell I was crashing. Sure enough, by the time he got it, he said, “Oh yeah, you were dropping.” So, I did have those two drugs. Then at the end of my C-section, after the baby was taken out of me, I did have oxytocin – which I went back and forth about whether I should get or not. But because of my particular situation with my permanent cerclage, I did do a lot of research. I ended up deciding, yes, that was a good move for me. So, I had those three drugs.

Using remedies during and after surgery

So, during the surgery when I was on the table, I would have various symptoms that I needed homeopathy for. For example, I had terrible heartburn, and my husband would get out the

and give me a pellet. If I felt nauseous, he would give me *Nux vomica*. When I was anxious, for me, I like *Argentum nitricum*. So, he had all of these in his pocket. He was just dosing me. Again, I wasn’t doing it on the sly. That was very important to me to be upfront with everyone. So, I did have that permission form that my doctor had signed, so that the hospital was comfortable with me using these medicines.

I had a doula in the OR. She was another set of eyes and ears for me. She knew everything I wanted including how to prep me and how to close me. She had remedies in her pocket, too, in case my daughter needed remedies when she was born. She didn’t, but we were prepared. Some people thought I was way overprepared for my C-section. But you know, Kate, I disagree because I made this flowchart in my head of, “It could go this way or this way or this way or this way or this way, and if so then what?” So, I was prepared for any situation. I had a *ton* of remedies with me at the hospital. I had fleshed out all sorts of things. Even if I needed blood products, I wanted to have my husband’s blood. So, we

looked into a directive donation. There were reasons that that ended up not working out. But, I mean really, I was prepared for whatever might happen. I had it covered.

Kate: And, can you really be over prepared? I don't think so.

Kathryn: No, absolutely not. My husband likes to say, "We're only going three hours from home. You don't need to pack our whole house. We're not going to a third world country." I say, "Yeah, but the grocery store there doesn't have this."

Dealing with pain

So, that was my C-section, and it went great. The OR was great; the staff was *incredible*. I had this little baby that was a surprise baby! When the numbing agent wore off when I was in recovery, Kate, that was *really* bad. I had gone ahead before it wore off, and I had taken some of the remedies Joette suggests on her blog for surgery prep [and here]. I fully expected those to act. Maybe they did, but I was in a world of hurt. So, for about four hours, I would say my pain level was between a 9 and a 10. It was not improving at all with the various remedies that I was trying. You know, I think it's really important to note that at that moment, I didn't have time to get on the computer and ask other moms for help. I didn't have time to get a book out. I needed some relief because I knew I could sit at a 5 or a 6 of pain, but I could not sit at a 9 or a 10. I didn't want to. I had a new baby. I wanted to nurse and introduce to my other daughters and just enjoy my family. So, I did ask for my surgeon to come back, and we came up with a drug to help with pain. Then that was it. That took care of the pain I was experiencing. I was able to use homeopathy for other symptoms and other things that came up for me *and* the baby. In less than 48 hours, I was out of there. I said to the surgeon, "Hey, I didn't have antibiotics. I got to get out

of this hospital." He said, "Yeah, go home!"

Kate: That's funny.

Kathryn: I want to emphasize, Kate, that I didn't just go rogue during my pregnancy and C-section. I did work with my doctor to have a plan. I wasn't going to not address pain from being cut open or the potential for an infection there. I just had a different plan than what the conventional medical community was offering. When my doctor was unfamiliar with using homeopathy in that realm, he was so respectful. He even asked me for my specific remedies and plan to make sure I had one.

Kate: That's great. It sounds like you had a fantastic doctor. I wish we could all have doctors that worked with us like that.

Kathryn: He really is one in a million.

Newborn remedies and some success stories

So, for my newborn, as soon as we got to recovery, I gave her a dose of *Aconite* 200 just to clear her from anything that she may have experienced. I knew that the bupivacaine was injected into me while I was still pregnant with her. So that was her first drug she ever received was that bupivacaine. Also, she was pretty jaundiced. They measured her, and whatever they measured, she wasn't at a level where she needed further intervention – because I was ready for that fight, too. But instead, I said, "Well, I've got this *Chelidonium* 6X right here." It was ready to go. I just administered that twice daily, and her jaundice cleared. It did take probably 10 days to clear it. But, it was pretty significant jaundice. I didn't have to do anything else besides that *Chelidonium* 6X. It acted beautifully.

Kate: You have done an incredible job of preparing yourself. You must have done so much research. I know what

it’s like to have the remedies on hand for every possible situation. That must have taken you so much time to prepare that, and to know all the what-ifs, and then here’s what I’m going to do if that situation arises.

Kathryn: It did. It took a lot of research. I had to go to the conventional medical world and say, “What happens if this; what happens if that; what typically occurs here; what typically occurs there?” because I was going to be in that world. I needed to know what I could do.

Kate: Yeah. I think if you’re going to be in that world, you do – you need to know what to expect because then you can be prepared. If you don’t know what to expect, how can you be prepared?

Kathryn: Right. And, you know, that’s true even outside of a hospital. Any birth, things are going to happen. So, be ready. We don’t have to be afraid of it, but we can be prepared.

Kate: Okay, so not only have you used homeopathy with your birth. Can you give us a list of the things that you’ve used homeopathy successfully for in your family?

Kathryn: Oh! That list is *so* long, Kate. We would need several podcasts to go over all my success stories. But, I can highlight a few. After my twins were born, I had de Quervain’s syndrome – which is a tendonitis or sometimes it’s called “Mommy’s Thumb – in both my wrists. I ended up having – this was years ago – I had steroid injections that didn’t work on one hand. I ended up having surgery on that hand, which is a terrible surgery. But, I didn’t have any other alternatives at the time. Sure enough, after I delivered Rosemary a few months ago, that de Quervain’s syndrome (tendonitis) showed up in the wrist that I had not had surgery on. But this time, I had homeopathy. So, instead of steroid injections and instead of surgery, I went right

to my homeopathy kit, and I got the remedy I knew. I think it was three doses, and then it was done. It was taken care of. So, that was huge.

Another success recently, my mom was really sick. She finally went to the doctor. They diagnosed her with pneumonia and bronchitis and gave her a litany of prescriptions. She promptly put those away and called me and said, "Okay, what can I take?" I knew right what to give her for pneumonia and bronchitis. So, I took the remedies over to her. Within, I think, three days, she was all better and back at work. So, that was pretty big.

Kate: Amazing!

Kathryn: Also, I think just last month, my dad actually fell, and he hit his head and his eye on our driveway. And it was *really* severe, and he had a really awful gash. So, he had to go to the emergency room to get stitched up. While he was in the emergency room, my mom called and said, "Here's what happened. I'm sending your brother to get homeopathy. Give him something." So, I saw a picture of my dad's eye. It was just so swollen closed. I mean it was like a grapefruit sitting on his face. It was terrible. I chose a combo remedy, and my brother picked it up and took it to the hospital. Within four hours, my dad's eye was opened. The swelling was decreased. His eye was open. Within four days, it was almost totally gone. It was amazing. Looking at the pictures, it was spectacular. So, he needed to go to the hospital to get stitches, but we were still able to employ homeopathy in a helpful manner.

Annie and the *Aconite*; some diagnostic tools

Kate: And not only for humans have you used homeopathy, but with animals too.

Kathryn: Yes, absolutely. One time, our beloved little Annie, she's about a 20-pound dog. Somehow, she got out of

the house and ran into the street. All I heard was my husband yelling, “Annie’s been hit!” My heart stopped. He ran outside and then ran back in carrying our dog. She’s been hit by a car. I could not think what to do. I was so overwhelmed. So, automatically, that muscle memory kicked in. I grabbed the *Aconite*. I took a dose, and I gave the dog a dose of *Aconite*. Then I was able to be calm and think through. “Okay, what do I need to do?”

So, my husband and I did do an exam on her because we are well-equipped with diagnostic tools in our home. So, I did that immediately and then at 10 minutes. And then I went ahead, and I did call the vet. I was able to report to the vet, “Hey, I did these assessments. This is what I’m seeing. Do we need to come in?” The vet was completely comfortable with the assessment I had done and saying no. I did monitor her. Of course, I was giving her *Arnica,* but she was totally fine. Now, she may be could not have been if she had been hit differently. But, I was able to take care of her in that situation with homeopathy.

Kate: When you talk about diagnostic tools, what do you recommend to have on hand?

Kathryn: Certainly, have a stethoscope and know how to use it on people and animals. You would want to have something to look at pupil dilation quickly – not just the flashlight you have to go dig around for, so I like the eye light. Certainly, an otoscope is important, a blood pressure cuff. Then you want things like tongue depressors and urine dipsticks and rapid strep tests, a glucometer. Those are all the things that I think are necessary just for a basic home diagnostic tool kit.

Kate: There’s a lot of ways to learn how to use those things nowadays with the internet. There are a lot of classes that you can take online or even just YouTube.

Kathryn: Absolutely.

Kate: So, Kathryn, I feel like we could go on and on and on. I just want to sit here and listen to you and learn more. But, let's wrap today's conversation up by just talking again about that freedom. Just give our listeners one final thought about the freedom that you have with the knowledge that you have gained.

Kathryn: The overarching theme that homeopathy has brought my family is definitely freedom – freedom to research, freedom to decide which course of action is best for us. I recently heard a doctor tell somebody that with the medications he was taking, even one drop of alcohol would become toxic. I know that the patient heard that doctor say that and thought, "Oh wow, definitely no more alcohol for him ever again." But what I thought was, "Are you kidding? What kind of drugs is that man putting in his body everyday that makes a normal beverage toxic to him?" So, I think that we really have to be willing to have that paradigm switch. We have to be willing to think about things differently, and ask, "How can we get freedom?" Are we truly living on *our* terms the way that we want to? So, we have to question and examine from different paradigms. With homeopathy, I don't have to be a slave to any one paradigm at all. I'm in charge.

Kate: Kathryn, thank you so much for sharing all of this information with us. I learned so much tonight. I feel like we could go on and on and even have a part two podcast. Maybe we will someday. I don't know. But thank you again.

Kathryn: Thank you so much for having me and thank you to this community and for Joette educating us and giving us this freedom. It's a huge blessing!

Kate: You just listened to a podcast from practicalhomeopathy.com where nationally certified

homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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

Homeopathy Is a Mother's Movement!



Happy Mother’s Day!

I was planning to write about the meaning of motherhood, but when faced with an empty page and a keyboard, This is what I think we can all agree upon:

We are the lionesses of our families. The guardians at the gate. The protectors, the teachers, the nurturers, the healers.

We are mothers.

Over the last centuries, conventional medicine was known for its ways of bloodletting, leeches, mercury (and plenty of it) as well as arsenic. Understandably, mothers went in search of safer, gentler methods to provide care for their loved ones which is why a century ago, most mothers embraced homeopathy.

Today, the list of harsh traditional medicines is different, but the story is still the same. Mothers are tired of the

same old drugs of commerce. They're tired of combating allergies and food intolerances as a direct result of antibiotics, inhalers, steroids and synthetic hormones. Tired of worrying about the potential of opioid addiction as a consequence of traditional pain management after surgery.

On this Mother's Day, we stand on the shoulders of the mothers who came before us. After necessary surgical procedures, such as a dental extraction, we can provide our families with a homeopathic substitute for addictive opioid painkillers. Like the mothers of yesteryear, we rely on *Hypericum perforatum 200* (or even higher) to alleviate pain without concern for dire consequences such as headaches, constipation, addiction or withdrawal.

OWN THIS MEDICINE! No homeopathic mom should be without *Hypericum* – in several potencies, but especially in a 200. In fact, if you don't already own this medicine, today is the perfect day to ask for it! If your husband or children haven't already bought you a gift to commemorate Mother's Day, make a suggestion!

Sorry. I couldn't resist…

Roses are red.
Boiron is blue.
Homeopathic healing
Is what they'll get from YOU!

After all, this gift is not only for you – it will benefit the entire family if you have exactly what you need when you need it. Load up your homeopathy kits with medicines you may not need yet but are commonly used. Nothing is more frustrating for a mother than to watch her loved ones suffer while she is waiting for a remedy order to come in the mail.

The "Mothers of Yesteryear" have willed us the legacy of homeopathy. *Homeopathy is a Mother's Movement!*

And we need to take our charge valiantly and seriously.

Let’s be sure we responsibly carry this torch to give the mothers of tomorrow the same opportunities we were given – to care for our families at home, self-reliantly, safely and efficaciously, with homeopathy!

Have a wonderful Mother’s Day! God bless you and your family!

Warmly,



P.S. My gift to you today – as it is *every* day – is the free resources I provide. You obviously know about my blog posts and hopefully, you’ve listened to my podcasts and viewed my Facebook Live videos, but don’t forget I also have a Free Resource area on my website that links to various articles, case studies, research and other homeopathic sites. I hope you’ll utilize it as thoroughly as you can to learn more. I also am present on the social media platforms you enjoy: Facebook, YouTube, Twitter, Pinterest and Instagram.

Let’s keep our movement going!!

The MiraLAX Blues



How is it possible for a doctor to look someone straight in the eye and guarantee that giving their constipated toddler an adult dosage of MiraLAX every day – for possibly the rest of her life – would produce no side effects or harm?

How can they know that? How?

This exact thing happened to a mother who happens to be a part of my team at Practical Homeopathy, when her 18-month-old complained of belly aches and bloating.

The pediatrician decided it must have been due to constipation, and initially prescribed what he called a "cleaning out" regimen – *three* adult doses of MiraLAX each day for three days – followed by one dose every day … indefinitely.

In her wise-mother gut, she wasn't comfortable giving her

toddler the full adult dose every day. She continually asked her pediatrician and the specialist if she could discontinue it, but the answer was always "not yet." This went on for two years – *two years* of daily adult dosages for her toddler.

Eventually (probably tired of fielding Mom's repetitive questions), the specialist flippantly assured her, "I don't think you should be so concerned. She could be on this for the rest of her life, and there will be no problem. My son's been on MiraLAX since he was three months old – and now he's 17!"

"What?! I don't want that!" (As the mom says now, "This all happened before I knew better, but I knew enough to know I didn't want THAT!!")

Having her daughter rely on anything for the rest of her life was simply not an option for this mom. She wanted to get to a point where her child's body functioned as it should – without interference.

Plus, frankly, there hadn't been much improvement from the two-year treatment. In fact, now her child had developed other stomach issues such as diarrhea and vomiting. She was not sleeping, wouldn't eat enough, and was antsy all the time – things other moms later confirmed seemed to be "undocumented" side effects of MiraLAX.

(By the way, back in 2013, I featured a blog post, "The Poop on MiraLAX," in which Dr. Kaayla Daniel discussed other potential concerns about giving this controversial product to children.)

Taking matters into her own hands, this gutsy mom decided to wean her child off. Believe it or not, it took almost a year until her child could produce an adequate bowel movement without depending on the MiraLAX. A *year*!! That's a long time to have the MiraLAX Blues.

This story is not unusual. And unfortunately, this is how we all learn.

In my life experience, I have learned that we, as mothers, need to look at medical situations like a game of chess. You don't put your queen out in the middle of the board, take your hand off and then wait to see what happens next.

You keep your fingers directly on the head of that queen until you figure out what the other side of the board is going to do, what you're going to do next, and what they're going to do after that.

You've got to look four steps ahead.

Similarly, if you don't look ahead at treatment advice you receive from traditional practitioners, that's where you can go wrong. (And I'm just as culpable. I, too, have done this at one point or another in my life.)

The doctors know what's ahead, but you don't. They deal with it every day, but you're new to this. We mothers assume that medical intervention will be temporary – that somehow makes it more acceptable in our minds. But many times, doctors already know that these interventions will end up being long-term band-aids.

So, you have to look four steps ahead.

It's easy to fall into the trap. Don't feel guilty if you've made bad decisions – *learn* from them!

You have to fall off the bike a few times before you learn how to ride it. Learning from those mistakes is how we get here – to homeopathy!

So, what to do next time? Instead of even entertaining the idea of MiraLAX for constipation, I usually utilize *Nux vomica* 30 for toddlers and young children – twice a day until constipation improves. *Nux vomica* is particularly

useful if any drugs (which may be contributing to or causing constipation) have already been administered to the child. (See my blog "Medication Causing Constipation in Children.")

If *Nux vomica* does not address a particular situation adequately, then I move on to 200 twice daily or other protocols, which I discuss more fully in my course *Good Gut, Bad Gut.*

Now you may ask, what if the presenting symptoms aren't exactly constipation but rather belly aches and bloating (as was this toddler's original complaint)? In that case, unfortunately, it's a bit too complicated to teach all the various possibilities and alternatives in a simple blog post.

But again, my course *Good Gut, Bad Gut* goes deeply into many complicated topics relating to the digestive system. (However, I want to give you as much straightforward information as I can here. By clicking on the course link just provided, you can download a free infographic containing remedy information for a few of the more common digestive ailments.)

Learn. Learn. Learn! Being armed with as much knowledge as you can get your hands on will help your family avoid becoming trapped in a traditional medicine quagmire. And in the short term, it will certainly keep you from singing the MiraLAX Blues.

P.S. I want to invite you to register for a Free summit I am participating in. Happy Gut, Healthy Lives: How to Heal Your Gut and Reduce Your Stress, Optimize Your Weight, and Promote Clear Thinking.

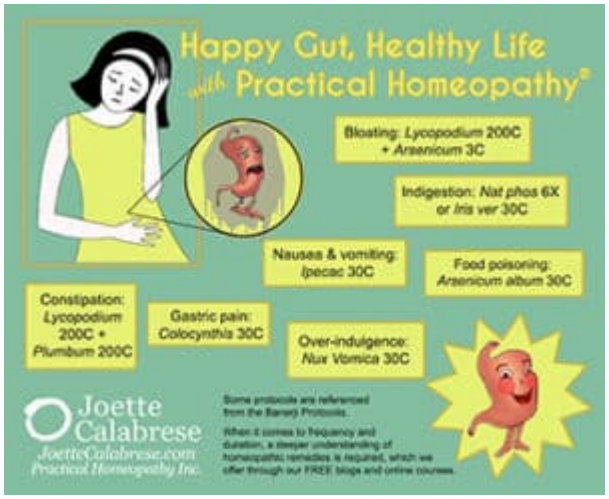
My community friend Diana Previs will interview me and 21 other leading specialists (in fields such as Integrative Functional Medicine, Mind-Body, Nutrition, and Fitness) from around the globe who share their expertise in methods – and

it's all connected to your gut.

Each of the participants is confident in their paradigm. I too am eager to share my lifetime journey, clinical experience and what my students report to me after using my methods.

The Summit is free – here is your link to register.

And, I created an infographic you might want to add to your homeopathic library. Click here and scroll down the page to get an email sent to you in a jiffy.



Podcast 49 – Shedding Light on Provings and Aggravations



IN THIS PODCAST, WE COVER:

01:37 What's new with practicalhomeopathy.com

04:46 **Joette's pet peeves**

09:39 **Melanie's story and aggravations**

18:04 **Proving and antidotes**

22:23 For the highly sensitive people

28:58 Know your medicines

38:10 To summarize

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Gateway to Homeopathy Guided Study Group

Joette Calabrese Facebook page

Petroleum 200C for dry skin

Cantharis and *Medorrhinum* for bladder issues

Gelsemium 6C for anxiety and nervousness about upcoming event

Lycopodium 200 for bloating

Camphor 200 one dose, one day to antidote (see blog post: "Stop It! How to Antidote a Bad Drug Reaction"

Ignatia or Aconitum for anxiety

Gelsemium 6X for chronic anxiety

Ignatia for nightmares

Facebook Live: Provings and Aggravations

Facebook Live: Provings and Aggravations: Take 2 (better video quality than previous)

Podcast 33 – New (and Not So New) to Homeopathy Part II (section on proving)

Looking for Proof That Homeopathy is Effective? We've Got It! (blog post containing brief history of Dr. Hahnemann's usage of provings)

You are listening to a podcast from practicalhomeopathy.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Joette: Everyone is very frightened of provings, and I am here to say, “I’m not worried about provings!” I don’t know where the idea has come from that proving is a very, very dangerous thing. It is not.

Kate: You are listening to Podcast Number 49 at practicalhomeopathy.com with Joette Calabrese. In today’s podcast, Joette will address the topic of provings and aggravations. Listen in as Joette answers some of your questions about this subject.

Joette and I are here together again today to bring you another podcast from practicalhomeopathy.com. Joette, I’m having a hard time keeping a straight face because I’m looking at you and you have this white, huge thing on your microphone. And it looks … I don’t know … it looks like a big sock on your microphone.

Joette: I know. It looks like I have like a dental infection or something, and I’ve got tooth pain, and I’ve got ice in there or something. So, it’s all puffed up around my face.

Kate: Oh, my goodness!

Joette: We left our filter back in our other home, and it’s hard to remember to bring everything back and forth. So, you got to look at this funny looking sock on my microphone.

Kate: Because you're in Canada right now, right?

Joette: Right.

Kate: Yes. So, you're back in the cold, yay!

Joette: Yes.

Kate: Okay, so let's talk today, Joette, about … we have a couple of things coming up soon that we're going to be launching. Why don't you go ahead and tell us a little bit about what's coming?

What's new with practicalhomeopathy.com

Joette: Well, the first thing that's coming up that I keep promising folks who ask me that, "It's going to be coming next week," – but, I don't know when it will be finished – is our Gateway II (which is the follow-up to the study groups that had started before). You taught a few of those courses – actually many of those courses – haven't you, Kate? You've gotten to be kind of our expert in running those courses and bringing people in – mostly moms and grandmothers from all over the country, even all over the world – to meet once a week or once a month. So, this is a follow up to Gateway I. So, it's for those who've already taken Gateway I. They can join right into Gateway II. So, just watch for that.

What I love about this Gateway curriculum is that they are … it's an opportunity for folks to get to know each other and spend time together. I'm told that, in fact, one group has gotten so close that – they are from all over the country – they're actually all meeting in Florida in a couple of months. They asked me if I would join them and meet them for lunch, and they were going to have a slumber party. I said, "Well, I don't know about the slumber party part!" But, it does sound like fun. I do want to meet all these people in person. I've known them now for quite a while because of our affiliation with these classes that I teach and these study groups that have been organized now for probably over a year.

So, these groups, they're kindred spirits. These are moms or grandmothers. Some of them have never had children, but they take care of their pets, et cetera, and neighbors and all. They count on each other. They help each other on Facebook, through the studies and the teachings that I've given them. And I just love that. And some of them branch out and learn other information as well, and they incorporate that into their relationships with their friends. So, that's Gateway II.

Then the next thing that we have going after that or sometime around there as well, is we're now putting together a course called "Mindful Homeopathy." It's going to be on the mind and emotions, psychological problems, anxiety, sleep issues, attention deficit disorders, etc., behavior disorders in children, behavior disorders in husbands (just being silly), but behavior disorders and anger problems. "My dog had an anger issue after he was vaccinated for rabies,"

etc. Those are the kinds of things that we're going to be touching upon and teaching protocols that are specific. Because the best part about this course, that I believe is one of the most pertinent aspects, is that it will be so easily integrated into any other course that you've taken of mine – because, of course, we're all psychological. You can't have one condition without another. So, it integrates seamlessly one into the other. It will round out the understanding of how to use homeopathy with these protocols and this practical method that I teach.

Kate: Great! Well, I'm looking forward to taking that course. So, we will look for those things. I'm sure there will be more information coming out on the Facebook page and emails and so forth, so … exciting stuff happening.

Joette's pet peeves

So Joette, I was thinking today as we were getting ready for this podcast. I was thinking about you, and who you are. I've gotten to know you over the last five years, I think we've been working together. Some of the things that come to my mind that describe you, some words that describe you, I would say that you are super smart. You're super fun.

Joette: Oh, smart too, that's great. Thank you.

Kate: You are classy.

Joette: I don't know where you got that idea!

Kate: You are, and you are classy. You are caring, and you're cheerful and warm. Those are just some of the words, but Joette, let's talk a little bit about what are some of your …

Joette: The downside, my bad side.

Kate: Yeah!

Joette: The *dark* side!

Kate: I was thinking I've never really seen you in a bad mood or upset. You're always very cheerful and upbeat with a positive attitude. That's one of the things that I admire about you and I respect you for. But, I know you like to have fun. And so just for fun, let's talk about what are some of the things that irritate you or some of your pet peeves.

Joette: You told me you were going to ask me this, Kate. Well, we've just moved into a house that I just adore. Really, it's a great little place. It's in Canada. It's not a permanent move. It's a partial move, but it's a great little cottage. But, somebody about 6-foot-3 designed this kitchen and I'm just skimming 5-foot-1.

So, my husband says, “Well, just get one of those kick stools and kick it across the room and then step on it – you know, that kind of thing with the wheels underneath.” But even with that, believe it or not, these countertops are so high, and the cabinets are even higher. I get the use of one shelf in the cabinets. I can’t get to the second shelf. *Forget* the third shelf – I’d get a nosebleed if I went up that high. So, that altitude is way out of my reach.

So, it leaves me with a kitchen that’s less than as functional as I need it to be, because I love to cook. So that’s one of my pet peeves. Whoever, if you could just tell me – now that this out into the ethers – somebody find out *who* designed these tall kitchen countertops and cabinets in my house. So, that’s my pet peeve. The world is designed for tall people. The whole world is designed that way. So, that’s one of them. I guess my height is a challenge sometimes.

So, I don’t know. Another pet peeve … when I come back here to Canada, my skin gets dry. I love being in Florida. It feels so supple and moist and nice. It’s always so great. Isn’t it amazing? My hands get dry, and coconut oil just doesn’t cut it. And I eat a *ton* of butter. I mean, my husband just brought me a cup of coffee, and I put butter in that – a good teaspoon, sometimes even as much as a tablespoon. That just doesn’t do it. So just for those who want to know how I treat that, when it gets bad enough then I take *Petroleum 200C*, every other day. Now, it’s not that bad. My hands aren’t cracked, but it’s just that feeling like, “Oh yeah, we’ve been in the north now for what, 10 days? And already my skin is starting to get dry.” So, there’s nothing like the south and the ocean air and the saltwater to make your skin nice and comfortable. So, that’s

I guess my next pet peeve.

The next pet peeve is probably my dog, Buster, who … he's my pet.

Kate: Oh Buster!

Joette: Yes, he's peevish. I know. I think he's got a bladder thing going on because he gets us up at night. The last two nights, he's been waking us up and saying, "Come on, come on, I got to go. I got to go." At first, we thought it was just restlessness and anxiety, but now I've realized that I think it's his old poodle-type bladder. I think I'm going to give him some *Cantharis* and *Medorrhinum*, and that will probably calm him down. But, my pet peeve is I don't like to be awakened at night because it's hard for me to fall back to sleep. So, Buster is just going to have to either hold it …

Kate: Poor Buster! Awww!

Joette: I know, sitting there with his legs crossed for a while and wait until morning. I'm sure that if it is … that's what it is then *Cantharis* and *Medorrhinum* is going to take care of it.

Kate: I feel like Buster always has something going on, doesn't he?

Joette: He does. He's an old dog. He's 13. And they tell us that, from my readings, poodles don't live very much longer than 13 – anywhere between 11 and 15 years. So, Buster's at his peak of performance. I think he passed that a while ago, actually. But he's actually doing pretty darn well for an old dog. I mean, he's had the fleas. He had fleas last year. He's had tendonitis and those kinds of things. But generally speaking, he's really not doing too badly.

Kate: That's good.

Joette: Because he's our baby, we got to take care of him all the time.

Melanie's story and aggravations

Kate: So today, we're going to talk a little bit about provings and aggravations. Just to flesh that out a little more, really to help our listeners understand how to tell when we're experiencing a proving or an aggravation, and what we can do about that.

Joette: Yes. I have someone who wrote in. I think it was on the blog. I'm just going to read to you what she wrote:

"I need some clarification, wisdom, knowledge. I'm struggling to understand whether new symptoms are a proving, an aggravation, or a symptom of healing. I guess I really

don’t understand how to recognize which is which, and my tendency is to assume a proving, and antidote. “For example, this past weekend, I had four performances for church. I took *Gelsemium* for the anticipatory anxiety and to keep my voice steady for singing.”

(You know all about that, Kate. You’re a singer too.)

“I’m also leaving for a long road trip with my daughter this morning, and I’m having a little anxiety about it. Last night, I developed a migraine which I would definitely say fits the characteristics of *Gelsemium* headache and was feeling many of the *Gelsemium* keynotes: fear over health, the anxiety over upcoming event, etc. Instead of taking more *Gelsemium*, I assumed that I proved the remedy from using it so much this weekend, about four to five times, so I antidoted it last night. I still have the headache this morning. Any and all wisdom, advice or article recommendations are welcome.”

So, that was Melanie who wrote that. I don’t know if Melanie is going to be listening to this, but I thought it would be useful to use her story. I do believe, based on what she’s told me – four to five times over a two-day period – no, it’s not horrible, but it’s probably a little bit too much. Normally, if we use *Gelsemium* in a 6C, we use it twice a day or for a couple of days in advance. But if you’re using it four to five times in *one* day, that certainly is way too many times.

Now, let’s say she used that *Gelsemium* only four times over

two days. So, that would mean, of course, that she would have used it twice daily. That would mean to me that *Gelsemium* – if it wasn't working – it's wrong. It's either too much frequency, or it's the wrong remedy. It could also mean the wrong potency. So, wrong means a number of things: not just the remedy, not just the potency, but also the frequency. So, you have to get it right. That makes a big difference.

So, when someone says there is a "healing," that is a term that's often used in naturopathic world. But in homeopathy, we call it an aggravation. Things get a little bit worse before they get better. It's often a positive sign, but I find that it's a positive sign more often in *classical* homeopathy. Let me make this distinction first. In classical homeopathy, we generally use one remedy, one potency. Give it once – maybe a split dose, once that morning and then once again that night – and then that's it. We wait six to eight weeks to see what comes of it. During that period of time without taking anything else, we can see that things worsen. What's worse? The symptoms that you've had most recently or even just in your past. If things are made worse that you've experienced in the past … So. if you've had eczema, and it was behind your ear, and now it's behind your knees – that's still the same thing. Just because it's in a different location doesn't mean it's no longer eczema. It's still the same condition. So, if it worsens after taking a remedy from a classical point of view, that is generally considered a positive shift. That means that remedy may have overshot the center a little bit too much, pushed it over but things will soften out. And in short order, things will become more comfortable again. Then on the other side of that, if we could use it as a bell curve for example, on the other side of the curve is a healing on its way.

Now, that was one of the reasons I didn't like classical homeopathy. I didn't like warning people that there could be an aggravation because then sometimes they wouldn't even take the remedy. Or they would become so frightened that I would have to spend a lot of time trying to convince them to go ahead and do it. Or even including myself, I don't want to go through an aggravation. I don't want to see my children get worse before they get better. It depends on what worse means. And could it be dangerous? It's unlikely to get dangerous when we're using classical homeopathy, because we're moving in a direction of correction. I've never seen it get dangerous, but I suppose it's possible. But at any rate, what I didn't like is … I didn't like all the phone calls. What if this has happened? Does this mean this? Does this mean that? It's too hard to really know until you've had some time to be able to step back and assess. So, I didn't like that aspect of it.

So, years ago when I was studying with Dr. Ramakrishnan, long before I started using any protocols, he told us that, "Well, if you have an aggravation, one of the best ways to keep from getting one – actually to preclude it – is to head it off at the pass and don't give the remedy only once or twice over a 1-, 12- to 24-hour period. Instead, give it twice a day for several days. Even though it was a 6 or a 30 or a 200, it didn't matter what potency it was. Just go ahead and give it several days in a row. Because every time you give the remedy, it calms it back down again. By stimulating the body with the remedy with just one dose or a split dose (two doses in 12 hours or 24 hours), what you're doing is allowing the remedy to take over and go where it wants to go. But by using the medicine again and again, you're calming it down. Just when the body is about to present the aggravation, you give another dose, and it calms it down. And just when it's about to mount another

aggravation – 6 o'clock, 7 o'clock that night – give another dose, and it calms it down. So, that was the first time I ever heard of using the same remedy repetitively, in order to keep an aggravation from mounting. I found it to be super-efficient.

That was way before I learned about the Banerjis. The Banerjis were doing it on their own. I don't know how they came to it, probably in the same way. When you have lots and lots of experience, decades – about a century and a half of the Banerjis cumulatively – you figure these things out. Look at this. You give *Lycopodium* 200 once, and it makes the person bloat like crazy. That's why they came to you was for bloating, but now the bloating is horrible! It's like a beach ball! It's terrible! There's gas, and there's indigestion and everything is worse. Oh, this is horrible! Then about two weeks later, maybe seven days later, the whole problem starts to calm down. That's a long time to wait for some people who are suffering. They have a life to live. They've got places to go, people to meet. And I don't blame them. I felt the same way. I didn't want to have an aggravation.

But by using *Lycopodium* according to the Banerji Protocols – *Lycopodium* 200 for gassiness and bloating and indigestion, and food intolerances *twice a day, every day* – now that might seem like overkill to classicals, but it's *not* overkill. It works. Now, if there's any aggravation at all, it's quite fleeting. It can still happen with this method but it's short-lived. It's not as uncomfortable. In fact, for most people, it's just a blip on the page. By the time they shoot an email to my assistant to report on it, it's over with – usually within a day or two, tops. More often than not, we don't see any aggravation at all.

Kate: So, let's go back to that example. You were talking about Melanie using *Gelsemium* … I forgot even where we were. Do you remember?

Joette: Yes. I've got it. It was for anticipatory anxiety before she sang in church. Most likely, she used it too many times. I can't say for sure. We don't know absolutely. But that's the way I would interpret this. And by doing so, she got a migraine. Now, if she had had migraines in the past all along, then I would say this is still part of the aggravation – because it's old symptoms that she'd had in the past. But if a migraine was new for her – she's never had one or they were extremely unusual (maybe she had one 30 years ago and now, she was having one now) – it's unlikely that that's what it was, an aggravation. It was mostly likely a poorly chosen remedy, potency, or frequency – and now she was causing a proving.

Kate: Right. That's what I was going to say. It's actually a *proving* and not an aggravation.

Proving and antidotes

Joette: That's right, that's right. So, a proving is when we use a remedy incorrectly. We use it too frequently. Sometimes you can get a proving with just one dose. It's pretty unusual, but it can happen. More often than not, a proving occurs when you take a remedy again and again and again. And the symptoms that the medicine is intended to correct are then brought to the person to suffer. And

they’re usually symptoms you’ve not had in the past. Now, how do we know that that is – if we’re taking, let’s say, four remedies – how do we know which one it is? Well, this is where a *materia medica* comes into play. It’s important to have a *materia medica*.

You can go online and just look up “Dr. James Tyler Kent, *materia medica*,” and look up that remedy. Just put in *Gelsemium*. When you read *Gelsemium*, there it is. Migraines are there. I think that’s … I don’t know how Melanie found this out. I don’t know which *materia medica* she was using. But it matters not. You look under the head section and see if there are migraines or severe headaches. If they present in the same fashion or that they’re even there, now you know there’s a good chance that the remedy is causing this condition because it was ill-chosen; it was ill-used, too frequently, wrong remedy to start with, wrong potency or something. So, that’s the way you have to find out whether or not it’s a particular medicine.

In either case, it’s *not scary*. I don’t think it’s scary. It might be scary to the person when first it happens. Apparently, there’s a classical homeopath who follows me and believes that this is imprinted forevermore, and that the remedy is imprinted, and now you are stuck with that in your life forever. I don’t know. How do you find an imprint? I don’t know how you would even know that. How do you know that five years from now, or two months from now, or whatever, that’s still happening? You just antidote and move on. I don’t think it’s as serious as people make it out to be.

In my experience, after using homeopathy for 31 years and a

very, very busy practice with thousands of students, I've not yet learned of anyone who can't get over a proving or an aggravation if they follow the method – and that is to cancel it out using *Camphor*. You don't *have* to antidote. You can just let it be, and it will just go away on its own. It's not going to last forever. I've yet to see a remedy that lasts forever when it's brought up an aggravation or a proving.

So, you can use *Camphor* 200 – one dose, one day – and I've written about that in my blog. Or you could inhale mint, essential oil of mint. Put it to the nostril and inhale it; then put it to the next nostril and inhale it again. We'll put an essential oil of mint on a cotton ball and sniff it throughout the day. And put it on your pillow at night if you still feel it so you need to do that. There's also a wonderful grid that's available in the back of Kent's repertory (the one that is printed in Great Britain, not the one that's printed in India). In the back, there is a grid called "Relationships of Remedies."

Kate: Yes.

Joette: And it has this grid and it shows you the names of all the remedies – not all the remedies but most common remedies – and what's inimical, what is antidoting, what follows well, what's complimentary for that particular medicine. So, you can look it up!

Kate: So Joette, explain to us what "inimical" means.

Joette: So, inimical means "enemy of," literally. So, it means it's not good, using this medicine with that medicine, one right after another. So, when I look up antidotes for *Gelsemium* in this "Relationship of Remedies," *Coffea* would be the most obvious. *Digitalis* is in there, *China* as well. But these are remedies that you probably won't have that on hand, but you certainly should have *Coffea* on hand.

Kate: Let's say you do, Joette, what potency would you take?

Joette: I would just use it probably in the same potency that you use *Gelsemium,* if possible. Now, if you don't happen to have *Coffea* 6 – because that's what this woman used was *Gelsemium* 6, then you might use *Coffea* 6. But, no one's going to have that on hand; it's not a common potency for that particular remedy. So, use what you've got: 30, 200, take a couple of doses and that will probably antidote it, pretty quickly.

For the highly sensitive people

Kate: So, what about people who are highly sensitive? Do you run across people who say, "When I take homeopathy, I tend to … what I think is maybe experience a proving or an aggravation. So, I've gone to taking a water dose, and I'm less likely to experience a proving or an aggravation." What do you say to that?

Joette: I think most people are not as sensitive as they

think they are. More often than not – and we will put that aside, I think that there are people who are super-sensitive – but many people come to me saying I'm super-sensitive to chemicals, and perfumes, and foods, and molds, and colds and flu, and things like that. So then, they make the assumption that they're sensitive to homeopathy and that does not follow through.

So, having said that, I think people are less sensitive than they believe they are. A lot of it has to do with anxiety for what has happened to them leading up to this use of homeopathy. I can understand that. I used to be very chemically sensitive myself. So, I assumed that I was sensitive to homeopathic medicines, as well. If a person finds that by putting a homeopathic medicine in water that it helps them being able to take it, that's great. Then by all means, do that. But that is making it more dilute, hence, more powerful. So that's actually bringing it up one. So, if you're taking a 30C and you put it in water, you've just diluted it further. It's not really a 31, but it certainly is higher than 30. So, what you'd want to do if you're sensitive to homeopathic medicines is, generally speaking, people think in terms of going lower at potency, not higher.

So, I find that more often than not, if we use the *specific* protocol for that *particular* condition, it doesn't matter if the person is super-sensitive. It still acts. Now, there are those exceptions, but they are very rare. I work mostly with super-sensitive people. The people who come to me in my practice and in my courses don't come skipping in; they come crawling in. They're very sick and they've had lots of drugs and lots of procedures. They're very frightened, and they're feeling overly sensitive and vulnerable. It doesn't take a

different potency necessarily for them to be able to react properly. I find more often than not they need *Ignatia* for anxiety.

Kate: Yes, I was going to say take an *Ignatia* first, and then take the remedy.

Joette: Yes, or *Aconitum*: a remedy that has been shown helps people who feel very anxious and vulnerable and needy and worried and frightened, etc. So, that's a remedy in and of itself. It's not a measure to determine what potency to use. That lack of determination as to what potency to use is very classical.

Classical says you take the case. You do the repertorizing. You come up with a few remedies that seem apropos. You go to your *materia medica*. You study the *materia medica;* see which one fits best. You choose one. Now, you're all alone in choosing this as a practitioner. You're all by yourself. There is nothing behind you saying, "Oh, for that condition, we've used this potency, this frequency and this is how long it usually takes." No. You're doing it all by yourself. So, you're choosing a remedy; now, you've got to choose the potency. Now, you've got to choose the frequency. Now, you've got to determine how long the person takes it for. Really? Boy, you better be really, really, *really* good at figuring this stuff out because that's just posology that we're describing. I'm not saying that it can't be figured out, because certainly there are many conditions after we've seen them over and over and over again, it's pretty clear. But those are protocols! That's the best part. Those are protocols.

So, when we use these particular protocols and we use specifically *Gelsemium* 6 for anticipatory anxiety, twice a day only. When it's better, we stop. If there's no improvement, then that remedy is not correct in the first place. Now, we have to consider something else. Those are the rules. If we follow the rules for the recipe, the cake will rise, and it will taste delicious. But if we don't follow the rules – and I'm not saying that Melanie didn't follow the rules – but if that was the case, that was most likely what went wrong: too much frequency (used too many times).

Kate: So *Gelsemium* 6 as opposed to the 30C or the 200C potency?

Joette: Yes. It doesn't mean 30 or 200 won't act. Now, here's the thing. Does she *always* have anxiety? I like *Gelsemium* 6 for say a schoolboy who's *always* worried about school, always worried about whether or not he'll fit in. Will he make the baseball team? Will he be alright in that class? Is he going to pass that test? How will the teacher look at him? Does he fit in? Does he wear his clothes right? He's always worried. That is a chronic condition, and that's exactly what we're going to be talking about in the Mindful Class. That's when we use it, *Gelsemium*, in a 6X, twice a day – because it is a chronic condition and we want to be able to use it every day.

If, however, it's only *just before* an exam – there's anticipatory anxiety – or a presentation or getting on a flight or something that frightens someone, we can still use

Gelsemium 6 twice a day, from the moment it begins to bother us. So, if the flight is on Sunday and you start feeling anxious on Friday, you might start taking the *Gelsemium* 6 twice a day, commencing on Friday and going into the time that you no longer need it. But it can also be used in a 30. It can be used in a 200. You can use remedies in any potency, but what I love about these protocols is that it gives you the recipe.

Kate: So, if she had to sing, for example, and she only got nervous right before she sang, you would just take it one time?

Joette: Right, when she starts feeling it. In other words, we don't treat pathology that doesn't exist. What if she wasn't going to have anxiety?

Kate: But, it would still be used in a 6 as opposed to a 30?

Joette: I would still use it in a 6, yes.

Kate: Okay.

Joette: I've worked with a lot of musicians, performers, and also athletes. And that's what I use, *Gelsemium* 6, twice a day, leading up from the time the thought becomes laborious and invasive into their lives until they don't feel any need for it any longer.

Know your medicines

I have another question here, and her name is Kathy. She said, “I have a friend taking *Nat mur* 30 as part of the Banerji Protocol for anemia. She is taking a few others, too, *Ignatia*, *Sepia*, *Ferrum phos*, and *Kali mur*. She’s been having vivid, strange dreams for a few weeks. She’s also experiencing grief and has a lot of suppressed grief: lost her dad as a child and lost her oldest daughter a few years ago to a divorce. I’m trying to figure out why she’s having the dreams. They are really bothering her. Could it be the *Nat mur*? I know *Nat mur* can help suppress grief? Could this be a healing, or am I just reaching here? I do not want her to stop taking the remedies. They are helping in many ways. But she is new to all of this and is wondering if it is like a bad side effect? I’m inclined to believe it is not a proving.”

So, the way that I see this is this is a perfect example of why it’s important to own a *materia medica*. She’s assuming it’s *Nat mur* because she knows the characteristics of *Nat mur*. But, she’s not looked into the other medicines to see whether or not any of those could cause bad dreams, vivid dreams. And *Ignatia* is one of the premier remedies for nightmares – one of the first ones we think of. Again, I don’t mean to keep harkening back to that Mindful Homeopathy course that we’re putting together, but that is something that we’re going to be covering.

If she had known that *Ignatia* is a remedy that is specific for vivid nightmares, she would have not even considered

that *Nat mur* was not acting. And she would happily just have her friend continue with the *Nat mur* for the thalassemia and just called it a day – stop the *Ignatia*. But she didn't give me enough information to tell me whether or not the *Ignatia* is acting. In other words, was there a lot of grief before, and the *Ignatia* is helping? Or was there no grief at all, and now there suddenly is grief? That would tell me it's more likely to be *Ignatia*.

So, in other words, when you use these remedies, I love to be able to tell you that it's super easy. But, if you're going to take on chronic conditions that are complex, you really have to do your homework. You really have to read each one of those medicines and *know* them. Then when you use them, potentially expect the possibility. This won't always happen. But if it does, you'll be prepared. You just have to be prepared. You have to know your medicines. Once you know your medicines, then you can pick out exactly which one is the one that's most likely causing the trouble.

Kate: Oftentimes people do not flesh it out enough like you're saying. She didn't mention whether or not the *Ignatia* was actually helping. So, there's so many more details that we need to look at. We look at what's the problem, but we don't often look at the other things that are surrounding that. Like was this happening before? And what other remedies … Like you said, I think that we just have to be careful to write it all down, to list everything that is going on and not just those couple of things, right?

Joette: Well, that's right. She also didn't start out by telling me that this woman had grief when she took the case. Because she lost her father when she was a child does not

mean she still has grief. She had grief then. By now as an adult, if she's had a child and a divorce, that means she's a full-grown, middle-aged woman. That grief should have been finished by now. If it was not finished, and she's still suffering grief – and I don't mean hidden, I mean overt, true grief.

I think too many people believe that there are these crevices deep in our brains that holds these old thoughts, and that's holding us back. And yes, there is a memory of sorts of our sadness throughout our lives, but it's not unless it's a pathology. In other words, presenting now – still presenting, still crying over the loss of her father, still weeping, still feeling lost without her father from 35 years previous – if that's not present, then *Ignatia* doesn't fit.

Now, she may have given *Ignatia* because her daughter was lost in a divorce. (I think what she means by "lost" is that she lost custody, is my guess.) Indeed, that may be part of it, but don't make the assumption that there's grief. It could be *anger*. It could be *rage*. It could be rage against the ex-husband or the court system, against the attorney. It could be a whole mixture of issues. Then Ignatia is not really necessarily the remedy we choose for that. It depends on what her state of mind was. Was she weepy and confused and overwhelmed and can't think straight. Okay, then I could say more *Ignatia,* but if it's not all there, you need to have the full picture. I need to have the full picture. I don't know whether or not this person had the full picture, but she certainly didn't present the full picture. So. if she didn't present it, she's not thinking that way. She's still stuck on *Nat mur* causing this potential problem.

So, a lot of times, people assume that it's a proving or even an aggravation because they know one remedy, and they know what it's supposed to correct, and they see that condition coming up without even looking at all the other potential possibilities. So, don't jump to, "Oh, my gosh! It's a proving!" Everyone is very frightened of provings, and I'm here to say, "I'm not worried about provings!" I don't know where the idea has come from that a proving is a very, very dangerous thing. It is not generally dangerous. Now, I say generally because anything, any medicine, any substance can have danger to it. So, people say, "Well, I want it to be not dangerous." Well, we all want no danger in our lives, but eating too much salt can be dangerous. Drinking too much water can be dangerous. Driving your car is certainly dangerous. So, I don't want to be facetious here, but at some point, we have to take a little bit of personal responsibility and say, "Okay, there might be some danger involved in this, but I think that the advantages are going to outweigh the potential for danger." And you have to decide whether or not you're willing to do that.

Kate: When you went to school, Joette, you actually had to participate in a proving, right?

Joette: That's right. I think it was three or four provings that we were involved in in my class. It's quite an interesting experience. There were about 350 of us the first time in a class, and we were studying together for five years. Actually, the first class was three years long. It was broken up into three groups. One group was given the homeopathic medicine, and they did not know what it was. It's truly double-blind. They did not know what it was. By

double, it means that the person who administered the homeopathic *also* did not know what they were administering to that first group. So, the first group was given. The second group was administered. And the third group simply collated all the information at the end. It was fascinating to see how these medicines presented in people, and how there were so many similarities and dissimilarities.

Kate: So, it was one medicine that they gave all the people.

Joette: Everyone got the same medicine. The first group, that one-third of the group got the same medicine.

Kate: Were you nervous doing this?

Joette: No, because I didn't take it.

Kate: What?!

Joette: I was one of the administering ones. I was in the second group. At the time, I was nursing my baby, and I did not want to take something then report on how sick I was.

Kate: Right.

Joette: I had responsibilities back home. I had three children, and one of them was a baby. I didn't want to take a chance like that. What I mean by that is you're supposed to take this remedy in spite of the fact that you need it every day. You take it every day. So, you're going to get a proving, and you can be pretty uncomfortable. Some people can get pretty uncomfortable with it because they're not supposed to be taking it. They're only doing it for scientific purposes, not to uproot and contain a condition. And, you don't know what it is when you're taking it.

Kate: So, you just have to watch and make sure that the person doesn't get too ill, just like you would if you're taking a homeopathic remedy for some condition. A proving or an aggravation may happen, but you're going to see that you're getting worse, and you'll be able to do something about it. You're not helpless.

Joette: Well, it's like taking any medication. If you take an aspirin and you get indigestion from it or you take aspirin and you get ecchymosis and black and blue marks all over your body, do you continue taking the aspirin? Of course not. You stop. It's just prudence.

Kate: Right. And hey, I think it's better than all of the cautions and side effects of the allopathic pharmaceuticals, you know, "Can cause death, can cause stroke." I mean, the funny thing is people aren't afraid to take *those*.

Joette: No. I know. I know. So, nothing is 100% guaranteed. There's no such thing in life. It just doesn't happen. But

given the numbers of people who are aided with homeopathy, it's probably … and as long as you follow the rules and you use these accordingly, you should have nothing but great results and lots of wonderful stories to share with your friends and family.

To summarize

Kate: So, in summary, what do you recommend that people do if they're worried that they're experiencing an aggravation or a proving?

Joette: First, I would say startup by knowing what you're doing. What I put on the blog are simple measures, simple conditions – simple measures, pretty much – that can be followed pretty closely. By using those, most people get great results. How do I know that? I mean, I don't know for sure, but I certainly read my blog. People, I would hope, would tell me if there was a problem, but I don't see that. I don't see it or hear it in my practice or with my clients. So, those simple ones are easy to follow.

Now, when the case is more complex, then make sure you're studying. Make sure you know homeopathy, at least enough of it by taking my courses or even other people's courses. Just study as much as you can so that you know what you're doing; so that you're using the right potency …

Let me step back. You got to have the *right* diagnosis. This person was talking about thalassemia. Don't *assume* the

person has anemia (thalassemia). Make sure that they *do* have it. The doctor said this person *has* a type of anemia! By all means, *now* you use the remedy that's specific to that. But what if the person says, "Well, I'm fatigued, I guess I have anemia." No, no, no. That's not a diagnosis. That's where a lot of these provings come from, because they're starting off on the wrong footing. They don't have a firmament. They've decided that it must be this or it must be that.

"It must be yeast." Why do you think it's yeast? "Well, because I love sugar." Wait a minute. That doesn't mean it's yeast. Either it's yeast or it isn't yeast.

It's the same thing with, "Oh, it must be low thyroid. Oh! I'm sure I have hypothyroidism. Why? I'm fatigued, and my hair is falling?" That's *not* a diagnosis. So, if you start with a shaky firmament and you use remedies accordingly, you're going to get poor outcome. It's just the way it is. So, you better be honest with yourself to start. Make sure you've got good information to begin, then the next step you follow exactly the protocol: name of the remedy, potency and frequency.

And, then know how to read what it is you're seeing. And that's important! After six-to-eight weeks, you have to compare where you were (or where that person was that you're working with). What has changed and to what degree? Don't expect to just "BAM" and it's gone. I wish I could say that about homeopathy: that every single situation is like that. I often talk about those that are like that because I want you to know that there is that possibility. But for chronic conditions, it can take months, years sometimes. Just as long as we see movement in the right direction, then we know

that the remedy choices are correct.

The only way you know this is by taking classes, reading (use my blog, it's free), studying, experience, experience, experience. I try to relay as much of my experience as I possibly can, but nothing beats your own experience.

Kate: For those of you who want more information, I believe there's a Facebook live recording that you can listen to that you talked a little bit more about provings and aggravations. You've mentioned that in several places. We'll include some links with this podcast so that you can refer to those other resources to learn more about provings and aggravations.

So Joette, thank you for talking us through this complex subject and giving us a little bit more insight into provings and aggravations. Thank you so much.

Joette: Well, it's my pleasure. And given that this is spring now – I haven't seen the dandelion come up yet – I've just seen the robins up here. But, this is not unlike blowing on a dandelion. When you blow on it, the seeds plant everywhere. That's what I'm trying to do is to get these seeds to plant in your home, in your neighbor's home, in your mother-in-law's home, in your friend's home, in your church community. Let's get this word out about homeopathy. This belongs in the home. Healing belongs in your home.

Kate: You just listened to a podcast from

practicalhomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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

Cold Sores or Cooties – You Decide



What do chocolate, sunshine, and stress have in common?

They – along with many other things – can all trigger cold sores.

Some people can go years without experiencing more than one flare-up. But unfortunately, a trigger can unexpectedly end that streak– and usually at the *least* opportune moment (think picture day, prom, an important presentation at work, or your high school reunion).

Cold sores (some call them fever blisters) are caused by the herpes simplex one virus (HSV1), a variation of which (HSV2) is responsible for genital herpes previously discussed on my blog.

With cold sores, however, the treatment is different. In my experience, *Antimonium crud 6* every three hours for two to three days has consistently worked best. Frankly, it's pretty much a slam dunk.

But as we discussed last week, in homeopathy there is usually more than one way to skin a cat. If the cold sores are sun-induced, then in addition to the *Ant crud* protocol, I would add *Natrum muriaticum 6* twice a day. (*Nat mur* is for people who are super sensitive to the sun.)

Alternatively, I also like *Rhus tox 30*, but my favorite go-to is *Antimonium crud*.

I'm reminded of the story of one mom whose teenage son suffered from cold sores. Sometimes, they were ushered in as he caught a cold, or sometimes, they were a result of his bingeing chocolate or junk food. His mom was certainly eager to help him with homeopathy.

However, when she realized that her son's primary motivation was that his girlfriend wouldn't kiss him while he had a cold sore, Mom thought about stepping back and letting it heal slooooowly.

Between you and me, Mom admittedly wasn't fond of the idea that he had started smooching, so we toyed with the idea of letting the girls at school just think he had cooties!

But considering cold sores are painful, as well as unsightly, in the end, Mom couldn't let her boy suffer. She gave him the *Antimonium crud* and within a couple of days, it was gone. (And so were the cooties that might have kept the young girls at bay.)

Now, don't get me wrong. His cold sores were not "cured" after this first treatment. But each time another one developed, she gave him the *Ant crud* again. And each time, we assume that the remedy goes deeper.

Each subsequent cold sore may have looked just as bad and felt just as tingly and uncomfortable, but the flare-up would last a shorter amount of time and would not recur as quickly.

Now her son gets a cold sore maybe once a year, rather than every two months!

That's how we want to set our expectations with cold sores.

We can count on homeopathy to lessen their frequency and duration so that they become inconsequential – just a blip on the radar of life…perhaps assigning them to every few years instead of every month.

But, as always, I'll defer to your parental judgment as to whether you want to share this solution with your kissable teenagers. Sometimes, being young and beautiful can be a dangerous thing. An occasional case of the cooties might not be all that bad!

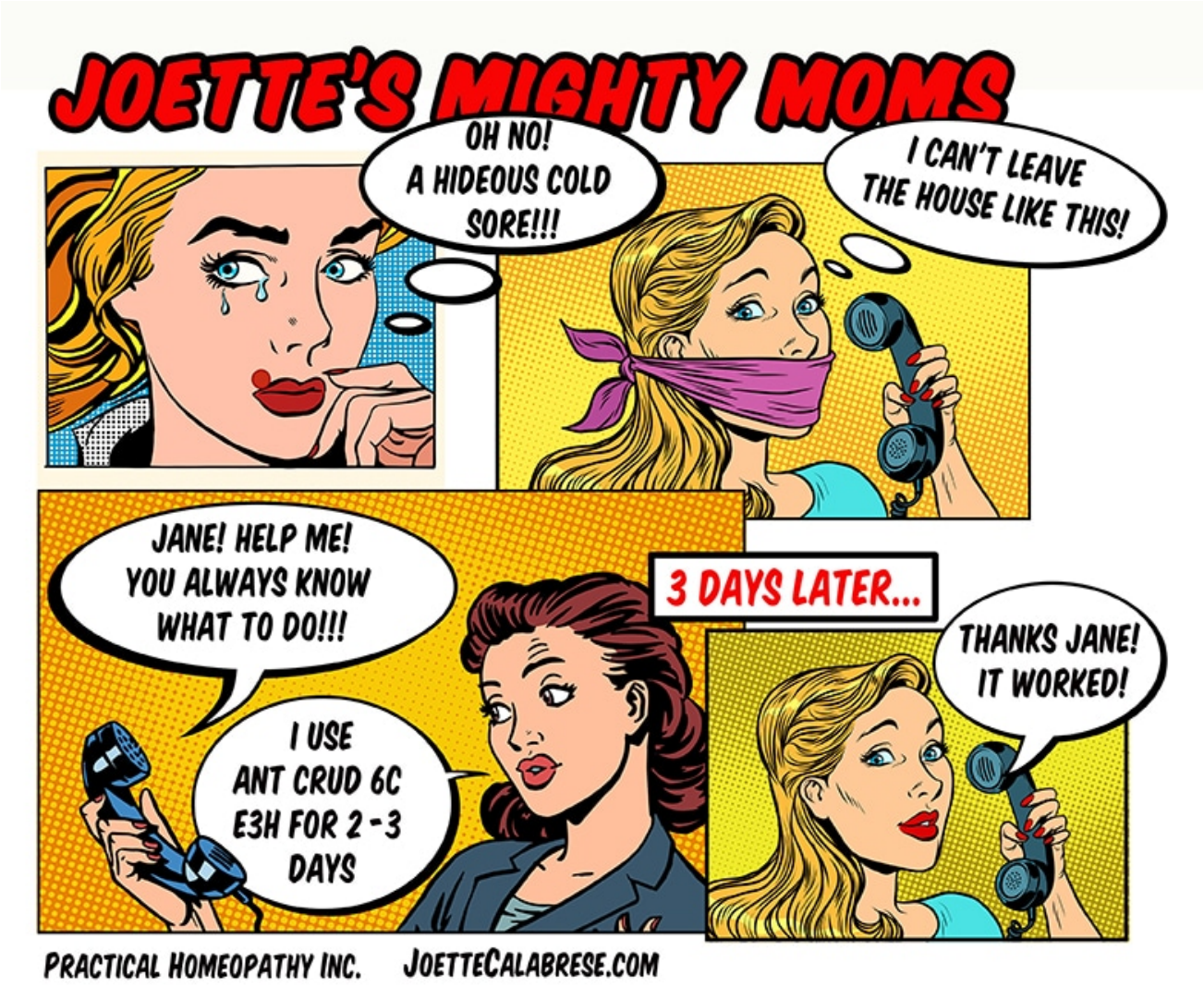
Warmly,



P.S. Issues of the skin – and their corresponding homeopathic protocols – are discussed in my course, *Skin: The Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy*.

This blog post taught you how to address cold sores, but I encourage you to continue your education. Learn as much as you can about other skin ailments. At the very least, click through to the course page and sign up for a free infographic listing homeopathic remedies for 15 of the most common skin conditions.

Even if you don't have a skin condition at the moment, it's wise to be prepared when one unexpectedly strikes!



Podcast 48 – Moms with Moxie: Bring it on! I can handle that



IN THIS PODCAST, WE COVER:

04:05 Jessica's homeopathic journey

10:40 When you think it doesn't work?

15:24 Strep throat

19:14 Skin issues

20:45 "Charlie stories"

28:52 Joette's *materia medica*

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Skin, the Ugly Truth: Safe, Effective Treatment of Skin Ailments, Chronic or Acute, with Homeopathy

Aconitum napellus (Aconite) for croup and for stressed moms

ColdCalm®

Gateway to Homeopathy Guided Study Group

Antimonium crudum for canker sores

Hepar sulph for strep throat

Protocol for impetigo: "Impetigo Treated with Homeopathy Puts Out The Fire"

Arnica for injury, trauma

Ledum

Phytolacca for mastitis

Remedy kits from Joette

Joette's *materia medica*

You are listening to a podcast from practicalhomeopathy.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Jessica: I no longer fear illness. I no longer get anxiety. I mean, of course, there's the general feeling of you just don't want people to be sick. I almost, in a sense, have this feeling of, "Bring it on! I can handle that."

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 48 at practicalhomeopathy.com. I’m Kate and I would like to introduce you to a mom who has gone from freaking to *fearless* with homeopathy. Jessica has a contagious enthusiasm for homeopathy, and I’m so excited to have her share with us today.

Jessica has some great stories for us today about how she’s been using homeopathy. And she’s even started leading study groups, and so she’s pretty connected with her community – getting to know people and teach this. And so, Jessica, I want to welcome you here today.

Jessica: Hi! Thank you so much for having me.

Kate: Yes, we’re excited to get to know you, Jessica. So, why don’t you start by telling us a little bit about yourself, and then we’ll get to hear your homeopathy stories.

Jessica: Sure. Well, I’m a mom of three boys who are ages seven, just-turned-six yesterday, and an almost two-year-old, and married to my husband. And, we are out on the North Fork of Long Island, enjoying our lives here on beaches, and the vineyards, and the farms. I also teach yoga. I am very excited because I recently discovered Joette, and it’s totally changed my life. I am more than excited to be here sharing all this with other people because all I want to do is shout it from the rooftops.

Kate: I think once you start learning about homeopathy, you want to tell everyone, “This can change your life!” Right?

Jessica: Yes, absolutely. It really has changed my life. I mean, I've been using natural means of medicine for a long time from herbal medicine, and just trying to not use antibiotics and things like that, eat healthy diets, and stay away from lots of sugar – all that general stuff. But, I was still always so fearful of illness. And I had that conflict of, "Should I bring them to the doctor because then they're going to tell me I need antibiotics. If I don't do antibiotics, I don't really have another option. And what if I don't do them?"

Ever since I've encountered these protocols, and Joette, and all her magical wisdom (I feel like it's magical), that has changed for me. I no longer fear illness. I no longer get anxiety. I mean, of course, there's the general feeling of you just don't want people to be sick. But I almost, in a sense, have this feeling of, "Bring it on! I can handle that."

Kate: Yes, it's empowered you and helped you feel equipped, right?

Jessica: Yes, and in so many ways – not just with my kids but with everything. Even just little things, like I had this sun allergy my entire life. The first few times I go in the sun, even it's on vacation or just the beginning of the spring, I get this horrible, itchy rash on my chest and my hands. And it's to the point, I scratch it in my sleep until I bleed. I just recently started taking the skin course and found that there's a remedy for that! There's a protocol that I can use. And I used it when I went down to Charleston for a quick vacation. I had the allergy probably a day, and I usually have it almost two weeks after being in the sun.

Kate: Wow!

Jessica: So, empowering in terms of I'm not worried about my kids anymore. It's the little things that I just sort of

dealt with I never thought I'd have an answer to, I can now *fix* that, which is great.

Jessica's homeopathic journey

Kate: Yes. Let's get into talking about how you first came across homeopathy. You said that you used some other natural methods of healing before. Can you just tell us just briefly a little bit about those, and then how you came to using homeopathy?

Jessica: Sure. I've always kind of had a foundation in eating a healthy diet and using alternative methods. When I was younger, my father was diagnosed with cancer and given six months to live – and that's with chemotherapy. And he ended up using 100% natural means. I don't know exactly what they were. I remember him taking something like shark cartilage when I was really young. But he lived a long time after that, just using these natural means. His tumor completely disappeared. He was perfectly fine. I always had this foundation as a result of that. As I became a parent, I always kind of wanted to do things more naturally. I was sort of jumping on the buying things organic bandwagon, stuff like that.

But, it wasn't until my first son was nine months old, and he got his first case of croup. I took him to the doctor with this barking seal cough. He was a great doctor, but he just was like, "You know what? It's probably going to be a bad night for you. So, I'm going to give him this shot of steroids." So, he gave him the shot of steroids, and we went home, and everything was fine. And then a few months later, he got croup again. He woke up from his sleep and couldn't breathe. And so, we took him to the ER.

Kate: Oh my gosh!

Jessica: Yes, it was very scary – ended up with a chest x-ray. Looking back, I would have done a lot of things

differently. But, you can only go with what you know at the time. And then I think he may have gotten croup one more time, and I was pregnant with my second son at this time. I decided this wasn't the way to go. The doctor said, "Oh, he's just going to grow out of it." It just didn't seem right to me that you get a cold, and you end up in the emergency room.

So, we went and saw this amazing craniosacral therapist. This is from when we were over in Westchester, and she's also an acupuncturist. She worked her magic on him, but also told us that we should maybe try getting rid of gluten and dairy, just to start. And that kind of was the beginning of everything for me. That opened one door that opened another door that led down a really long hallway with a lot of doors.

And I found myself years down the road using homeopathy now, but it all started with using *Aconite*. That same practitioner told us to use *Aconite,* in the case of having any sort of sudden onset attack. And it saved us, definitely, a few visits to the emergency room. And, my second son had the same issue. And he had it actually a lot worse than the first. He continues to have them, but they've been getting less and less.

We also had another pharmacist in the area – this great, compounding pharmacy at the time. He had some homeopathic remedies in his shop. And he had mentioned anything sudden onset, and my son had had this really quick onset fever. And he told us to use *Aconite* for that. So, we started seeing that you could use things for different conditions. And then at some point, that craniosacral therapist we were seeing, she told us to use ColdCalm®, so that became a regular item we had in our house.

Kate: That's incredible that a pharmacist actually knew about homeopathy and recommended it.

Jessica: Yes. He actually had a lot of great information out there. I feel like him combined with that craniosacral therapist we saw, we really got into using homeopathy at that point. It became something I felt a lot more comfortable using, just getting those little pieces of information from one person. And it was only tidbits, nothing like I'm getting now.

Kate: Yes. So then that kind of piqued your interest about homeopathy, and how did you first really delve into homeopathy?

Jessica: Sometime in the last two years. I can't really pinpoint when it was. I'm really involved in wellness. So, I'm constantly listening to all of the most current research and other functional medicine doctors, and all sorts of practitioners. This one pediatrician held this summit, and Joette was on it. So, when I heard Joette talking on her little discussion, she mentioned that she wanted any person to be able to go to McDonald's and eat there if they absolutely had to and not have a big freak-out about it. And I was in this place of freaking out about where I could eat if I couldn't get the food that I was used to or wanted or of the quality I needed.

So, then I started listening. And then she had some *amazing* information to share. I was totally at this place in my life where I needed to dive into something more deeply – like take my interest in wellness and really focus on one area. I was about to go the route of looking into gut health. As so many people know, that is a very complex topic, and I don't know that I am in a place to handle it myself.

Joette mentioned this, you know, she had these study groups and she mentioned a few remedies and a few protocols. I think she talked about *Aconite* for croup. So, I was listening. But she also said using *Aconite* for yourself, and I had never known that. Because certainly when my child

wakes up in the middle of the night and can't breathe, you can be sure I'm having some anxiety myself.

Kate: Right.

Jessica: Yes, that really resonated with me. And then she mentioned these study groups, and I think she mentioned the cost being low because that's the other thing. I've been wanting to take herbal classes and do this, but they're thousands and thousands of dollars – and there's no way I could have afforded that. So, I went on the website and started researching and thought to myself, "No one's going to do this with me." I called the office, and there are some wonderful people at Joette's office that really helped me. They said I could sign on and try to get other people from anywhere else all over the world to join my group. But it turns out, I just mentioned it to a couple of people and before I knew it, I think we had seven people in our group.

Kate: Wow!

Jessica: Yes. It was all people that I lived in Westchester with, and that was it! From there on, I was hooked. At that point, I feel like the universe threw every single thing at me it could and in such a short amount of time. Luckily, nothing major – but little things. And, I was able to have some amazing "aha" moments with homeopathy that forever have convinced me. I mean, you could tell me, you know, lots of people will say negative things about homeopathy, that it's "placebo effect." But at this point, my experiences are so *profound* that I could never go back from where I am.

Kate: Yes. And you could never dispute the fact that *that* was what helped, right?

Jessica: That's the coolest thing. It's happened so many times, and Joette talks about it being reproducible, and that it's not just one instance. I have three children. I have a dog. I have a husband. I have myself. I have a whole

lot of willing friends. We've done it. We've done on all of them, and it's worked for everybody. And you know, sometimes it doesn't work. Sometimes, I get the wrong remedy, or they didn't stick to it, or the timing was off. And it's more often that it worked than it doesn't. I will say that.

Kate: So, what would you have to say to those people who maybe get discouraged when it doesn't work? What would you say?

When you think it doesn't work?

Jessica: You know, I think about that a lot because I'm trying to persuade the whole world to do this. And the only way to persuade them is for them to have those moments themselves. Otherwise, they are not going to be users of homeopathy.

So, I would say it's just a matter of really learning the remedies. I mean, I wake up every day, and I'm getting my book out for something else. I've woken up in the middle of the night thinking, "Oh, I have to read the description of that remedy because I need to know, 'Does it work for that?'" Or I just have these moments where I'll start connecting the dots.

Beyond that, I'd say you have to *have* the remedies. Getting the 30 kit is really important, but also the 200 to me is very important because you can't get a lot of the 200s in the stores. Any kit is really helpful just because it's *in* your house. And in the middle of the night, if you need something, it's there. But in particular, I feel like that 200 kit, with the Banerji Protocols, has really been a lifesaver for us. If I didn't have that 200 kit, we wouldn't have had so much success.

But to be honest, I think you have to be ready to do what you want to do. Joette once said – I don't know if it was on

a podcast or in our Q&A, because I was telling her how I was really wanting to tell everybody about it – and she said, "You really have to know your audience." So, that's important too, you know, giving the remedies to the people who you know are going to use them because she said, "You can give homeopathy a bad name if people are going to sort of do it halfway." Or you could tell someone to use something, but they have to go buy those remedies themselves. You have to invest in it yourself. And that's where the study group comes in.

I can tell people all I want to tell them, but it's *their* decision at that point to start and learn about it themselves and have those experiences for themselves. It's totally different to have someone else tell you what to do, and then you doing it yourself.

Kate: Right. I like what you said that if it doesn't work, stick with it. And, if it doesn't work, it's likely that you've chosen the wrong remedy, or like you said the timing is off. Maybe but you just tried it once and you needed to use it more often, or something like that. But just have the remedies, have your materials, your resources, take some classes, get the knowledge, and then it will be just like you were, like, "I want to shout it from the rooftops."

Jessica: And it's a practice in patience too. I've had moments where I've taken something, and it's *gone*. My son got croup recently – my middle child. Actually, this is kind of a funny story. Half asleep and in a panicked mode, I go into my kit. And I go to get the Aconite out, and I took out *Arsenicum* unknowingly, and I gave him *Arsenicum*. So, he takes *Arsenicum* and nothing happens. He's not getting better. I'm being very calm, and I'm saying, "It's going to work. Just give it some time." I knew what to do with croup, so I wasn't too nervous.

He says, "It's not working, Mommy. It's not working. I can't

breathe," in between his gasping for breath. So, I'm like, "Alright, I'm going to do a second dose because I think he needs it. It's pretty severe." So, I go back to my kit, and I hadn't had the remedy out. I grabbed it and looked at it. It was *Arsenicum*. I'm like, "Well, that explains it!" So now, I gave him the *Aconite.* And within three minutes, he was breathing again, totally normally. The virus went away.

What's cool is I ended up taking the *Aconite* with him there. I remember Joette telling us, "You take it, too, when you're having anxiety." And I could literally feel the anxiety being sucked out of my body, as if almost someone knocked the wind out of me. They've knocked the anxiety out of me. It was one of the coolest experiences. To have anxiety sucked out of you in a moment like that is *more* than just amazing. It's a gift from God.

Kate: It is.

Jessica: It's those moments that really make you a believer. I don't want to say "believer" because then it sounds like it's something that's not real. But it's those moments that you learn to trust homeopathy with every bit of you. And then the other moments take a little more patience.

When we were doing our study group – her name is Tami, the craniosacral therapist. So, Tami, who I had this past relationship of trust with, I would call her. So, at the time we were suffering from the flu over the winter during the study groups. So, I was texting with everyone on a group text. And she kept saying to me, "Just be patient." Because I've had those moments where homeopathy has worked like that, I couldn't handle that it wasn't working so quickly. So, patience is a big part of homeopathy, too.

We talked about not giving the remedy at the right time, but also taking too many remedies. And Joette had joked about in one of the podcasts that in the beginning everyone is going

to have a moment where they try too many remedies. They sort of do this one, and then they throw another one out there, and then they change their mind and they throw another one in there. I definitely had a few of those days where I'm not really sure, and I'm anxious, and I want to get rid of that condition, whatever it is.

It's taught me to really be patient and trust the body.

I was just texting with a friend today. She said that she had a really great experience for her canker sore. I actually gave her the *Merc sol,* and it wasn't working. We did like two and a half days of it. It actually got worse. So, I was like, "You know what? I saw on a post somewhere *Antimonium crudum*." So, she took it. And within a few hours she said, "Noticeably better." She was begging to take another one. I said, "Just wait. Just let it have its time. You'll know when you need another one." So, it's really practicing that patience.

Strep throat

Kate: Yes. So, tell us about some other things that have happened. I know you had some experience also with strep throat, right?

Jessica: Yes. Strep throat was a big one. So, my middle child – the one who has the croup issue – all his issues land in his throat, which is of interest. He used to get croup attacks, and then last year in May, he got a really sore throat. It ended up being strep throat. I took him to the doctor on about day four, and he had a positive strep test. And they gave him antibiotics because I've never had strep before. I've never researched it. And at this point, I wasn't really using homeopathy for something like this. I didn't know.

We went home and gave him the antibiotics. That was it. And then, he was on and off sick from May until October. We

weren't sick the whole previous winter and then after those antibiotics, things went downhill. And he'd only had one other dose of antibiotics in his life. And at this point, he was five. So, he had one when he was two. So then in September, he missed the first two days of school. He got strep throat again. Same thing, but this time I knew exactly what it looked like. With him, it hits with a high fever, a really sore throat, he's *really* sick. And he also throws up.

So, this time, I think I waited until day two. Took him in, sure enough, strep throat. Came home, antibiotics, same thing. And then right around this time is when I've discovered Joette, and she mentioned strep. So, I got the remedy – as quick as I could get them, I got them. I knew that strep was coming again. I knew that wasn't the end of it. So, I ended up getting the remedies. I made sure I had the right remedies on hand for strep. I felt like I was really ready for it to come. And this is one of those moments of empowerment like I wasn't scared of strep coming anymore. I was like, "It's going to come and we're going to do this." I even bought the home strep test.

Kate: Oh!

Jessica: Which was not easy to use, nor did that even help us in the end. So, that was September, and then the third time around was about the end of October. Sure enough, high fever, sore throat, throw up. I knew it was strep throat. There were the pus spots in the back of the throat.

So, sure enough, I got out the *Hepar sulph*, gave it to him. And I think I was writing on Joette's message board – I was pretty anxious about it. It's one of the first times I was using homeopathy for more of a major acute situation. And within 24 hours, he'd majorly improved. And by the next day, we actually already had a visit with this new pediatrician (we had a well visit the next day to get our school forms filled out). He looked at his throat, and his throat was

perfectly fine, and he had had no fever the next day. He was still coming down from being sick, but he was overall on the mend.

Kate: Amazing! Yay!

Jessica: We're really happy about that. Now, I can't believe that I have this tool. What I think is also really cool – this is where I come back to the part about all of his issues being in his throat – he's also a very vocal kid. He also, somewhere over this winter, they got impetigo. My older son was doing wrestling, and I think that's where it came from. So, the older one got it at first. So, I started using the protocol for impetigo. And then the second one got it because impetigo is pretty contagious.

What was interesting to me is that the same remedy, *Hepar sulph* is used in both protocols, for impetigo, and also for croupiness, and also for strep throat, and also for hoarse voice – and he uses his voice so much. So, it's all in his throat region! So, what's really interesting to me is how he keeps calling for this same remedy. I like to think that it's really uprooting all of this illness for him. That eventually he's not going to have any of these issues, because he is now able to fix these conditions with homeopathy – which is really empowering for me. And I think for him too. He doesn't feel as scared. It's *scary* not to be able to breathe or to get these really horrible sore throats and feel that sick. So, he's learning to trust the remedies, too, which is great.

Kate: Wow! That's so beautiful when it all ties together like that, and you start to see that this one remedy could uproot *all* of these things. It's so incredible, so powerful!

Skin issues

Jessica: Yes, really powerful. And I have to say skin issues always sort of perplex me. I know they're usually not

very dire circumstances, usually, skin conditions. But we never had any major eczema, but we've had little things here and there. Austin had one bout of eczema, and it was after a steroid shot when he'd had croup when he was younger. It came right around where he had the steroid shot in his hip area.

Kate: Oh, wow!

Jessica: That was the only eczema he's ever had. However, over this winter, he got eczema on his back. I actually have right great before and after pictures. That was a huge thing, is taking a picture of it because if you only take a picture, you know what it looked like the day before.

Kate: Oh yes, so document with photos.



Jessica: Yes, that's been a huge help for me because it's so easy. Joette talks about how it's easy to forget – but it's *really* easy to forget. I can't remember if it's better *or* worse. So, I would take a picture, and within a week of having this eczema, it was completely different. It was on its way out and now there's nothing there.

And then my littlest guy got ringworm, also I think from the wrestling room. Same thing, used the protocol and worked great. What was cool there is I couldn't get exactly what I

needed in one of the remedies. I needed a 3C, and I didn't have a 3C. I only had a 6C. That actually did work which was great. That question does come up – of playing around with the remedies. I know that it's best to stick with the remedies to get the best results. But sometimes, I think there is a little bit of wiggle room.

"Charlie stories"

Kate: So, you told me a story when we were talking earlier about your son, Charlie, and something about a runny nose.

Jessica: Oh, okay. Charlie had this runny nose from October all the way to January. I wasn't exactly sure how to get rid of it. I was using *Nat mur* because I know that's a great one for just uncolored mucus. But, nothing was really working, and it was just consistently coming out of his nose. He was healthy; he wasn't sick. I couldn't think of anything that he was allergic to. He was only 18 months.

So, I had gotten some information from Joette about using a remedy just for this runny nose. I used this remedy and within two days, the runny nose disappeared, and I haven't seen it since. He just got a cold now. He's got a runny nose again. But, now I know what to do which is great.

Kate: Yes, that's amazing. I love it!

Jessica: I love it, too.

Kate: You and I are going to be shouting from the rooftop, "You all need homeopathy!"

Jessica: They're really going to want to lock me up.

Kate: Oh, that's funny! Alright. Talk to us about your *Gateway* course and some of the moms, and how everything kind of came on at once. And then there was an experience about Charlie – all these Charlie stories, right? – Charlie playing with the ceramic mug.

Jessica: So, we were on, I believe it was the week two meeting for my first study group, and we were talking about first aid. So, whenever we'd finished our night that night, we'd read about the remedies, and that was the end of that. The next morning, Charlie was in my mug drawer with all my coffee mugs. He took out a ceramic mug. Before I can even get to him, he dropped it on the floor and sliced his little pinky open with this mug. It was *gushing* blood. If you've seen it cut on a little baby's finger, you know how it can really pour blood. It's gushing blood.

I'm almost laughing in this moment to myself, how ironic this is! So sure enough, I gave him right away some *Arnica*, and then I gave him some *Ledum*. I was a little unsure of what to do, but that would seem to be the topic of our discussion last night. And that was on my mind, and I gave him *Ledum* 200. And I got really nervous, and I texted my friend and I said, "Oh my God, I gave him *Ledum* 200. Do you think that was too strong? She said, "Just go with it, it's done. You just have to believe in what you did." Within a few minutes, it healed up in a way that looked like he had a paper cut. I kid you not. It went from a gushing open wound to a tiny little sliver that wasn't bleeding.

So, I was really amazed and really happy. And it looked really great. So, that was it. We went to bed that night, and I totally forgot about it. Job well done! Patted myself on the back. Laughed about that.

Then about two days later, I saw him kind of favoring that hand. And I looked at that pinky, and sure enough, it was really infected. It was really inflamed. It was swollen. Half of his pinky was bright red. I know he has a little pinky, but it was really not looking happy. There was pus coming out of it. It was a well-infected finger.

I was concerned. I wasn't really so concerned about where he cut it, because it was a clean mug. But, we have plants and

dirt, and this kid is an earth baby. All he does is play in the dirt. So, all I could think about was those moms freaking out about tetanus. I started to freak out about tetanus and didn't know what to do. Sure enough, I thought, "Oh, I'm going to try *Ledum*."

There were a few remedies that crossed my mind, but that was the one that we talked about that night so much. I said I'm going to try it, again. And I used *Ledum* the first night. But, I didn't think about it again. So then, I used *Ledum* now and within a couple of hours, the pus started to go away. I think the redness and the swelling was the first to go. And it healed up really nicely.

It was a really wonderfully empowering experience. And I was so grateful to have those remedies on hand. If hadn't had them on hand, I would have had to go to the doctor. I would have had to do something else, because it was an emergency situation at that point. His finger really was not looking good. And again, I took pictures, so it's really great because I have the before and after of that.

Kate: Oh wow! And then, didn't he also hit his head or something where he had a goose egg?

Jessica: So, Charlie has a hemangioma. And I'm not sure if everyone knows what that is, but it is a vascular. It's like a giant red, blood-looking-like mark on his forehead. It's a birthmark. It's supposed to disappear on its own somewhere around the age of two. If it doesn't, now we have homeopathy for that. So, I'm ready.

But, he fell and hit his head. As a mom of three boys, I'm no stranger to head bumps. It really doesn't freak me out when they hit their head. I know what happens. I know what to do. But, he hit his head right on the corner of a really solid wooden bench – right under that hemangioma – and it swelled up instantly. I didn't know if – because it was such

a vascular, bloody area – if there were any implications for that. So, I got pretty nervous. It was a good-sized bump. It bruised and swelled up very quickly.

So, I called the doctor. There happen to have a concussion specialist there, so we made an appointment. On the way to the doctor, we decided to give him *Arnica*. And this was still at the point where I was using homeopathy, but I had to, like, *remember* to use it. It wasn't my instinct – "Oh, I'm going to use homeopathy!" And we're using ice and trying to get ice on an 18-month-old's head is not really easy.

Kate: Yes.

Jessica: So, I gave him a dose of *Arnica* 200. And right there in front of our eyes, it's completely reduced in swelling. It basically disappeared. Underneath the hemangioma, there was no more lump.

Kate: So, you went to the doctor then?

Jessica: We were on our way to the doctor at that point. My husband wanted to get it checked out, so we did. They looked at it and they said it was fine and sent us on our way.

Kate: Nice!

Jessica: Yes, it was a really great experience. We're very lucky to have had that there.

Kate: Yes. So, give us a list of all the different things that you've seen homeopathy work for – like, I've seen it work for croup, and bruises, and cuts.

Jessica: Yes. Just off the top of my head – we've had the ones I've been talking about – we've had strep throat, impetigo, eczema, ringworm, the cut on my son's hand, bruises, and swollen areas of the body. For bleeding, it's worked. We had a friend who we helped with pneumonia. We've used it for coughs. We've used it for runny noses. We've

used it for anxiety and sadness. We've used it for irritability and teething, and irritability just on its own (nothing to do with teething). I've used it for my own. We've used it for sleeplessness. And, I'm trying to think, I mean the list is literally endless. I just used it on a friend for an infected cesarean incision, and another friend for a canker sore, allergies, sneezing fits. You name it, and we're trying to heal it.

Kate: Nice.

Jessica: Oh! Vomiting, bloating … you go down the list. I don't know if it's a good sign or a bad sign, but we have so many things to treat.

Kate: Oh, I think mastitis, too.

Jessica: Oh, yes. That was very early on. I used *Phytolacca* to help with my mastitis. That was very, very early on. Actually, that was probably the first remedy I ever used.

Kate: Wow! Start off with a bang!

Jessica: Yes, exactly.

Kate: Well, it's been really great talking to you, and I love your enthusiasm for homeopathy. I know that will be contagious to our listeners and those people who just need a little bit of encouragement that, "Yes, you can do this. You can find the right remedy. This is going to work. Just keep learning. Have those remedies on hand." Oh, and one other thing that we should mention. When we were talking earlier, you said something about this really isn't that expensive to have – the remedies.

Jessica: Right. So initially off the bat, it might seem like a really big investment to some people to get the kit. But I can tell you, I've used all those remedies so many times. And if you go to the store and you stock up – say, at

Whole Foods or something – you're going to spend probably four times the amount of money in the end that you would if you just went out and bought a kit.

And, you have to this at your disposal. You can travel with it. You don't have 55 giant vials in your bag. You have this nice, compact, little container. You can help everybody just from this one little container. You can take it with you on an airplane. You can take it with you in a car. Wherever you go, you always feel like you have that with you – which is really a huge comfort.

Kate: So, did you get the kit from Joette?

Jessica: I did. I initially purchased the 30 kit and the 200 kit from Joette, and then shortly thereafter, I ended up getting the cell salt kit [no longer available].

Joette's *materia medica*

Kate: Okay. So, Jessica, I think you were telling me that you also have Joette's *materia medica*. And I have people asking me quite often what I think of Joette's *materia medica*, and if they should purchase it. So, why don't you give us your take on her *materia medica*?

Jessica: Of course! Joette's *materia medica* has been super helpful for me. It's really great because it doesn't use some of the difficult terminology that's used in the other *materia medicas* that I've seen. And instead, it's very relatable and easy to understand information. It's used in Joette's voice. Her personality shines through in it, as well as sometimes she's throwing in some protocols that are either helpful in that moment or helpful to tuck away for later use. It's really been an excellent tool for me to have.

Kate: Well, Jessica, thank you again for sharing with us. It's been a pleasure getting to know you. I thank you for

your time and your willingness to share the successes that you've had. So, thanks for being with us today, Jessica.

Jessica: Thank you so much for having me. It's really been an honor. I feel so grateful to have had this experience. Thank you.

Kate: You just listened to a podcast from practicalhomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

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

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

Get a Leg Up Over Restless Legs



Endlessly moving legs might be highly desirable … if you're a marathon runner. But what if you're lying in bed at night, and you simply can't stop moving your legs in an effort to get comfortable?

That can be sheer torture.

Restless legs can strike anyone at any age, but unfortunately, it seems to get worse as we get older. (Else I would have entitled this article, "The Young and the Restless." Sorry, I couldn't resist.)

If you haven't experienced it, let me share how others have described it: "like electricity running through my legs," "as if spiders are crawling under my skin," "subtle, aching cramps," "as though my skin is creeping," "throbbing" or "itching."

Moving the legs to another position helps interrupt the discomfort, but only temporarily. Within a few moments, the

sufferer has to move them again. And then again. And then again.

Lather, rinse, repeat.

It's a vicious cycle, keeping them awake and making their spouse feel as though they're in bed with a jogger!

Two words: no fun. For anybody.

Some naturopaths and doctors believe this is related to a magnesium, zinc or calcium deficiency. That may well be true. But as a homeopath, I don't look at whether a deficiency is causing this or that condition; I use the diagnosis and symptoms! However, that being said, it is interesting to note that the three main remedies to consider for restless legs are *Mag phos* 3 or 6, *Zincum metallicum* 6, or *Calc phos* 3 (or *Calc phos* 6).

If I were going to employ a remedy, I would make my choice by trying to find another rationale – in addition to restless legs – that one or more of these remedies fit. In fact, that's the way I often look at choosing a homeopathic medicine. Many times, I don't want to make my choice based on just one condition; I seek relevancy in other areas as well.

That might seem complicated, but it's not. So, let me distill it down for you with examples. Say, someone, experiences restless legs and also leg cramps, menstrual cramps or other muscles' cramping – *Mag phos* should be considered.

Someone who would best fit *Zincum metallicum* might also notice involuntary movements of their muscles. (As an aside, if they know they have a zinc deficiency, they might also consider eating more oysters!)

Or let's say instead, our restless-leg sufferer also has

trouble falling asleep, is a worrier or knows of a calcium uptake issue (through diagnosis) – well, then we're looking at *Calc phos.*

Make sense?

I would like to throw in one more for consideration: *Cuprum metallicum 6*. *Cuprum* is indicated when the involuntary muscle movements are severe, especially in the extremities (such as the legs). This person cannot find relief from their restless legs. They cannot even lie in bed; they have to get up and walk and walk and walk. In that kind of *severe* case, I would think first of *Cuprum metallicum* 6.

Please understand there can be hundreds of homeopathic remedies that might apply to restless legs and involuntary movement. As a fascinating example, Hyland's sells a combination remedy called Restful Legs™ which includes several remedies I've not mentioned here – a perfect illustration of how with homeopathy, there is more than one way to skin a cat!

But, the remedies I've included in this article are the four I use the most, and the four many people respond well to. Whichever medicine is chosen, it would be taken twice daily. (Don't forget to scroll to the end of this article to download FOUR free Remedy Cards listing each of these remedies with their related symptoms.)

Now, if none of these are successful, don't let me hear from anyone that homeopathy didn't work!

No! It's just that we didn't go deep enough! Another, more appropriate medicine must be chosen, and that can often take time to uncover.

Each case is different, and there might be other circumstances that need to be considered. It could be a poor diet; it could be menopause; it could be drugs someone is

taking. (Remember this one; it's often key.) There are so many factors making each particular case unique.

In writing my blog, I am trying to teach the most *obvious* remedy to consider – without taking the case. There are so many lifestyle variables that can be contributory to experiencing restless legs: drugs, a low-fat diet, drinking too much coffee, eating too much chocolate, lack of exercise, or even too much exercise.

That same principle is true of any condition! For instance, I can't tell you how many times I've been told someone has severe leg pain only to learn later they are taking statin drugs to lower their cholesterol.

Guess what one of the most common complaints of people taking statins is? Yep. Muscle pain and weakness. So, their leg pain is not what I'd call a side effect. Instead, I call it an iatrogenic disease – an illness caused by medical treatment.

But if someone has examined and adjusted all their lifestyle choices appropriately and notice no impact on their restless legs, then it's time they look at these four first-line remedies.

Warmly,



P.S. In order to make well-informed choices between various remedies that may apply to any given condition, I highly recommend that you own a *materia medica* in order to

understand each medicine more clearly. There are certainly many good *materia medica*s out there, but if you would prefer one written in plain English with your most common needs in mind, please consider my recent publication: [A *Materia Medica*: Practical Homeopathy® for Busy Families.]

Hemorrhoids Are Party Poopers



Hemorrhoids are absolutely no fun, but sometimes inevitable.

Mothers who have just given birth are particularly susceptible, as are men who drive for lengthy amounts of time on heavy equipment.

Thankfully, the Banerjis provide a protocol that performs equally well for whoever is plagued with these annoying little party poopers: *Hamamelis virginiana* 200C mixed (or taken) with *Arnica montana* 3C twice a day, until very much better. (Don't forget to scroll down and download your free Remedy Card containing this information so you'll have it handy for off-line reference.)

Why these two medicines? *Hamamelis* (the homeopathic formula made with witch hazel) is a premier medicine for vascular issues, and *Arnica* is especially well-suited for vascular issues, especially presenting with pain.

Also, Boiron has an excellent ointment called HemCalm® containing *Hamamelis* as one of the active ingredients. Sometimes an ointment can be more immediately soothing while waiting for the protocol to act.

Now, at about this point in my blog posts, I customarily like to relay a little personal story. But … uh … nope. For this particular blog topic. I just don't feel like I want to shout that out to the entire internet world. So, I guess this blog post will have to be a little short today.

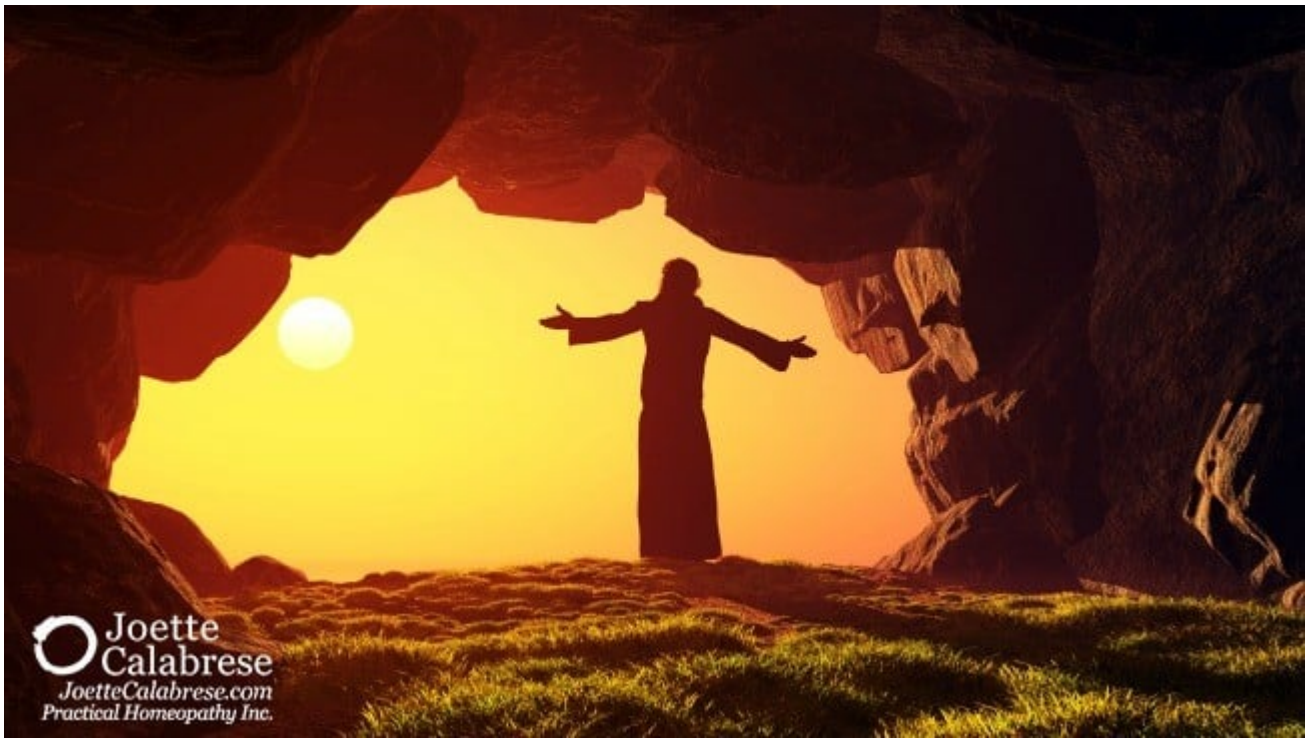
But I can assure you, in my clinical experience, that it works for most folks.

Do keep in mind, however, this protocol should only be used if the hemorrhoids are problematic: painful, protruding or obstructive. If they are small and inconsequential, in my opinion, there is no need to treat them. I prefer to use homeopathy only to treat a pathology – not just a characteristic.

Warmly,



Easter: Faith and Family



I want to step away from my usual weekly blog to speak more personally to you, as this weekend is the most sacred time of the year.

Today is Easter for those of us who are Christians, and Friday was Passover for my Jewish friends. It is vital that each of us embrace our religious ways, for it is in doing so that we become truly human.

For me, today's remembrance of the resurrection of Jesus Christ marks a time of renewal, a rebirth of the soul, a revival of faith and hope. It is a time to affirm our purpose in life. It's time to remember what is truly important: our faith and our responsibility to it.

I wish each of you a blessed, holy Easter, coupled with a renewed passion for your faith.

God bless you and your family.

Warmly,

Podcast 47 – Reflections: Advice to My Younger Self



IN THIS PODCAST, WE COVER:

01:23 Everything we do has meaning

04:22 Stop spending your good health

15:24 Classical background, stocking up on remedies, and organizing notes

20:08 Homeopathy for all conditions

22:08 Make your bed

23:37 Combination remedies

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Coffea cruda

Nux vomica

Washington Homeopathics

Hahnemann Pharmacy

Boiron

Hyland's

OHM

Helios

You are listening to a podcast from practicalhomeopathy.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Joette: We always think when we're young, "Oh, that will never happen to me," the proverbial, "I'll just flit through life almost like a magpie, 'Oh, something shiny. I think

I'll chase after that for a while.'" That's why I felt, when I looked back, it feels as though my life was like a magpie.

Kate: You are listening to Podcast Number 47 at practicalhomeopathy.com with Joette Calabrese. In today's podcast, Joette takes a look back at her life as a mother and homeopath. She will share with us the wisdom that she has gained from her many years of experience. If you're like me, you love to learn and would love to sit with Joette for just 30 minutes and pick her brain. Well, we will do just that. So, grab a pen and some paper and let's hear from Joette.

Hi. I'm Kate and I'm here with Joette today. I was thinking to myself, what would I ask Joette if I had the opportunity to sit down and just chat with her for say, half an hour or an hour. What pressing question … or how would I narrow it down to one burning question? Joette, this is what I came up with: Looking back now with all of your experience with homeopathy in your family, your life's experience, what would you tell your younger self?

Everything we do has meaning

Joette: I think I would say, "Stop it! Just stop that! Stop acting like that way, like that, stop thinking that way." Really, if I could – oh – if I could just undo my mistakes. I made so many stupid mistakes. So, if I could get myself, I would shake her. I would tell her to … I would slap her across the face and say, "Get a grip, girl. It's not about this or that. It's about *this*." So, what is "this?" "This" is that everything we do is *meaningful*. I don't want to put a guilt trip on everyone but, you know, we've all made mistakes. But, everything we do has meaning. And not only does it have meaning for us, but it has meaning and rippling effects into the world around us. Our parents are affected by our behavior. Our children are affected by our decisions, our grandchildren, even our great-grandchildren.

I mean, my grandparents came to this country from Sicily. That decision – both sides – that decision that they both made has rippled through *hundreds* of people's lives, hundreds (because they had large families on both sides, and now their children – who are my parents – and their grandchildren, and now great-grandchildren). So, think about that one decision to leave a horrible place, such as Sicily. It was horrible for them: grinding poverty, heavy government hand on them in addition to the grinding – well, that's the reason there was grinding poverty, as far as I'm concerned. And, they decided to come as young adults and make a whole new life. My goodness! What a difference it made in so many people's lives.

So, we think that every day when we think of doing this or that, we think it has no consequence. Everything we do has a consequence. Everything goes out there, good or bad, whether it's called a consequence or an advantage. So, I wish I had been more mindful of that. I wish I had had more wisdom. Of course, wisdom doesn't come with youth, it comes with age. We always think when we're young, "Oh, that will never happen to me," the proverbial, "I'll just flit through life almost like a magpie, 'Oh, something shiny. I think I'll chase after that for a while.'"

That's why I felt, when I looked back, it feels as though my life was like a magpie. I was too influenced by shiny objects. I don't mean literally, although, I like jewelry, too. But I mean, I was too influenced by the first thing that came to my mind or the first thing that came before me. So, that's what youth is. It's a misguided understanding of what's important. The hierarchies of importance are not there. Parents tell the children, but we don't listen. I didn't. I didn't listen. I made a lot of really stupid mistakes. So, that's one thing.

Stop spending your good health

I guess I would say stop spending. Stop spending money. Stop spending your good health because it may not always be there. We want to save for that rainy day because it's inevitable. Life has its twists and turns.

Kate: So, what does that mean exactly to you, Joette, when you say, "Stop spending your good health?" What does that mean?

Joette: Well, when I was a young woman, everyone smoked cigarettes. So, that was really foolish of me. We drank alcohol. I would never say that I went into an alcoholic binging. I wasn't like *that*. But, that's part of it. And not worrying about eating properly. Now, don't get me wrong. I don't believe that the youth should be *worried* about eating the proper foods. But, there should be a baseline that preparing your own meals is a very important part of being an adult and eating foods that are made from scratch as much as possible.

Also, when you have a cold or flu, you don't run to the doctor and get a drug. I mean I used to get urinary tract infections here and there and I would just take an antibiotic. I never gave it a thought. Why would I put anything in my body without knowing what the consequences might be? That's *spending* your health without realizing. To this day, I still am amazed at how many people I meet with … and again, I am *not* slapping people on the back of the hand because many folks have just not thought about this. So, here's an opportunity for us to discuss it. But, I'm surprised at how many people take drugs and have several conditions. We look up the drug and look up the side effects, and there's the condition that they have.

Kate: Wow!

Joette: It's a secondary condition or the tertiary

condition. I said, “Did you know that the drug that you’ve been taking for 10 years has been known to *cause* the condition that you are now suffering from for the last *five* years?”

Kate: I think you mentioned that with inhalers for asthma, right?

Joette: Yes.

Kate: What’s the medication that’s commonly used?

Joette: Steroids, certainly … steroid inhalers.

Kate: I remember you saying that about steroid inhalers, that they can actually cause asthma. And that’s what doctors prescribe for asthma!

Joette: Yes. It’s uncanny how drugs cause such trouble, but people don’t think twice about it. They just believe what they’re told and accept it. There should come a time in all of our lives when we say, “Enough! That’s enough. I now have to do my homework.” And in today’s world, with the access to information that we have, there really is almost no excuse for not looking up what the side effects of drugs are.

I would never expect someone to read all the side effects because that’s longer than a Russian novel. And you know how you can’t pronounce those Russian names in *War and Peace,* that’s sort of the same idea. You can’t pronounce those words! You’ll never get through all. So *instead*, you’ll look up online. Does this condition that I have … is it caused by that drug, or does this drug cause this condition (any condition you might have)? You might have asthma, but my hair is falling out for goodness’ sakes. Is alopecia the result of taking this inhaler? Find out.

But. I also caution you that now, the industry is smart enough to have picked up on this. The first page, they will

give you a lead to saying that, indeed, it can cause asthma. You open it up, and then there's nothing. I mean there's information, but it has nothing to do with the title of the lead of the article. And they expect people just to give up after page one, two, or three. So, you have to dig further. You've got to keep looking.

Or, I got an idea, how about asking the pharmacist? He's the guy who knows! The doctors don't know. Doctors do not – excuse me, I know this is a blanket sweeping statement – doctors do not know their medicines like they should. The medicines change too quickly.

Kate: Right, how can they know everything about every medicine?

Joette: Well, not only that but the last medicine that they've been using, you know, Tylenol, whatever it might be was just yanked from the market. Now, they've got a new one to replace it. Their drug rep comes in – in tall, 3-inched stiletto heels, and a short skirt, bearing donuts and chicken wings – and showing him the new drug that replaces that old drug. So, as long as people understand, it's *not* that the doctors are bad guys. It's that they couldn't possibly keep up! It's up to you to keep up!

So, if I could speak to my younger self, I would say, "Hello, it's *your* life. Not the doctor's life, not your parents' life, it's *your* life." So, what we put into it is what we get out of it. You don't get to this point in learning about health as I have learned. You don't get here at once; you get here at last!

So, when someone you love (an aunt, or a cousin, or something), comes to you and says, "You know, I'm really sick. I've got this, this, and this." And you're trying to direct them – especially in severe illnesses like cancer or something – and you want them to learn about homeopathy,

find a doctor who treats cancer with homeopathy, et cetera. The path that you have been following is *your* path. Their path is brand new. Suddenly, bam! Now, they've got this terrible diagnosis.

You can't expect them to shorten it and tighten it up to suit your time schedule. Because as I said: You don't get here at once, you get here at last. It takes a long time to get to the point where you say, "Okay, I don't like that drug. I don't like what that did to me. Or you know what? It's not really working! Or it might be working on this, but it's causing *that*." And you do it again and again and again. After a while, we get slapped upside the head by the drug, and we realize this was a mistake. That's how we come to this. No one comes to homeopathy at first glance. They're not born and then suddenly say, "Okay mom, here's the deal. I want homeopathy." You have to suffer. You have to suffer at the hand of drugs and ill-treatment through certain conventional medical methods.

Kate: So, you would say to your younger self maybe make informed choices? Don't just trust someone else with the decisions that affect your life? Really do your research, your homework, right?

Joette: Yes, it's like getting a mortgage. I mean do you just go to the bank and they say, "Okay, the rate is 12%." You say, "Okay, I'll pay 12%. Over 30 years? Sure." "And there are 5 points?" "Okay." Then five years later, you find out, *12%!* What are you doing? This is 2018! It should have been 3% with no points. Whoops! You didn't do your homework.

Now, that's not going to happen in a free market, generally speaking. They know they're not going to get away with 12% if it's 3%. But I'm being a little fictitious in the exaggeration, but what if they charge 3.5% when you could have gotten 3%? That would make a huge difference in your lifestyle. So, think of this as buying a house. How about

buying a car? At least if nothing else when it comes to your health, kick the tires. Hold still, Doc!

Kate: Let me see what shakes out.

Joette: I mean, at least go to the blue book. Check out the value for goodness' sakes.

Kate: Yes.

Joette: If you don't do that then, unfortunately, we end up on this long trail of drug-after-drug-after-drug-after-procedure-after-drug. It's a freight train. It's a freight train. Once you step on, it will zoom you away. You will be so caught up in the world of drug-after-drug.

I had an aunt who was not that sickly, but she had a urination problem. It was really becoming bothersome. She was in her early 80s when this was happening. She went to the doctor, and she got a drug. Then that caused trouble with her throat and her eyes. They got very dry. Then she would cough. She'd go into coughing fits. Her eyes would burn and hurt. It felt like sand in her eyes.

Then she went back and got another drug for that and then drug after that. I finally said, "Why are you going to the doctor for this? Why don't you be more hands-on here? Let's figure out why you're urinating so frequently." Well, I knew why she was urinating so frequently. She was drinking – and I know you're not going to believe this. I've talked about this before. She made a big coffee pot of coffee every day, and the coffee pot held 20 cups. She drank all but two, *every day*!

Kate: Oh wow!

Joette: She drank *EIGHTEEN* cups of coffee daily. I said, "Aunt Mary, that might have something to do with your kidneys, your bladder, your ureter, your urethra. I think

you need to back off of that coffee. That's what's causing the trouble." Now, why did that urologist not tell her that? Why didn't he say, "How many cups of coffee do you drink a day?" I knew that. I'm not a doctor. And this was long ago. How come I knew that? Because it's common sense! It's just common sense.

It draws out the fluids from the body. That's why when people drink coffee, they often have a bowel movement shortly after – besides the stimulation of it – it's a diuretic. So, this diuretic was playing on her body for all these years causing urination trouble. Instead of saying, "Let's just be logical." No, he said, "Here, take this drug. And then take this one for that, and that one for this." And her answer was, "Yeah, but Joette … it's free! I don't have to pay for this." I said, "Aunt Mary, that's why you *shouldn't* go – because it's free."

Kate: Right.

Joette: Because if you have no skin in the game, so to speak, if you're not paying for this information, you're not going to really value it as much as you ought to. You need to do your homework. That's not a good reason to go to a doctor – because it's free. In fact, it's the worst.

Kate: So, did she stop drinking the coffee?

Joette: Yes, she did. She did, and then she started to get terrible headaches. Of course, her first thought was to go to the doctor and get pain reliever. But instead, I gave her *Coffea* and *Nux vomica*, and it helped with the headaches a great deal. So finally, she didn't stop coffee completely, but she stopped it enough. I believe she went down to about five cups a day. Now, let me also explain this: She was 4'11 and probably weighed 100 pounds soaking wet. So, it amazes me that she was even able to get that much down. But, 18 cups of coffee in a 4-foot-11 person is pretty intense.

Classical background, stocking up on remedies, and organizing notes

Kate: Okay, so let's talk now about looking back at your younger self when you started getting into homeopathy, and you were on the right track … away from the medications. What advice would you give yourself about how to go about healing your family using homeopathy now with the information that you have?

Joette: Well, I wish I had had the Banerji Protocols back then. I was craving them. I wanted protocols. On the other hand, having studied classical homeopathy to the degree that I did – and I spent years studying it – it was very beneficial. So, from the time that I learned homeopathy, I would say I did it right. I'll be honest with you, I think I did it right. If I had had the Banerji Protocols, I would have *still* studied classical homeopathy because it's so valuable as an underpinning for someone who eventually goes into practice or starts writing or teaching. But for a mom who has no intention of doing that, these practical applications of homeopathy are so golden that someone could easily skip right over classical and get right to the meat of the problem.

Kate: If your intention is not to go into practice …

Joette: Right. If you're planning on going into practice or teaching, then you really ought to have a classical background because this is all based on classical.

Kate: So, what about purchasing remedies. I know you often say purchase as much as you can, as often as you can. Stock up! So, looking back, would you have anything to say to your younger self about the remedies … about getting remedies?

Joette: I can just say that whenever I could afford more, I bought more. But, I did do this: Mother's Day, birthdays, Christmas … I asked for homeopathy, homeopathy books,

homeopathy classes, remedies, homeopathy kits. My focus was homeopathy, homeopathy, homeopathy because it was the essence of how I was raising my family and treating my husband and my parents and our livestock and our pets. So, I couldn't get enough. I still can't get enough. I still go to India every year. This year, I'm not going because of some family losses that we've had, and my family needs me here. But it's something that will never disappear in my life. I must always keep learning. We must do that, all of us.

Kate: So, here's another question. If you could only take one book with you, what book would you take with you? What homeopathic book?

Joette: Oh, homeopathic book … because I would say the Bible would be first to be honest because there is all the wisdom. Aside from something that would protect me spiritually, one book. Well, when I was younger, it would have been my repertory, so the Synthesis. Yes, I would take the Synthesis.

Kate: So, when you say the Synthesis, is that the name of a repertory? Is it an author?

Joette: Yes, it is the name of the repertory. As I matured in my homeopathic knowledge, it would probably be my notebook, the notes that I've kept for years.

Kate: Yes, I agree with you. After having studied with you for many years and taking your classes and just learned about homeopathy in general, my notes – having those organized in one place that I can easily refer to them is invaluable to me.

Joette: Well, and organizing our notes is not a job. It's actually total pleasure because while you're organizing them, you're learning more. You're memorizing more. You can't help it but to do it 2, 3, 4, 20 times. Organize, organize, organize! I love doing that. It's my dessert at

the end of the day.

Now, we've just moved, and I've just organized my remedies and some of my papers. I look forward to it. We have dinner. We go for a walk. We sit down in the living room, and I start at it and I love it. It's total pleasure to me. Now, if it's not total pleasure to you, that's okay. It doesn't have to be that way for everyone. But that just happens to be mine. And of course, if you have young children? Yeah. Right. Because it's bedtime, and there's a lot of work to be done.

Kate: Maybe midnight, you'll get to organizing them, right?

Joette: Right, right, right. When my children were young, I would do it while they were playing, or when they were sleeping. Whatever they were doing, I was doing it right alongside them so that they saw their mother doing purposeful work. What was she doing? She was organizing remedies. She was folding clothes. She was making meals. She was cleaning the house. She was tending to the other child. That's part of mothering is for children to see this purposeful work. I can't think of anything more purposeful than planning for the eventuality of someone's illness.

Homeopathy for all conditions

Kate: Okay, so you talk to a lot of people, every day a lot of people over the course of a year. You sort of having a pulse on what these people who are hungry for healing their families naturally using homeopathy, what they're going through. So, pretend you're speaking to a wide audience of them. What advice, knowing the kinds of questions, the kinds of things that they come to you with, what kind of advice do you have for them?

Joette: Well, one of the questions that I see repeatedly asked is, "What about *my* case? What about my child's case? Does homeopathy uproot eczema? Can homeopathy help my

husband with GERD? Can I be helped with …?" and then fill in the blank. And everyone believes that their illness or their child's illness is the one exception, and perhaps homeopathy can't help with. But I've yet to see where homeopathy hasn't been invaluable in just about every condition there is.

Now, if someone's in an automobile accident, *obviously* you're going to get care from an emergency room. But that doesn't mean you don't use homeopathy, too, to help with the shockiness, and hemorrhaging, and hematomas, et cetera. If you could use both, that would be great. A friend of mine's son just had surgery, and of course, he had surgery. He needed surgery on the shoulder. Homeopathy can take it so far, and then there can a time when surgery is needed. I love that there's surgery available to us. I think it's used too often, but it is invaluable when it's necessary.

So, for the pain, he could have been given oxycodone or those kinds of drugs, and his mom is using homeopathy. Wow! Can you imagine that? I mean this is a young man. And so, we don't want a young man taking oxycodone every day for pain. We all know how serious the consequences are to something like that. I'm not saying he should never take it. But until she got the right remedy, she had to administer it a couple of times. But, we want to back off as soon as possible.

Make your bed

Kate: So, is there anything else that you can think of that when people …as you're talking to people all the time … it's something that generally you want to say?

Joette: I would also say to most moms or to moms in general that this is their one opportunity. You only get one. This is it. You've got it right now. I just talked to a young woman who was pregnant the other day. I said this is it. You have nine months. At the end of the nine months, that baby is out of your body. What you eat, what you think, what you

do everyday matters. If you pray everyday, that unborn baby will get that. If you watch pornography everyday, that baby will get that. If you eat good quality, pasture-raised eggs or just good quality eggs and good quality cheese, that baby will get that. The baby will also get the alcohol or the diet soda.

So, we have to be intentional. We need to be practically militaristic. Get up in the morning. Make your bed. I don't mean that specifically. I mean figuratively. Make your bed. That means okay, this is done now. We finish that task. We go to the next task. You have to be intentional about your life. If you want to learn homeopathy and that's your intention, you'll get it. You'll do it. I know because I've done it, and there's nothing different about me.

Combination remedies

Kate: So, one of the things, Joette, that I hear often as long as we're talking about what kind of advice, tell us what your advice would be about using a combination remedy that has maybe five to ten ingredients in it. You know, they vary widely as to the number of ingredients. Along with say … you are taking … you've taken one of your courses and now you're taking two remedies for say, allergies. What kind of advice would you give people about using those combination remedies in addition to say, two, three, four other remedies that they're using?

Joette: Well, years ago when I was classical, and I was classical for many years where I was trained that you use one remedy at a time, I would become squeamish over the thought of using a combination remedy. I may even have some old information on my blog regarding that. Actually, I've thought about taking it off, but then that doesn't show my growth in all of this.

But, through the years, I've learned through my own

experiences and those of my clients and students and friends, et cetera, that they still work even if you're using several remedies. So why not? Why would you allow someone to suffer, when you can give them something that will help? Now having said that, we don't want to go over the top either. And there is a tipping point where we can become so worried about our health or our children's health that we just throw remedies at them or ourselves. That's not prudent.

So, it is important to stay with those remedies that you know are correct, that you've got a good rationale and you're seeing, perhaps, you're seeing results already. And then if someone gets the flu, you use a combination medicine, for example. Or there's an ear infection, you use that combination ear infection medicine, and you add that in there as well. I don't have any trouble with that. So, if there are five remedies in one combination, and you're already taking three for a chronic condition, I think that's perfectly acceptable.

Kate: Okay. So, some of them have upwards of eight, nine different medicines.

Joette: I know there are some. I'm not up on all of them. But the ones that Boiron make, and the ones that Hyland's make, and the pharmacies that I'm most familiar with generally have about four to five. Now, if you find the some that have 20 in them, now I would think twice. That's too much potshot. Now, they're just throwing it up against the wall to see if it sticks. That's not tight enough.

What I like about those pharmacies, Washington Homeopathics, and Hahnemann Pharmacy, and Boiron, of course, and Hyland's, and OHM for my students and clients, what I love about … Helios … about them is that they know their stuff. They've been around a long time, and they're not just throwing stuff together and coming up with a potential combo. They know

what their product is. They've had it out for a long time, and their pharmacists are quite sophisticated.

Kate: So, I think there are two sides to this, right? I remember you talking to a group of our Gateway students and telling them to make some choices. That perhaps if they're looking at taking a combination remedy for weight loss, say, right, and they're dealing with some chronic issues – well, maybe the weight loss isn't as important as the chronic issues.

Joette: Well, that's a good point. And I like that you brought that up because oftentimes, when you're taking a homeopathic schedule for chronic conditions, the weight just falls away – or whatever it might be, alopecia, or chronic conjunctivitis. Those things will often fall to the wayside when you treat the chronic anyway, so, don't address it specifically. Allow the remedies to act most fully and see where you go with that. You might be very surprised to find out that that's resolved seemingly on its own, but it's because you were using the correct medicines for those chronic conditions.

Kate: Yes, don't you see that over and over in talking with people?

Joette: Yes, all the time, all the time. So, what I hear is, "Oh my gosh! We were dealing with my arthritis, but I'm sleeping better. And not only that, but I don't have the burping anymore. In addition to that, my libido is back." What do you know? It's all connected.

Kate: I know. Isn't that exciting when you find remedies, and it just helps everything.

Joette: Yes, yes, the shoulder bone's connected to the elbow bone, there's no doubt about it. The thigh bone's connected to the hip bone. The hip bone's connected to the backbone.

Kate: Oh yes!

Joette: The backbone's connected to the shoulder bone. The shoulder bone's connected to the neck bone. The neck bone's connected to the head bone. Now hear the word of the Lord. I love that song, DEM Bones.

Kate: DEM Bones! Maybe that should be your theme song.

Joette: Yes, if I could leave with any words, I would say don't follow someone else's rules. Unless you're young, then follow your parent's rules. But by the time you're a mother or grandmother, don't follow someone else's rules. You have to find out for yourself. I urge you to determine who it is you hold in highest esteem and follow that – potentially – that person for a while, and then go to another person and follow …

I mean, I follow a lot of political pundits who I hold in high regard, and I listen to many of them. I try to synthesize what I think is most valuable in how it relates to my life and the life of my family and my clients and students. But, I don't follow their rules. I listen to their information because they've done more research. So, it forces us all to be independent thinkers. Take this on. It's your life. It's your child's life. This is where the rubber meets the road!

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