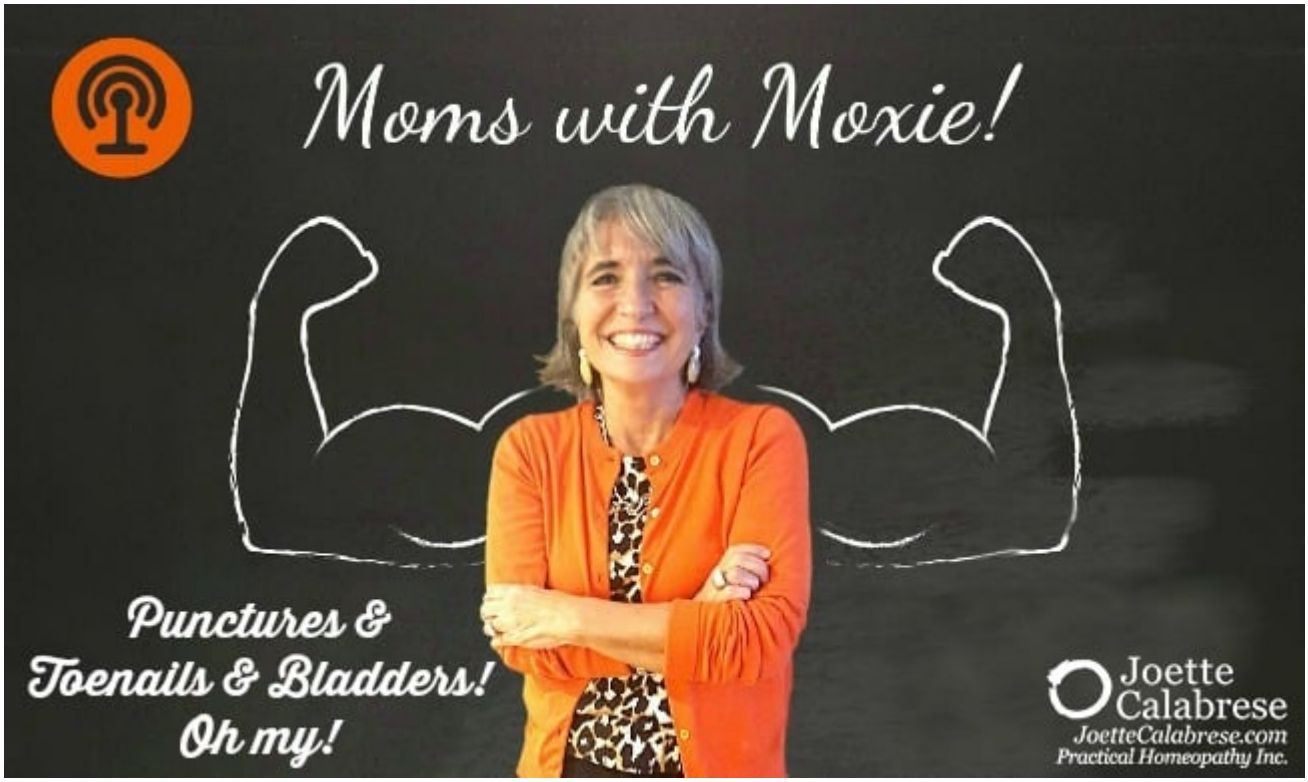
Podcast 46 – Moms with Moxie: Punctures & Toenails & Bladders, Oh My!



IN THIS PODCAST, WE COVER:

05:29 Advice to beginners

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21:30 Gateway curriculum

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Gateway to Homeopathy: A Guided Study Group Curriculum

Good Gut, Bad Gut

Ledum – for puncture wounds

Arnica – for puncture wounds

Aconite – for puncture wounds

Cantharis – for bladder infections

Pulsatilla – for soothing child's clinginess

Chamomilla – for relaxing a child before bed

Joette's Facebook Page

Arsenicum – for food sensitivities and allergies

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

Remedy Kits

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're listening to Podcast Number 46 here at practicalhomeopathy.com. I'm Kate. On today's podcast, we

have a sweet, young mom who joins us to share her experiences with homeopathy. Suzanne will tell us how she's helped her whole family with some pretty scary and serious incidents. I think you'll want to listen to her story and share this podcast with others you know that might be interested in homeopathy and how to get started. I'm also going to share with you information about the new *Gateway to Homeopathy* study guide. But first, I want to welcome Suzanne to the podcast.

Suzanne, it's great to be with you here today. I'm excited to get to know you. Welcome!

Suzanne: Oh, thank you, Kate. I'm very excited to be here.

Kate: So, you are from Indiana, right?

Suzanne: Yes. We're from Indiana. I'm married to Danny. We've been married 10 years now. We have three kids. Ian is seven, Jace is five, and Elise is one. We have our dog, Max, too.

Kate: Another family member.

Suzanne: Yes. He's three. He is our teenager in our house, that's pretty much …

Kate: That's funny. Tell me a little bit about your background.

Suzanne: We have always kind of been conscientious about our health and things like that. Sometimes we slip up, but we wouldn't consider ourselves "crunchy" in any sense. But yet, we like to have more of a healthy approach to things.

So, my sister has been looking into homeopathy for – it's been about a year now. She approached me with it. I thought here's another "one thing" that maybe we could contribute to our family and try to help support us in our health. She started a study group, Joette's *Gateway to Homeopathy*. She

invited me and a few of my friends. It was a group of six of us. We sat around and went through the book, and we all decided that this is something that we were very interested in. I'm really new to this. So, just been kind of experiencing things through what my family ends up doing.

Kate: What ends up happening to you guys, right?

Suzanne: Yes. So, well, with two boys, it's been kind of crazy.

Kate: I can imagine. Okay, so you went through the *Gateway to Homeopathy* curriculum.

Suzanne: Correct.

Kate: What did you think of that?

Suzanne: It was very informative. At first, all we wanted to know was … we wanted to know what to do. It was very refreshing to be at the end of the lessons to get some of that from Joette and understand that we're in a process. It's not something that we just figure out the protocol, and we do this. There's so much work to it. We have to understand the whole aspect of what homeopathy is. So, there's a little bit of frustration at first. We finally, at the end, we're like, "Okay, we get this." Now, we want to do the next study group and we want to move on. My sister has actually moved on to *Good Gut, Bad Gut*. She's been really excited about that.

Kate: I think that's super common. When people first start out with homeopathy and they take the *Gateway* or however they're learning about it, they want to get to, "hat are the protocols? What do I take for xyz?" I think many people don't understand that there is more to know than just what's the protocol for a cough. It's good to have that depth of understanding to know a little bit about the history, and some information about how the remedies are made. So, I

think that *Gateway* curriculum is really great to give a good foundation so that someone then can branch off and study more in-depth.

Suzanne: Yes, that's been really helpful to understand that, to just kind of delve into just the thought process behind homeopathy. It's a total mind-switch.

Kate: Yes, it is. It's so different from anything else.

Suzanne: After we had gotten done with the whole *Gateway to Homeopathy*, our minds … they were so full of information that we are all starting to go back through that study and relearning a lot more. Because now, we have that foundation to understand the way homeopathy works. It's been great. Going back through the study on my own is very enriching, even more so.

Advice to beginners

Kate: So, what recommendations would you have for someone who is just beginning their adventure in homeopathy – just starting out – maybe taking a *Gateway* group for the first time? What would you have to say to them?

Suzanne: I will say at first, have patience in it. Have a little bit of faith in it, too. I think a lot of times in our society, we just want that one medicine to just get it, and just be done. Put the Band-Aid over it. I don't want to deal with it anymore until it comes up again.

It's just a different mindset. Instead of reaching for an aspirin or the ibuprofen or something like that, what are you going to reach for? Do you have everything in your grasp that you need with homeopathy? That's the one thing that I've learned this last weekend is to have the first aid – homeopathy, ready, set, and go – especially if you have kids. That's a little bit of advice.

Joette knows exactly what she's talking about. That's what gave me the faith at first, having her as the professional knowing what to do, and then utilizing some of the homeopathy remedies and protocols just as a simple step. We all learn when we need to and with situations. And just to be patient in that.

Kate: Yes, that's really great advice. Thank you for sharing. I think it's helpful for those who are just starting out, and like you said, just want to get going and want all the information. So yes, being patient. And oh, it's so important to have those remedies, isn't it?

Suzanne: It is. It is. I wanted to share what happened this weekend. My husband was home. He decided he wanted to fix the cheese slicer – just one of those little cheese slicers that has a little wire that fell off. So, he has a screwdriver like this. He had the cheeser on the side. He puts a Phillips screwdriver through his hand, on the inside of his hand.

Puncture wound, *Ledum*, and *Arnica*

So, it's a very deep puncture wound. I came running downstairs, found him just kind of holding it. It was bleeding enough that I knew that it was getting cleaned out a little bit. And, he proceeded to faint on me.

Kate: Oh my gosh!

Suzanne: So, it was just one of those things, that … I've never seen him faint. I had no idea that he even would do that on me. So, I got him down on the ground. He had hit his head. So, I immediately grabbed for the *Ledum*. I only had a 30c. And then I had the *Arnica 200c* that I started giving him right away for the pain. He was in shock. There are probably more things I could have given him, but I didn't have them on hand. So, instead of just not giving them to

him, I decided to give what I had.

I went ahead and treated the wound just by cleaning it out. He came to. We continued to give him *Ledum.* It was about every 10 minutes, I would give him a *Ledum.* It took a good one hour to two hours, I would say, before the pain really subsided. Then after that, it was about every hour that I was giving him a *Ledum* and an *Arnica*, actually. After a day, he didn't need anything. He didn't take any ibuprofen. There was no swelling. There was no bruising – which I could not believe.

This was my first attempt at the first aid. Any other time, we probably would have gone over to the urgent care or something like that just to make sure. But we were pretty sure and had the faith in what we had learned with homeopathy that that was going to work. It did. He's back to work. It's not sore. I was just amazed.

Kate: Nice! That's great! I love it! So, did you guys have any *Aconite* on hand?

Suzanne: We did not have *Aconite* on hand. The next day, I went right out and bought some. I knew I needed to have that. As I was flipping through the *Gateway to Homeopathy*, and I believe on her website, I'm not sure, she has the free first aid paper that I ran to right away, to grab, and went through all the protocols that she had suggested. So, the next day, I was like, "Okay, that's it. I'm doing this." I think for some people, it does take them to see it in action and to work for the first time to have faith in it. But, it was amazing.

Toenail injury

About four days later, my son goes out, seven years old. He was putting something in the dumpster. There was a piece of wood that held on his second toe. It broke his toenail open.

Kate: Oh my!

Suzanne: Yes, so we had the *Ledum*. We had the *Aconite*. And we had the *Arnica*. We went ahead and started with that. He had no pain by the end of the night. It is totally gone, no bruising. Everything is healed up. It's been wonderful!

Kate: So, how does your husband feel about homeopathy? Did that incident that he experienced this weekend, did that help bring his confidence level of using homeopathy up or was he already supportive?

Suzanne: He was very supportive anyway. But after something like that happens to yourself, you think, "I think I might need to go to the doctor," especially after he fainted. We just talked about it. We asked a couple of nurses. I just explained to them what I was doing. They actually had a little bit of knowledge of the *Ledum.* That was enough for him as a confirmation to keep going and see what happens. It was really great. He is now very supportive, and he wants us to get some kits. He wants us to get some cell salts. We've seen a lot of really great things come out of the homeopathy.

Bladder exstrophy and *Cantharis*

This is Jace. He is my middle son. He is five. He was born with bladder exstrophy or they also call it OEIS. It's a 1 in 400,000. We didn't know he was going to have this until a C-section. The doctor held him up and said, "Oh, I've never seen this before."

It's been a blessing though. We've met so many people through this. We have just started him on the *Cantharis* for bladder.

Kate: *Cantharis*?

Suzanne: Yes, 30c. He has done phenomenal. He's very

susceptible to bladder infections. His bladder was on the outside of his body when he was born. He had to have a lot of surgeries to have that fixed. It has been amazing. We're really excited about that ever since he was born, he's been on Septra. It's an antibiotic. So, we really wanted to get him off that. This has been our chance to do that.

Kate: Wow! That's amazing! So, do you give it to him regularly or is it just when he presents with an infection?

Suzanne: It's everyday that I've been giving it to him. This has been about three weeks that I've been giving this to him everyday. I would love to get some input from Joette at some point to see what she would recommend. The doctors have said if he gets a really bad bladder infection that goes into his kidneys, it could be life-threatening. So, that's kind of where I'm at with doing it on a daily basis. There's probably a better suggestion. That's kind of what I've known so far though.

Kate: So far, he's been doing well, no infections?

Suzanne: No infections. He's been doing very well. My kids don't mind taking the little pills.

Kate: I know!

Suzanne: My daughter actually, every morning, she'll ask for medicine. She's asking for the homeopathy. I'm like, "Honey, you don't need that for today."

Kate: Yes, isn't that wonderful when we don't have to figure out how to try to get the medicine down.

Suzanne: Yes, it's wonderful.

Kate: Okay Suzanne, so you have a one-year-old daughter named Elise. You have an interesting story about some homeopathy with her and what seems to be effective with Elise. Why don't you tell us about that?

Suzanne: She is my little *Pulsatilla* girl. She is clingy. She wants mommy. She wants up. She just wants to be with me, and a little bit weepy. I just know that *Pulsatilla* helps with that from the study that I did. That's what I've been giving her every once in a while. When she gets in a mood like that – the clinginess, and the crying – I just give her a 30c, and she calms right down. The *Chamomilla* 30c also really helps at night. Like before she gets ready to go to bed, if she is really anxious or wants to stay up and play and it's bedtime, I just give her one of those. It just relaxes her. I love knowing that it's natural. I love that part of it, that it can't hurt her.

Kate: So, I bet you're pretty excited about the successes you've had with homeopathy and probably have been sharing with your family members or friends. Tell us a little bit about how receptive they've been to homeopathy.

Suzanne: They have been receptive. They're also health conscious, too. But, they also have their own things that they like to do and things that they like to use. But, they have been really receptive to listening to what has happened. My dad has started to use homeopathy when he starts with a cold or something like that. He's older. So, he likes to stay on top of things. We've been able to … my sister and I both work on him and just let him know what there is out there in homeopathy to be able to help him. My sister, she's like, "Here, take these, Dad." So, he's learning right along with us – which is great.

One of my friends who is actually my niece-in-law went to the study group with me. It's nice to have some people that have taken the study group with you to understand and be able to talk with. She wasn't sure the homeopathy was really for her. But, through my circumstances that have happened and me sharing with her, she started to use them more. I have another friend, Katie that did the study group. She and I talk all the time just about what we're utilizing, what's

working. I love being able to talk with others about what they're doing.

Right now, the one thing that I love seeing on a daily basis, I have Joette's podcasts that come up on my Facebook feed. Facebook has that new … that you can save all the articles that pop up. So, I've been saving all the articles that pop up so that I can read them when I have time. Those podcasts are amazing that she does. It's all written out. Then she has the little cards at the end that I can save for some of the protocols that I've been really wanting to know.

Kate: Okay, so tell us a little bit about saving those articles with Facebook because I'm not that familiar with it. I think it would be useful for a lot of the people who are listening to this podcast.

Suzanne: Yes, it is wonderful. Even when you're just in your newsfeed, up on the top right-hand corner, there are three little dots you can click on. I believe it's the first little thing – it says, "Save post." You can save that post. Just go back to it whenever you have a chance. I try to have a little bit of a routine that I do. I'll save the post. I'll go into the post right away. Save the protocols that are at the end. And then I will go through later and read the whole article. Otherwise, I get so many posts that I've saved that I don't have time to go back through every single thing.

I love reading what she writes. She just wrote one that I was almost in tears because it's just exactly where I'm at, being a young mom, into some of the other healthy things that are out there.

There was one podcast … Joette was talking about how she got into homeopathy, her being a mom of young kids, and how there are many things out there that helped. There are a lot of things that help. But homeopathy cures, and that's what

I'm starting to learn. It's not a Band-Aid. It's not something that you just give that's going to just cover it up. It cures. And I am so excited to delve into this further. I can't *wait* to be able to get more classes.

Kate: Yes!

Saving through homeopathy

Suzanne: My sister is probably going to do the next study group because I'm like, "Please, we need to join the next study group. We need to do this." So, I'm beyond myself knowing that there's actually something out there that will cure this.

Kate: And that you can give and like you said before, it's safe. Your kids, they don't mind taking it. It's not a struggle. It's so simple, isn't it?

Suzanne: Yes. It's very simple. Also, for us being a young family, we don't have a lot of money to do a lot of things. Homeopathy is not expensive. I have been so amazed at that. That's why we really started trying it because it was the one thing that we could really get into and not put a ton of money into right away. That's been wonderful. I feel like I have the resources to be able to give to my kids what I know that they need right now. Then I could also save up a little bit of money and get the first aid things that I need and get some cell salts that I need. So yes, it's been amazing.

Kate: Yes. Although it's a win all around, isn't it?

Suzanne: All around, yes.

Kate: Yes, I know. You can't contain yourself almost when you have these successes and then you start sharing them. And it never ends! It's *all* the time, all the time. It's going to continue, and spiral, and super exciting.

Suzanne: I have one more thing. My husband, all of his life really has had something that happens to him whenever he eats sugar. We've kind of looked into it a little bit more. Doctors have not really been able to put a finger on it. It's not diabetes. It's nothing like that. The carbs, the sugar, anything like that makes him have really foggy mind, and he can't think well. So, we really stay away from any carbs. But, when I started looking into homeopathy, the *Arsenicum 30* … if he eats something that might have some carbs in it – like if we go out on a date or something and he wants to be able to continue the conversation with me – I carry that in my purse. He takes one pill. Then another 10 minutes, he takes another pill, and he's good.

Kate: Wow!

Suzanne: I'm amazed! I mean we can go out on a date now, and he can kind of eat a little bit of what he really wants. We can have him take that *Arsenicum*, and he feels so much better. His mind is not foggy. We still try to stay away from that type of thing, but the *Arsenicum* is "in for the save."

Kate: That's awesome, very, very cool! So, I've had that same experience with *Arsenicum album* with some students that were in a study group. Someone reacted to something in one of the study groups. They took an *Arsenicum album*. I can't remember if it was a 30c or 200c. I think it was a smell that affected them. Someone had used a strong essential oil. They took a dose. It worked within … I don't know … was it 10 minutes, 15 minutes, something like that? They said normally, it would put them out for a *day* at least. They would be just out, you know … down and out, trying to recover from that exposure. Yes, it's amazing.

Suzanne: That's wonderful. Like I said, we try to stay away from things that we think are going to happen, but there's always something that's going to come up. To have that

arsenal of homeopathy in my purse – I love that.

Kate: Right. Now, you know that eventually you'll learn things that you can use homeopathically that will help to uproot that condition. Then, you'll be able to hopefully be over that and not have to utilize that. That's exciting.

Suzanne: Yes.

Gateway curriculum

Kate: Is there any other stories that you have or things that you wanted to share with us?

Suzanne: We've run the gamut through my whole family. I'm really trying to get started into cell salts. I know that they are very supportive. I do want to start uprooting some of the things that are happening with our health.

Kate: So, in the *Gateway II* curriculum, we actually have one chapter devoted to all the cells salts. We go through each of the cell salts. We talk about how they can help. We're going to talk about colds and flus, and just a little bit more in-depth about how you can look at those viruses that come around seasonally, and seasonal allergies, as well. We're going to be talking about the repertory and *Materia Medica*, a little bit about the proof of homeopathy, so that people have the information that they need to talk in an educated fashion about the support of homeopathy and the scientific evidence for homeopathy. Then one of the chapters is about emergencies, just like what you were talking about. We're going to fill out a chart about what things might be useful for our family as we work our way through that chapter. We're going to go through some different scenarios and then talk about what to do for further studies. So, it's pretty exciting. I can't wait for it to come out.

Suzanne: That's great. I can't either.

Kate: It sounds like right up your alley. Maybe you guys want to continue on and go right in to the Gateway II curriculum after that comes out.

Suzanne: Yes, yes, we would love to do that. I cannot wait to get my hand on one of those *materia medicas*. My sister just got hers the other week, and I was like, "I need to get one so bad."

Kate: Yes, yes. I just got one and I love it. It's easy to use.

Suzanne: That's great. That's what I had seen with hers. I just can't wait to get my hands on one.

Kate: Suzanne, thank you so much for taking the time to share with us because I know there's a lot of moms out there with young children that run into the same situations that you do. Or maybe there's a mom that has the son who had those bladder issues, and that you can help. So, that's great. I look forward to hearing more in the future about what happens with that and success stories. So, let's talk again sometime. Anything you want to leave us with?

Suzanne: Just get out there and get your homeopathy kit. Have your first aid ready – especially if you have kids. Just get out and discover it.

Kate: Thank you, Suzanne.

Suzanne: Oh good, 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.

A Tale of Two States: from Frostbite to Bug Bites



Don't get me wrong – I *love* living in Florida! But when we moved, I had no idea I would be trading New York's *frostbite* for Florida's *bug bites*.

During this season, the worst of all the offenders are the no-see-ums.

"What are no-see-ums?" you might ask.

Well, I'd show you a photo, but … uh … did you notice their name? These tiny little sand flies are so minuscule, they can pass through regular window screens.

They are practically invisible!

But believe me, their bites are anything *but* invisible. For some highly-reactive people, they can leave a rash of itchy, red, raised welts – definitely uncomfortable (and most certainly unattractive).

Without a doubt, no-see-ums have been the number one concern of all of my Floridian neighbors. Knowing I'm a homeopath, they stop me all the time to ask, "What can we do about these bites?"

So, this article is for you, my neighbors and friends! And, I have no doubt many readers who live in beach communities (or vacation there) will share in your interest.

Let me first say, I try to do everything I can to avoid toxicity.

So, you're not going to hear me say, "Just spray yourself down well with a pesticide before you go outside." I really don't want my entire neighborhood sprayed willy-nilly with questionable (at best) insecticides.

There are essential oils that can be very helpful as a natural, non-toxic preventative. In fact, I wrote in my article "Mosquito Bites? Let Homeopathy and Essential Oils Help" about a natural repellent against mosquitoes. It should perform equally as well with no-see-ums.

As an aside, for those of you who worry the strong scents from these essential oils might antidote any homeopathic protocols you might be taking, let me set your mind at ease.

First of all, antidoting a remedy was considered a major concern when using *classical* homeopathy.

In classical homeopathy, you're only given *one* dose of *one* remedy and then asked to wait 6 to 8 weeks for observation of its effect. In that case, you've got to protect that dose!

With the practical protocols I teach, doses are taken regularly, until very much better.

A strong essential oil scent will not negate everything we have accomplished. It doesn't take us all the way back to the beginning of our healing.

It *might* stop the progress of our last dose – but we will be taking another dose in a relatively short amount of time. So, there is no need to worry our healing will come to a

screeching halt because of a few beneficial essential oil scents.

Additionally, unless we are deeply breathing the essential oil scent directly into our nostrils, it would probably have no ill effect on our remedies anyway.

But, what if despite our best efforts, we inadvertently became a smorgasbord for a community of no-see-ums?

That's when we lean on *Ledum 200* to uproot the itching or stinging left by those evil little creatures, every few hours as needed (depending on the severity).

Some have also experienced that once they've taken *Ledum*, the next insect bites they receive don't seem as severe. And although homeopathic remedies are not considered prophylactics, I think if I were about to head into the Amazon rainforest, I very well might take a dose of *Ledum palustre* before I started. I would most assuredly have it with me for afterward!

If facing a very severe infestation of bites that not only presents with itching but also with an allergic reaction accompanied by strong anxiety, I have used *Arsenicum album* with great success.

I remember having been in the Bahamas about 30 years ago, standing in water up to my ankles at sunset, talking to others. I began feeling little biting sensations and without realizing what was happening, I walked deeper into the water.

I kept moving deeper and deeper as the bites continued until only my face and ears were exposed.

About two hours later, I had a horrible allergic reaction all over my body (except on my feet, which had remained submerged the entire time).

My adrenaline level was off the charts in response. I was very stepped up and anxious – pacing. My heart was racing as though I had had 500 cups of coffee. My face, ears and neck were covered with welts.

I was *freaking out*!!

I took one dose of *Arsenicum,* and within minutes – as I stood in front of a mirror and watched – my face got super red and even more swollen then returned to normal.

Then a few moments later, a band across my chest also got super red and then recovered, then another band across my mid-section, and this continued down my body in horizontal bands in reverse order from the bites I had received.

Although I wouldn't volunteer to do it again, I was fortunate to visually observe this miraculous example of Hering's Law of Cure.

I fell asleep (which as we know in homeopathy is a very good sign we have chosen the correct remedy). When I awoke in the morning, my battle with the bug bites was over – and homeopathy was victorious!! No itching, no bumps, no reaction at all.

I bet you're wondering what potency I used. Well, don't forget that three decades have passed since then, so my memory is a wee bit fuzzy on the exact details. I'm fairly sure that I used *Arsenicum* 30, but *Arsenicum* 200 would probably have performed just as well.

I've given you both of the remedies I've used in free, downloadable remedy cards below. Don't forget to add them to your collection!

And, don't let the bugs scare you away from visiting Florida. There is so much to enjoy here … especially when you're well-armed!

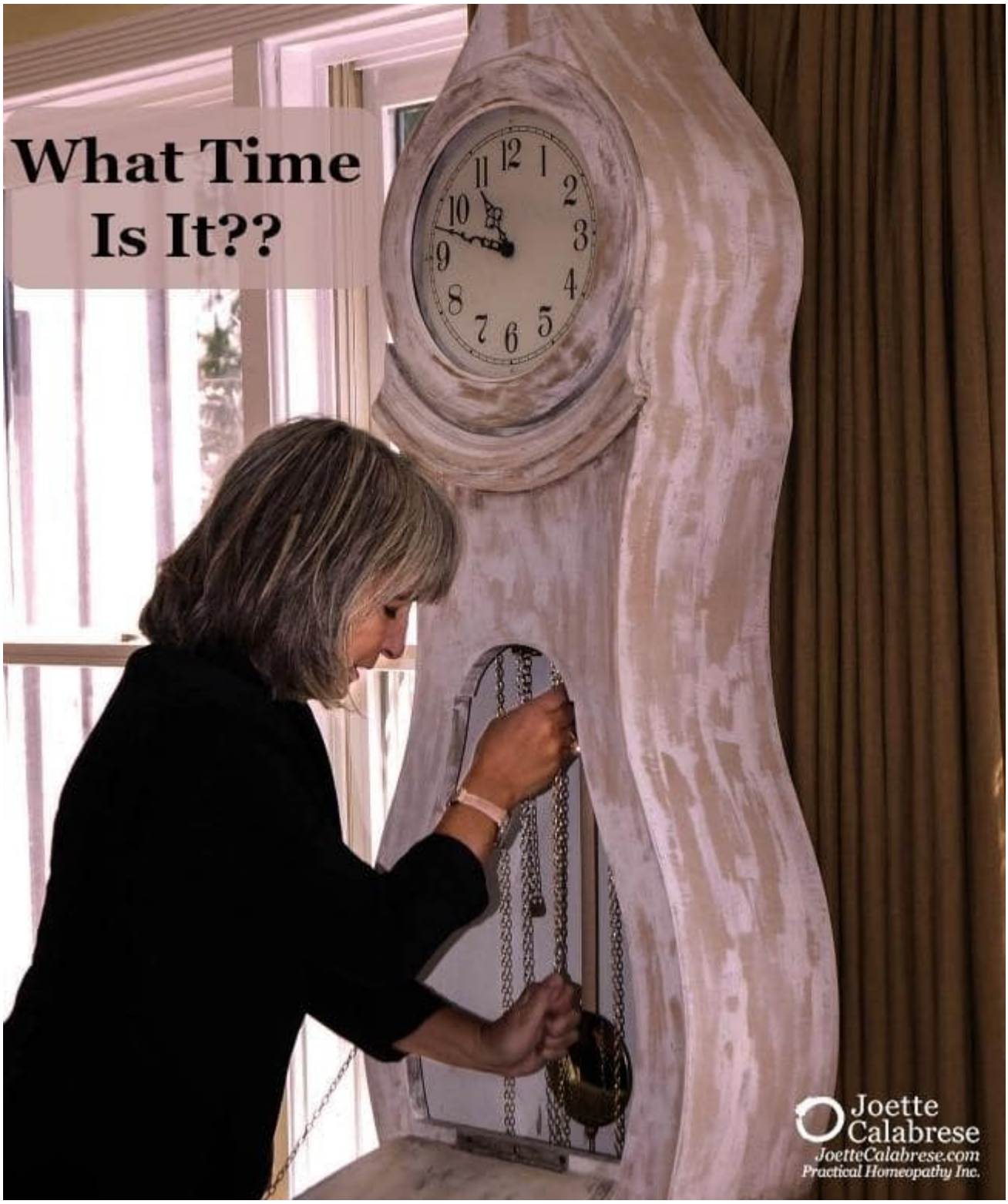
Warmly,



P.S. Tune into my Facebook Live event tonight at 8 pm Eastern. I have another “bite” story to share with you from my recent adventures in Florida.

If you’ve missed my previous Facebook Live conversations, I have stored them in my Facebook Videos section so you can watch them when it’s convenient for you.

What Time Is It??



Spring forward, fall back.

Or, wait … is it … no, that’s right. Isn’t it?

It’s that confusing time of year again when we realize time is even more relative than Albert Einstein thought.

I went to bed last night at my usual time and mysteriously

lost an hour overnight. That darn missing hour will be gone all summer until it sneaks back up on me in November, and then the whole readjustment process starts all over again.

My head certainly understands this, but sometimes, my body does not – and, I know I'm not alone.

All over the United States (except in Hawaii and Arizona where they obviously have more entertaining things to do than change clocks twice a year), people will be battling the after-effects of this week's time change.

Those effects can present as fatigue, sleeping too little, sleeping too much, irritability or just plain ol' frustration at trying to figure out how to reset that one impossible clock we all seem to have.

A friend of mine had so much trouble changing the clock on her car stereo during the *last* time change, that she just gave up – and settled with it being an hour fast. (At least now it will be correct again!)

When I'm just not feeling up to snuff after the time change, the homeopathic remedy *Nux vomica* 30 helps with it all (except for that clock on the car stereo).

I take it twice a day for only a few days until I'm feeling more adjusted to the new time. If my symptoms are really severe, then I consider *Nux vomica* 200, as an SOS.

Without subjecting you to an entire history lesson, the current iteration of Daylight Saving Time began in the early years of WWI as an effort to conserve fuel by reducing the consumption of artificial light.

What it effectively did was set up a tradition to tinker with our collective circadian rhythms – our body clocks – twice a year.

But, we can't place all the blame on the mandated time

changes.

We do the same thing to ourselves when we travel. We hop on a plane, fly across the globe, and immediately expect our bodies to synchronize with whatever is going on in that distant time zone.

Well, naturally, that is too much to expect!

Jet lag is simply a symptom of body clock disruption … certainly another time to utilize *Nux vomica*. I've also used *Arnica montana* as well, as detailed in my 2013 blog post, "No Jet Lag on My Trip to India."

However, Boiron has once again made it super convenient for those of us who travel with their product Jet Lag Relief®. (You have to admit the name is pretty easy to remember.) This combination remedy supplies *Nux vomica*, *Arnica*, and also *Cocculus indicus* for jet-lag-induced queasiness. If you think those remedies sound familiar, you'd be correct! I described them in a blog post six years ago: "Flying High … with No Jet Lag." But, it sure is convenient to have them packaged together in one handy Boiron box.

I would take the remedy as Boiron suggests: the day before traveling, on the way to the airport, then after arrival as needed – until I felt synchronized and adjusted to the new time zone.

Wouldn't our great-grandparents be amazed?

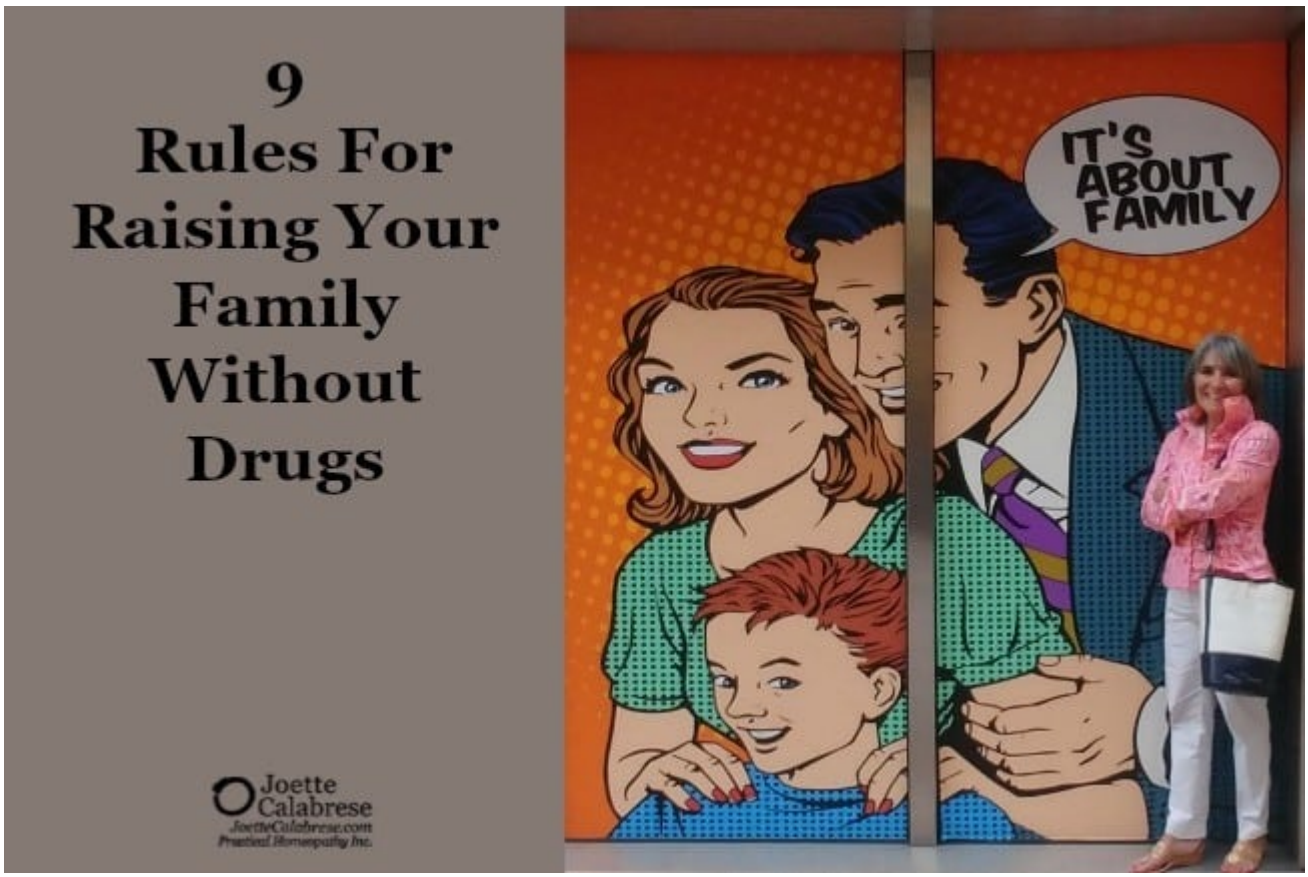
To them, it would indeed seem like the "future." So, isn't it ironic a medicine that has been in use for over 200 years can encourage our bodies to stabilize in these modern times?

Now if only we had an easy fix for that annoying clock on the car stereo.

Warmly,

P.S. Don’t forget about my Facebook Live events. I endeavor to hold one every Monday night at 8 pm EST. Be sure you’ve changed your clocks so you don’t miss it!! But, don’t worry if you can’t attend live; we have them stored in our video section so you can view them no matter what time your body is on.

Nine Rules For Raising Your Family Without Drugs



I'll admit it – I like lists. I enjoy writing things down. The very act of writing something down helps to solidify the thought in my mind.

(Of course, later *finding* where I wrote it down is sometimes the difficult part!)

The other day, while doing some online reading, I came across a list of rules for productivity. The article didn't list anything necessarily *new* but having those common tips in list-form made the concepts easier to process.

That inspired me to say to myself, "I need to write a list of the most important ways to keep our families healthy!"

I hope these rules help you prioritize the things you can do to keep your families robust and drug-free.

1. Get the nutrition part right.

If you still believe skim milk and cereal for breakfast is a healthy way to start the day, it's time to update your nutrition education.

Pasture fed meats, bone stocks, fermented organic vegetables and raw milk kefir are the best foods for raising a robust family.

Discovering a local farmer who can supply you with fresh, healthy foods is the best place to start. If that's not possible, count on your natural food store to get you up and running. Then apply the preparation and cooking methods moms have used for centuries.

2. Gather as much information as you can regarding vaccinations.

This is one of the most riveting controversies of our

decade. Deciding when and how much to vaccinate, or whether to vaccinate at all, requires copious research on the part of savvy parents.

Until you have the answers, consider holding off. Then enact your family decision with confidence.

3. Put an end to the use of Tylenol, antibiotics and other suppressive drugs.

Know how to treat simple childhood illnesses and injuries. Becoming acquainted with a handful of homeopathic remedies can protect your child from the ubiquitous use of antibiotics.

4. Have a mentor you can count on.

Fully taking on the responsibility for the care of your child requires effort. To attempt to do it alone can be overwhelming.

If you can share your journey with someone who is many steps ahead of you – someone whom you trust – you'll find your way at a quicker and more confident pace.

Make sure your mentor is professional, has done what you want to accomplish, seasoned *and* a mom. Hint, hint: I'm happy to fill this position online here.

5. Keep your pediatrician at arm's length – or find a genuinely holistic one.

If you have a true holistic pediatrician, consider yourself extraordinarily lucky. But, make certain he or she is not just giving it lip service. (There's a lot of that these days.)

Ask other holistically-minded moms for referrals, and then make your own inquiries. The only way to know is to ask them what they recommend regarding nutrition and their posture on

vaccinations and antibiotics.

If their opinions don't line up with your philosophy … exit!

If it's out of the question to find such a doctor, then consider a good chiropractor, and fill in the blanks with your own abilities – kicked up a notch. That's what I did.

6. Do your homework *before* major health issues present.

The only way to be prepared … is to be prepared. The next cold, cough, ear infection, sore throat or sprained ankle is right around the corner.

Knowing how to use homeopathic remedies will give you the autonomy many moms crave. Indeed, having them on hand and knowing how to use them for most your family's most common ailments is an incredibly satisfying way to parent.

7. Throw away the chemicals.

Chuck them in the trash – that is, the fake skin lotions, sunscreen, questionable hair and body products, chlorine, fragranced cleaning products, and pesticides.

For every one of those items I just mentioned, there is an alternative that's not only safe but usually much less expensive!

For example, instead of deodorant, use coconut oil followed by a light powdering of baking soda.

8. Unplug the bedrooms.

When putting the babes to sleep at night, don't just turn out the light. *Unplug* the lamps and other electromagnetic devices in the bedroom.

That means no computers, televisions, alarm clocks, etc. If you must have some light, put on the hall light and leave the door open.

There’s plenty of research coming out now indicating the amount of electricity we are exposed to is interfering with our natural rhythms.

9. Empower yourself: guts, spunk, and moxie

This is the way of the mother lioness.

It takes resolve and pig-headed determination to raise your kids to be genuinely healthy.

When you have the guts to do it, both you and your family will reap the benefits: a happier, well-adjusted family with robust health carrying on to subsequent generations.

With your guts, spunk, and moxie firmly in place, you can *choose* the way you want to raise your children.

So, there you have my top nine rules … but I could go into much more having to do with educational and family choices, not to mention the importance of adherence to your religious convictions.

But I’ve decided to remain true to health and homeopathy for now.

Warmly,



P.S. If you want to start doing your homework now (see #6), please take advantage of the wealth of free information on my website, my weekly blogs, podcasts and their accompanying free Remedy Cards.

The cards are downloadable, enabling you to curate your own library of remedies for particular conditions.

Also, please join an enthusiastic group of like-minded folks (and me) on my Facebook page. In fact, I endeavor to hold a Facebook Live event every Monday at 8 PM Eastern – with each week's event archived in the video section.

I would love to see you there!

If you would like to go to the next level, please consider joining – or forming – a study group. You can learn more at https://studygroups.joettecalabrese.com.

But for those of you still yearning for more, my course, How to Raise a Drug-Free Family: The System, will advance your homeopathic education so that you feel knowledgeable, confident, and at ease as you care for your family's health. Caring for your family is a sacred trust, and I want to do all I can to empower you!

**Photo was taken at Miami Mall – just outside Restoration Hardware in South Miami Beach, Florida.*

Podcast 45 – Why Practical Protocols?



IN THIS PODCAST, WE COVER:

01:25 The name change

03:11 **Getting to know Joette better**

10:44 **From classical to protocols**

16:51 **Why are classical homeopaths hesitant to share this**

23:05 **Efficacy and simplicity of the protocols**

31:07 **How to teach families how to treat themselves**

34:15 **The Prasanta Banerji Homeopathic Research Foundation**

43:31 **Homeopathic protocols work**

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Fatty liver: *Chelidonium or Lycopodium*

Tired new moms: *Sepia*

Prostatitis: *Thuja*

"Why I Go to India Every Year: Drs. Banerji"

Injury: *Arnica*

Allergic reaction: *Apis*

Head injury: *Cuprum metallicum*

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: Medicine, modern medicine to consider homeopathy viable, you have to be reproducible. That's got to be scientific here.

Kate: You are listening to Podcast Number 45 with Joette Calabrese at PracticalHomeopathy.com. On this podcast, Joette shares her wisdom on how to use homeopathy utilizing proven practical protocols. On today's podcast, Joette and I will have a conversation about her background in classical homeopathy and why she has moved to using the efficacious practical protocols. This is a great podcast to share with others who would like to know more about Joette and the practical protocols. Now let's get started.

Hi and welcome to the Practical Homeopathy® podcast. I am

Kate. I am here with Joette today to bring you another exciting podcast. So, grab a cup of tea, sit back, relax, and let's learn together from Joette.

Joette, I wanted to start off today by talking a little bit about that name, Practical Homeopathy®. Some of your listeners may be wondering why the name change? Why move from joettecalabrese.com to practicalhomeopathy.com? So, tell us a little bit about that.

The name change

Joette: Well, Joette Calabrese doesn't have any real meaning to it other than it's just me. But, what's valuable about Practical Homeopathy® is that it tells people exactly what we're doing, what I'm doing. That I've made something very complex – homeopathy – and brought it down to a usable, fine-tuned level of medicine that folks can use themselves that makes it super-practical. By practical, I mean I want someone to learn about it during the day and use it that night. Classical homeopathy is much, much more complex. So, I have moved from classical homeopathy and have gone towards something that would make it easier for me to teach.

It was very frustrating for me, not only while in practice as a classical homeopath, but I would teach homeopathy – I taught homeopathy for years at a local college at first, credit-bearing course in New York State on the subject of classical homeopathy. I taught it in a local college in Amherst, New York, outside of Buffalo, New York. I taught classical a great deal. But, one of my messages was, one of the main messages that I think most people came away with after taking these courses from me was that, "Well, kind of interesting, but I guess it's not for me because who's got 10 years to study all this and a lot of money studying and learning medicine from scratch – a homeopathic medicine from scratch." So, it was frustrating to me because I knew I was losing a lot of people who would otherwise be interested and

be able to perhaps treat their families. So, I decided to figure out how I could make this most practical for myself and my family, and for my students and clients.

Getting to know Joette better

Kate: Joette, let's talk for just a minute about your background in homeopathy because I'd like your listeners to get to know you a little better. Now, you didn't ask me to say this. But, I think it's important that your listeners know that you're an accredited homeopath with several degrees in homeopathy and have studied with many homeopaths from around the world. You're an author and a speaker. You've taught homeopathy to medical professionals. You've been on staff at several well-known, reputable international homeopathic schools. And, you have been on radio and TV. I'm probably missing some things, but if you go to practicalhomeopathy.com which is Joette's website, you can click on the "About" tab and you can find out more information about Joette if you'd like to know more.

Joette: Well, probably most importantly of all the things that you didn't mention is that I was a mom. That's where it all started for me. I had been sick, myself for many years. In fact, most of my life I had severe allergies that came and went, came and went. I suffered from them in many different forms, eczema as a child, and lots of bronchial conditions, and then later, gastrointestinal condition, and then later, asthma. So, even from the time I was a little girl, my mother was always searching for alternatives. That was back when I was born in 1952. So, I spent a good deal of my life dealing with these chronic conditions and, also, far too many acutes that were kind of sitting on top of the chronics. Then when I decided to have children, when I got married, my husband and I decided we wanted children right away. I did not want them to go through what I had gone through. I didn't want them to have the antibiotics, and the steroids, and all the tests, and the allergy shots. All of

the gunk that I was exposed to my entire life, I did not want them to be exposed to.

So, I decided early on when I was pregnant with my first son that I would go to a conference, actually it was just a lecture given by a homeopath who was a medical doctor. He was retired. He was traveling the country and teaching people about homeopathy. I was about six months pregnant. I remember sitting in this class and I was mesmerized. I had been studying naturopathy, not as a naturopath but I had been studying many naturopathic methods and had gone to chiropractors. I had been studying botanicals and essential oils. I also wildcrafted my own botanicals and made tinctures, et cetera for years. I had heard of homeopathy, but I didn't really know what it was.

So, for the first time ever, when I listened to this man, it seemed as though he spoke in my language. He said that for every condition that a child can have such as fever, otitis media, conjunctivitis, strep throat, eczema, cradle cap, you name it, there's a homeopathic medicine that will correct it. I had heard something like that from the essential oil people. I had heard something like that from the botanicals. I had heard things like that from the chiropractic. But, it wasn't bearing out for me. It wasn't showing me that that was what was happening because I had been using them for decades. I was not as impressed as I wanted to be. So, that very night, I bought a homeopathy kit and bought a book and decided I was going to study homeopathy. I was going to learn about it.

So, once I had my child, it came into use immediately. I put it to service right away. I won't go into that story. I have a *lot* of stories. I don't know, we would be on for hours talking about the stories on how homeopathy has corrected this or that. And has saved my children and me and my husband and my parents and our dog and our chickens and our goats and our ducks. I mean we could go on and on about how

homeopathy is so efficacious.

But, then I started to study more rigorously. We studied in a group. I met with some friends. We met every Thursday night for four years. We studied under a teacher who had been a homeopath, a lay homeopath, from England. She had come back to the US. She came to my house and then other people's houses. We took turns. We studied homeopathy. She assigned homework, and we learned. As my interest grew, as I became more and more astute with this – it was always classical, by the way. That's all we learned was classical. I started to repertorize. I got myself a repertory. Then I got a second repertory. Then I got a third repertory. Then I bought *materia medicas*, and I started studying earnestly. In fact, my husband used to remark that there was never a time when I was seated that I didn't have either a child or a homeopathy book on my lap, and sometimes both. So, it went hand in hand with mothering. It was my right arm. My left arm was holding my baby, either nursing or feeding or taking care of my children. So, I could not, I don't know how I would have done this without.

In the beginning, I did use essential oils and herbs and supplements, et cetera because I didn't know enough about homeopathy. I was frightened by some information that I'd gotten in terms of "proving" if you use it too frequently and that kind of thing. But, I didn't understand it well enough to understand that it's not as serious as people think it is. It's really just a way of learning.

So, at any rate, then I decided I was going to take the big leap and I went to study in Toronto. I studied there for five years. I studied with teachers from all over the world. Some of them were medical doctors. Some of them were lay practitioners. Some of them were naturopaths. Most of them were medical doctors, especially if they came from outside of the US. In doing so, I then sat for certain international exams. I won't go into them all, but I've got my

designation. People can look at that on my website. I was a dyed-in-the-wool classical homeopath.

By the time I had my third son, I had been trained well enough, I felt, that I could start a practice, and I did. In doing so, I was using only classical. At the same time, even before that time, I started to teach homeopathy. I was teaching so often that I was teaching every night at a different location. So, Monday nights, I would teach in one part of Buffalo, New York, downtown. Another night I would teach at one of the suburbs. Wednesday night, I would teach in the south towns. Thursday night it would be in a church. So, every night was a different class. I did this for years. When I finished, I would teach six classes with one group. That class would finish and then I would start in another segment of Western New York area, Black Rock, West Side, Tonawanda, Cheektowaga. I was all over the place teaching these classes. What I found fascinating is that everyone wanted to do what I wanted to do – treat their families. They wanted to know how to treat otitis media and conjunctivitis and eczema and the same things I wanted to know how to do.

But in teaching classical, it was like teaching with one hand behind the back because you had to study so diligently to get to the classical modalities, to get to the point where you could have enough acumen that you could actually cure someone. Sometimes you hit it; sometimes you didn't. And it was hard. What remedy? Now, what potency? Okay, now what frequency? Okay, now when do we stop? It was an awful lot of conditions that needed to be met in order for all to be lined up like a perfect storm in order to get the remedies right. So, I knew there had to be another way.

From classical to protocols

Also, in my practice, I was using classical. I also learned that when I was working with folks, I would use the

constitutional remedy which is strictly classical. That is supposed to be given one dose, one day. Sometimes, in some homeopathic classical circles, they use it twice in a day (a split dose), or three times over a 24-hour period (also called a split dose). But then you would have to stop. And you'd have to choose only one remedy. How do you choose one remedy if someone has let's say eczema? Okay, that's not so hard. But you were supposed to choose one remedy that encompasses *everything*.

What if that person had eczema and then walked in the back and they were clipping bushes and they got stuck in the eye with a branch? Now, they had an eye injury. Okay now, what do you do? Use another remedy on top of that? Certainly, you should. Now, they go back into the house and their eye is all a mess. They got this eczema and they're itching. Now, they trip over the doorstop and they fall, and they hit their head. Okay now, what are you going to do? Pretend that didn't happen? Of course, you're going to give a remedy for a head injury. Okay now, they get in the house and the kids come home and they're all sniffling. So, he's like "I got the flu!" Now the guys got eczema, an eye injury, a head injury, and the flu. Now on top of that, that night he's up all night long because he's got prostatitis. He's urinating all night long and he can't sleep. Now he's got anxiety. What are you supposed to do with that? Really? Can we really find one homeopathic medicine that's going to cover all of that? Well no, you *can't*! You have to parse it out.

So, I found it very frustrating that I still had to live by the dogma: one remedy. So, what I started to do was I started to cheat. What that means is that I would use the constitutional medicine, the main condition for the main, and then of course peripheral conditions as well. Then I would use a remedy that was specific to the miasm, which meant generally speaking, it was a nosode. That's another category. Then I would also give a cell salt because you can

always use a cell salt. Then an acute would come along, and I'd have to give the acute. So, that's four remedies! That's not classical! Then I would find that they would contact me and say it worked for the first couple of weeks. But I don't know, it's not working so well anymore, so I'd repeat it. Then I would repeat it every week. After a while, I started to realize that I needed more than one constitutional, classically-derived medicine.

Kate: Some people might say, "Well Joette, you didn't get the right remedy."

Joette: Maybe not, but I'd been studying for many years. I was in practice full time. I was already in my 40s. At what point was I going to get it right? Okay, so maybe I'm dimwitted, but I was in school also in Toronto. I would add this onto it – is that in order to be in this school in homeopathy, you had to have been in practice for five years. So, everyone who came to this class, we were all studying under Dr. Ramakrishnan who would come in from India. He was a medical doctor teaching and using homeopathy exclusively in India. He would come and teach us. There were doctors who were coming in to learn this. We're learning together. One was from Iran and another one was from Ireland, another one from the Netherland, two of them were from Columbia, and another one was from … you know, they were from all over the world. Another from Israel and Great Britain and Canada, of course, because were studying in Toronto, and of course, Americans. So, we got to know each other. I was not willing to admit – just like what you said – maybe I was dimwitted. Maybe I wasn't going to get this correct. Maybe I just was never suited to this in the first place, and that's why I wasn't getting the correct remedy. I'm not telling you I didn't have any successes. I had successes, but they weren't fast enough. They weren't good enough for me. I wanted *lots* of success. I don't want 50%, 60% success. I want 90%!

Kate: Right.

Joette: What are people coming to me for otherwise? To me that feels half-baked. So, the first year, I would get to know these folks, and I never said anything. Then the second year … I kind of whispered to one of the people who I'd gotten to know pretty well. She was a homeopath from Holland. She was probably in her 70s at that time. I said, "I just got to ask you. Do you ever use … (and I was whispering) do you ever use more than one remedy at a time?"

She said, "All the time, absolutely."

I said, "Wait a minute. Then do you use … do you ever use protocols where somebody says you should use it a specific way repetitively, time and time again, and that's the potency you always use or at least you'd start with that and you repeat it x number of times?"

She said, "Of course!"

I said, "Wait a minute. What do you mean of course?" All this time I'd been studying classical homeopathy, *no one revealed that to me*.

So, then I was emboldened. I was talking to others … and I asked the homeopath that was from Ireland. "Do you ever use more than one medicine at a time?"

She said, "Yes, of course."

Then I asked the two doctors from Colombia – yes. I asked the psychiatrist, I think he was from Pakistan – yes! Then I asked Dr. Ramakrishnan – yes! I said wait a minute. Why is this a secret? Why are we not being told this? Why are we being told that we can only use one medicine? There's only one medicine that cleans the *whole* picture up. And if an acute comes along, you have to count on the constitutional. You can use an acute, but you must stop the constitutional. You can't repeat too frequently, or et cetera, et cetera, et cetera, or you're going to cause a proving. Why is this?

Then as I got to know homeopathy better, I started to think a little differently.

Why are classical homeopaths hesitant to share this?

One thing I think is happening, and I do not want to be derogatory towards my own profession, but I think that homeopaths are worried that if they teach people their secrets, that people will stop coming to them. Instead, they'll treat themselves. I think that's very shortsighted. Because look around you folks … everybody is sick. There are so many sick people on this earth. If they don't have one thing, they've got another. It's very rare to see a perfectly healthy human being. So, you will never be "unbusy." The more you help others, that's a closer step to heaven as far as I'm concerned. I don't mean to be silly here, but I really do believe that. I really believe that we're supposed to be giving this information away, this kind of protocols.

So, if a homeopath learns that a student or a client has a fatty liver, for example, if that homeopath doesn't use *Chelidonium*, shame on him or her. Of course, you're supposed to use *Chelidonium*. You could also use *Lycopodium* as a strong potential. But you must at least strongly consider *Chelidonium*. What potency? Well, you could use a 200. You could use a 30. But, it has been shown by the Banerjis that repetitively using a 6X of *Chelidonium* for fatty liver – or a tender liver, or a disrupted liver, or et cetera, et cetera where there's clear indications that the liver enzymes are too high, et cetera – that *Chelidonium* 6, twice a day after many weeks will correct that, slowly but surely. The tender liver or the stool that looks off or whatever else is showing up – the liver enzymes when that person goes to their doctor and gets their testing – starts to normalize. That is clear, indicated, reproducible – keyword here – if you want medicine, modern medicine, to consider homeopathy viable, you have to be reproducible. That's got

to be scientific here.

What used to floor me was that when we took a case in Toronto during those five years with one teacher and two more with another teacher, that if we all took the case, we all watched that person. We all observed that person. One person was asking the question. The person was sitting in front of the class of 300 people, and they would answer the questions. We all would come up with a different remedy. *What*? That's not medicine. How could you come up with a different remedy? It was all our perception. It was too subjective. That's not good medicine. We should all have come up with the *same* remedy. Now, it doesn't mean that if this remedy acts that no other remedy can. But it does mean that you're at least on the same page, and you're all studying in a fashion that is reproducible and that you can teach others – and not just use yourself – so that it doesn't become a coveted, quiet method that's esoteric. Instead, it's something for everyone to learn.

Everyone should learn this. All families should have homeopathy in their home. All mothers should be a student of homeopathy. All grandmothers should know how to use homeopathy. All mothers should be teaching their children how to use homeopathy, so that as they grow up, they have systems in place for when they reach college age and beyond, and get married, and have their own children. This should be part of everyday learning. Just like a child should learn how to invest money and learn how to build a house and learn how to cook and learn how to garden. These are skills that everyone should have. This is important stuff. So, how can we do that if we keep homeopathy esoteric, and too complex, and too difficult, and requiring that people buy very expensive programs or very expensive medical books.

I mean my medical books, I've spent probably, I'm going to say at least $50,000 on my homeopathy books. These are not lay people books. These are medical books that are used in

homeopathic hospitals throughout the world. They're very expensive. So, what I do is I get that information and distill it down so that it can be used by everyday people. *That's* what good medicine is. That's the way it should be. We don't want the paradigm of, "Oh! Only I know. You don't bother your pretty little head." No, no, no, that's an old paradigm. That's an allopathic paradigm. It teaches people that teaches mothers that the pediatricians teach mothers that they don't know how to take care of their own children.

Kate: Exactly.

Joette: I hate it!

Kate: You're trying to *enable* mothers. You're trying to empower them to give them the skills that they need to be able to care for their children when they're not feeling well.

Joette: Yes.

Kate: I think my story is probably very similar to many of the people who listen to you. I went through all of the different natural health paradigms. I went food. I started within herbs and essential oils. And then like you often say, I dated those other methods of healing.

Joette: But I *married* homeopathy! Yes. And it's a long-term commitment here. Until death do us part. I'm not leaving. This is where I belong. There's no doubt about it. I'm in love.

Kate: I think people who come to this feel the same way. I studied classical. I didn't go to school, but I started to get all the books. I worked with a classical homeopath. It is so time-consuming. "You have a cold. You know, Joe, okay just a minute. It's going to take me an hour and a half to sit down with all my books, to ask you all these questions and try to figure out what to give you for that sore throat

or whatever it is." Oh, my goodness! Yes, you have made it so simple.

Efficacy and simplicity of the protocols

Joette: Well listen, if this method that I'm teaching was not efficacious, if it didn't act, if it didn't work, I'd be right back to classical – except that it worked better. It does. It works better because it takes the mystery out of homeopathy. Instead of saying, "Okay, I finally got the remedy. I've repertorized, and I've read in my *materia medica*. I've studied, and I've overlapped, and I've integrated, and I've made sure that it's correct. Okay now, I've got it. Okay, now what potency? Alright, okay, let me guess. Let's see." In fact, I've got a couple of books on posology. Which potency is the best potency do you use for each remedy? Do you know what it's all about? It's all the information that authors from the past such as Kent and Bönninghausen and et cetera, et cetera, have all used in the past. What potency did they use for a specific remedy? Well, if you look up *Sulphur*, they've all used it in a 6, a 30, a 200, and 1M. So, which one is the one we use for today? Then you might look up *Phosphorus*. Okay, now it shows Bönninghausen like to use it in a 30. That was his favorite potency, but Kent like *Phosphorus* in a 1M. Okay, which one are you going to use?

Kate: Great!

Joette: How do you choose something like that – especially if you don't have experience? And I had experience. I had been in practice for many years when I found this – when I realized this, I should say. So, now you've got a remedy. Now you got a potency. Okay, you made a decision on a potency (which is really, to be honest, a shot in the dark, pretty much.) Now, how frequently? Show me how often are we supposed to use it for? Nobody ever teaches that. That's called posology. How often do you use it?

Now with these protocols, it's the whole picture. Give me the name of the condition. In 80% of the population, *this* remedy that I'm going to tell you about and *this* potency with *this* frequency and for *this* length of time has been shown to act. If you're not in that 80% (and most people when they're sick think that they're not, but they usually are, of course, because it's 80%), in that remaining 15% to 20%, there's a second level. If the first method doesn't act – the first line – then you go to the second line, because there in about 15% of the population does not respond to the first one. So, we use the second line. That second line is also a protocol. It gives you the name of the remedy, the potency, and the frequency. If that *still* doesn't act and there is a third line, we go to the third line. If there's no third line, guess what we go to – classical. We use it as a *last* resort. Not a primary. We don't start there.

Now it doesn't mean that I don't look at cases with a classical eye. I'm always looking at what the miasm can be. I'm always considering that. I'm always looking at the summation of these medicines. Could it be put together in a more tidy fashion so that I can use fewer medicines? I can use maybe just one. It's pretty rare that I can use just one because our human sufferings are not single-minded.

Kate: It's not so neat. It's not that tidy, little package.

Joette: I wish it was like that. All the people that I worked with for all of those 10, 15 years of using classical homeopathy, full time as a classical practitioner, *full time*. I didn't dabble. I was not a dabbler. I've never dabbled in anything. I've always gone whole hog, all the way up to my Eustachian tube as my mother used to say. I dive right in. So, I was full time doing this every day, five to six days a week. So, my experience was that it needed something faster.

Then I would learn that other homeopaths had protocols. If a

woman has had a baby and she's not feeling so well and she is fatigued … hello! Anybody out there who studied anything about homeopathy, you should be thinking of *Sepia* the moment I said, "Woman just had baby." It doesn't mean it's the only one. But, we at least need to *start* with that. If you're not thinking that way already and you've already started to go into your repertorizing program or cracking your repertory, you have not learned your organ remedies because there are specific organs. For every organ in the body, there is a specific medicine that approaches it homeopathically. That is very important.

If a man has prostatitis, you should be thinking of *Thuja*. It's not the only one. It could be *Medorrhinum*. It could be *Cantharis*. But, it's likely *Thuja*. Could it be *Conium*? Certainly! But you have to memorize these. So, because it makes so much sense based on what I'd learned classically in terms of the organs – the organ-specific remedies – then when I met with the Banerjis and watched what they were doing, it all made perfect sense. Of course, a man who has prostatitis should get *Thuja*. Of course, unless it's hardened, then it's *Conium*. Of course, a woman who has just had a baby and is having anxiety and fatigue and lack of well-being, et cetera, et cetera, problems with milk, all of that – of course, we should be thinking of *Sepia*. I mean why wouldn't you? If there's anxiety, why wouldn't you think of *Coffea* or *Ignatia*? Of course, you should think like that.

So, I memorized those. When I was studying for my exams in classical homeopathy, I had to memorize that kind of stuff. I needed to know my organ remedies. Now in classical, they don't stop there. They say you have to memorize a few of them. You have to know the top, the keynotes. And you have to know the top remedies for each of the organs. But, why go to remedy number two on the second level when number one works practically every time? Why not if it works in 80% of the cases? Why would you go any further? Why complicate

this?

I think – I wonder if it's really true that classical homeopaths are questioning this. Sometimes I wonder if it's just not trolls against homeopathy just trying to divide us, because it is a classical homeopath's dream to have these protocols. What it did for my teaching and my practice is astounding. The results went up. The commitment from students went through the roof. People are dying to learn this stuff, and I don't blame them. We should all know this. This should be taught in grammar school. Well, better yet, homeschool because … grammar schools. So, if you're a homeschooling mom, use this stuff as your curriculum. Your kids need to learn this.

Kate: Yes, we do. We use it as a part of our curriculum.

Joette: Absolutely.

Kate: I think what you were saying earlier about people not wanting to admit. I think it's more they want to appear that they can find that one remedy that's going to cover it all.

Joette: Oh my gosh! It's a dangling carrot. Let me also say. One remedy can do a lot of good work. There's no doubt about it if you can get it and get it right. But, my classes in Toronto were filled – 301 classes … it was 350 people in that class – were filled with people who were studying homeopathy because you had to be a homeopath in order to join the group, the classes. They had to be in for five years. They had to have been in full-time practice. That room was filled with homeopaths looking for their one gem – the one remedy that suited them. I know that because I talked to them all. I want to find my one constitutional. Everybody wants to find that because it's like a magic bullet, or it's purported to be. There are people who have been 100% cured by one remedy. There's no doubt about it. But it's very difficult to find, and very difficult to study

to get to that point. I always tell people. If you want to become a classical homeopath, roll up your sleeves. Expect to spend the next 10 years studying and about $100,000 worth of studying. It's very expensive to do this.

How to teach families how to treat themselves

I guess another part of this, too, what was part of my journey towards wanting to learn protocols and learning a simpler method – based on classical by the way. This is all based on classical. It's just classicals who have been using it so many times that after a while, some things started to become clear. Patterns started to develop. It was clear that *Chelidonium* is the remedy that's very specific for the liver. It doesn't mean it can't be *Nux vomica*. It doesn't mean it can't be *Lycopodium*. But, *Chelidonium* is a really good first choice.

So, it became clearer to me when I was a tutor for an international homeopathic school. This school had been around for decades. I was a tutor. So, I would get these young women – almost always women, I never saw men coming through. The reason for that is because most of these young women are mothers. They came to homeopathy because they wanted to learn how to treat, okay, right back again: otitis media, conjunctivitis, strep throat, eczema, urinary tract infections, shin splints for their husbands, and vomiting after eating too much. That's what they wanted to know. But instead, what this curriculum was teaching them was the history of homeopathy, the theory, how to use a repertory, how to use a materia medica. Not bad information, *excellent* information if you're going to become a homeopath.

What I found was that the homeopathy schools in this country and in England, et cetera – every place that I could find, in Greece, and Spain, in Italy, et cetera, et cetera – were all geared towards training homeopaths. No one was teaching families how to use this. So, these women would come into

the school and attrition rate was ridiculous. I never took a single student from the time they started the class all the way through the full three years. I never took them to the end because they quit. What a shame! They lost out on such an opportunity because yes, it's interesting, the history! Yes, of course, we should have the theory. Yes, we should know how to repertorized, if you're be going to become a homeopath, or you really want to take this on as a grand hobby in your life at a later date. But the most important thing that these women came with was, "How do I treat my family?" And that's when it became very clear to me that there was one aspect of this – of homeopathy – that was not being addressed. That was how do you teach families how to treat themselves. How do you do that?

So, when I learned that the Banerjis were using protocols, and by the time I learned this, my children were old enough that I felt as though I could go to India. I knew that I had to go to India in order to really get this down to a science. I thought about Greece and studying with George Vithoulkas who was classical. I thought about studying in Italy with Massimo Mangialavori. I thought about going to all places. There are many places all over the world where you can study homeopathy. But, I wanted to learn how the Indians were using it because I knew that they had such a huge population. They had to take cases very quickly. The only way to take cases quickly was to not commit 100% to classical and constitutional, but rather to use a distilled version of it.

The Prasanta Banerji Homeopathic Research Foundation

So, by the time I went to India – to Kolkata to work with the Prasanta Banerji Homeopathic Research Foundation – my children were grown. When I watched and observed them as each doctor was taking a case, they would take case for … it would take 15 minutes. Sometimes it would take only 5 minutes, because the protocols were very clear. They saw 100

patients per day, each doctor. Let me repeat that. Each doctor saw 100 patients per day. I don't know a single classical homeopath who even has that many people interested in seeing that homeopath. First of all, because you've got to have results in order for people to bang down your doors. These people weren't just banging down the doors. They were lining up on the streets. The line went all the way not around the block but clear down the road. They would sleep overnight to get into this place because it had such a reputation. So, each doctor – and there were 12 senior doctors – were seeing 100 patients per day.

Now, they also had assistants. The assistant would take the case first, and look at the chart, and look at the X-rays, and read the MRIs, and take the family history, and get all of the information instead of the senior homeopaths doing that. These were the junior doctors, the junior homeopaths. By the way, these people are all MDs and use only homeopathy. So, that case would be fully taken. That junior doctor would walk into the room, into the office and have the patient sit down. The junior doctor would sit next to me. I would be sitting next to Pratip Banerji or Prasanta Banerji. In some cases, sometimes I'd work with other senior doctors.

The case would be shown to the senior doctor. He or she would glance over. Take a real good look at it. The junior doctor would point out aspects of the case that needed to be pointed out. The senior doctor would palpate on the examining table, if need be, hold up the X-rays looking at it in the X-ray lamp, and dictate to the junior doctor exactly what needed to be used. After you've seen … you've seen 100 of these a day, six days a week, that's a *lot* of patients you've been seeing for your entire career. After a while, this is not that complex. There are patterns that are developed that are clear.

Kate: This is all put into their database, right?

Joette: Well, put into a file system. The whole back building is all files, boxes, and boxes, and boxes. It's all it is. It's a huge building. All it is is files. They've been collecting these files … they've been doing this for 150 years. Did you hear what I said? 150 years of using these protocols with all of these doctors doing this. Now, it's not exactly 12 doctors over the full 150 years. There might have been only two doctors a hundred years ago. But it's the same protocols. They do evolve a little bit here and there as things change in humanity, in the human family. But, they have used these protocols basically for 150 years.

As they've had these 12 doctors doing this, at the end of the day, there have been 1200 people who have tramped through this clinic. What they put into the data center, which is on the second floor and there are six computers up there with junior doctors sitting in front of them, inputting the kidney cases and the cancer cases mostly. Now, they also take other cases as well, cardiac and they put them in the data. But, it's mostly those particular cases because to be honest, after a while, how many times can you say fatty liver/ *Chelidonium*. And if you're seeing 100 patients a day, you see 10 of those.

Kate: Wow!

Joette: Of course, they're coming back. They come back in six to eight weeks, sometimes four weeks. Sometimes they come back and just ask questions of the junior doctor. So, when people say they don't get results … *what*? It's all written down. It's all registered.

The president of India has given them awards. I met the two princes of Bhutan who came into the office. Royalty come in to see these doctors – all of the royalty of India and the royalty of the surrounding countries. This is not just some smurfy, little clinic. These are well-known. They have a bridge named after them. They have statues named in the city

around the work that they're doing. These people are *highly* revered. This is not just some classical homeopath that thought he'd put up a sign up in front of his office.

So, when people criticize this, I almost don't want to respond because it's practically laughable. But, I don't mean to be rude, on the other hand. The Banerjis are the doctor to the first lady of India and the president of India. But of course, because they're the *best*! They get results.

So, after I've been there – and I've been there eight times – and each time I go, I generally go for six to seven weeks, and all I do is I sit. I do it all by hand. I have a notebook, and there's a mall next door to them. I go there, and I buy another notebook every couple of days and more pens. All I do is write. I don't even ask questions. I just write. I just record and record every case. Every single case I see, I record. So, I write down the condition, the prescription, the conventional drugs that they might be on (and many of them are on regular drugs. Many of them are). But, they come here because the drugs aren't acting or aren't helping. Some of them come on stretchers. Some of them come in ambulances. We get out of our seats in our office. We walk around to the back where the ambulance is. We all stand around, and we observe as Dr. Prasanta or Pratip Banerji takes the case as the person is laying there in the ambulance.

Kate: Wow!

Joette: People are brought in on homemade stretchers made from bamboo and rags that they wrap around. They carry their loved ones in on their backs. Grandsons carry the grandmother in, in a sling that they've fashioned out of fabric. They come in on crutches. They come in half alive, but they come in. Meanwhile, when I'm going out for lunch, I leave the building. I go with one of the doctors who I've

become very close friends with, and we leave the building. She has to hold my hand to pull me through because the swarm of people trying to get into this clinic is astounding.

They see 7,200 patients per week. So, when someone says that it suppresses, really? Show me the evidence. Let me see the double-blind study. Let me see the evidence. Let's see it. Show me how they could be suppressing when they're curing cancer. They're curing brain cancer. They've been invited to go to Anderson Cancer Institute, and Roswell Cancer Institute, and the NIH, and institutions all over Europe. They are invited because they have the research and they have the PowerPoint presentations. They're teaching doctors how to use these.

Kate: Right. Those doctors I've read are actually starting to use those homeopathic protocols.

Joette: They are. They do. Yes, they do. They do.

Kate: You can't argue with success.

Joette: That's right. I want to replace the idea that dogma is number one. No. *Results* are number one. I don't care what dogma says. If I see results, I'm going to accept it, because I was trained that the dogma is you don't repeat the medicine more than a couple of days. You don't use twice day for six to eight weeks. You don't do that. You don't use more than one remedy. Except that I got to tell you, it *works*! So why would I deny it?

Dr. Samuel Hahnemann did not see 100 patients per day. He was brilliant. He had it all understood. He was the father of homeopathy. There is no doubt that he was clearly onto something, that he was a genius. But, it's not until we put this into practice where a doctor can see 100 patients per day, and beside him in the next several rooms are 11 other doctors doing the same thing. So, in the end, there are 1,200 patients that are being seen per day. Dr. Hahnemann

didn't have that kind of experience. He was brilliant. He was right. But he did not have clinical experience like this.

Kate: Do you think he would say, "Oh no! Don't learn anything new!"

Joette: That's right. That's right. He would never have said that. It's very unscientific to be close-minded.

Kate: Most of those people like you said, they do use the protocols. They just aren't acknowledging it because who doesn't use *Arnica* for an injury or *Apis* for an allergic reaction.

Joette: Yes, that's right. It's absolutely so. We don't mean that that's just for an acute or that's just an injury because there can be a head injury that was 20 years old that's still causing trouble. If you use *Arnica* now, 20 years later or *Cuprum metallicum* or *Cicuta virosa* or et cetera … you have to know those medicines. You use the one that is the most frequently used by the Banerjis and it's … you're golden. They don't use *Arnica* for head injuries; they use *Cuprum metallicum* every time.

Homeopathic protocols work

Kate: So, to summarize it up, Joette, what would you like to say to those people who speak against practical protocols?

Joette: Shut up! Just shut up. You don't know what you're talking about. When you do, come back and we'll discuss it, okay.

Kate: Do you feel better now?

Joette: Yes, I feel much better. Okay, so I guess you're looking for advice that's more kind than telling somebody where to go? Okay, then I will give you good advice. If

somebody says it works, why would you not want to try it? Just give it a try. It's not going to do any harm. Oh, but they think it's going to do harm. So okay, if you think it's going to do harm, then don't do it. Oh my gosh! Sometimes you just can't get through to some people. So alright, that's fine. We won't get through to you. Okay, you just stay in your classical world.

Kate: I think it's been good for our listeners to hear about your background and to know that you've been there. You've done that. As we've talked over the years, Joette, every time I come to you and I say, "Joette, this is what I've learned." And you say, "Oh yes, yes, I've been there, and I've done that." But, let's go back to what really works. I think a lot of our listeners are there, where they're learning. They're finding out new things and then they question, "Okay well, what about this instead of those practical protocols?" As we come to you, you're going to say "Yes, I've been there. I've done that." There's nothing …

Joette: There's nothing I haven't seen, because I've been doing this for so long. I've been working a long time. I've been studying homeopathy for 30 years. Before that, I studied somewhat a little bit of naturopathy, again, not in a naturopathic school, but I used to study that. I read it incessantly. The reason I read it incessantly, the reason anyone studies these things incessantly are generally twofold. One is that they're suffering or someone in their family is suffering, and they need to find an answer. That's where I was. I needed to find an answer.

So, I studied and read and read and studied. My mother read along with me. She studied. She read one book. I would read another book. We'd go on to the next. In those days there was no internet. So, we would go to health food stores, and garage sales even, and try to find books that were no longer in print and go to bookstores that had a good medical section. We've read because I was very, very, very sick for

a long time. So, I know all about other methods – blue-green algae, and now it's colostrum, and now it's this, and now it's that. Yes, that's all good. Vinegar. Of *course*, we use those things! Of course, we employ those things. But, if you want results, it's homeopathy. That's what it boils down to.

Kate: And the practical protocols.

Joette: And the protocol that distills it to a much simpler method.

Kate: I think we have come a long way from the question of why did you change your name to Practical Homeopathy®?

Joette: … from Joette Calabrese on my website to Practical Homeopathy®. Okay, was I supposed to just answer that and say, "Oh because – because it's easier to spell or something."

Kate: That was the longest question ever.

Joette: I try to teach folks – because I believe this is so important that people have this skill – that you need to establish what's really important in your life. Once you've established the priorities … when people say, "I don't have the time to learn." Okay, well maybe it's just not important enough, because you can always find a way to do it if it's truly important. You need to establish what's important, establish your day. Start your day with studying. If you are a prayerful person, then you should start with your prayers. And if you're Catholic, your Rosary; if you're Protestant, your Bible. You start your day on good firmament, and then establish what you're going to get done that day. And learn *one* way to cure *one* person in your life. Learn how to figure out why your dog is sick. "How can I fix my dog with diarrhea? What are the protocols for diarrhea? How does that present in my dog?" Figure out where to get the remedies and buy them and start utilizing this.

There’s not an awful lot to figure out. I hand it out to people on my blog. I give you the name of the condition. I give you the name of the homeopathic medicine, the potency, the frequency, and then I give you a link to Boiron or Amazon or where else you can find it. I don’t get paid for those links by the way. I want people to know that I do not get kickbacks, because then it wouldn’t be a free blog. I don’t make an income on this. So, the blog is free because I want it to be free, because I think it’s important that we give back and that we hand this out. That’s what I hope others will do. When you learn how valuable homeopathy is, I hope that you will turn other people on to this method of medicine and my blog that’s free so that this can get around to many, many, many families.

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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Podcast 44 – Americans for Homeopathy Choice



IN THIS PODCAST, WE COVER:

03:28 The latest FDA draft guidance for homeopathy

08:24 **Americans for Homeopathy Choice, CPG**

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LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

HomeopathyChoice.org

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 don't know how far this would go. But, we don't want our *choices* – that's the keyword, that's the keyword – we don't want our choices taken away from us.

Kate: You are listening to Podcast Number 44 with Joette Calabrese at practicalhomeopathy.com. On today's podcast, Joette will be conducting an interview with someone who will unpack the recent FDA action on homeopathy. Learn more about what the FDA is proposing, and how you can help ensure homeopathic medicines remain accessible now and in the future.

Joette: Hi folks! Tonight, we're reversing the tables, and I will be doing the interviewing. So tonight, we are discussing something that's rather important about the laws around homeopathy. We're going to be meeting with Paola Brown. Now, some of you may know Paola; some of you may not. So, I'm going to tell you a little bit more about her. Paola used to work for me for a few years. We miss her, but she started homesteading. She has three kids and she homeschools. She lives in Texas, of course! She is a member of the Texas Society of Homeopathy. She is an activist for homeopathy. Paola is the President of Americans for Homeopathy Choice. I miss having her on my personal team, but every once in a while, Paola comes back to me and says, "Okay, can I do this with you?"



Paola: It's really fun to be here with you, Joette. I feel a little weird because I am so used to interviewing *you* for your podcast back when we used to do it together, and we had so much fun.

Joette: Well, I know Paola when we started these study groups of, you know, *Gateway to Homeopathy*, you kind of took that study group and *ran* with it (is putting it mildly). You used to pack them in. I think you're still doing it.



Paola: I love teaching that study group with your curriculum. I loved it. In many ways, it's put me in position to do what I'm doing right now for Americans for Homeopathy Choice. I have to say, Joette, I see you as my mentor – of course, as my friend. But, it all started with you – that very first class you taught, *Good Gut, Bad Gut*. It means a lot to me that you have mentored me and coached me and helped me learn homeopathy and given me personal advice and professional advice. I just really appreciate that. But really, I think one of the biggest things you've given me, Joette – that nobody else could do, it was just you that could do it – is you gave me the *permission* to step up and be the mom that I always wanted to be as far as taking care of my family, and caring for them, and giving me the courage I needed.

Joette: I love it! I love it!

Paola: I didn't need that permission, but you gave me that permission that I needed.

Joette: I love it! That's my shtick. That's truly what I'm all about – giving mothers and grandmothers the right and the permission to get back to being the kind of parents and grandparents they want to be.

Paola: That's right.

Joette: It's a beautiful thing. So, Paola, tell me what's going on with the FDA. I mean, I have a good idea. And I've been in this arena for so long, I've seen changes around the FDA and all of that. But give us as briefly, my friend, as you can.

Paola: I will try. I actually wrote these points out because I do want to get it real briefly. Right before Christmas …

Joette: This was Christmas 2017.

The latest FDA draft guidance for homeopathy

Paola: Yes, 2017, that's right. The FDA, they issued … there's something called a draft guidance. That means it's a rough draft. It's not a final document. They're saying it's a rough draft. Together with a group of moms, we did not like what we saw in this draft guidance. So, we formed this organization, Americans for Homeopathy Choice. You can see our website at HomeopathyChoice.org.

When you download the FDA's December press release, right from the beginning you know where they're going. They say that the FDA has developed – this is a quote, "A risk-based approach to create actions on homeopathics that potentially post higher risks to the public health." In the press release, they used the word "risk" 17 times. I have to say that this is a very suspicious press release, Joette

because, by the FDA's *own* definition, homeopathy is completely non-toxic.

Joette: Yes, ma'am! Yes, ma'am. In fact, that is the argument against homeopathy is that it can't be of any value because there's nothing there. It's just sugar pills. It's all placebo. So, how is it that it could be risky?

Paola: That's exactly right.

Joette: Yes, so you can't have it both ways when you're trying to build an argument. But go ahead, sorry.

Paola: But what's also alarming is the amount of prejudice and the coordinated attack that has come from mainstream media. Do you realize that in that press release, they associate homeopathy with rat poison? I mean, it is prejudice. I pulled up five articles, press releases that the FDA has done on Tamiflu. Tamiflu reduces your 7-day flu to 6.3 days. Okay? So, I compared five press releases that the FDA put on Tamiflu and this great, super awesome drug that reduces your symptoms from 7 to 6.3, and the language was so soft. In the *one* article that they do – the one press release they do on homeopathy – they compare it to rat poison; they say it's ineffective. I mean just go on and on. They've mentioned deaths. What deaths?

Joette: Well, the FDA stimulates, and then the media carries it along.

Paola: Yes, that's right. So, you get articles like from NPR, "FDA cracks on homeopathy."

Joette: Well, of course … NPR, hello!

Paola: That's right, or you have NBC said, "FDA cracks down on snake oil homeopathy." So, neither of us are delusional here, Joette, in saying that the FDA is launching a smear campaign.

Joette: Here's one of the problems. If people understand that basically what this is, is a market square. And I remember – I know we've got a lot to talk about, but I have to recall a time when I used to work for NBC. One of my big accounts was Pepsi-Cola. It was my, as we used to say in the business, my "bread and butter account." It was the account that was the basis for my income for years.

One morning, it was a Tuesday morning, I picked up the phone and said, "Joette Calabrese here." On the other end of the phone, the person said in a very clear voice, "Get it off the air." I said, "What? Get what off the air?" Now, I recognize the voice because she was my account executive from the agency that represented Pepsi-Cola. I said, "Get what off the air?" She said, "That program last night on the detriments of sugar in children's health. You know you're going to be playing it again tonight, Tuesday, and then all through the rest of the week– get it off."

So, at that time, this was back in the '80, '81, 1981. I didn't have a family. I didn't have children. It never even crossed my mind what sugar could do to children. None of this was of importance to me at any level. So, she said, "Get it off the air or we put all of our advertising dollars into ABC and CBS." Goodbye to local NBC station in Buffalo, New York. We were the 29th market at that time, which is a pretty big market – television market.

So, I very dutifully went to my sales manager, and we both walked down to the news department. My manager sparred with the news department manager and said, "Get it off the air." He said, "What? Are you kidding me! We've been working on this exposé about the detriments of sugar in children's lives for three weeks. Are you kidding me? No, we're not!" He said, "Get it *off* the air." He picked it up – it was in a reel in those days – and threw it into the trash can. And, that was the end of that.

Now, that's just one little television station. So, if it affects the advertisers, it will affect what is said, and how it is said, and what is publicized out there. So now, multiply that by billions and billions of times, perhaps, in all kinds of industries – whether it's the sugar or the Coca-Cola or the Pepsi-Cola or the pesticide or the drug, or whatever industry it is we're talking about – that advertisers matter. News is not as pure as the news people would like to think it is. It is advertiser-driven.

Americans for Homeopathy Choice, CPG

Paola: Going back to the FDA then, it's really unfortunate that homeopathy right now is at this newly disconcerting relationship with the FDA, because for 80 years – or I guess technically 75 years or so now – homeopathy had a really *good* relationship with the FDA. And then in the last five years since 2015, it just the tide suddenly shifted. So, in light of what we're reading and seeing from this draft guidance from the FDA, my organization, Americans for Homeopathy Choice reached out to many key players in the homeopathic community. If you to our website, HomeopathyChoice.org, you can read a three-page document that outlines these things.

But first, the FDA is saying that they're going to look at the potential risks that certain categories of homeopathic products carry. So, they're starting to look at things like nosodes and combination remedies – not *limited* to, they can look at other things. This could apply to all categories of homeopathy, but right now, they've started with things like nosodes and combination remedies. The second thing they're going to do is they're going to withdraw something called the Compliance Guide 400.400.

Joette: It's known as the CPG, Compliance Guide 400.

Paola: That's right. So, that's the second thing they're

looking – which on this document is something created *by* the FDA *for* the FDA. But interestingly, it's been a great document for homeopathy for over 30 years. The FDA uses this compliance guide, the CPG, to make sure that remedies have standardized manufacturing and marketing. It's a fair document.

Joette: Yes, yes, it is. Yes.

Paola: It's been good to homeopathy. It's one of the reasons we've been able to grow to the level we have. So, that's the second thing. Once this draft document becomes final, they're pulling the CPG. Then the third thing that we take issue with this draft guidance is that it opens a door to force homeopathic products to go through the same approval process that conventional drugs have to go through. So, as you can imagine, this would make the production of homeopathic products so expensive that it would maim the industry. We don't charge, like you said, $500 a pill. So, we can't pay millions of dollars for research to test each product. Joette, the cumulative $3 million that we make wouldn't even cover one product's testing.

Joette: Right. Well, it's different kind of research. We've done all our research for the last 230 years. That's all done. That was all established through provings. It's all recorded and documented. So, we don't do the kinds of research that conventional meds have to go through because they're coming up with new ones all the time. We generally use the same … I mean, certainly new homeopathic medicines come up from time to time but for the most part, our medicines have been established. If your child had a fever in 1799 that was really high, you might use *Eupatorium* or *Belladonna.* You would do the same thing in 2018! It's the same medicine, same potencies, same frequencies, spelled the same! The pills look the same. So, that was established a long time ago. So, there's nothing capricious, shall I say, about homeopathy. It's been established for a long, long

time. It will hopefully stay that way. But go ahead, Paola.

Paola: Yes, well, that's right. So, if this draft guidance comes across and forces homeopathy to do the same testing as conventional drugs, we can't afford it and like you just said, we can't apply conventional drug testing methods to homeopathy because it simply wouldn't work. It's their *own system of medicine*. It's different.

Joette: It is different, completely different. That's right. That's right. So, you mentioned three main areas that the FDA is targeting in their guidance. Share a little bit more about their focus on nosodes and combination remedies, because I really encourage folks to buy combination remedies from Wal-Mart and Wegmans and those kinds of stores. I like them very much. It's a great way to start using homeopathy.

Paola: Yes, it's a gateway remedy in a good way.

Joette: Yes, right.

Combination Remedies and Nosodes

Paola: Sure. Yes, I'll talk about that. So, if you've taken any of Joette's classes, you know how important nosodes are to Banerji Protocols. The FDA is saying that these remedies are going to potentially be "potential to be pathogenic." There's no risk for homeopathic nosodes to have the potential to become pathogenic. Because – this is why – the Food, Drug, and Cosmetic Act states under the HPUS … so, the HPUS is the Homeopathic Pharmacopoeia of the United States. It's a piece of the FDCA law. It says the minimum amount that a product can be diluted. So, how can a nosode which is made from disease tissue have the "potential to be pathogenic," if it's *legally* prepared according to the tables – the minimum dilutions that the tables require from the HPUS? The FDA already monitors and enforces this. So, if they're doing their job, there's *no* chance that a remedy, a nosode, can have the "potential to be pathogenic," as they

say. So, the fact that the FDA is rating this issue is a concern because 1.) it's unnecessary, because they can already police this, and 2.) it's pretty suspicious.

Joette: Well, you hit the word: the verb is to "*police*." That is scary, and I don't know that that's what they're doing. But, I'm always suspicious when a government arm is saying, "Hmm, I think we'll check this out." First of all, they have funds and the wherewithal. They have very, very, very deep pockets. You can't fight city hall. It's pretty difficult to do. Secondly, I don't like heavy-handed government. That's what we're moving more and more towards in our world. I'd like to see that stop, particularly in religious freedoms, freedom of speech, freedom of being able to choose what to write for our families.

Paola: Again, it makes no sense that they would even be targeting nosodes because of the "potential to be pathogenic." Because if they are legal remedies under the law, there's no way that could even be possible because they have to be diluted to a point where it's no longer that way. So, it's frustrating.

Then going on to combination remedies. They're targeting combination remedies. When we talk about combination remedies – this is something that's important – people don't realize how important combination remedies are to the survival of the American Homeopathic Industry. You were saying the word "bread and butter." These combination remedies are the bread and butter of the homeopathic market. They would not be able to sell those single remedies in the store if the combination remedies weren't being sold because that's the bread and butter.

But, the FDA wants to overregulate these products. So, now these products would have to go through, for example, extensive testing that drugs need to go through. That's according to the draft guidance. So, if these combo remedies

become cost prohibitive to even *produce*, then pharmacies won't be able to provide all their other products like single remedies. Like I'm saying, the combinations are the backbone of these companies. So, the FDA's potential regulations can really make the US an unfriendly place for homeopathic companies. We will begin to see homeopathic manufacturers leave.

Joette: Which has already started to happen.

Paola: That's right. Heel Pharmacy left. We have TJL, Nova. I mean, you left New York, Joette. Why? Because you felt like the laws weren't friendly to small businesses, and you're off in Florida – somewhere else. I mean the same thing is going to happen but not from a state-to-state place, but from leaving this country completely.

Joette: Federally, sure.

Paola: Right. So, that is taking our right away from having access to a thriving homeopathic industry in the US.

Joette: We don't know how far this would go. But, we don't want our *choices* – that's the keyword, that's the keyword – we don't want our choices taken away from us.

Withdrawing the compliance guide

So now, tell me about the second issue: withdrawing the Compliance Guide for example.

Paola: The more I learn about this, I think this is an even bigger issue. When the final draft of the guidance document comes out, the FDA says they will rescind – you know, withdraw – the CPG, the Compliance Guide. So, as I mentioned before, this has been a blessing on homeopathy for over 30 years. Let me give you a little analogy, Joette.

Let's talk about American football. First, you have the rules of the game. That's the Food, Drug, and Cosmetic Act.

That’s what Congress gave us.

Within the FDCA, the Food, Drug, and Cosmetic Act, there’s the HPUS, the Homeopathic Pharmacopeia of the United States.

Together, these two parts of the law create the rules of the football game, right? So, they’re made for Congress to specifically protect homeopathy as a separate system of medicine from conventional drugs because the HPUS is separate from the conventional drug pharmacopeia of the United States, right? They’re separate!

Joette: Because the rules are different.

Paola: They are different. So, we have the rules of the game. We have these laws. Then in the football game, you have different teams in the game. One of those teams is the FDA, and their playbook is the Compliance Guide which we were just talking about, the CPG. The Compliance Guide has been around for 30 years, and it helps the FDA execute plays or regulations *that fit within the rules of the game* – that fit within the law.

Joette: Yes, the laws that make it clear everything’s on the table. It’s clear what’s expected of everyone.

Paola: That’s right. Honestly, you have to think of the FDA not as an American NFL football player. No. You need to think of the FDA (as far as homeopathy goes) as a Brazilian soccer player. They know *nothing* about homeopathy. They know *nothing* about this game. They’re stepping onto the field knowing *nothing*. And without a playbook, they’re going to screw up. So, because the FDA isn’t a lawmaking entity …

Joette: I didn’t know that. They don’t know how to play those games in Brazil?

Paola: No, are you kidding me? My brother bought a football to Catholic school in Brazil once, and everybody was like,

“Oh my gosh!” They’re all huddled around him looking at this egg-looking ball. They thought it was the coolest thing ever. So yes, in Brazil, we love soccer, not football.

Going back to the FDA, the FDA is not a lawmaking entity. It’s in the executive branch.

Joette: Right.

Paola: So, they can only *enforce* the law.

Joette: Enforce the law. That’s right, not make them.

Paola: So, without the CPG, you have a Brazilian FDA soccer player.

Joette: A *rogue* Brazilian …

Paola: Yes, that’s right, that’s right. We wouldn’t have a really good one, right? It would be like them playing football, running around the field, calling out new rules to the game, breaking all the rules. Not only that, but they’re using a different *playbook* to play the game. They’re using their soccer playbook. They’re using the *conventional* drug playbook to try and play the game of homeopathy.

So, they need the CPG really bad to be able to run plays that align with the rules of homeopathy and align with the law. So, they can’t do that. The FDA can only enforce regulations that align with the Food, Drug, and Cosmetic Act and the HPUS, and they don’t know how to do that. The worst part is they’re using rules for conventional drugs to try and do that. So over 30 years, the compliance guide has helped the FDA ensure that homeopathic products have been manufactured in a safe, effective, standardized way. It’s been their major playbook in the game of homeopathy.

Joette: Yes. I think the pharmacies welcome it. That’s what we’re hearing. The manufacturing pharmacies welcome it because they know exactly what’s expected.

Paola: The homeopathic.

Joette: Yes, the homeopathic manufacturers, they know exactly what's expected of them. Their pharmacists take the courses and follow the rules and probably are … I don't know this for certain exactly how it's done … but I'm sure that every few years, they go back and make sure that they're in compliance. And the government comes in and checks on them as well.

Paola: Right.

Joette: To make sure that they're in compliance.

Paola: Right. So, in recent years with this new draft guidance that the FDA has come out with, if you read the draft guidance, it is proof right there that the FDA has shown us that they really don't understand homeopathy. That's why they need their playbook, the Compliance Guide. They don't know homeopathy well enough to enforce compliance without …

Joette: Without the guide, without the Compliance Guide, certainly. Yes, we need that Compliance Guide.

Paola: It says right there on the draft guidance: when this becomes final, we're throwing it out. So. without the Compliance Guide, homeopathy is in reality at the whim of the director and his deputies.

Joette: So, personalities matter.

Paola: That's right. If they throw out the Compliance Guide – which they say they will do once the draft guidance is final – our only recourse would be to hope that the game's referee – in this case, Congress – *cares* enough about homeopathy to call "foul" when the FDA breaks their rules of the game … or an out, or a penalty, or whatever they call it in football. I don't think that any of us want to be in a

position where we have to *hope* that Congress cares enough about homeopathy to keep the FDA in check. I mean, I'm having a hard enough time getting them to listen right now.

So, have I convinced you?

Joette: Oh goodness, yes. No, no, it's concerning. There's no doubt about it. I get the point. This is very important that they keep this compliance statement intact. No doubt about it.

The probable reasons for doing this

So, why do you think the FDA is doing this, Paola? I mean I have my thinking, but I'd like to know what yours is. I mean you've been doing a lot of reading, a lot of research, and interviewing a lot of people. Tell me what you think.

Paola: To me, this is the bottom line, and I'll prove it. Joette, the bottom line is the FDA thinks homeopathy is a big, fat sham. They think that people are going to forego heroic, lifesaving medical treatment because they're dinking around with homeopathic products. They say it in black and white in their press release. They say, "People may be placing their trust and money in therapies that may bring little to no benefit." And then they say, "The FDA has the responsibility to protect the public from products that may not deliver any benefit."

Joette: Oh my gosh! I don't know what I'd do without that FDA? Could I mother, do you think? You think I could still make decisions for my family without a government arm making a decision as to what is proper for my family and what is not? Really, the audacity, it's supercilious. It's audacious. It's very frustrating. And it's becoming more and more acceptable to hear this kind of talk coming from the arms of the government. It's unnerving, to say the least.

Most people come to homeopathy because the heroic measures

they sought *haven't worked*. It's not keeping them from it. Nobody *starts* with homeopathy. They always say they don't come to homeopathy; they come *crawling* to homeopathy. Homeopathy always turns out to be the last resort. It should be the other way around. But unfortunately, homeopathy doesn't have the press and big industry behind it nor, especially here of course, the government behind it. So, people find it by digging around and overturning every stone that they can in order to resume their lives and figure out what is wrong with their health or their child's health.

Paola: Yes. That's right. People are definitely not forgoing lifesaving, heroic treatment.

Joette: Well, I would never urge someone to do that anyway.

Paola: Right, right.

Joette: Of course, they should get to a doctor when there's something that's really … you *need* to have a diagnosis. I would never say that. And I don't know very many homeopaths who would say if someone is going through a serious condition or potentially serious, "No, I think I'll take full responsibility."

Paola: Yes. "Let's just keep you home today."

Joette: Absolutely not, of course. I mean, just for legal reasons alone, if nothing else, because we live in such a litigious society.

Paola: That's right.

Joette: It makes so much sense for someone to say, "Look, get your opinion of your doctor. Let's find out what your doctor says." I say it every day, all day long.

Paola: Okay, that's totally right. Now, let's look at this logically. I'm suspicious that the FDA thinks homeopathy is nothing but magic water. That we could potentially die

because we're using this instead of getting conventional medical treatment. So, let's look at this logically … we have a few problems.

First, that scenario isn't even possible! Did you know that the FDA prevents products – over-the-counter products – from making claims about treating serious, life-threatening illnesses? So, for example, you have asthma. This is a condition that can be potentially life-threatening, right? Any legal, over-the-counter homeopathic product *cannot* make that kind of claim on the label because it's a life-threatening claim. So, the FDA doesn't need to create any additional action, because they've already created an environment where people *aren't* going to walk into Walgreens and die from an asthma attack because they're taking a combo remedy that is advertised on the label to say, "This is great for asthma attacks." So, there's no need for *additional* protection. You got it covered.

Joette: It's so frustrating because it leads us to believe that we're just idiots.

Paola: Yes, that's the thing.

Joette: We can't do our homework. We don't know how to crack a book. We don't know how to ask questions. We don't know how to go online. We don't know how to figure out what's best for our families. It's the arm of the government that tells us what we should be taking and not taking.

Paola: Right, exactly. I mean that's exactly right, because they've already created an environment where we're not accidentally going to try – like I said – take a homeopathic in the Walgreens store, when they've set up in a situation that we *can't* put ourselves in the position with an over-the-counter product to try and do that. Okay, so that's the first thing.

The second thing goes right into what you were saying. Just

because the FDA so very clearly *prefers* conventional medicine, it doesn't mean that they can exercise their legal capacity to prevent us from choosing our own medicine. The FDA's job is to ensure that homeopathic companies manufacture safe, standardized products. They don't get to say, "No, people are too stupid to understand what homeopathy really is – what the FDA believes to be 'magic water.' We, as the FDA, better protect the public from accidentally using what we think is 'fake medicine' when they really should be using 'real' treatment." No, they don't get to say that to us through their actions!

Here's the thing. I am a mother, and you are coming into my kitchen now telling me how I can cook my own dinner, and how I can make my own family's food, and how I can take care of my kids' bodies. That is maddening to me!

Joette: Okay, Momma Bears out there!

Paola: You should *not* attempt to regulate whether or not someone has the ability to discern the medicine they use …

Joette: … make a decision.

Paola: Yes. It reminds you of the sterilizations they did back in the day when, "We think you're not a fit mother, therefore we will sterilize you and make sure that you never have children again." It's like you can't get into my head and assess if I'm smart enough for you, okay? This is the thing. This sets precedents. If they feel like homeopathy isn't the right way to address fever, what else are they going to pull out that they don't agree with?

Joette: Essential oils and elderberry syrup and Vitamin C, and it goes on and on, and supplements. It just goes on and on and on. But they go after, of course homeopathy, I think because it is such an important industry that has been growing and growing in the last decade or so.

Paola: That's right. *That* is what our organization is about, HomeopathyChoice.org. We have the *right to choose*.

But, there's one more thing, Joette. The FDA can't have it both ways. We were talking a minute ago about the "dangerous nosodes and potentially dangerous combination remedies," right? On one hand, they infer that homeopathy is "magic water" that does nothing. While on the other hand, they claim through their draft guidance that homeopathy is "so potentially dangerous and toxic" that they need to reassess the risks of these unproven remedies.

Well, how about a third option? Homeopathy is safe. It is effective. It's natural, non-toxic, gentle form of medicine that has been used for over 200 years. Multiple deaths to homeopathy? It's never been documented.

Joette: Oh gosh! Well, this is nothing new, Paola. This has been going on for a very long time, a very long time, this kind of thinking. Their arguments are often flaccid. You're right, they can't talk out of both sides of their mouths and make an argument that stands to any reason.

So, it's up to us, right? I mean, let's get down to the bottom of this, Paola. What do we do? What actions? You've got your hand on the pulse of all of this. What are your suggestions? I have some ideas but tell me what your suggestions are.

Copy, paste and send

Paola: Well, first of all, we need you to come to our website, and stay on our website, and do some action. We've made it as easy as it is flipping possible for you to come to our website and take action. So, if you go right there on our homepage, you can see the first thing we want you to do is we want you to contact the president. We want to get him onboard.

We have a whole action plan. But listen, if you're going to go on my website and leave, – don't leave! Please! Just click on that button to go to the president. Copy and paste the letter. Pop it in and send it over to him. I would love for you to tweak that letter if you want a little bit, but you don't have to. If you're going to just come and leave, stay for a *minute*.

Joette: Copy and paste.

Paola: Click on the button.

Joette: And then you send it off to President Trump.

Paola: Trump hates over-regulations. We need to think …

Joette: That's why this one, this president is important. This one is different.

Paola: We really think that the president just doesn't know about what's going on. But here's the thing, you guys. He is the one that appointed Scott Gottlieb. He's the head of the FDA. So, he's got the power. President Trump has the power to call Scott Gottlieb on the carpet and say, "Hey Buddy, what's going on here? You want to stop what you're doing." So, that's why we want President Trump.

Now beyond that, I would love for you guys to contact some senators. Usually if you're a senator, you don't want to hear from people from all over the country. You want to hear from directly your constituency. But, we have identified a group of senators and congressmen who are willing to listen to anyone. So, go on to step 2 and copy and paste our letters. Send it to Orrin Hatch, Mike Lee. We have Andy Biggs and a few others, Diana DeGette from Colorado. These are senators and congressmen that are willing to listen to you no matter where you are.

Joette: You don't have to write it, is what you're saying.

Paola: Copy and paste it.

Joette: You're just going to copy and paste and send. Copy and paste and send. And then share, share, share, share, share.

Paola: That's right.

Joette: This is where grassroots counts … is when we let others know. Let me also say – I don't know if you were going to say this anyway, Paola – but I would not urge people to write to the FDA. I don't know that that would make any difference. Maybe it would. But if you decide – let's say you decide to do that – please don't write in an angry fashion because we don't want to lose our credibility. We want this to be clearheaded and straightforward and super, super simple. If you decide to do this, and I would urge you, folks, to do this, this is where our dollar-power and our mothering-power where the rubber hits the road. This is important that we do something at this point.

Paola: I totally agree.

Joette: Before it becomes bigger, and it could easily become bigger because that's what government has a tendency to do – is to become bigger.

Paola: Here's the thing: If you are really concerned about this which you should be, you guys, this 2018 can make or break homeopathy. It can be the beginning of that frog in the water …

Joette: What's the date on it, Paola?

Paola: It's March 16th, I believe.

Joette: 2018, in case people hear this a couple of years from now.

Paola: Now, let's say you're listening to this, and you're

not going to be one of those people that just pops on the website and just wants to send one letter to Trump. You said, "Paola, what if I want to do everything in my power to help?"

Well, send that letter to Trump. Go ahead and contact those senators that are willing to hear from anyone, regardless of where they live. That's right there on our website – right next to the button to President Trump, you know, do more. So, go over there. Send it to those people. If you want to go the extra mile if you want to do all you can do that would be to contact your local representative. I promise you this helps. You've got a great opportunity to go to the extra mile. Get all your friends to write.

Joette: Copy, paste, send. Okay, love it. Love it! Life couldn't get any easier. I remember when I used to write the letters by hand.

Paola: That's right. Thank you. It's *very* easy and you can do this. I promise you.

Joette: Then you'd have to lick the envelop and stick the stamp on.

Paola: Here's the thing. Listen, we are going to Washington. The vice-president, Mindy McLane and I, we are both going to Washington. We are scheduled to go.

Joette: No one's paying you to do this, Paola.

Paola: No, it is right from my own little pocket. The donations that we've gotten for this organization are not paying for my flight. That's paying for Facebook ads, and trying to get some help with lawyers to look at our paperwork.

Joette: So, is there a place where we can donate?

Paola: Yes, there is right there on our website,

HomeopathyChoice.org.

Joette: Okay.

Paola: So, we're going to be there that last week in February. Listen. If you guys do your job and you send these letters to the senators in advance …

Joette: In advance, so that when you get there, the road has been paved.

Paola: That's right. When I walk in the door, and I say, "Hi. I'm Paola Brown from American Homeopathy Choice.

Joette: "Oh, it's you!"

Paola: Aha! That's exactly what we need, and we want. We have a whole action plan on how we want these senators and congressmen to call the FDA on the carpet, and we're ready to do it. And we're not scared to!

Here's the thing, Joette. A lot of these homeopaths, they're a little bit afraid to come out and speak against the FDA.

Joette: I know. I know. You know, we all worry because we don't want to be targeted. But on the other hand …

Paola: That's right. So, let me be the bad guy. I'm happy to do it.

Joette: And you know what, Paola, I'm not that young anymore.

Paola: Oh quiet, you have plenty of energy. Shush.

Joette: Oh no, I got tons of energy. I got tons of energy. But, I'm hoping to have grandkids one of these days. I want to be there for them on a day-to-day basis. So, I'll do as much as I can as fast as I can. Everything in life is about speed, as far as I'm concerned. I believe in speed. I want performance. I want stuff to happen quickly. I can't stand

pokiness.

So, what I'm going to urge everyone to do when they hear this tonight is right now while you're talking to us, link right now, link to HomeopathyChoice.org. HomeopathyChoice.org, love it, HomeopathyChoice.org, folks.

Okay, everyone. Please, if I ever ask anyone to do anything – I give a lot of information away for free and I don't ask anything in return but to share and get other people involved – and this is one of those times when what you do today, what you do tonight, what you do tomorrow to help this cause really matters. So, I'm going to ask a *favor* of all of my listeners, my students, my clients to please do this. It's important. It's important that we do it with grace, we do it with intelligence, but we *do* it.

Paola: That's right, Joette. I just want to thank you for your passion. I'm a healthy mom. I don't have perfect health, but I'm a very healthy mom. I live a robust life. And Joette, that is in direct relation to what you have taught me and what you've given me. I just feel that this is the least I can do to provide my grandchildren and my great grandchildren with a homeopathic industry that is healthy and thriving, that promotes future homeopaths to come into the business.

Joette: We should have a homeopath on every corner. I so wished that we had more homeopaths. It's like that in Europe. It's like that in India. It's like that in South America where you're from. We need homeopaths.

Paola: Good ones that can do it full time, that can create a business that sustains their life, that pays the mortgages, that pays the bills. The only way that's possible is a thriving homeopathic organization.

Joette: You go, Paola!

Paola: Yes!

Joette: I love you, Paola.

Paola: Thanks for having me.

Joette: Great, oh I love it.

Paola: Alright, thanks a lot.

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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Cell Salts: The Basic Building Blocks



Cell Salts: The Basic Building Blocks

It’s only human nature that when we possess so many of something, we start to organize them into groups or categories. Right?

Homeopathy is no different. Indeed, homeopathic medicines are categorized into groups such as animal remedies, plant remedies, poisonous plant remedies, nosodes, cell salts, and more.

And thankfully so, since some countings consider there are over 6,000 different homeopathic remedies available worldwide.

Let’s take a closer look at the cell salts, shall we?

Cell salts are made from minerals that represent the basic building blocks of human tissues, bone, skin, etc. There are only twelve of them:

- *Calcium fluoride (Calc fluor)*
- *Calcium phosphate (Calc phos)*
- *Calcium sulphate (Calc sulph)*
- *Ferrum phosphate (Ferrum phos)*
- *Potassium chloride (Kali mur)*
- *Potassium phosphate (Kali phos)*
- *Potassium sulphate (Kali sulph)*
- *Magnesium phosphate (Mag phos)*
- *Sodium chloride (Nat mur)*
- *Sodium phosphate (Nat phos)*
- *Sodium sulphate (Nat sulph)*
- *Silicea (Sil)*

Cell salts are known for their low potencies: 3, 6 or 12, but they can be (and are often) used in high potencies as well.

Some people look at them as supplements. And, in a way, they can certainly act as such.

In fact, back when I first started using cell salts with my children for growth conditions, *I* used them that way. I wanted to ensure that my children grew as robustly as possible, so I didn't use them only as a medicine.

You might say I used them as a "just in case" supplement. And, as such, I used them in a 6x potency.

But, because my knowledge has deepened and my experience has developed throughout the years, I now consider them more as a medicine rather than a supplement.

These days, I am more inclined to use them for a specific pathology. And, when used for a specific condition, I prefer to use them in a 3X potency. Since 6X is more commonly found in the U.S. when 3X can't be found, 6X will likely do.

What would I consider a specific pathology?

Let’s stick with the subject of growing children that I mentioned earlier. For instance, any of these growth issues in a child would be a specific pathology:

- Growing pains
- Teeth not emerging
- Teeth not hardening
- Hair growth too thin
- Loss of appetite
- Anxious
- Catching colds easily
- Getting headaches easily
- Not robust
- Insomnia

If I observed any of those conditions, my choice would be *Calc phos* 3X daily, until improved. This can take from days, depending on the severity, age, condition, etc., up to many months.

(Before I forget, *Calc phos* 3X can also be used for insomnia in adults, too – not just for children. It’s a decidedly good cell salt to keep on hand.)

Of course, keep in mind that this is how I use *Calc phos* in my practice. This does not preclude a mom from using it as her child is growing as long as there is a specific pathology to treat.

But, I would encourage moms to use it judiciously and have a rationale … only if it’s observed that there is some growth issue to stay ahead of.

Hence, to clarify, I would urge that it *not* be used as a preventative if the child is well and robust.

Why?

Because homeopathy is medicine and as such, ought not be used “just because”. This rationale is used for taking Vit C, Vit D, vitamins, etc., and I don’t believe that it is sound justification for daily use.

Going back to our discussion of potency, I should also mention that sometimes I use *Calc fluor*, for instance, in a 12X potency because as per the great masters of homeopathy, it’s the potency that seems to be more readily absorbed.

If you want more information, I have created a CD/digital download entitled, *Cell Salts; The Easy Homeopathy™* that will help you get a firm grasp on these specific remedies.

Because there are only twelve of them, they are much easier to get started with than an entire *materia medica*. Plus, I utilize the same system to teach you that I used myself when memorizing over 300 remedies for my certification exams. It works!

Now, I believe I promised you a very exciting announcement, didn’t I? Well (drum roll, please), I am thrilled to offer you a brand-new study guide – a continuation of our original guided study group curriculum.

Yes, *Gateway to Homeopathy II* will be launching very soon. This will be an exclusive offering for those who have completed the prerequisite *Gateway to Homeopathy I*.

In this new study group curriculum, you’ll go deeper into homeopathy.

You’ll learn much more about cell salts, strategies for colds and flu, how to build your emergency kit, aggravations and provings, how to use a *materia medica*, and other practical subjects for your family.

I encourage you to round up your study group again and continue your education together.

But remember, to access this course, you must have taken *Gateway to Homeopathy I* first. So, if you've not started nor joined a study group yet, this might be just the time to do so.

I don't think you'll be sorry you devoted the time to this way of life.

Warmly,



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



The Eyes Have It: Chronic Dry Eyes



Imagine having red, dry, burning, painful eyes. Every day. All day. For years.

It's unbearable to even think about, isn't it? But such was

the life of a client of mine.

Carla's eyes had been painfully dry for years. Unrelentingly dry. Nothing had helped. Including prescribed meds.

She was understandably at the end of her rope. Carla sent me the un-retouched photo above during our initial consultation, hoping homeopathy was the solution.

I immediately knew that *Argentum nitricum* 200 is universal for many, many eye conditions – not all, but many.

It is very specific for *chronic* conditions that present with dryness and burning discomfort. It is not, however, generally used as an allergic SOS. (Don't forget to scroll down to download free remedy cards detailing these medicines.) Carla took it twice daily.

Euphrasia officinalis 30 is also considered universal for eyes that are painful, burning and bloodshot. It was easy to see *Euphrasia* certainly fit when I saw the picture of Carla's eyes and met with her on Zoom. She took it twice daily.

Another remedy, *Ferrum phosphoricum* 3, also addresses bright red, inflamed sclera. As you can see from the whites of her eyes in the photo, Carla's symptoms certainly called for *Ferrum phos* as well (also taken twice daily).

It only took a few months to see results.

After everything she had been through and everything she had tried (both prescription and OTC drugs), homeopathy worked!

But don't take my word for it; here is her un-retouched "after" photo:



After

This case is a perfect example of how the homeopathic approach differs from other healthcare modalities.

Perhaps a naturopath would have endeavored to find the cause of Carla's eyes' inflammation and tried to treat that.

A conventional doctor might have tried to alleviate the symptoms – prescribed something to get rid of the redness and an analgesic for the pain. But in homeopathy, we do not *treat* symptoms; we *use* the symptoms.

Now, I don't want to make a sweeping statement for *every* condition (in some situations, knowing the cause can be helpful), but, in a case like this – regardless of the cause – we use *symptoms* to determine which remedies most fit the condition and enlist the protocols.

Without investigating the underlying cause of Carla's chronic dry eyes, within a few months, her eyes were greatly improved. Actually, the condition halted.

As a reminder, in the homeopathic method I employ, generally, we use remedies until very much better, and then we stop – waiting to see if the symptoms return.

We might need to restart the remedies again in two months,

six months or a year. Or, we may not need the remedies again at all! We *use the symptoms* to make that determination.

When you think about it, it's similar to conventional medicine. Let's say someone took Midol to treat menstrual pain. They would take it until the cramps went away and then they would stop.

They wouldn't keep taking it long after the symptoms were gone, thinking, "Oh, what the heck! Why not?" No.

It's the same in homeopathy – generally (and there are exceptions) you would not continue to take a homeopathic medicine after it has completed its work.

(Now again, this is *generally* the way it is done. For instance, in allergic conditions, we know we'll continue our remedies for a longer period because it's often a deep-rooted issue.)

I encourage you to learn how to use symptoms and know the name of the condition to determine which homeopathic medicines best fit your or your family's conditions.

My free blogs and podcasts hold a wealth of information. Don't forget to utilize the search bar at the top of all of my web pages to find articles addressing your specific concerns.

And, don't forget my new Facebook Live events held in my Joette Calabrese Facebook Group on Monday nights at 8 PM Eastern. It is a wonderful experience for me to interact with you in real time, and I hope you'll enjoy it as well. If you're not able to attend the event while it is live, not to worry! I post replays of previous events on my Video page.

Warmly,



P.S. If you decide to go further in your education of using Practical Homeopathy® to provide healthcare for your family, answer some brief questions on this flowchart to determine which of my courses would be most beneficial for you.

To Stretch or Not to Stretch



To stretch or not to stretch? As Shakespeare's Hamlet notoriously declared, "*That* is the question."

Sometimes stretching is great! For instance, stretching your major muscle groups before running? Excellent.

Sometimes, stretching is bad. I mean, no one condones stretching the truth!

But then again, sometimes stretching is, well – *complicated*.

That's exactly how I would describe the subject of stretching your homeopathic remedies. Yes, there is a lot of information out there about dissolving remedies in water to make more medicine by "grafting" (mixing active pellets and grain alcohol or water together with blank pellets), but there's a little more to it.

While I do see a time and place for stretching remedies, I want to discourage it as a regular practice.

There already exist a number of variables in treating a condition. Why on earth would you want to introduce another one? Why be concerned whether you measured correctly? Why worry if you prepared the container adequately? If the medicine is later determined ineffective in treating the condition, you're then in a position to have to question if you chose the right remedy *or* if it was simply that your grafting technique was wrong!

Why play pharmacist?

The pharmacies know what they're doing; all you need to do is put the professionally prepared pellets in the mouth with the confidence they've been properly medicated.

Another reason I discourage stretching remedies is the current climate of adversarial energy aimed at homeopathy in the United States. We certainly don't want to put our pharmacies out of business just because we don't want to spend a few extra bucks. We need them and they need our business. And while I'm on the subject, buy American for

many reasons. But that's a subject for another blog that is planned for the near future.

And let's face it, these medicines are inexpensive. Especially compared to conventional pharmaceuticals.

Super, unbelievably, undeniably, outrageously inexpensive.

With every remedy we purchase, we are both encouraging and financially supporting the entire homeopathic industry. If we don't support the pharmacies, we could find ourselves lacking readily available remedies one day because they're nearly gone. It has happened in the past. It could happen again.

Now, am I saying never, ever stretch a remedy? No. I'm just saying it's not sound to make it commonplace.

However, what if your entire family has had coughs and colds and you notice at 6 o'clock on a Saturday night that you're down to your last few pellets of *Bryonia* and *Aconitum*?

In such an instance, yes! It is certainly a situation in which stretching a remedy is warranted – stretching until an order arrives in the mail or you can drive to the store for more is justified. Will it still work? If you have no choice, you do it and hope for the best. Most likely, it will act.

How would you do it? The easiest method is in water. Add the dose (between 2-5 pellets) into an ounce or so of the purest water you have, allow it to dissolve, then stir it once. Now a teaspoon becomes a dose. Some say to use one ounce, others use as much as four.

Look, when I'm treating Buster the Bad Office Dog, I just toss about 4-5 pellets in his water. That is, unless I want to be certain that he gets each and every dose. When we treat poultry or livestock, again, in a small water trough

it goes. If you are using a remedy for something non-critical and long-term (say you're trying to make your hair thicker with *Silica*), well, that might be a time when it would be okay to use it in water. But if you're suffering from the flu? Please, put the pellets directly into the mouth. It's just not worth taking a chance.

See what I mean? In my opinion, when it comes to homeopathy, the subject of stretching is complicated. I only encourage it under the right circumstances – I absolutely *discourage* it if it's just to save a little money.

Warmly,



P.S. I discussed this subject during a recent Q&A I did on Facebook Live. If you are not part of our Joette Calabrese Facebook Group yet, I encourage you to join. I try to do a Facebook Live event every Monday night at 8 pm Eastern. While I don't discuss specific cases and their remedies, I do discuss subjects of broad interest and sometimes, I address general questions I have received. I really enjoy interacting with the participants, and I hope to see you there! If you're not able to attend the event while it is live, please look at my Video page to find replays of previous events.

Podcast 43 – Becoming Unstoppable!



IN THIS PODCAST, WE COVER:

01:24 Joette shares some advice for the New Year

07:03 *Pulsatilla*

16:34 Goals or tips for the more experienced

20:06 Listen and observe

27:42 Choosing between *Aconitum* and *Ignatia*

37:04 Know the homeopathics that your family needs

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

Gateway Guided Study Group

Pulsatilla

Hepar sulph

Arnica

Cuprum

Aconitum

Homeopathy kits

Thanksgiving in Stitches (blog)

Joette’s Facebook Page

Mercurius viv

Arsenicum

Rhus tox

Antimonium crud

Hypericum

Allergic?! course

Ignatia

Aconitum

Hypericum–*Arsenicum*

You are listening to a podcast from joettecalabrese.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: One of your commitments to the New Year is to learn how to crack the code for your family's illnesses. Take it on, really make this your focus. Because it's inevitable that if you make it into a focus, it will turn into reality.

Kate: It's Podcast Number 43 at joettecalabrese.com. In this podcast, Joette gives us some of her secrets to setting goals and strategies to become unstoppable using homeopathy. We will learn more about homeopathy for ear infections, cold sores, deep sorrow, and how to determine when to use *Aconite* and *Ignatia*. Now, let's get started.

Welcome, Joette. It's a new year, 2018. I know you're very excited about the things that you have planned for the coming year. I'm excited as well. Today, let's spend a little bit of time just talking about goals and how to achieve those goals, and how we want to help our families.

Joette: Yes, that sounds like a great topic.

Kate: Joette, looking forward, be our visionary. Guide us as we go into the New Year in how to help our families using homeopathy.

Joette shares some advice for the New Year

Joette: Well, let me start by saying that homeopathy, classical homeopathy, and homeopathy in general is a very vast, in-depth subject. It can seem overwhelming. In fact, it is overwhelming. What my goal always is – my personal goal and my professional goal – is to make it as easy as I possibly can for my students, my clients, my readers and listeners to try to get the complex and bring it down to something really simple. There's actually a word in Italian. The word is sprezzatura. It means getting the complex or the

lofty and huge and bringing it down to a level that makes it look like it's effortless, even though there's a lot of complexity behind it. So, I love that word because it kind of touches on the fact that we're getting something – human health and a medicine that approaches it so elegantly – and making it simple and doable and breaking it down and parsing it into pieces. That's always my professional goal – not just for myself for years in the past but also now for my students and readers and listeners.

I believe that it's very doable. We can get something that's complex and make it simple by approaching it, not by saying, "Gee, I want to cure cancer." You know what I mean? No, no. You want to start from small. You want to start with your own family members. I always encourage folks to number one: try to work with others, if you possibly can. Join a group. Join a study group. Start a study group. I mean, I always talk about the study groups that are available, our Gateway classes that are available through the website and then meeting with people from all over the world, for that matter, or all over the country or just those in your neighborhood, your church group. It's not the only way to do this. There are many ways to do this. But, once you join a group or start a group, you'll be surprised at how quickly you will accomplish what seems like the impossible.

Kate: So Joette, I want to interrupt you really quickly here because I think a lot of people are intimidated, or some people are anyway, by starting a study group. They think, "Oh, I have to be at a certain level to start a study group." That's really not true, right?

Joette: No. It has nothing to do with level at all. You don't have to have any understanding of homeopathy whatsoever. All you have to have is a will to want to learn. That's always at the core of everything is to want to improve yourself. Once you have that ability to find that in yourself and pull it out from deep inside and say, "I want

to learn this. I don't anything about it, but let's all learn together." Even if you bring in people who know more than you, that's great. All you have to do is be the organizer – or join in and not be an organizer at all and just be a neophyte or whatever level that you're already at.

My teachers always said when I was first starting to study homeopathy, they said, "The only way you're going to learn – really, really learn – is if you step outside of your little world. Either go into practice or start treating people around you." What he meant – it was Jeremy Sherr actually who I first remember saying that – what he meant was that the only way to learn is if you do a lot of it. You can't just do … if you have one child, you're not going to get an awful lot of experience in this. But, if you have a child, and a dog, and a husband, and a mother-in-law, and a sister-in-law, and a church group, or you join a group of others who are doing the same for their families, you're going to expand your knowledge just by being exposed to other people's problems and other people's illnesses. It's the only way to do this.

So, I find that the folks who learn the fastest – who are treating their families – are the ones with really large families, six kids, nine kids, twelve kids, or lots of animals, lots of livestock, lots of pets. People who are in a group, a church group, or who study together with others – those are the ones who learn the fastest. And of course, motivation! You got to have that motivation. You got to have that will, that burning desire: "I am going to figure this out! I'm tired of these ear infections in my kids. I'm tired of the chronic strep throats. I've had it with the boils. I've had it with the eczema. I have got to figure this out. I'm tired of the drugs, and I'm tired of the can being kicked down the road." That kind of motivation is *unstoppable*. Once you have that fire under you … especially if it's a mother or a grandmother. No one can stop a mother

or a grandmother from being highly motivated to take care of their families. We're like lionesses.

Kate: Right. But, you have to be determined, too. You have to have some guts, spunk, and moxie in order to do this because it's not always easy. There are going to be times where you don't hit it right away and get the right remedy. So, you have to set some goals, have to be determined. Right? That is where being within a group of people – whether it's a study group or just a group of friends or your church group like you said – that's helpful because you can bounce ideas. They can support one another. You're not alone doing this.

Pulsatilla

Joette: Right, right. Inadvertently, you'll learn by listening to someone else's troubles. Your child may never have otitis media, but another mother's children have them all the time. You think, "Oh well, I don't have to worry about that because my kids don't get otitis media. Instead, my kids have got food intolerances." You'll listen to the mother. You'll listen to how she uses *Pulsatilla* for her child's ear infection, and it works beautifully. It's especially useful for when the child has just had ice cream or a lot of foods from restaurants. She gives her *Pulsatilla*, and it cures the otitis media. You know that your child has a problem with food intolerances, and you just learned that *Pulsatilla* is a great medicine for food intolerances, especially foods from restaurants and from too much ice cream or too much dairy or too many creamy foods.

You just pulled from the hat so to speak, pulled from your classmate's or your friend's experience. Then you synthesize that, and you find that *Pulsatilla* is great for both food intolerances that cause whatever – stomachaches or whatever – that are related to, as I said, eating too much dairy or having ice cream the night before or earing at a restaurant.

Then it causes stomach issues, and it can cause ear infections by doing the same. What do you know? You now know some very important keynotes to the remedy, *Pulsatilla*. So, even though it may never seem as though that particular condition will come your way – that otitis media that her family is suffering – you have just learned how to apply the knowledge that she gained and is spreading through your little community and using it for yourself. It's gorgeous.

There are unifying threads in homeopathy that can help us pull it altogether. This is the way I imagine it sometimes: a blue satin ribbon from one family to the next family to the next family. It goes round and round and it just floats between the families. And we all connect to it. It's beautiful. So, instead of it being a burden, now it becomes an excitement. "I get it!" There's nothing like that light bulb coming up over your head and you're saying, "Oh my gosh! I get it. Look at what *Pulsatilla* does."

Then what you do is you go to your *materia medica*. If you don't own one, you go online to the free *materia medicas*. What should you read? *Pulsatilla*! What do you know? Then you learn not only is it good for otitis media after having had ice cream, or stomachaches after having had ice cream or eating at a restaurant, but it's also great for girls who are going into menarche and had irregular menstrual cramps and menstrual periods. We can go on and on and on. Once you make *that* your medicine that you want to understand, you will not miss a case with *Pulsatilla*, most likely. You'll know it.

So, that's how you take off one bite instead of thousands of bites at once. You can't cure cancer, but with a little bit of knowledge on homeopathy – although it's done all the time at the Banerji Research Center in Kolkata – but, you can treat these kinds of conditions and learn that medicine. Now, when you finish with *Pulsatilla* and you've got that down, chalk it up and now you learn another medicine that is

related to it.

How do you go about doing that? Well, let's say that woman comes back again, and she says, "Well, my daughters are helped by *Pulsatilla*, but my son, boy, every time they get an ear infection, I use *Hepar sulph*." You say, "Whoa, whoa, wait a minute." Now, that's connected. *Hepar sulph* helps with ear infections. What else would it help with? Then you start studying *Hepar sulph*. Now, you've got two medicines that you want to understand.

I always urge folks to write them down on 3-by-5 cards. I know that's very retro. But, it really works. I've got 3-by-5 cards all over my house. I had more of them on homeopathy before. Now, they're saying for my family and me to live by, or something I want to remember, or a word that I want to learn – a vocabulary word. Well, I've got them pasted up all over the house (you know, double-sided Scotch tapes, that kind of stuff).

Kate: We have those remedy cards that you can print out from your blogs.

Joette: Yes, yes, the remedy cards, absolutely. Make a copy. Put one in a book. Some people put them in a three-ring binder. These are all free folks, right on the blog. So, you can put them in a three-ring binder and organize them according to condition. Some people tell me they put them in little recipe boxes. Then if you make a double copy then you have another one because this is an important one that you want to memorize, for example. You stick it onto your rearview mirror in your car. So, every time you get in the car, you look at it again. After a while, you'll learn it. Then all you have to do is hear someone who is helped by it and how they went about doing it, and it then becomes yours. With this, step by step, inch by inch, you're growing your garden of knowledge in how to cure others and yourself. It's a beautiful avocation.

Kate: I have a friend that she gets up every morning, and she has a commitment to herself to just spend – whether it's a half an hour or an hour – just looking at remedies in the *materia medica*. Just learning about even one remedy like you were saying – one medicine that she just looks at every day. So, by the end of the year if you did that every day, you would know quite a lot about a lot of different medicines.

Joette: Well, I'm not so young anymore. So, I can't memorize one and consider it committed to memory forever. I mean, now I do have them committed to memory pretty much, because I did it when I was much younger. But, I know my memory is not as good as it used to be, and I can't hold things like I used to. So, I might need to study a remedy for two or three days if I were to start this afresh now. But nonetheless, even if you took three days to learn one medicine and just the keynotes – not the whole thing, not every aspect of it – but the keynotes and those aspects of the medicine that are useful for your family. *That's* what you want to study.

You want to know what is going on in my family. My husband gets shin splints. You need to know the remedies for shin splints. Your daughter gets menstrual cramps? You need to know the medicines for menstrual cramps. Your son is prone to impetigo? You need to know the remedies for impetigo. Not just know them, you need to *own* them. Because what good is it if you don't have the medicine and you got to wait a week before it comes in the mail. So, owning and understanding. Owning on that intellectual level is really key.

Now, it doesn't mean you have to memorize constantly. You don't have to just memorize. I mean there are books. My books? I've got them right there. You can just look them up. You can look these medicines up. You can look them up on my blog … what to use for impetigo, what to use for otitis media, menarche, painful menses and menarche. You can look them all up. But to know a few, a handful, of really

important medicines. Like if somebody has a head injury. You don't want to have to look that up. If your husband has a skiing accident or falls off the roof while he's cleaning the gutters and he has a pretty serious head injury, on the way to the hospital, you don't want to be paging through a book. You want to know you're going to give *Arnica* or *Cuprum* or *Aconitum* ASAP, and continually give it, and know how to give it.

Kate: Not only that, but you have to have those in your purse, in your pocket, somewhere you have to have those remedies.

Joette: Yes. Well, if you own a kit, a little homeopathy kit – and we sell them in the office, but you can get them online, you can get them in many places with 100 remedies in it (the small) – you just throw that into your purse on the way out and into the ambulance or whatever. You should throw that in there. Now, you know you've got everything. You're all set. So, no matter what comes your way, you've got your phone with you. You're going to look this up.

If you're part of a study group, you can look up… We put a blog up recently of someone who had been, I think it was Portugal, and her husband – is it Portugal or Spain? Well, they were at a wine tasting event, and he cut his hand very, very severely. She was part of one of the study groups that we run. She got online and went to Facebook. She was telling people what was happening. People were responding and telling her exactly what to do! I mean, those were like her buddies for life now. These are people who she now owes a debt of gratitude, and she understands that. She really is very grateful for how responsive and helpful they were. Beautiful! You don't even need to look it up. There's someone right there – in there waiting.

Kate: Yes. I find that over and over again. I hear stories of that, and I see it personally. You're out and about. You

can’t keep your wits about you. You go to that Facebook page, and you just type something in and someone is always responding super quickly.

Joette: It’s great. People love to help! Because not only are they helping because it feels good to help others, but also because it’s nice to say, “Wow! I know the answer to that!” It’s like raising your hand, “I know! I got it! I got it! Ask me! Ask me!”

Kate: It’s like you’re in class.

Joette: When you accomplish something, you want to use it. There’s nothing like that sense of accomplishment, whether it’s learning how to play a sonata or learning how to make a great chicken pot pie from scratch. There’s nothing like that sense of accomplishment.

Goals or tips for the more experienced

Kate: We have a wide variety of listeners to this podcast: people who are new to homeopathy, people who have been using homeopathy for many years, people who are practitioners. So, I think we’ve addressed some of the newer students in how they might set some goals. Can we talk for a few minutes about those who have been doing this for a while? What kind of goals or what kind of tips might you have for them for the New Year?

Joette: They’re not all that different than the goals I just suggested for someone who’s a neophyte. Really, if you’re learning homeopathy, you want to know a whole array. For my exam, I had to know 300-some remedies in order to be able to pass the exam. I needed to understand all the keynotes and even the more unusual medicines. So, you still want to know these things. The more you have memorized, the more fluent you become in the language of how to handle things.

When I used strictly classical, someone would say, “Do you have a remedy for cold sores?” I would think to myself, “Oh my gosh. They think this is easy. That I just have a remedy and here you go.” But with classical, you got to take an entire case, and that can take 45 minutes or an hour. I’d say, “Oh my gosh! How am I going to do this? I can’t keep answering these kinds of questions,” (whether they’d be like a neighbor or friend or something). But, I did it anyway, because it was an exercise in repertorizing and learning how to do this. So, I was hoping to see a pattern.

Now, though, with these protocols – Banerjis and otherwise – this Practical Homeopathy® that I teach, you know, you could just rattle it right off, super easy. It’s *Mercurius viv* and *Arsenicum*. How easy is that for a cold sore? Beautiful! That’s a gorgeous thing. You can actually say, “Or you could use *Rhus tox*, or you could use *Antimonium crud* 6.” I’ve memorized those because I consider them important enough. Now, when I get an email from someone, a relative (and I’ve got plenty), and they send me an email, I don’t have to go back and repertorize. I don’t have to look in my notes. I just know which ones they are.

Kate: Right. *Hypericum* is another one for cold sores too, right?

Joette: Yes, it is … if it’s painful, absolutely.

Kate: Yes, that works beautifully sometimes.

Joette: Yes. For those who have been around a while, our practitioners or they’ve been using homeopathy for a while, you can never stop learning. That’s the best part! It’s like music. You never stop learning. You start by … with the center C and you then move from there. You learn the C scale, and then you’ll learn an arpeggio, C, E, G. And then even if you’re a skilled classical pianist – or whatever kind of pianist you are, a jazz pianist – there’s *always*

more to learn.

Kate: You're always going back to those scales. And you always need to repeat those basics, your technique.

Joette: You bet. And the same thing with cooking. Think about cooking. You could go classically French. You could be wild and woolly African. I mean, there are so many ways to go. *That's* what I love. I like to know that whatever discipline I'm studying or that I've embraced, that there's more to learn. Because I don't want it to end, I want it to keep going. I want to do this well into my 90s, if I make it that long.

Listen and observe

I think it's a good idea to make a point of being a good listener. Not only will that reap you better results, but it makes you valuable to your family member, for example. You have to listen, and you must observe. If you're not listening, you're not going to get the case. If you're not observing, you're not going to be able to pick up on what you need. And I think it's always better that when you're working with a family member that you don't ask too many questions, you just mostly observe.

"Wow, that person is still getting those bloody noses, for goodness sakes." And you're observing. What did they eat yesterday? Maybe that was it. Or maybe it's the cold weather. When they start to tell you … say "Talk about those bloody noses," and they start to tell you about it, you are being a really good parent – because you care. It's not that you can say, "Oh well, we'll talk about it later." Because if the child or the person has a bloody nose, you're about to pay attention. You want to fully pay attention and not freak. You don't want to freak out and say, "Oh my gosh! We've got to get to the pediatrician or the ENT." No, no, no.

You want to stay cool and just think of where you need to go to get this information. One of them, of course, is my blog. But if you've got some books, you can look it up in the books. If you've got my Allergy course, it's in the Allergy course. You can just go online. I mean, thank God for the internet. Let's hope that it stays as clean as it is so far because there's a lot of great information. It's important that we know where to find this stuff so that when the time comes, and you need it, you've got that at your fingertips.

I also urge people not only to listen but to not wing it. Don't wing it. Have a rationale. Don't go too deep in your rationale. Don't go too deep in terms of saying, "Well, this bloody nose is because the person has heavy metals. They have the MTHFR gene. It's because they probably have yeast and parasites." Wait a minute. You've just missed the whole point. What happened to the bloody nose?

Just use the information. "Just the facts ma'am." The bloody nose. Now, what do you use for bloody nose – regardless of the etiology, regardless of the cause, regardless of whether or not it is from heavy metals? If you know that this bloody nose happens every winter, okay, you can say it's from winter. Is it because the heat goes on? Well, some people assume that it's the heat. Oftentimes, it has nothing to do with the heat. Oftentimes, it's simply the change of the season into winter. So, don't dig too deeply and run down rabbit holes. Stick with the facts but don't jump on an idea and wing it. Make sure it's substantiated to a certain degree, that you know what you're looking at. This is a bloody nose, not hemorrhaging (unless of course it is hemorrhaging). But, you want to observe and make note and be as scientific as you can, leaving the emotion to the side.

Kate: I think that's a mistake … well, I wouldn't call it a mistake. But, in the beginning when I started using homeopathy, I probably drove my kids crazy with the questions. "Well, okay, let's see. What do you feel? Do you

feel better when it's cold, when it's warm?" When you look at this classically, there are a lot of questions that you can ask and a lot of things that you can observe. But now with the practical protocols, the Banerji protocols, I love it because, you're right, it's so much cleaner and easier. If I'm observant and really look at what is surrounding the circumstances of that child's bloody nose, I don't have to ask a lot of questions. I can just look at the protocols, observe what's happening, and give them the remedies.

Joette: Absolutely. It quiets your mind. Those 2 a.m. disquieting moments – disquieting thoughts can drive you and your family crazy. In fact, if you're feeling like you are going crazy, and you're not sure what to do, *you* get *Ignatia* 200 first. It's like being in an airplane, and you put the oxygen on *your* face first before you tend to your child. You need to be the nucleus and be clearheaded about this. Sometimes, if you feel like you're freaking out, the best thing for you to do is to take *Ignatia* 200. So that needs, of course, to be in your kit.

Kate: And *Aconite*, too, because if you've just witnessed your child having an accident, you might be needing some *Aconite* first for you, and then you can think about what to do.

Joette: Well, I love *Aconite* as a primer. It's one of the first remedies we always think of. If your child has just had an accident or someone has witnessed an accident, now somebody's sick or has a condition as a result of it, *Aconite* is our first remedy. So, if we're going to talk about a particular remedy, we talked about *Pulsatilla* and *Hepar sulph* already. But, I love for people to know all about *Aconite*, and it's one of the first medicines in most homeopathy kits.

So, if you study anything, that's a great place to start is with *Aconitum*. It's *Aconitum napellus*, and we call it

Aconite for short. That's a beautiful one. And even if you have a good amount of experience in homeopathy, go back to it. Read it again. Go back to your *materia medica*. Read it over and over and over and over and over again because you now understand the keynotes, but what about the subtleties that you might be able to pick up on – the nuances that will help you at some point.

Kate: Right. And every *materia medica* will have a little bit of a different spin to a remedy. I was just reading through your *materia medica* last night, Joette. I forget why I initially picked it up, but I picked it up and I had to look up something. Then I just caught myself reading through all the different remedies and looking at what you had written. Like you said, I cannot probably ever look at *Aconite* enough in a *materia medica* because I'm always going to pick up something different in there.

Joette: Yes. Because as we learn, we learn a couple of pieces here and there and then other parts of what we've just read fall to the wayside. Next time around, we already know those new pieces, and now we can add to our knowledge. They're building blocks. It's the best way to learn – unless you have a photographic memory. You know, our brains turn to mush when we're freaking out, when we see someone suffering, someone we love or even if it isn't someone we love.

Someone was just telling me yesterday. This person is a hunter. They saw a deer caught in a fence. Although they deer hunt, the thought and the vision of that deer struggling was just horrifying for them. It was horrible. They don't want to see an animal struggle. No one wants to see that. If that stays with that person all day and into the night and the next day, they're still thinking about that poor struggling creature, they might need *Ignatia* 200 for themselves to quiet their mind or they might need even *Aconitum*, if it was severe enough. (By the way, the upshot of the story was that they got the deer out and he was

free.)

Kate: Oh good. Let's talk about that just for a minute, *Aconite* versus *Ignatia*. In a situation like that, what might be the determining factor which one to pull out and use?

Choosing between *Aconitum* and *Ignatia*

Joette: Yes, good. That's great. I'm glad you brought that up.

Aconitum, I call it "first shock." So, it comes on quickly. If someone's driving their car, everything is just hunky-dory and they're driving down the road, and BAM! They run into a truck. That is a shock. You don't have to go *into* shock, as in what might be determined from a medical point of view "into shock," but certainly it's shocking. So, anything that's shocking that comes on hard and fast. One minute everything is fine and the next minute, life is now taking on a whole new reality. That's *Aconitum*.

So, that happens with accidents. It can happen with children (or anyone for that matter) who is outside in the hot sun. They get really, really warm. Then they jump into a very cold quarry or something, and they get a chill. It shakes you down to your core. Or someone who's walking outside in the autumn wind, and they don't have a hat on, and their coat is opened up and unbuttoned and they get a chill. Shortly after, they get a flu or a cold; that night they get a fever. Or when that person has had a good cold dive into a quarry, that night they get sick. They feel nauseous or they feel like they've gotten a deep chill. Those are all opportunities to use *Aconitum*. A cough that comes on pretty quickly, that's *Aconitum*.

Ignatia, it's more on the psychological side. It has more to do with the mind that's very, very busy and very worried and nothing is right. Life just stinks. "What am I going to do? This is horrible. Maybe I'll do this. No, maybe I'll do

that. I asked her what she would do, and she said this. No, but he said that." The mind is just busy, busy, busy worrying, freaking, grieving, frightened, lots of fear, fear of this, fear of that. That is often *Ignatia* 200. It's especially useful for sadness and deep sorrow and grieving.

I'll never forget when my aunt passed away, my uncle (and he was in his upper 90s) he'd only had her all his life. They never had children. It was just the two of them. She passed away. He went into such deep grief. I've actually talked about this. He went into such deep grief that he was becoming delusional. Now, my uncle was a pretty sturdy guy, six feet tall, stood squarely on the ground, pragmatic. To see him crumble like this was really – talk about disquieting in my world – seeing him like this was surprising to me. But, he was really crumbling.

He was seeing my aunt. He kept saying, "I see her. I see her. She's on the couch. There she is. She's on the couch." And I'd be on the phone with him. I'd say, "No, no, Uncle Tony, no. She's not on the couch. Go get the remedy kit that I gave you. Get in that kit and get *Ignatia* out." He would take the Ignatia and he'd be just, "No, I know I saw … But wait. No, it was just a raincoat. I left my raincoat there." Then he'd come back and sit down in his easy chair. Then a minute later, he'd say, "I see her. I see her. I know she's here." He would be all shaking. His voice was wobbly. It was awful, awful to witness.

So, meanwhile, while we were on the phone, I would talk to him, while we were on the phone and help him calm down and tell him to take a dose of that *Ignatia*. Now, we waited another 15 minutes later. Normally, I don't say to use it so soon, but in this case, he was in such a state that I urged him to take another dose in 15 minutes. After the second dose, he started to cry. He came back to his wits. He was grieving, no doubt. But it was the awareness that no, she was not there. He was no longer delusional.

We don't know if we think of *Ignatia* as a remedy for delusion. But in his situation, that's exactly what happened. Then we talked, and the crying and the sobbing would turn into just, "Oh, I miss her so much. I wish she was here." Now, it was becoming more within the range of normal.

Then I wouldn't hear from him for a couple of days, and then it would start off again. Only next time it wasn't as severe. "I think I saw her. Maybe … did I see her, Joette? Just tell me. Am I seeing … I think I'm seeing things." So, he had one foot in reality and one foot in this delusion. Then he knew that to start taking *Ignatia*, and he would start taking it. He took it every day then, sometimes, two, three, four times in a day when he was in really severe sadness or really more delusion, as I said in the beginning. Then later on, it just turned into sadness.

Eventually, he got over it. By eventual, I mean, it took weeks for him to get out of the heavy-duty grieving and got into "Okay, what am I supposed to do with my life now? What should I do? Should I sell the house? Should I be moving into a home for the elderly?" So, he started to become more pragmatic and get back to his old self. But *Ignatia* did wonders for him. It got to the point where I bought him a few bottles of it. He swore by it. He was very delighted that he had something that could help pick up the pieces.

Kate: What a sweet story though. How he missed her so much. But, what would he have done without that *Ignatia*? Think about it.

Joette: Oh yes. Well, he would probably become more recluse. If he were to call the doctor, he'd be on tons of antidepressants. He'd be on a lot of drugs. Then he'd have new symptoms, most likely, because that's what a lot of those psychotropic drugs do. They just give you a new set of symptoms. He would have had sleeplessness, or constipation,

or hives, or whatever else these things cause, or suicidal thoughts because sometimes those drugs can cause that. Now, I'm not saying you never ever, ever take psychotropic drugs. But that's not the goal here. You don't want to be propped up with synthetic stuff that causes more trouble later. You don't want to kick the can down the road. We want to correct the problem. That's exactly what that *Ignatia* did for my uncle.

Kate: I think it's good also to remember *Ignatia*. I have several friends who use it every winter when they start going down that … there's less sun; it's just you're inside more. They use it every winter, and it takes them out of that winter funk.

Joette: Well, you know what's interesting about this is that if you ask a naturopath or a clinical ecologist or a functional MD, they would say, "Well, it's just Vitamin D. You got to take more Vitamin D. You're low in Vitamin D." Well, what about those people who … and I get people who are really up on nutrition. They're taking cod liver oil and eating liver and eating tons of carrots. They're getting in the sun. They're working out. They're running in the outside even in the snow. And yet, there's still a problem.

So, they come to homeopathy thinking, "I need a remedy that's going to help me with my Vitamin D," when really homeopathy is not about the Vitamin D (because we don't know necessarily that is the cause). It could be something else that we don't know about yet. We just automatically assumed that it's Vitamin D – a loss of Vitamin D. But they come to homeopathy looking for really the bottom line – that they're thinking is Vitamin D – when what it really is sadness as a result of the winter or sadness that happens in the winter. Maybe not even the results of … sadness in the winter.

So, what's sadness? Often, it's *Ignatia* 200, twice a day. Now, does Ignatia then increase our Vitamin D uptake so that

now when we eat foods high in Vitamin D, such as cod liver oil or butter or lard or something like that, then our Vitamin D is increased or that we can absorb it now? Perhaps. But what matter does it make? Really in the end, if the condition is corrected by *Ignatia* 200C (a bottle of it costs what, $8, $9), they can correct that and not have problems with that – within a few days or even sometimes within one dose. What difference does it make? Because in the end, perhaps it wasn't Vitamin D or lack of Vitamin D, perhaps it wasn't any of those theories.

So instead of theorizing, we use what we see. That's when I say, "Give me the facts, ma'am." Because a lot of times, people will say, "I have a Vitamin D problem." But what they're really saying is, "I have anxiety and depression." So, we give them *Ignatia*, and it uproots it. It's so much cleaner. It's so much easier because to try to figure out the cause is often running down a rabbit hole. Another way of saying it is, it's chasing rainbows. Good luck.

I mean what's the reason for a bird to sing? How do you know, really? How could we possibly know the physiology to that degree in a human body for every single condition? When my car is broken, and I take it to be analyzed, they can't even figure out my car! They can't diagnose why it won't start. We think we can do it with a human body, and we can figure out the cause. Well, if we can, great. But if we can't and it often happens that we can't, that's when homeopathy comes in.

Know the homeopathics that your family needs

Kate: So, as we come to a close in this podcast, Joette, give us some final words of wisdom for 2018.

Joette: For me, 2018 is about moving. I've moved from one state to another. I'm rearranging my household. So, I can't stop thinking about housekeeping this year. So, I came up

with the idea that what we really *all* need to do is to do some serious housekeeping this year for 2018. I urge folks to rearrange the furniture in their lives but the furniture in our *minds*.

In other words, don't just question the medicine you've grown up with or that you've known for all these years. Get way past that. Rearrange your thinking and take a much bigger, giant step ahead. Make your goal this year to *own* at your fingertips every alternative that modern medicine has given you. Find the alternative homeopathically. There is an alternative for most everything that modern medicine has claimed is the only answer.

So, instead know that *Hepar sulph* or *Hypericum–Arsenicum* is used instead of antibiotics. That's the alternative to antibiotics. It's not the only – these are not the only ones – but these are the main ones.

How about knowing that *Sepia* is the alternative to synthetic hormones for women or that *Apis* is fabulous instead of Benadryl. You want to know this. You want to rearrange your thinking so that these are not only a part of your new way of looking at life for 2018 but that you know them at your fingertips, those that impact your family and you.

Kate: You just listened to a podcast by joettecalabrese.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shared 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.

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