# Happy Homeopathic Labor Day!




Labor Day seems to have more meaning attached to it than most national holidays.

To some, it means the end of summer. To others, it means the beginning of school, while a certain number of us would never be caught wearing white after it. For the most frugal among us, it is the cheapest day to buy a refrigerator.

In the U.S., the Department of Labor defines Labor Day as a "yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country."

I also regard it as a time to remember the pain that heavy labor can cause. Sore muscles and achy joints can be a hefty price to pay for hard work. That's why Labor Day reminds me of *Arnica montana 200*, my go-to medicine for pain experienced by those who do heavy, manual labor. It may be repeated every few hours but, of course, stopped once the

pain has ceased.

There are other medicines that may be considered or even alternated with this remedy, such as *Rhus tox*, *Hypericum*, *Ruta* or *Symphytum*, but everyone should at least know about *Arnica montana* to start.

And speaking of heavy labor, *Arnica* 200 is also a perfect choice for the pain associated with childbirth! In my experience, women have reported excellent results when they take *Arnica* both during and after labor.

I personally used it at the onset and moments after for the births of my own children. It helps to reduce after-birth pains and minimizes bleeding. I repeated it every hour or so after for a few more doses until the pain was barely noticeable.

No matter what Labor Day means to you, I hope that you have a wonderful one enjoying time with your family and loved ones.

Tomorrow – we get back to work!

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# Podcast 33 – New (and Not So New) to Homeopathy Part II




In this podcast, we cover:

**04:15** Differentiating between homeopathy and natural medicine

**18:30** All About Dosing

**26:20** Aggravation

**30:45** Proving

**36:50** The Banerji Protocols

Editor's Note: References made within the podcast's audio to the previous podcast "New to Homeopathy Part I" should refer to Podcast 17 instead of Podcast 7.

*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.*

**Paola:** It's Podcast Number 33 at joettecalabrese.com and here's what we have coming up.

I'm really looking forward to sharing this podcast with you today. Joette and I got to geek out over why we love homeopathy. So, today's podcast focuses on subjects that newcomers to homeopathy might appreciate. At the beginning of this podcast, we look at how we can distinguish natural medicine from homeopathy. We also spend some time talking about how some people have a hard time accepting the fact that these homeopathic remedies are so diluted and yet still work. We talk a little bit about how the term nano for nanoparticles are more accepted today. But why wait for society to catch up and accept the terminologies of homeopathy? Instead, just use it right away and just uproot your illness. Then the meat of the podcast comes from you, Joette's listeners. We get into several questions that are coming from newbies to homeopathy.

Alright, so here we go. Hi. I'm happy to be here with Joette recording another podcast.

**Joette:** Hi Paola. Yes, it's fun. I love doing this, too. We say that every time but they really are fun. It's just like a natural conversation.

**Paola:** It is fun. I enjoy your mind, Joette but also very much enjoy your friendship. So, this is fun.

**Joette:** It goes both ways.

**Paola:** We're taking a step back with this podcast, not a step back as in a step down but just like pausing and we're looking at the big picture in this podcast. I think it's important to do because every day, Joette, you are getting

new listeners, new people that are jumping in the middle of things. So, this podcast takes an opportunity to look at the new person who's new to homeopathy. For those of you who aren't new, you need to revisit the old stuff.

**Joette:** Not only that, Paola, but I find that it is useful even if you're a person who's been doing this for 25 years. It's amazing how you will learn something new even if you get one little pearl that can be useful. Interestingly, I found some tapes. I mean tapes, little cassette tapes that I had studied on homeopathy from back in the early 80s. I found them in my closet. I pulled them down. I've got an old car that still actually has a tape player in it. So, I thought, "Gee, why don't I see what's on here. Let's see how I think differently now." So, I've been listening to these tapes for the last several days in my car and loving it because even if there's one little bit on *Aconitum* that I hadn't considered before or one little aspect of *Bryonia*. These are medicines I had to memorize in order to get my degrees. So, it's not like this is something that I don't know anything about. But there's always something more to learn from a slightly different set of words, slightly different language. So yes, there's always something more to learn.

**Paola:** Absolutely. You said *Aconite.* One of my favorite things to tell people about *Aconite* that they don't always know about, and this is something that I stumbled across, *Aconite* is the *Arnica* of the eye.

**Joette:** Yes, ma'am.

**Paola:** That's really cool information. If you don't go back to the basics sometimes, you're going to be stuck with what you know – and then you don't know what you don't know.

**Joette:** Right, exactly.

**Paola:** Very good. So, with our newbies in mind especially

the structure of this podcast, so I have several questions that a lot of people who are interacting with newbies to homeopathy, these are the kinds of questions they're getting. The first one is how is homeopathy different from herbs, specifically herbs and then also natural medicine.

**Differentiating between homeopathy and natural medicine**

**Joette:** Well, homeopathy is based on a lot of the botanicals, the botanical world. So, there is a lot of crossover in certain ways. But herbs or botanicals in and of themselves mean that you're using herbs in their gross form. In homeopathy, we're getting that herb or mineral or animal venom or something from the periodic table, et cetera and it's being diluted. Now, we're not going to go into how it's diluted and all of that because that is the essence of what homeopathy is about. But it takes it to a different level.

You know how when a child is teething? And if you know anything about botanicals, the first herb you might think of would be chamomile or *Chamomilla*. So, you get it and you make it into a tincture or you make it into a tea, especially a tea because it's a small child. You don't want to give a child alcohol, not too much of it anyway. You make the tea. You give it to the child. It might calm the child down a bit. In fact, it often does. It not only calms the child down but also keeps the pain down a bit. That's why it's calming it down. So, the pain is not so grand.

So, you get that *Chamomilla* and you get that flower and you put it in alcohol. You let it sit for a fortnight, two weeks. Now, you've made it into a tincture. I'm describing the homeopathic process. Now, it's sitting for two weeks. Then from there, it's decanted. Then a drop of that made tincture that has the essence of the plant and the medicinal properties of the plant, now diluted into and absorbed into the alcohol, a drop of that is taken and put into 99 drops of alcohol. Now, we're starting the process of making a

homeopathic medicine. I'm not going to go through all of that again because as I said, we can refer to our podcast that describes that but it's diluted.

**Paola:** That would be Podcast Number 17 where Joette really kind of breaks down the homeopathic process of taking something like an herb, chamomile herb tincture turning into a diluted homeopathic remedy.

**Joette:** Right. We're going to dilute it, let's say 200 times because I love *Chamomilla* 200 for teething fractious children. So, it's diluted 200 times if it's 200C to the 100$^{th}$ power. That gives us then the medicine *Chamomilla*. It's always in Latin. We don't use common names. We use Latin words. *Chamomilla* 200C diluted 200 times, C to the 100$^{th}$ power. Now, we give this to the child who is teething and something even grander happens.

What happens is it's not just dealing with that child that night and allowing that child to calm down from the teething pain and the irritability but also it softens the whole aspect of teething. It makes it so that the teething is no longer the condition. If you give *Chamomilla* 200C to a teething child who is fractious and irritable, and not able to sleep, and very touchy, and every little thing bothers them, and every little thing hurts, and nothing makes them happy. You give them *Chamomilla* 200C, twice a day for several days, not only will you have a child who now will be able to sleep (some people, it's two days; some children, it's eight days), but within that framework, you will see that child will not only fall asleep easily and the fractiousness will melt away. They will no longer be irritable and kicking you and pushing off of you and being sensitive to every little noise and touch or anything but you've also stopped the action or at least reduced the action often greatly of the pain that the child is experiencing with teething. So now, you've got a child who's

been teething and chronically has these problems for the last six months. My gosh, when is this tooth going to come out. Finally, you give *Chamomilla* 200C and you see the entire picture change. So, it gets that essence, the medicine, the healing aspect of chamomile flowers. By diluting it, it seems like it would go the opposite way. But there is an aspect of homeopathy that stimulates the mixture so that now, it becomes a very potent healing medicine because it's diluted.

**Paola:** I like to think of it as because it's so diluted, it enters the body at a cellular level.

**Joette:** Deeper.

**Paola:** Nano, nano-level.

**Joette:** Nano-molecular, yes, I love it. I love it. That's exactly what it is. Now, in the world in which we live, nano is not an unusual word. It is understood. So, it goes deeper. By diluting it, it minimizes any toxic aspect of the plant of which there's not much in chamomile but brings to the fore the curative aspect. So now, instead of dealing with this age-old teething, this baby, my gosh, three years old still teething; every single time a tooth comes in, the whole family is up. Now, you give the *Chamomilla* 200C twice a day, sometimes even three times in a day. You will see that not only will the pain go down and the irascibility but also the return ability of the condition.

**Paola:** Very good. I guess one question that I think people have is okay, so you started this example by saying you can give like chamomile tea. So, what you're saying is herbs can cure or help uproot the condition.

**Joette:** Yes, yes, ma'am, absolutely.

**Paola:** Homeopathy might do it more efficaciously, at a deeper, quicker possible level.

**Joette:** Exactly, exactly, it goes deeper. I started out studying herbs. I live in the country. I would gather my plants from the wayside and in the fields and in the woods. I'd make my own tinctures because I didn't know enough about homeopathy. But once I recognized the curability of homeopathy and the depth and breadth to which it can carry a person, I asked myself, "Why am I using it in the gross form as a plant when I can use it in the homeopathic form and go way past what a plant can do?"

Plus, here's another part of this picture. Now, it opens up our world because an herbalist can only use plants that are safe. But in homeopathy, we can use plants that are not safe in their gross form because we're going to dilute them so many times that we have minimized or eliminated to a certain degree the toxic properties of the plant and brought to the fore the curative. So, it opens up the world. So now, *Rhus tox* which is poison ivy is a fabulous medicine for arthritis. Now, without that poisonous plant being diluted in this pharmacological, mathematical, scientific method called homeopathy, we would not have a cure or at least a help for arthritis, osteo – as well as often rheumatoid arthritis.

**Paola:** If this piques your interest, how is it possible that we use these toxic substances and they become curative in the homeopathic preparation, again, I'm going to refer to that Podcast Number 17.

**Joette:** Yes.

**Paola:** Listen to that …

**Joette:** I know it flies in the face of what we think is common sense but think about dilutions and how important they are. Dilutions matter.

**Paola:** Yes.

**Joette:** They're big part of our lives. Only the difference is this is so scientific, it has been proven again and again and again for well over 230 years now.

**Paola:** Well, and that's the interesting thing is whether or not society has caught up with, like we were just discussing the word nano. That's kind of widely accepted now. That's something we all know about. So now, we can use the word nano and you don't sound like a crazy person. But I think 20 years ago, if you use the concept of nano being a real thing, people would think you're crazy.

**Joette:** Here's the thing. You know what? It doesn't really matter how …

**Paola:** It doesn't matter.

**Joette:** It really doesn't. The fact is these medicines act. They work.

**Paola:** Exactly. So, my point is you can wait for society to catch up with something that works or you can just go with it right now.

**Joette:** Yes.

**Paola:** That works.

**Joette:** Yes, absolutely.

**Paola:** So, there's one thing I want to discuss, too, though, is we have herbs and then we have natural medicine. I want to distinguish that not all natural medicine necessarily cures in the same way that homeopathy cures.

**Joette:** Well, natural medicine is really just a catch-all phrase. I don't know what it really means except that does it mean chiropractic? Does it mean acupuncture, qigong? All of those are considered natural medicine and they all have their places. But I've never found anything that is as

profound-acting as homeopathy. I've been searching a long time.

I was born in 1952, ladies. I got to tell you, I've been around a long time. My mother used to do reflexology on my feet when I was little because she was into this for a long time. She took us to chiropractors. She didn't take it all the way but she did explore a great deal of this and not homeopathy, unfortunately. I've been exposed to this kind of information for my entire life. It took a long time for me to find homeopathy. I also had very poor health for a good many decades of my life. So, I was always searching. It's not like I lived a charmed life where nothing went wrong. I was always searching and digging, and this is the most profound.

I've never seen anything like this. I'm sure you can probably tell in not only my voice because of the speed at which I speak and the excitement in my voice, but also your voice too, Paola. You just said today in one of our meetings here in the office that you love this. Anyone who learns enough of this to just be able to cure themselves or their family will fall in love with this.

**Paola:** Right.

**Joette:** I always say that you think it's lovely getting pregnant and then holding your baby in your belly for nine months. I mean it's also romantic. It's so gorgeous and then giving birth. A friend of mine once said it's the most profound human experience to give birth to your child. You think that's incredible, try curing your child for a condition. Talk about heavy. There is nothing on this earth like being able to cure your own child and know down to your toes that you've done no harm. You can't say that with antibiotics. You can't say with steroids. You can't say with inhalers. You can't say with any conventional medicines. But with homeopathy, you can cure your child of something that

could have been plaguing that child for months if not years and maybe even goes all the way back to your own family. That, my friends, is what excites us about this and that we want to share this with other families.

**Paola:** Absolutely. It's not to say that you don't like chiropractors. We do.

**Joette:** Oh, I love chiropractors. No, no, no, I think they're great. Yes, absolutely.

**Paola:** You've even told me before, having other natural medicine things in your kit as a backup.

**Joette:** Yes, you need all the tools you can get. But once you start learning homeopathy, many of those tools will fall to the wayside. I studied essential oils, I don't know, 35 years ago. I love them. I still have them in my house. I still use them here and there. But if I want medicine, I go to homeopathy.

**Paola:** Absolutely. I do want to point out one more distinction between natural medicine and homeopathy, and you've taught this to me, Joette, this is where I learned it from, is that homeopathy re-educates your immune system, your body to learn to overcome. So that on the other side of an illness, be it chronic or acute, it is wiser for the illness. Whereas, opposed with natural medicine can be colloidal silver. It's kind of grouped into that. It could be high doses of oregano oil that you take because you have strep throat or whatever. On the other side of those types of situations, your body does not learn anything.

**Joette:** You've used something that doesn't cause harm most likely, which is a great thing. But you want to up the ante. You want to go even deeper. You want it not to come back again. You want that teething episode to not be something that your child and family have to experience every couple of months just because the child is growing.

**Paola:** Popping another tooth. Yes, that's exactly right. I remember I taught one of the study group classes. My friend said, "Well, I always just use colloidal silver every time I get strep." I said, "Well, did you hear yourself? Every time you get strep, how about not getting that again?"

**Joette:** Right. We're not saying it will never happen again. But usually, it's a lesser version so the teething might be not as extreme. It won't be as intense. It won't last as long. There'll be a larger space between each time that it occurs. Same thing with strep, you might still get a sore throat. You might still get a little strep infection. But you hit it again with the same homeopathic medicine that worked last time. It's likely that is the goal of homeopathy, here's the keyword, to uproot the condition.

**Paola:** Right.

**Joette:** Not that episode of it, the entire condition. Absolutely gorgeous.

**Paola:** I think it even gets more exciting like, "And there's more. You might have inherited your dad's tendency to, I don't know, have bad joints." Going back to *Rhus tox*, that can help you get away from that inherited.

**Joette:** Well, hey, let's put it this way. Everything is inherited. Everything is inherited. I know people don't think that way but the moment the sperm meets the egg …

**Paola:** I know, unless you're Adam and Eve.

**Joette:** Right, really, the moment the sperm meets the egg, it's done. I don't care what your politics are, that is the start of human life. Once that begins, and I know that might turn some people off and it might turn some people on, I'm of that ilk that I believe that's when the moment of life begins. At that very moment, the mixtures of the two DNAs are now set in stone. So, what happens to that child, to

that person, to that teenager, to that young adult, to that middle-aged adult, to that elderly person is all based on their DNA. So, all we can do is correct it. So, if homeopathy can correct it, it means it must be affecting it.

**Paola:** We've got homeopathy. It takes toxic substances and turns them curative. It has a specific process that separates itself from just generalized natural medicine. In addition to curing, it allows your body to become empowered on the other side of illness. It really sets itself apart from other forms of medicine.

Usually, the next question is how do I dose? Meaning, how often do I take it and how many pellets do I take.

**All About Dosing**

**Joette:** Well, the number of pellets is determined by looking on the back of the bottles. So, that's super easy. How often to take it? Well, that's too broad a question. Are you talking about for rheumatoid arthritis or are you talking about a child's ear infection or for teething? You take it until it works. I go into this. I'm being very broad and explaining it like that. But that's why you need to learn a little bit more about homeopathy. So these kinds of questions are answered. For example, when our study groups meet, we talk about that, how frequently a homeopathic medicine should be repeated. Basically, you take it until it's done. Now, how do you know that you've chosen the right one? Well, you see improvement. If you don't see improvement after X number of uses of it then you have to go on.

**Paola:** But all that is very specific. You're right that it takes more learning. That's why you've done the study group curriculum, Gateway to Homeopathy, because how frequently you take it changes between an acute and a chronic. Acute, you can take it a little more frequently. Chronic, you have to space it out more. Then to measure improvement, again,

it’s different between an acute and a chronic. That takes just a little bit of learning. So, I guess that again separates itself from natural medicine. I think natural medicine is a little bit easier to understand like lavender oil for when you have a stuffy nose; whereas with homeopathy, it takes a little bit more learning.

**Joette:** Yes.

**Paola:** Another question people get in relationship to dosing is, “Is it safe to give my baby a remedy? What is the dosing difference?”

**Joette:** Well, let’s put it this way. I gave my baby, and I’ve been at births where the newborn is given their homeopathic medicine. So, as long as you have a pretty good idea of what you’re doing then yes, it’s safe. Everything comes with a risk. So, I’m not going to tell you it’s perfectly safe. Nothing is. So, I want you to remember that. That if you choose a medicine and you say, “Wow, I know what I should be using.” And you give it. You say, “Well, I don’t see results yet.” You give it again and no results yet. You give it again. You give it again. You give it again. You may cause trouble.

So, you have to know what it is you’re treating. You want to know a little bit more than just let’s just throw this out and see if it sticks. You want to have a little bit more knowledge than, “Gee, I wonder if I can give this or not?” That’s where it really matters that you take this on. If this is of interest to you, I urge you to consider our study groups and our courses. If nothing else, go to my blog. It’s free. I’ve been writing articles on this blog for close to nine years. I give away exactly how to treat one specific condition at a time and exactly what medicines they are and how frequently to use them, et cetera.

**Paola:** Yes. That is your signature style is you get that

busy moms don’t have time to learn this the long way. So, you’re going to teach it the shortest way possible.

**Joette:** I try very hard to distill it down as much as I can.

**Paola:** I think a lot of women get overwhelmed. Like, “Oh boy, I have to learn this thing called homeopathy and it just seems so overwhelming.” I really feel like it’s just a few hours. If you get okay, okay, I’m going to commit to four hours of learning homeopathy this week. You’re going to learn a lot to get going, even just with four hours.

**Joette:** Yes.

**Paola:** Just to be clear then, dosing for a baby, if I have a baby who is nine months old …

**Joette:** Let’s go to the teething situation.

**Paola:** Okay. I don’t need to reduce the amount of pellets I physically give, the physical number of pellets. I don’t give five to an adult and two to a baby because I’m reducing the dose.

**Joette:** Yes, that’s right. Although some places will, some bottles will tell you to give the baby fewer pills but that’s because it’s not necessary to give a full four pills. For example, you can just use two. But if the baby got into the bottle and ate the whole bottle, it still would not cause trouble.

**Paola:** Right.

**Joette:** The numbers of pills, it’s a lot different than what we’re accustomed to.

**Paola:** Yes, you have to kind of break that paradigm. Tell them your analogy of lighting a fire with matches.

**Joette:** Yes. It's like if you were to start a fire, you could start a fire with one match or you could start a fire with six matches. It's still lighting the fire. That's what we're doing is stimulating the body's ability to correct itself.

**Paola:** But of course with Tylenol, it's completely different. You really need the proper dose.

**Joette:** Yes. That could be dangerous if you don't do that properly.

**Paola:** But think about it. Earlier, we mentioned dilution. These are highly diluted remedies. It's kind of impossible to get an overdose from two nanos versus one nano, you know what I mean, or five nanos versus 100 nanos. It's kind of all the same. Those of you who are learning homeopathy, you realize that there's one remedy that does many things. For example, we're talking about *Rhus tox*.

**Joette:** *Rhus tox* is great for joint pain, for arthritis, for tendon pain, for muscle strain, for overuse. It's also great for chicken pox. When you think about what poison ivy can cause, it causes pustules and itching and restlessness. So, we can then say that it can also be used then because that's the signature of the plant and how it acts on us as humans. It can then eliminate that by using *Rhus tox* 30C or 30X, or 200C or 200X, or even a 6x, 6C. We can uproot the itching and restlessness and maddening sensations of having chicken pox.

Plants have many purposes. So, when people say how was it that it could have so many purposes? Well, plants have many purposes. If you have a stomachache, if you're thinking of botanicals, you could use oregano. You could use mint. Many other substances can be considered for one condition. Healing is not linear. We don't want to put health into little boxes so that we can say, "Okay, this is for this.

That’s for that.” It’s a little bit overprescribed and oversimplified. Life is a little more complex than that. There are nuances. We want to know those nuances. They’re really fascinating.

**Paola:** Tell me if this is wrong to get it in people’s minds. People are just so used to taking Benadryl for allergies, Advil for headaches. It feels like it’s one drug for one thing. Homeopathy uses the whole plants or the whole mineral, or the whole organism. So, it has many sides to it. But when you’re trying something into a pharmaceutical, it’s very narrowed down and it’s very isolated. It’s a specific drug. Therefore, it tends to only work for a handful of things.

**Joette:** Well, it’s patented and it’s synthetic. In other words, they couldn’t sell it for what they sell it for. You can’t own chamomile. You can’t own that. That’s part of the earth. But if you get chamomile as they would in a conventional pharmacy, not a corner pharmacy but in the pharmaceutical industry, they get the constituents of the chamomile and synthetically mimic it. Now, they can own it. By owning it, they can patent it. By patenting it, that’s how they make their income. Then they could charge anything they want which is why you see some drugs are $3000 for one injection.

**Paola:** So, it’s like they basically narrowed the ability of that plant that used to be so versatile. They’ve narrowed it down to be something specific so they can make money off of it.

**Joette:** Well, they’ve done more than narrow. They’re mimicking it. They’re synthetically mimicking it. It’s not the same thing. It would be like sugar is sugar. It’s from the cane plant. If you want to mimic those properties, you can end up with NutraSweet. Now, is that sugar? No. It’s a mimic of it. It always amazes me that folks who are very,

very studious and particular about what foods they put in their mouths and what foods they put on the table for their families but when the child gets an ear infection, they toss an antibiotic in there or they toss a steroid in there. Now, I realize. Don't get me wrong. I'm not giving anyone a hard time because a lot of times, mothers don't realize that there's an alternative. This is the alternative.

**Paola:** Okay. So, here's a big question. This might be a new word for some people. What is an aggravation? How often does it happen?

**Aggravation**

**Joette:** Well, an aggravation is a word that's used in homeopathy to describe when you use a homeopathic medicine for a chronic condition, not acute, not an ear infection, not teething, not something that has a natural beginning and a natural end. It's going to be gone in two weeks even if you do nothing but for a chronic condition like arthritis or eczema or something that the person often gets worse before they get better. So, it's frightening to many people and I don't blame them. It is something that is found in classical homeopathy which is why I don't use classical homeopathy any longer. I use protocols. It is one of the many reasons that I've abandoned the use of classical homeopathy for chronic conditions because I don't want to see anyone suffer any further. It often will frighten someone enough away that they will never want to do it at all because they know how sick they can become. They're afraid that that could cause it. So, I don't worry about it in the very least anymore.

**Paola:** So, to use the term, "aggravation" is this new term. So, to use a term, I think that people might relate to more easily, in natural medicine, we know that there's a detox reaction, detox symptoms. So, it's like they say in natural medicine that a detox symptom is a good thing. It means that you're releasing the toxins. Then once you get past that,

you'll be improved. So, in classical homeopathy, an aggravation is like a detox symptom?

**Joette:** I would say that it's kind of overshooting the mark and the body is having to compensate. I think that's the way I would describe it.

**Paola:** You're right. I feel like I've rarely, if ever, had an aggravation using the Banerji Protocols, the practical homeopathy that you teach.

**Joette:** Yes, right.

**Paola:** Next question is can homeopathy be harmful if taken wrong? You've kind of touched on this. Well, let's talk about it a little bit more because we walk a fine line though. We don't want to scare people from using homeopathy but we still want them to respect it.

**Joette:** That's right. That's a good word. We want to respect it. It's like water. Here's the ocean. Now, this is really beautiful. It's really great that you want to play in it. It's important that you learn how to swim. But you have to also understand that there can be a danger associated with this if you're not prudent, if y don't know how to swim, if you go to the edge of the pier and you don't know what you're doing. There is good and bad in most things of great value. We could do the same thing with food. Salt is a very important aspect of cooking. We need to have that mineral in our foods. But we can overdo it. It can become dangerous if we use too much. On the other hand, if we use too little, that can be a problem. So, there is always the chance of causing trouble if you don't follow the rules. That's why I try to make the rules very, very precise as best as I can.

**Paola:** Which goes back to what I keep saying is your signature style to try and give us the facts so that we can take this and use it in the safest way possible.

**Joette:** That's true. You see, in classical homeopathy for those who know what classical homeopathy is, it's very vague. You could take one person as a patient and have five classical homeopaths interview that person in separate rooms within an hour of each other. I can practically guarantee that you'll come up with five different medicines for that person because it's also based on the perception of the homeopath. Now, it doesn't mean that they're all wrong or that any of them are wrong. It doesn't mean any of that because there are many ways to skin a cat. However, having said that, what I love about the Banerji Protocols, which are the protocols that I use now and some of them I call just plain old practical homeopathy, is that there are specific medicines we use for specific conditions. So, they are and here's the keyword: reproducible results.

**Paola:** Which is very different from classical homeopathy.

**Joette:** Yes, it is quite different.

**Paola:** In the sense that the same remedy will treat the same condition on everyone. Homeopathy can treat the same condition but in classical, you'd use very different remedies to get to the same results.

**Joette:** Yes.

**Paola:** So my headache remedy will be different from your headache remedy because we're different people. Classical homeopathy likes different remedies.

**Joette:** Yes.

**Paola:** So Joette, in light of respecting homeopathy and knowing that we have to respect it and knowing that it is powerful medicine, like the ocean, we love it but we have to respect it, what does proving a remedy mean? How do we know if we are proving?

**Proving**

**Joette:** Let’s stay within the realm of acute illness such as a child’s fever or otitis media, strep throat or something like that, okay? Because if we’re talking about chronic, that’s too complex to explain but let’s go at least the setting.

**Paola:** And you do explain chronic stuff in your courses.

**Joette:** Oh, I do. I teach it on my blog as well. But we could spend a good 45 minutes just on that. So, it’s best that we try to keep it simple.

Let’s say a child has got an ear infection. You decide the remedy that should be given is *Pulsatilla*. So, you give *Pulsatilla*, and there’s no change. That’s acceptable. Give it again by three hours later, still no change. Do it again three hours later and still no change. Now, you’re going up to the fourth dose. That’s generally my rule is after the fourth dose, now, you start questioning whether or not you’ve got the right medicine. Let’s say you’ve gone past four doses and you still don’t see a change. You keep saying it’s got to be *Pulsatilla*. I just know it is. You give 20 of these or even 10 of these doses. What you could end up getting is a child who starts acting as though they really need *Pulsatilla*.

What that means is that the picture of *Pulsatilla*, the need for it as a child is very needy and weepy. They have eyes that get goopy. They get conjunctivitis. They get stomach aches. They’re crying constantly. They’re very irritable. You might cause that to become the problem when all you really had was otitis media before that. So, it makes things much worse but it’s not permanent. You stop using the medicine. It goes away. Then you find the correct medicine that should have been used in the first place and you move on.

People are very, very worried about provings. But I don't worry about them as much as long as you follow the rules. That's what I teach. I'm very specific about rules on my blog that we put out every week. I'm very specific about rules in my classes, in my online classes and our study groups, et cetera. I'm pretty careful about that.

**Paola:** Right. That's why I always cringe if I talk to someone who has taken your class and they're breaking the rules. You shouldn't do that. Homeopathy is complex and your rules are there for a reason. So, you should really stick to them.

I have a little pinkeye story. It's funny that you mentioned it where I had a great experience where I learned about a proving. My friend's daughter had pinkeye. We actually went to your blog. One of the remedies that you suggested was *Hepar sulph*. That's the abbreviation, I think. What's the full name?

**Joette:** *Hepar sulphuricum calcarea*.

**Paola:** Right. So, we say *Hepar sulph*.

**Joette:** Right, for obvious reasons.

**Paola:** Right. She started dosing it. I think she got through maybe just four or five doses throughout the first day. Then she noticed that all of a sudden, that pinkeye was not only just how it was before but there was a new symptom. It was weeping. The eye was draining some fluid. Also, her daughter mentioned that the light hurt and that she wanted her mom to turn off the lights in the living room.

**Joette:** Which was something that hadn't been happening previously.

**Paola:** Two brand new symptoms on top of the pink eye. So then, I went to my materia medica which is something you do

learn about in your courses. Actually, you are coming out with a materia medica pretty soon here.

**Joette:** That's right. I can't wait to get that out.

**Paola:** I know. It will be really great. I cannot wait to get it too because you've put together a bunch of other materia medicas you've put together in courses, and it's one little enchilada. Anyways, I went to my materia medica, soon to be yours. I looked up *Hepar sulph*. They break it down by body parts. So, I looked under *Hepar sulph* for the eye. I saw that with *Hepar sulph*, there could be a lot of drainage and sensitivity to light with something. So, because we were taking *Hepar sulph* and because the pink eye developed new symptoms that related to *Hepar sulph*, boom! I knew we were proving the remedy. That's one of the ways you can deduce. So, then we stopped the remedy. What do you do now, Joette?

**Joette:** You stop using that medicine. Sometimes people will use *Camphor* 200 or they'll just move on. You don't want to wait too long because you got to get at that conjunctivitis. Now, you go to, okay, what is presenting now? Now, we start thinking about what is the next medicine that could be most valuable. That's the way this is laid out. So, you might go to *Pulsatilla* because *Pulsatilla* has a lot of weepiness. The discharge is yellow or white and that's what it looks like. Now, they're super sensitive. So, *Pulsatilla* would be my guess, would be the next good choice.

**Paola:** Well, that is what we did and it worked.

**Joette:** There you go.

**Paola:** There you go.

**Joette:** Then you use *Pulsatilla* 30. You use that every four hours. If it's really severe, you might use it every two hours. I mean severe. You don't say, "Oh gee, I just don't like this. And she's got a dance recital tonight." No, no,

no. Use it according to the method, about every four hours as your benchmark. Usually by the third dose, sometimes the first dose, you see an improvement.

One of the ways we know that we're witnessing improvement is that the person is better. She stops weeping. She stops being so sensitive. She gets more energy back. She feels happier. She eats a better meal. Another way to know is that she falls asleep because that's where we heal. When we're really sick, we need to sleep. We're just too sick to sleep. So, that's not what's happening. But when you use the right homeopathic medicine, that's often what ensues. Then when the child wakes up or whoever it might be, they wake up again. If the symptoms have returned, guess what you do? You go right back to the medicine that acted. So, you give that *Pulsatilla* again because it just was needed again. So, use it until it's done.

**Paola:** Finish it off.

**Joette:** Yes.

**Paola:** So, let me review here really quick then. A proving is when you have selected the wrong remedy. Typically, new symptoms arise related to that remedy. You can use the materia medica to double check. Then how do you fix the problem that you've gotten into? You can either antidote like you said with *Camphor*, or what is the preferred method is to select the proper remedy because the proper remedy like in this story of *Pulsatilla* will correct the ill-chosen one.

**Joette:** That's right.

**Paola:** Last question Joette, what is the Banerji Protocols? How are they different from classical homeopathy?

**The Banerji Protocols**

**Joette:** The Banerji Protocols are named after Drs. Prasanta and Pratip Banerji who have become my not only colleagues but very dear friends. They use protocols that they have come up with from having seen thousands and thousands of cases because they run a clinic and research center in Kolkata. But what's fascinating about them is they don't just see many patients per day but this was Prasanta Banerji's, who is in his 80s, clinic. Before that, his grandfather was using these methods. Before that was his great, great uncle. So, what we see is 150 years' worth of homeopathic physicians – and they are MDs by the way – who use only homeopathy and see an average of 100 patients per day per doctor. So, after a while, it becomes pretty darn clear that in 80% or 70% or whatever the number turns out to be, usually it's about 80% to 85% of all cases with this specific condition, whatever condition it is we're discussing, will be aided greatly by this particular medicine, whatever medicine has been found to be used for many thousands of people prior.

So, classical homeopathy is a little different as we touched upon earlier. Classical means you're going to choose based on the person, not on the condition. Whereas the Banerji Protocols and practical homeopathy that I teach is based on the name of the condition. And then of course, we look at the symptoms. That's also quite important. But we don't go as deep into the personality per se. We go more into what is presenting. Oh, the eye is red. There's a discharge. It's sensitive to light. The person is weepy. It's been going on for two or three days. She's got a stomach ache. There's the case. There's the conjunctivitis case.

So, if we don't use the first medicine that is most often considered the first level, then we can go to the second level. If we use the first one and it doesn't act like what happened with your friend and her daughter, that is pretty

much the first level for conjunctivitis. Had there been any creamy or weepy substance exuding from the eye at the onset that perhaps wasn't truly noticeable by the mother or by you, or it was there but you didn't give it an awful lot of credence, had you seen that, you might have skipped right over *Hepar sulph* and gone right to *Pulsatilla*. So, what it is, is it really exemplifies getting a very complex medicine and distilling it down to those medicines for those conditions that will work for most of the cases on earth.

**Paola:** So basically, the Banerji Protocols take a diagnosis, conjunctivitis for example. It does take note of some of the nuances that might be applicable to that diagnosis perhaps. Like you were saying, if we hadn't given any credence to the weepiness or if there hadn't been any at all, it would have helped us maybe kind of narrow down between *Hepar sulph* and *Pulsatilla* right away. Then you apply the protocol.

**Joette:** That's right, super easy. Let me put it this way, relatively easy. What I mean is that I'm coming from a classical background. I studied classical homeopathy 31 years ago. I was classically trained and taught the first classical homeopathy course in New York State that was ever credit-bearing at a college. So, I was a dyed-in-the-wool classical homeopath. I used to do my practice for many years. But I was frustrated by it because it was not, number one, reproducible. It took too long to take the case. And number three, and this is the key for me, I couldn't teach it to families. I can't teach classical homeopathy to families unless they're willing to spend many, many, many, many years learning theory 1, theory 2, the history. That's a big chunk to bite off.

**Paola:** Do you mean that mostly for chronic conditions, not acute?

**Joette:** Yes, for chronic conditions, yes, yes. I'm able to

teach acute pretty easily and always have been but now, I can teach chronics pretty easily.

**Paola:** Right.

**Joette:** How beautiful is that?

**Paola:** Well, I think it's important to know this, Joette. You have two groups of students in your client base. You have one group that has been with you since the beginning or at least have done homeopathy since the beginning. We have Kate Bechard that we interviewed. She's a Mom with Moxie that we interviewed if you look through our podcast. She's one of them. She used to do classical homeopathy before and then she's like, "Oh boy! But then Joette and the Banerji Protocols came on board. It has rocked my world. It simplified it so much." So, she appreciates how much simplified the Banerji Protocols have become.

But you have a group of students that have come on the scene. They haven't done any classical homeopathy. They've come right into the Banerji Protocols. They feel like it's complicated. So, I just want to point out. Remember, if you've come on the scene late in the game, straight to the candy, it really is a lot easier now in relationship to classical homeopathy. I think that's really important to remember and be grateful.

**Joette:** Well, it's human health. Medicine is a very, very vast subject. You could study it for five lifetimes and still not get all of it. So, what we've done is gotten the complex and made it into a simple as we possibly can.

**Paola:** So, know if you feel like well, this is really hard, well, it could be worse.

**Joette:** That's right.

**Paola:** Joette, I think you wanted to share with us some

closing thoughts.

**Joette:** I did. I want to mention and I know that those followers of this kind of a group who would be listening to this kind of podcast are probably already in this court. But it doesn't hurt to remind families and moms and grandmothers what we're really doing here. So, I feel very strongly that every decision, no matter how uncomfortable socially, personally, culturally, professionally, even financially must be based on what is genuinely best for the family. Family is the core of our society. We must keep it together as tightly as we can. At the bottom of the family pecking order is the child. The child is the most innocent of all in our society. It is up to us to protect and to make sure that what is put into that child's body is worthy of a human being, especially a human being in our own family.

So, with that, I bid you all the best of studying and learning homeopathy. Get as much free from me as you possibly can. I really don't mind. That's exactly what I love doing. But should you decide at any point in your life that you'd like to go a little further then consider study groups. Should you decide to go even further than that then we have classes online. We've got a lot going on here. It is my passion to teach this and get this out there. I want to see homeopathy get back on the map in North America once again.

**Paola:** Very good. That is your mission. How many families do you want to get this into?

**Joette:** We want to get to 100,000 households by 2020. We're getting there.

**Paola:** We are getting there. It's because moms like sharing good stuff with other moms.

**Joette:** Yes. Well, that's what we women do best. I don't want to discount men but this really is more often in the

woman's realm because she's the mother or the grandmother. She's the one who's responsible for the wellbeing of the children, their health, and their nutrition, et cetera.

**Paola:** Thank you, Joette. You're an awesome mom. Thank you for mothering us through this world of homeopathy. I hope that the newbies to homeopathy and the oldies appreciated this. I think it's especially good for those of you who do have experience with homeopathy to listen to this podcast and share it with your friends when you're trying to do that. I know that I have a lot of people coming to me, "So what is homeopathy?" I just feel like, "Oh dear."

**Joette:** Oh, you just have to explain.

**Paola:** I send them to this podcast. Podcast Number 17 is a great first one. Then let's say this is number two.

**Joette:** It's great. Well, thank you, Paola.

**Paola:** Thank you, Joette.

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 healthy 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. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.*

# Taking Stock: Where We've Been and Where We're Going




Sometimes in our very busy lives, it's a good idea to take a step back and assess where we've been, where we're going, and who's helped us along the way.

So, while I'm taking stock of what we've already accomplished and forming new goals, I thought you might like to share in this insider's look behind the curtain at JoetteCalabrese.com.

What have we done?

Well, we've tried to give you a tiered approach to your homeopathic education, beginning with plenty of free information – and I do mean *plenty*.

Let's start with your access to our free weekly blog, published every Sunday evening. Use our search function on the website to find existing blogs about a variety of subjects and conditions. I've published this every week for about 9 years, so many conditions have been covered.

Recently, I was excited to announce the addition of my free remedy cards at the bottom of each blog post. These downloadable remedy cards are perfect for printing out and keeping in a recipe file box or notebook, neatly organized by condition.

Won't that be handy when you need to look up a condition quickly?  Plus, you can also store the remedy cards as searchable .pdf files on your computer (so that they are available to you offline) or in your cloud drive (so you can access them anywhere).

They're included with all of our new blog posts, and we're close to completing the process of adding them to our older posts as well.

We also offer free audio podcasts a couple of times a month. I love being able to talk to you directly. And, in certain podcasts, you'll meet some of my readers – just like you.

The podcast is available on almost every medium: Apple Podcasts, Stitcher, Google Play, Android, and TuneIn. Subscribe … so you don't miss an episode!

Check out my YouTube channel as well for great video tips and brief explanations of various remedies and the conditions they address.

Plus, there are various webinars and online summits that I participate in quite often throughout the year. We appreciate your involvement, so we will always let you know about upcoming events.

As if that weren't enough, we also maintain a very active social media presence. I invite you to join our almost 14,000 followers on Facebook engaging in robust conversations (and that's not counting the additional private groups on Facebook for members who have taken or are currently taking my courses).

We have two twitter feeds – @HomeopathyWorks and @JoetteCalabrese with over 19,000 followers between them.

We love our presence on Instagram, where over 2,200 people join us for tips, hints and fun photos. And let's not forget our over 7,700 faithful Pinterest followers, who keep our helpful hints circulating.

At my website, we also provide a myriad of free articles, newsletters and a free community full of additional helpful downloads. On the free community page you'll find research on homeopathy, for those who want verification of homeopathy's efficacy. There is so much available there, that you could take us onto a desert island and never get bored! (Assuming your desert island has excellent wi-fi, of course.)

That's *PLENTY* of free information for you to access, and plenty of places for you to easily stay in contact!

However, if you want to go further – learn more information than offered by the free sources – I offer a second tier. *Gateway to Homeopathy* is a very reasonably priced guided-study curriculum with which you can join an existing study group or start one of your own. It's always easier to learn when you learn together with friends.

When you're hungry for even more, invest in my in-depth courses as your next educational tier.

Curious about which course to take? My Quick Start Guide can help. Each course focuses on a specific area: *Drug-Free Family*; *Good Gut, Bad Gut*; *Feminopathy*; *Survivalist Guide*; *Allergic!?*; and *Skin, The Ugly Truth*.

The amount of information available to you in those three tiers is immense. You may find you can take care of yourself and your family without going any further. Remember also that I have CDs and short books that you can pop into your CD player and make your driving time, learning time.

Remember also that I have CDs and short books that you can pop into your CD player and make your driving time, learning time.

The top tier of our educational organization is a private consultation with me, available by contacting our office.

Whew! That's a lot that we have accomplished. But, it's no time to rest on our laurels. It's time to think about where we are going next.

I already mentioned my remedy cards. They've been a huge success already – downloaded over 11,000 times – and we just introduced them on Mother's Day!

Another new endeavor I'm especially proud of is our outreach to native-speakers of other languages.

Our Spanish- and Mandarin-speaking followers will be happy to learn that we are currently in the process of subtitling our YouTube videos into both languages. Our Quick Start Guide to courses is also available in Spanish and Mandarin.

And, we have a Facebook presence for Spanish and Mandarin speakers, as well.

“But wait, there’s more!” (I couldn’t resist.)

I am so excited that we are almost ready to release my own *Materia Medica*. It’s a beautiful book that I’m pleased to offer to you as a part of your educational homeopathic library. We’ll let you know the moment it is published.

We’re also “feverishly” – pardon the pun – working on new a course addressing infections. And, to help you continue your study groups with friends and family, we plan to release a new study guide, *Gateway II*, in the next few months.

We have a lot of irons in the fire. Obviously, there is not enough time in the day for me to have accomplished this all by myself. I am very proud to introduce you to a few of the people who enthusiastically support me in this major undertaking.

Of course, I could not do any of this without my husband, Perry Smith (whom you recently met in a podcast). He is the machine that keeps the business running.

There’s my office staff: Shannon Flint-Hammond works one on one with my clients and keeps me (and everyone else) organized. If you’ve inquired about courses, you’ll have spoken to Eileen Tomasello or Audrey Palmateer who keep all the office plates spinning – and, that is no small feat.

Our social media team members, Courtney Ingham and Nathalie Poling, love interacting with all our followers and brilliantly marketing our new products so that you’re always in-the-know.

Lara works diligently with me on new courses and various research projects.

Tracey Davis helps with keeping my blog posts organized.

Carly Streiff is fast working on my upcoming *Materia Medica*, providing its formatting and lovely design work.

There’s our roving reporters, Paola Brown and Kate Bechard.

Stephanie Kempka, our support specialist, performs the behind-the-curtain magic with our website!

(Oh, and our furriest team members, Buster “The Bad Office Dog” and Gunner, Shannon’s dog.)

**But, I cannot forget to mention one of our most important team members: you!**

- You give us ideas for blog posts, for courses, and podcasts.
- You keep us on our toes with your comments and questions.
- You keep us inspired with your success stories.

And most importantly, y*ou* will be the key to reaching our main goal. In fact, you are the *only way* we will reach our main goal.

What is our main goal? To reach 100,000 households by 2020.

I think of this goal every single day. In fact, I found a thin, narrow rock on the beach on which I drew this goal in chalk. I keep it on my desk. I focus on it every day. And I think of you.

You, dear reader, you have a sphere of influence.

You are an influencer. You touch people every day, and those people touch others, and those people … well, you get it.

- I’m not asking you to write your congressman.
- I’m not asking you to fight against mandatory vaccinations.
- I’m not asking for anything hard or outside of your comfort zone.
- I’m just asking you to share what you know about homeopathy.

- Share what has worked for you.
- Share on social media;
- share with your family;
- share in the remedy aisle in the grocery store.

Our purpose as human beings is to help our families and our loved ones.

If we knew the secret to world peace, would we keep it to ourselves? No. We would share it.

We would have an *obligation* to share it. In the same way, we have an obligation to share what we know about homeopathy. Help me reach 100,000 households by 2020.

Thank you. Thank you for being part of our team.

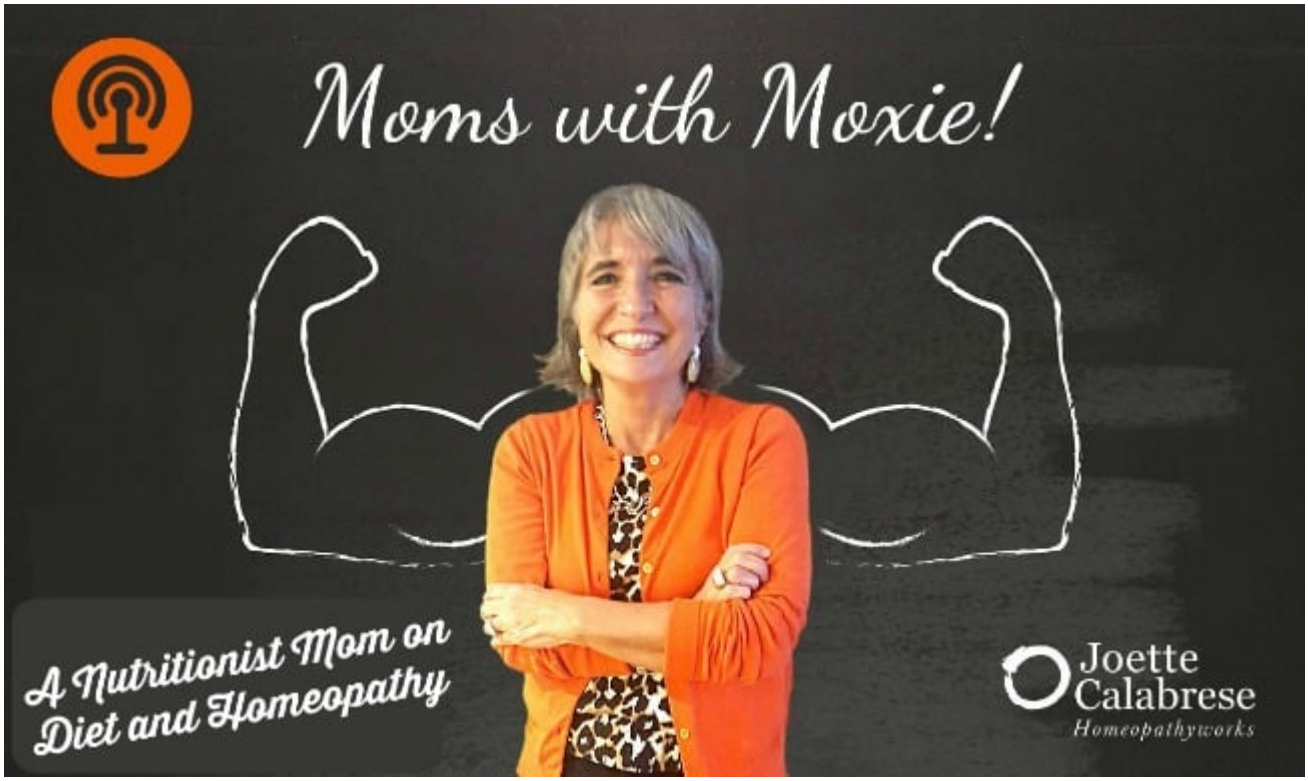
Well, you know by now that I never like to leave you without a helpful remedy card. So, scroll down to download team member Courtney Ingham's favorite go-to remedy for mosquito bites.

She shared her story in a previous blog post, but I think it might come in handy if you run into any of those little critters during these hot, muggy summer evenings.

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# Podcast 32 – Moms with Moxie:

# A Nutritionist Mom on Diet and Homeopathy




In this podcast, we cover:

**03:20** Starting Homeopathy

**09:06** **Success stories with *Arnica*, *Ruta*, *Symphytum*, and *Nux vomica***

**15:36** Implementing Joette's teachings & protocols into the practice of proper nutrition

**24:49** Using moderate diet with the remedies

*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.*

**Paola:** It's podcast number 32 at JoetteCalabrese.com. Today, we've got a new episode for the Moms with Moxie miniseries.

**Joette:** All the way from my desk in New York, I get to see how homeopathy is transforming lives all over the globe. 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 your successes a secret any longer. So, with help from my roving reporter, Paola, we bring you this mini podcast series that I call Moms with Moxie. It's actually grandmoms, too. But it's Moms with Moxie. See how regular mothers and others, average people who want to cure those around them have gone from freaking to fabulous with homeopathy.

**Paola:** I'm very much looking forward to who I'm interviewing today. I have Sheryl Shenefelt with me and she's an interesting gal. She has been in the holistic alternative health world for quite a while now. I think you were saying, Sheryl, since before you had your own kids, which is every girl's dream I feel like. Well, every seasoned mom's dream. I mean, I wish I was down that road before I had kids, too. So, you're awesome.

**Sheryl:** Oh, thank you.

**Paola:** You're welcome. So, tell us a little bit about yourself. I know you're a mom of two.

**Sheryl:** Yes. I have two kids. My daughter is 15 and my son is 11. I'm also an author and a nutritionist. I've been working in the nutrition world really since when I was

pregnant with my daughter. I've also written five nutrition books with a holistic medical doctor, Dr. David Brownstein, mostly on nutrition. We teamed up because I was really into eating real food, more of a holistic lifestyle. I had been studying a lot with the Weston A. Price Foundation. So, we just thought eye to eye as far as how real food could really help people heal along with his holistic treatment.

**Paola:** Now, I know Joette is on the board. She's an honorary board member of the Weston A. Price Foundation. But you were telling me that you were involved in one of the first chapters of the Weston A. Price Foundation?

**Sheryl:** Yes. Actually, the first chapter was here in Detroit, Michigan. They had only been around for a couple of years and I found them. I actually ended up being on the board of the local chapter and getting really involved, and helping people to find local farmers, and get connected with food. It really just fit right into my practice as a nutritionist. Now, I also use homeopathy. That was the basis of what I do even now. I did a lot more then.

**Paola:** That's awesome. Yes. We're going to get into that in how you combined nutrition with homeopathy. But let's start at the beginning of your journey with homeopathy. I know that you've told me you would much rather have homeopathy in your life than not. Tell me about your early experiences with homeopathy and what situations you used at work.

**Starting Homeopathy**

**Sheryl:** I connected with a homeopath while I was pregnant actually. She taught me a little bit about homeopathy. I was already on the page that I wanted to have a natural childbirth but she said that I could do it without any pain meds if I just used homeopathy. So, I ended up using *Arnica* throughout my whole birth process and it worked. It was amazing. I mean, I can't say I was pain-free. But I guess I

didn’t use any pain meds or do epidural or anything like that. So, I was very happy to have my daughter naturally, the way I had planned.

**Paola:** Oh, that’s awesome. Good old *Arnica* to the rescue.

**Sheryl:** I know and I still…*Arnica* is my favorite remedy ever. I use it a lot with my kids, for myself and just for pain or injuries. So, I love it. It’s my go-to.

**Paola:** I know. I always tell people like, “What do you do if you know someone who’s skeptical with homeopathy? I just wait for them to have an accident and use *Arnica*. Then it’s going to be fine. Then no.”

**Sheryl:** No, no, no.

**Paola:** Yes, then no, no. *Arnica* – yes, exactly. I mean, if homeopathy were a high school and all the remedies were people, *Arnica* would be class president, very popular, very successful, easy to use. So that’s awesome. You started working with a homeopath. Did you just pretty much go to your homeopathy appointment every time you got sick or did you ever start trying to transition into using it yourself without the assistance?

**Sheryl:** I did. I really was drawn to homeopathy. Its power gave me a lot of incentive to find out more about it. Then having my children, really, I wanted to raise them drug-free, so I wanted to know what options were out there. So, I really started studying homeopathy more. I did see a classical homeopath who directed us in that route. But like acute situations and things like that, I started to learn on my own. So that I could, if my daughter or son has a cough or sniffles or something, that I could just go to my resources and my homeopathy kit and pick something to use rather than medication.

**Paola:** Right. I think that’s pretty standard. Joette has

said that among classical homeopaths, they do encourage moms to learn homeopathy for acute prescription of their own families and themselves. That's good. So, you started dabbling into that. Have you ever happened to give say, antibiotics to your kids?

**Sheryl:** Actually, one time. I'm still kicking myself for doing that because I know now, obviously, I didn't know then. So, I have to give myself a break that I didn't know then about the choices at that time. So definitely I've been working on using probiotics and rebuilding, and now just learning more about homeopathy. I can use that as my medicines.

**Paola:** What was it for, that antibiotic?

**Sheryl:** For strep throat. We got too far along on the strep throat that I just didn't know enough about the homeopathy that it was going to take care of it.

**Paola:** Right. Yes. You are not allowed to mom-guilt yourself for doing that because I did not have any natural childbirth and too old as to have had antibiotics and what not. So, you're doing pretty good giving your son the one.

**Sheryl:** He ended up actually getting strep throat again. That time, I was able to use *Hepar sulph* and that took care of it. Now, he hasn't had it since.

**Paola:** Yehey! That's the way we like it. It sounds like the first time he has strep was pre-Joette because, with classical homeopathy, you have to repertorize and find exactly, is it the right side, the left side? What kind of strep throat are we dealing with? Then when he got strep throat the second time, was that with Joette's information available to you?

**Sheryl:** Yes. I had just met her. So, I didn't know everything about it yet and I hadn't been through her

classes and whatnot yet. So that's why I didn't feel comfortable, b ut yes. Then the second time, I had been through her class. I had talked to her more. I felt really comfortable sticking with it. And so, that's what pushed me along.

**Paola:** So really before, you were hesitant with homeopathy and Joette kind of gave you permission? Is that right?

**Sheryl:** Yes, yes. Definitely her classes, I love her classes. I've done all of them. One of them, just the Survivalist, I'm still working to get through.

**Paola:** Oh, yes. That's a good one.

**Sheryl:** But the Good Gut, Bad Gut, the Skin, the Allergies, so it just really opened my eyes up to, even more, uses for homeopathy that just made it so exciting and also gave me more confidence to say, "Hey! This remedy is for this. Here's what's happening." I feel good about giving it."

**Paola:** I find that that's typical among people who did homeopathy before they met Joette. Then after Joette, it's like their view of homeopathy broadens because you realize with her practical approach that there's so much more you just could work for.

**Sheryl:** Absolutely.

**Paola:** Well, I can relate to that because my mom did raise me using a lot of homeopathic remedies. We were immigrants and didn't have health insurance right away when we moved here on my dad's student visa. She used homeopathy. But then it's like as soon as we got health insurance, she stopped using it because she thought, "Oh well, now this is better." But knowing what I know now, knowing what my mom knows now, she's like, "Oh, boy! I wish I had realized how deep this stuff was and I would have just stuck with it."

**Sheryl:** Wow! Right.

**Paola:** It's kind of a shame. Okay. Why don't you tell us some of your acute successes with homeopathy?

### Success stories with *Arnica*, *Ruta*, *Symphytum*, and *Nux vomica*

**Sheryl:** Some of the other ways that I've used homeopathy is when my daughter sprained her ankle. I gave her *Arnica* right away for the pain. Then I started her on the *Ruta* for the sprain. She really felt like, after no time at all, I was almost like, "Doesn't your ankle hurt?" She was like, "No. I feel fine." She was like in two days walking on it. She was like, "It doesn't hurt." But it was purple and black and blue, but it didn't hurt.

**Paola:** Oh, wow! It looked bad but it felt great.

**Sheryl:** That was amazing. Yes, it looked terrible. But it helped so fast for her. It was amazing because you could see where she was hurt. I would press on it and she was like, "Oh, don't touch it." But she was able to walk and do everything she needs. She went to school after only a couple of days on the remedy.

**Paola:** That's incredible. Tell our listeners what *Ruta* is good for. I know it's for deep tissue sprains.

**Sheryl:** I mainly had always thought in my head like *Ruta*, I knew it was for sprains and strain.

**Paola:** Yes.

**Sheryl:** So I guess, as soon as she sprained it, it popped in my head. I'm like, "Oh, that's right." I learned that *Ruta* is for sprains and strain. That's what made me reach for that. But then I also knew *Arnica* is the thing that you go first when you first have an injury. You want to give the *Arnica* for the shock, the trauma, and then also the pain. I

actually alternated *Arnica* with *Ruta* because *Arnica* helped with the pain and then the *Ruta* was to heal.

**Paola:** I think that's fine. I think it's really good to have these little keynotes memorized so they're part of your muscle memory. When something happens, you're like, "Oh, yes, *Ruta*, *Arnica*, done. You don't really need to overthink it especially in acutes being like this.

**Sheryl:** Right. That's where I've gone. That's why I love Joette's stuff because if you have this issue, here's what you use. If you have this issue, here's what you use. It just sticks in my head. So, it has made it easier to select remedies when I need them. Actually, a couple of weeks ago, I had bronchitis. I did not want to go on any medication. I actually searched. I Googled it. I was reading some stuff about *Kali carb* and I started it and it helped immediately. I was having trouble breathing and I took it. I was like, "Oh, I can breathe again," like it was night and day. That helped so fast. That was mind-blowing because I hadn't really used it in a severe – to me, bronchitis was getting a little more severe because I didn't want to get pneumonia or have it get worse.

**Paola:** Good for you. I am always amazed by homeopathy. But then when you get sick again or something bad happens, you have an accident or something and you're really depressed about it, right, because you don't feel good. And then when the homeopathy works, it's like, "Oh, why do I keep getting impressed and surprised with this when I know it works." But when it works, you're like, "Yes, it worked."

**Sheryl:** I know.

**Paola:** This is so great. And you broke your foot as well, right?

**Sheryl:** Yes, I did. I broke my foot and actually sprained my ankle a couple of years back. Again, I used *Arnica* like I

did with my daughter. Then I did use some *Ruta* because I knew for the sprain and again I was just starting to learn about Joette. Then I was reading that for the broken bone part, I was supposed to use *Symphytum*. So, I waited a little bit because she mentioned that you're not supposed to use it until you know the bone is in place because it works so quickly. So, I did wait about a week until the doctor said everything was healing properly. Then I went ahead and used the *Symphytum* as well.

**Paola:** Yes, because I think she says, this is rough to even think about, but if your bone is not set properly in the right position and you started the *Symphytum*, it will fuse together in the wrong position. I mean, ultimately the doctor has to re-break the bone to fix it.

**Sheryl:** Right. That would not be fun. Yes.

**Paola:** That would be terrible.

**Sheryl:** Insult to injury for sure.

**Paola:** We do know homeopathy is wonderful and that we would never want to live without it. But I do want to gain a real picture. Has everything been easy and you just sailed through it with homeopathy or have there been some struggles?

**Sheryl:** I can't say that homeopathy isn't like a magic bullet in our household and we're not all 100% health and the perfect human beings. I mean, we're still real-life humans. We live in society. We don't eat everything perfectly. My daughter actually has some food allergies. She's had peanut allergy since she was really little and a couple of other food allergies and just some environmental allergies. And so, that's something that we're still working on. It's like a process as we go. But I love homeopathy for a lot of the acute things like we're talking about like injuries and my bronchitis and things like that that are

coming up. Then I'm finding that I can reach for homeopathy and definitely not have any drugs in the house is really amazing.

**Paola:** Well, I feel like when it comes to chronic issues, we know that those things are going to be slower to uproot. Sometimes it's slower even because you're finding the right protocol and not just the situation. What's really important about homeopathy, because the more distance you put from that last antibiotic, I guess this doesn't account for you guys except for when your son had the antibiotic, but for me who's had lots of antibiotics, the more distance I put between me and that last round which is years ago, the healthier I'm going to get.

**Sheryl:** Absolutely.

**Paola:** It buys you time as you figure things out.

**Sheryl:** Yes. That's why I love it so much. So now, we have things that we're working on and we are going to still order out sometimes.

**Paola:** Yes.

**Sheryl:** Yes. Sometimes we'll either go to a party or go out to eat. I've learned from Joette the *Nux vomica* is great in those situations for say, overindulgence or maybe eating poor food choices. So, I do keep that one in my back pocket as well.

**Paola:** Oh, that's good. So, you find success using *Nux vomica* when you party, so to speak.

**Sheryl:** Yes, exactly.

**Paola:** Let's go back to what you do for work. You said you're a nutritionist, which I think is so interesting and that you have started recently implementing homeopathic protocols that Joette teaches into your practice and you

like that. Tell us about that.

**Implementing Joette's teachings & protocols into the practice of proper nutrition**

**Sheryl:** Yes, you know what? I really have enjoyed using some of the protocols. Before I met Joette, I was just really working more with the Weston A. Price principle and helping people to change their diet so they're eating more real food. I connect people with local farmers. I teach them how to make broths and things to help them health-wise. But now that I have the protocols with the homeopathy, I feel like I'm starting to give those to clients and they're noticing shifts. Sometimes the diet changes take a little longer to see the shift. But with the homeopathy, and there's a few of them that I actually use quite a bit, one being *Lycopodium, Arsenicum*.

**Paola:** *Lycopodium* 200 mixed with *Arsenicum* 200.

**Sheryl:** Right. Yes.

**Paola:** Okay.

**Sheryl:** That's one of the Banerji Protocols that Joette teaches in her Good Gut, Bad Gut class.

**Paola:** Okay.

**Sheryl:** I've used that one probably the most out of all of them because so many people come in with bloating, and gas, and indigestion, and stomach aches, and whatnot. So, that's been my go-to because I see so many people with digestive complaints that I really have been using that a lot. People seem to get relief very quickly. Then they're more up to make more of the diet changes.

**Paola:** Right, because it's like, "If I'm going to spend all this time boiling bones or making fermented stuff and still

feel bloated, I might as well just eat my pizza that I like and feel bloated."

**Sheryl:** Right, exactly. Yes, so it just helps because they work hand in hand so that they feel some relief. But then they're also making their lifestyle changes that are necessary for ongoing health.

**Paola:** Right. I think Joette, her slogan used to be homeopathy where nutrition meets homeopathy. But now, she just feels like she wants to really laser-focus on the homeopathy. It is such a broad subject that she's spending less time educating on the diet especially because I feel like there are so many people like you out there and different bloggers who are educating people on diet and so, she felt like that wasn't as needed. But you're right. I do think that it can help speed what the diet does for people.

**Sheryl:** Right, right. Yes. I mean, I think that's like a missing piece that really helps accelerate the healing.

**Paola:** I was speaking with a Weston A. Price chapter leader. Joette is working on a project for Weston A. Price chapter leaders, a presentation. One of the things that we got out of the meeting is that when Joette taught her Good Gut, Bad Gut course several years ago (I mean what was it, like four years ago), she said that a healthy diet – like you were saying the Weston A. Price principles of bone broth, raw milk, and all that stuff – takes care of 70% of the symptoms. What you're left with is a 30% illness. But what Joette has witnessed in her practice and what other chapter leaders are seeing is that people are becoming sicker and sicker. Joette is seeing the reversal where diet is getting them 30% better and they're left with 70% which is really concerning. Have you seen some of that? Is that a growing trend that you've witnessed anecdotally with your clients?

**Sheryl:** I do feel similar in that respect. I feel like there's a lot more digestive issues coming out and autoimmune conditions and things that I just don't always feel like diet is enough. Although I do think it's huge and definitely has to be addressed but not always enough to give people relief really from what they're feeling or to see healing. That's where I think the homeopathy helps so much because I think people feel a shift.

**Paola:** Yes. Yes, because it is like you said, deflating when you've done all the work for the diet and you're not feeling better yet.

**Sheryl:** Right.

**Paola:** Would you be willing to share with us a few of your other favorite protocols that you've been using with your nutrition clients?

**Sheryl:** Yes. One of the other ones is actually the *Lycopodium* 200 with the *Plumbum* 200, mixed. That one actually is amazing for constipation.

**Paola:** Yes.

**Sheryl:** I seriously doubted it. I was like, "Okay, is this even going to work?" I actually had to use it on myself because I was struggling with that, just being open and honest here.

**Paola:** Sure.

**Sheryl:** So, I took it. Literally, I swear, it worked overnight.

**Paola:** Yes.

**Sheryl:** I mean, I don't want to be graphic or anything but it was just like, "Okay. I am sold. This is the remedy I'm going to start using." So, I started using it with some

clients too. I have to say that they agree with me. Maybe not everybody overnight but if they stick with it, they notice the change.

**Paola:** Right. I can relate, too because the day after Thanksgiving, leading up to Thanksgiving, I was preparing food for the week of Thanksgiving. I'm snacking on stuff. I feel like we have pretty healthy Thanksgiving. But I'm probably overindulging and I, myself got constipated. The day after Thanksgiving, we were going to this fair where we were going to be walking around all day outside. I took the *Lyco Plumbum* before we left. I was like, "Oh, shoot! I shouldn't have done that," because I just had, and again I don't want to be graphic, but just nice, healthy bowel movements all day. I was like, "I got to go to the bathroom again. You guys, I'm so sorry." I was like, "Okay. Next time, I'm going to wait until after the fair to do the protocol."

**Sheryl:** Right, right.

**Paola:** Good. Any other protocols that you think our listeners might enjoy knowing about? I mean, these are all protocols that Joette has talked about on the blog and in her courses but it's nice to have them all in one place here on this podcast.

**Sheryl:** Right, right. Yes. You know what? Actually, I had a client who probably she was on vacation. They have gone out to dinner. She felt horrible after dinner. We pretty much narrowed it down. It sounded like a food poisoning type thing. So, I actually gave her the *Arsenicum*.

**Paola:** Okay. Do you remember what potency?

**Sheryl:** You know what? She could only get the 30.

**Paola:** Okay.

**Sheryl:** She had to get it locally at the store. So, I told her to take the *Arsenicum* 30. I told her to take it actually every 15 minutes.

**Paola:** Okay, yes. So, it was pretty severe.

**Sheryl:** Yes. She couldn't move. She was in horrible pain. She said she felt better within an hour.

**Paola:** Wow! That's an improvement. Wow!

**Sheryl:** Yes. So that was one. Now, I actually sometimes use that even for people if they say they've gone out to dinner and then they have a stomachache. I've used it with a couple of other people and they've had relief, even if they don't know for sure if it's food poisoning.

**Paola:** Right, it's just that stomach pain.

**Sheryl:** But if they're having issues after eating out, then I found out that one just works really well. Again, I use the *Nux vomica* if people go a party or overindulge or maybe drink too much. Then I recommended to that to people with success.

**Paola:** Interesting. Then the *Arsenicum* for that stomach pain when they've gone out, is that *Arsenicum* 6?

**Sheryl:** You know what? I've used both.

**Paola:** Okay.

**Sheryl:** I've used actually *Arsenicum* 6 for some congestion and *Arsenicum* 30 more for the stomach pain. But I know she suggests some different ways at different times.

**Paola:** [0:23:18 crosstalk]

**Sheryl:** Yes.

**Paola:** I know for us, before Joette, we did the full GAPS.

We started Intro to GAPS and did all the steps. My four kids, they still refer to like, “Mom, remember that one time we went to the park?” I’m like, “I don’t remember.” It was before we ate soup. I’m like, “Oh, boy.”

**Sheryl:** Oh.

**Paola:** I know. It traumatized them. I know. That’s how they remember. It’s like this key time in our life when we ate a lot of soup. Anyway, as we transitioned out of the GAPS diet, my middle little boy, he was having lots of stomach pain. He was like, “Mom, my tummy hurts. Mom, my tummy hurts.” We’re drinking raw milk. We have a Jersey in the backyard. So, we’re eating well. We’re having lots of the good foods like you’re talking about. But he would still have this nagging tummy pain. So, we did do the *Bovista* protocol that you learn in the Good Gut, Bad Gut course with food intolerances. But also in addition to that, not mixed, but we did *Colocynthis* 30 twice a day. That helped tremendously. That was tremendously helpful for stomach pains for him. I think if you take the course, you can learn about the *Arsenicum* for stomach pain and the *Colocynthis* and differentiate between the two and what situations they’d be best served.

**Sheryl:** Yes, for sure. Yes, they’re both great remedies.

**Paola:** In closing, since we’ve been talking about diet and homeopathy, you used to be extreme with your Weston A. Price principles of diet. You’ve shifted from that. I think homeopathy has helped you do that. So, why don’t you tell us a little bit about that angle?

Using moderate diet with the remedies

**Sheryl:** Yes. I would say definitely with help from Joette in teaching me about how much the homeopathy can help as well as still eating some of the foods that we want to eat or that are available to us, it helped me lighten up a

little bit as far as how strict I am on diet. Maybe everything doesn't have to be home-made or sprouted or cooked in broth or raw every second. So, I guess I've just lightened up a little bit and yet, I'm using the remedies regularly. Like I said, my daughter has some food allergies so I am using the *Bovista* and some of the other food intolerance remedies that she suggests in the course. And so, hopefully, my goal is to be able to feel that without having to be so extreme on the diet.

**Paola:** Right, exactly. I think that's the way to do it. I mean Joette says, and this is like blasphemy for a nutritionist, but she says, "You should be able to have McDonald's." Not that you ought to, but you should be able to do that.

**Sheryl:** Yes, not that I would ever want that.

**Paola:** I know. That's gross. But yes. Remember what she said in the Good Gut, Bad Gut course? Do you remember this where she said, "I had an Egg McMuffin this week."? And I was just like, "Oh, my goodness! This is like blasphemy."

**Sheryl:** Right.

**Paola:** But I remember she was leaving town for an emergency with a family member. It's nice to not have to pack the whole cooler full of specialized food and just be where your family needs you.

**Sheryl:** Yes, and even my client who travels a lot, now she just carries the *Arsenicum* with her. She now uses that when she has the stomach pain after eating out. She just can't even believe it.

**Paola:** That's awesome.

**Sheryl:** So, she's still able to eat out and yet has some relief either with that or *Nux vomica*. She found what works

for her now. It’s pretty amazing.

**Paola:** You remind me of the moms with moxie who have a lot of children, like Gaylyn, I think she has seven or eight children because you have all these clients. So, you get to see the homeopathy working for so many people on a regular basis.

**Sheryl:** Right, right. That’s interesting. I always have such gratitude to those mothers out there who have so many. I’m always in awe of them.

**Paola:** Yes, for sure. I know it. Well, Sheryl, thank you so much for letting me pick your brain on all things homeopathy and for being willing to chat with us. I think that your message is valuable. I love the combination that you brought in, that angle of diet with homeopathy. I think that’s wonderful. Thank you so much.

**Sheryl:** Well, thank you. I really appreciate you having me.

**Joette:** Are you or someone you know a mom with moxie? Well, we’re on the hunt for you. Of course, we don’t want to hear just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you’re a mom with moxie. For more information, contact podcast@joettecalabrese.com.

*Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.*

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

# Fleas: A Homeopathic Solution




Hi! It’s Buster, “The Bad Office Dog,” again!

As my friends and I pant our way into these long, hot summer days, I want to remind you of something I hate: fleas.

Seriously, how can something so small, be so annoying? (Although, I think my mom may have muttered that same statement about *me* once under her breath – back when I had my bad-office-dog fits.)

Anyway, I have been a very lucky little boy, because I have never had an issue with fleas. Maybe they don't bother me because I'm so dapper (as you can see from my bow-tie). But, recently I heard about another friend who had a really rough time.

Laddie was itching and scratching, rubbing and nibbling; he was almost to the point of losing his mind! He kept nibbling at the area just above his tail (the area that seemed the itchiest) until he created little tiny sores on his skin and lost big clumps of hair.

It's hard to be dapper when you've lost clumps of hair.

I wish I had known what poor Laddie was going through because my mom (Joette Calabrese) knows a great homeopathic protocol that she has used before and is happy to share with you.

To relieve the torturous itching, get rid of fleas, and protect against them in the future, she has used *Psorinum* 200, *Ledum palustre* 200 and *Antimonium crudum* 6. (Remember to add the coupon code "Joette" at checkout at www.BoironUSA.com and receive a 20% discount.)

Here's how it's done: At the first sign of a flea attack: one dose of *Psorinum* 200 every seven days; one dose of *Ledum* 200 twice a day; one dose of *Ant crud* 6 two to three times a day. (And remember to scroll to the bottom of this page to receive this information in a free, easy-to-reference remedy card!)

Continue using these medicines, sticking to the same schedule, until the fleas are gone and there is no more scratching or nibbling. Sometimes, the itching can continue after the fleas have gone. So, just make sure that no more symptoms exist before discontinuing this method.

This regimen should also help keep fleas at bay because it creates an inhospitable environment for them. And, believe me, my friends and I are all in favor of creating inhospitable environments for fleas!

By the way, I overheard Mom tell someone that there is an alternative treatment she knows about. This method is using *Psorinum* 30 once a day until symptoms subside (no *Ledum*, no *Ant crud*). Mom has never used this method herself. But, if you are in a situation where you need a simpler remedy, it might be worth a try. Let us know your results in the comments.

Of course, if you want to use something prophylactically (before you see any fleas), there are herbal flea collars available. Just don't let it interfere with your dog's bow tie! (I'm telling you, it's *all* about being dapper!)

Gotta go …  I see a squirrel …



Buster

# Operation Mother-in-Law




Is your mother-in-law "not on board" with your use of homeopathy?

Does your best friend think you're a wee bit nuts when you pull your remedies out of your purse?

Are you having a hard time getting your skeptical husband to put the pellets under his tongue?

It's frustrating to believe so strongly in a medicine that has made such a difference in your own life, and not be able to explain it convincingly to others.

So, I've come up with a way to help you with that. Let's call it "Operation Mother-in-Law." Okay, okay … you're right. Maybe calling it the "Gateway to Homeopathy" would be better.

You've read my blogs. You've listened to my podcasts. But now you're eager to learn more. This program will be exactly what it says – your gateway to a deeper education. I've

created it not only to help you become more proficient with homeopathy but also to help you spread the word to others.

"Gateway to Homeopathy" is a guided study group curriculum. Learning in a group setting is always more fun, and I'm convinced that it's usually more productive than studying alone – because you share vibrant conversation, swap success stories, and answer your mutual questions *together*.

In fact, I began my journey into homeopathy by forming my own study group with my group of friends over 30 years ago, so I *know* this method works.

I'm sure you've already tried your best to introduce everyone you know to homeopathy. But unfortunately, sometimes a lone voice can be unconvincing.

By including a skeptic or two in this study group, you can allow my curriculum to demonstrate that this is not just *your* narrative. In fact, those in the class who come with enthusiasm will do the convincing for you.

Each week as members report their successes, I guarantee your mother-in-law (and skeptical friends) will become more intrigued.

You bring the friends, and we'll deliver easy-to-follow lessons in the practical, safe, effective use of homeopathy. Think of this as a Tupperware party with homeopathic cures as the hostess gift.

Whether you are a beginner and know absolutely nothing, or you have used homeopathy in the past and now want to learn more, this study guide is for you.

(If you've already gone through the "Gateway to Homeopathy" program, you'll be excited to know that we'll soon be launching "Gateway to Homeopathy II".

It will be a more in-depth curriculum designed to further

your existing education. So, stay tuned!)

Now, the first thing people say to me is, “I just don’t have the time.”

But I’m betting that you *do* have time to get together with family and friends during the week. Well, that’s *exactly* what this will be!

You’ll simply be getting together with your loved ones, while at the same time, learning a subject so important, so practical, so inexpensive and *so* effective to maintaining your family’s health. “Gateway to Homeopathy” is life-changing – of course you have the time!

(Plus, it’s going to be fun. And a little fun is always a healthy thing.)

So, gather your mother-in-law, your best friend, your neighbor … anyone you can think of who might be helped by homeopathy (which, let’s face it, is everyone).

Through this guided study group, you can let them learn from me (just as you have). You’ll be an integral part of fulfilling my goal: to bring homeopathy to 100,000 families by the year 2020.

Warmly,



P.S. Want to know one of my all-time favorite medicines for summer? *Calendula.*

When used in a tincture (that is, in alcohol) it can be

diluted 1:20, poured over minor wounds and added to dressings. For example, this ratio is 1 teaspoon of *Calendula* to 20 teaspoons of water. This becomes an antiseptic for open wounds that I've used time and again on our livestock, pets and of course, family members.

It is also a premier medicine when used as an ointment. Check out Boiron's First-Aid Ointment for cuts, scrapes, and minor burns. Remember to keep these kinds of tools in your summer kit when you leave for picnics and vacations!

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# Podcast 31 – Dads with Audacity: Empowering Wives – and Husbands – with Homeopathy!




I’m especially excited about this month’s Sunday Podcast. First of all, I’m excited because we’re introducing a new series: Dads with Audacity. We hope that this series can encourage more husbands into the fold, by giving voices to the many men out there who are already supportive of their wives’ use of homeopathy in the family. And, I’m especially excited about this particular Dad with Audacity – because he

is my husband, Perry! Maybe your husband will also enjoy meeting him, and getting a glimpse into how important homeopathy has been in our life together. Click here to listen to the podcast or read the transcript of Dads with Audacity: Empowering Wives – and Husbands – with Homeopathy!In this podcast, we cover:

**01:14** Presenting Dads with Audacity podcast series

**05:25** **Let's all meet Perry Smith**

**10:52** Perry talks about his background and how he supports Joette and homeopathy

**24:23** The bad turkey, the skiing accident, and the bee sting

*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.*

**Paola:** It's podcast number 31 at JoetteCalabrese.com. We've got an exciting new interview series for you called Dads with Audacity.

**Joette:** Each day from my office, I get to see how homeopathy is transforming lives all over the globe. 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.

**Paola:** Alright Joette, we've got a pretty special treat for our listeners today. We are launching a new podcast concept. We're hoping this will inspire listeners to reach out to your podcast team and give us some more content. So, go ahead. Tell us what this new podcast series is going to be about.

**Presenting Dads with Audacity podcast series**

**Joette:** Well, the new series is you know, we have Moms with Moxie and so we thought we ought to have Dads with Audacity.

**Paola:** That's right.

**Joette:** So with that, we're looking for and we found several dads who do have audacity and have used homeopathy and/or are using it regularly, and how they support their wives with it, or how they've used it independently of them, or how they used it as children, or they've used it on the job, et cetera, in their sports events, in the gym, and they share the information. All of that is what we're looking for from these dads with audacity. Now, just as we use the word, "moms," we don't mean necessarily women who have given birth to children, because women have a tendency to be mothers to animals and their neighbors and to livestock, et cetera. So, dads don't have to be actually a father but they can be men – but we like alliteration.

**Paola:** Actually the D and the D.

**Joette:** Yes, right, right, right. So, it can be men in general. It doesn't have to be only fathers but most of them turn out to be fathers. So, this is our move forward into embracing a larger extent of the community.

**Paola:** Well, and I also think that when we were developing this concept, Joette, we realized that this is what I see happening, at least in my study groups when I teach it with my students is you'll get these moms. They will do their homework. They'll buy the kit and they have the books. They're all like, "We are ready to go on there," just crossing their fingers waiting for something to happen. The kid comes out with an ear infection. Then the dad steps in and he ends up sometimes being more of a hindrance than a support. So, we thought maybe it would help these women to help bring their husbands into the fold by giving them voices from other guys, how they navigate the homeopathy waters.

**Joette:** Right, right. Yes, because it is in most families, it turns out to be the woman's job. So, we're hoping that the dads if they're not interested in homeopathy, at least they bow to the understanding that their wives have some expertise in mothering and caring for their children. They've taken this task of learning and using and supplying the family with homeopathy to the degree that it would be something that they could respect.

**Paola:** Right, yes. I love that.

**Joette:** A lot of men also tell me … the fathers tell me what they love about is that it cuts their medical bills to a fraction. Veterinary bills can be cut down to a fraction. I think that can make a big difference especially in a world where health insurance may end up being just catastrophic insurance which in my estimation is really the best way to buy health insurance and not to have insurance for a child's ear infection and every little event that comes down the

pike. So then, you're paying out of pocket for those events. But if you're paying out of pocket and buying medicines and learning homeopathy and putting your education first instead of the insurance company's premium first then you might find that in the end, many men will embrace this.

**Paola:** That's right. I think the numbers speak to the guys for sure.

**Joette:** Yes.

**Paola:** That's great. I have to say I've interviewed now five guys starting with today's debut interview which we're going to talk about in a moment. But what I found interesting is that all of the guys actually don't know much about homeopathy. They rely on the women in their lives. They kind of line up like baby birds, I like to joke. You know how the baby birds open their mouth and the mom comes and just drops remedies inside their mouths. So, that's kind of how they do it but they love it because it works. They get the results that they want. They see their family thriving. So, would you like to introduce the next, our first debut dad with audacity?

Let's all meet Perry Smith

**Joette:** Yes. Our first dad to speak is my husband, Perry. We've been married for 31 plus years. We have three children. They're all adults now. I discovered homeopathy when I was pregnant with our first son. So, that was I don't know … it was 30, 29, 30 years ago. I found it because I was looking at the time, I had planned on not wanting, I planned on not using antibiotics for my children. I had been harmed by antibiotics myself so I needed to find an alternative. I knew about herbs. I had been taking care, raising plants and wildcrafting, et cetera, and making my own botanicals myself, my tinctures, et cetera. Certainly, I do the essential oils. I mean it was part of my tool kit. But once

I found homeopathy, it really made great sense. So, when I found it, I declared it to him – to Perry of course – and it was just one more declaration as far as he was concerned because I had declared the essential oils. I declared organic foods. I declared that I wanted to have home births, et cetera. He just kind of "Yes. Okay. Well, you do the research."

The reason that I married my husband, the reason I was attracted to him in the first place was because he was the quintessential gentleman. On our first date, he always opened doors. From that time forward even to this day when I went to the ladies' room and we're at a restaurant, to this day he stands up when I leave the table, stands up as I return to the table. He is the perfect gentleman. I think part of being a gentleman is knowing what you're capable of and having the confidence in what you're doing in life. Then in relationship to that, what your spouse is capable of doing and having respect for her. That's really what matters. Gentlemanliness is really all about, when you think about it, it's just respecting others. So, I've always felt that respect from him. Sometimes I didn't deserve it. But plenty of times, I suppose I did. But that was a big part of the relationship.

He never said, "You don't know what you're talking about," or "How could you possibly know these things?" He assumes that, when he saw how I dove into these kinds of subjects, that I went in all the way up to my eyeballs. So, he felt confident, I believe, and comfortable knowing that. Plus, to be honest, I think he had his plate full, and he didn't want to take it on himself. So, respect for my desire not to be taking our kids to the pediatrician, and to have whole foods in the house, and even put up with my preliminary diets. I don't know if he'd even talked about this in this conversation that he had with you. But he put up with my macrobiotic and my diets, and all of the diets that I put us

through where we ate lots of kale. He still complains about kale – I just don't buy it anymore because he hated it so much –  so juicing kale, et cetera. My husband because he's respectful, I think that's why it was an automatic for him. I didn't have to convince him of the efficacy of homeopathy. But nonetheless, he saw it and he saw it regularly. I didn't win every time. I didn't cure every single condition that came down the pike with aplomb, but it happened enough times that his confidence grew in me over time as well.

**Paola:** That's an important thing and just allowing that observation to occur, giving room for observation and for her to do her thing, I think is the best way to go.

Alright, so let's listen to that podcast. Let's listen to the interview.

**Joette:** Okay.

**Paola:** Today, I'm going to interview someone that is pretty cool and pretty special to Joette. It's someone that you've probably heard of but you've never met before here on Joette's podcast. He's the guy who makes sure the lights are on, the office stays connected to the internet, the computers are all running, the emails go out on time, and the bills get paid. He's kind of like many of your husbands. What I like about Perry is he reminds of the Wizard of Oz where you have the wizard hiding behind the curtain doing all the work to make everything run. Well, that's Perry. So, let me welcome Perry who is Joette's husband. Hi Perry, how are you?

**Perry:** Hi Paola. Wow! I never thought of myself that way. It's kind of cool. I like that.

**Paola:** Well, good. You should. You do a lot of work for Joette but you are always behind the scenes and giving Joette the spotlight. I think you like that. Is that right?

**Perry:** I do. I like being in the support function.

**Paola:** Well, I really appreciate you taking the time to be on this podcast with us because I know that you like being in the background but you have an interesting story. I think it's great to hear a perspective from some of you guys. So, I appreciate you being willing to be with us.

**Perry:** Sure.

**Paola:** Pardon my voice. I am under the weather. I'm getting over a little cold here. I don't get them very often. So, don't worry, Perry. I'm taking *Sanguinaria*. I'm sure you've used it before in the past, right, for sinus.

**Perry:** Oh yes.

**Paola:** So Perry, tell me a little bit about your background.

**Perry talks about his background and how he supports Joette and homeopathy**

**Perry:** Going back two generations, my grandfather and my great grandfather were engineers. My father and his only brother were engineers. My brother is an engineer. I am the only non-engineer, I guess what's that, in two generations of Smiths. There are probably more Smiths in there as well. I chose a different path. I went to college to become a doctor. I was in a pre-med program. But probably in the latter part of my junior year, at the beginning of my senior year, I decided that I probably did not want to continue on for another four or five years of med school. I actually toyed with the idea of chiropractic. My roommate went on in chiropractic. This would have been in the late 60s or the very early 70s. I probably would have been retired by now, though I likely would not have met Joette.

**Paola:** Right, right. Well, I think it's a good thing that

you didn’t become a doctor because that probably wouldn’t have worked out too good.

**Perry:** No, that’s right.

**Paola:** Well, very good. Being in the engineering background and your family having that history, how do you think that has influenced your initial thoughts about homeopathy and perhaps your family’s opinion of it as well, initially?

**Perry:** Well, that’s an interesting question because obviously everyone knows engineers like to deal with empirical thoughts – show me the facts. Early on in our homeopathic journey, there were no facts for me to go with. It was all clinical-based results. I watched Joette uproot her problems, her chemical sensitivities. Then I watched what she did with our children, first Perry and then Peter and then Giuseppe. That was all I needed. I was able to give up on the need for empirical, fact-based check. I went with what I saw. I went with my gut. It was pretty clear Joette was making it happen.

**Paola:** Especially for men, initially when they look into homeopathy, they don’t run into the facts, the empirical data like you were saying right away. That usually comes secondary. Am I right?

**Perry:** I guess, yes. I haven’t thought about it, but go ahead.

**Paola:** Well, I think so. But I want to let you moms out there who are listening to this who would like to convince their husbands, that Perry, you have taken the time to provide Joette’s followers with a really great document that has a lot of that information. Why don’t you tell them about that?

**Perry:** Well, we’ve been accumulating ourselves, just searching the web – we actually had a researcher doing it

for us one summer – then I came across a document that was 200 pages of single-spaced, just research. Then I gave it to one of our staff just to check the links, to make sure the links were all active, but that 200 pages single-spaced just research on homeopathy. There are some great fellows. There are some great people out there. There's Dr. Iris Bell. She is a senior PhD medical doctor who is doing extensive research. Then of course, there's the Banerjis in India which we've now spent six years, six fellowships that I go along with Joette there. Then there's John Benneth who has a blog that talks about the activity and the background of homeopathy. So, there's a lot out there to find if you look for it. If you know where to look, you've got to be able to filter out the negative.

**Paola:** Right. With your background, with your family, the engineering, the pre-med, you know there's a need for those kinds of evidentiary, empirical data and you've provided that for Joette's listeners. The way you find that data is you go to Joette's homepage and you look under community. If you don't have a log-in, just create a quick log-in. It's free. You will find that information right there in the community section. I think that's really valuable. So, thank you.

**Perry:** As well as some photographs of Joette in India and some interesting stuff. Also, some infographics we create for many of our courses will be there to download for free, too. So, there's a lot of stuff there. But it's interesting, Paola. You mentioned the need to know why this works. For me, I was too busy running my business, creating a place for Joette, just support Joette so that she could raise our children. It was clear early on we wanted to have that separation. She ran the house. She raised the kids. I got involved in the homeschooling but I had a business to run during the day. I didn't have time nor did I want to spend the time. It was clear to me she knew what she was doing. I

was seeing the results. That's all I needed.

**Paola:** Right. You know Perry, I think that's a really very fascinating and interesting point. You knew Joette loved your kids and you trusted her in her role to do what she had to do.

**Perry:** Exactly.

**Paola:** Perry, why do you think nowadays it's such a hang up with some couples and their marriage where the husband is really pushing back against their wife who is doing the research? She's taking study groups. She's studying Joette's classes. She's buying her remedies. She bought her books. Then the second that ear infection blows through, she's having to deal with an ear infection and a husband who is saying don't do this.

**Perry:** I don't know if I have any answer, Paola. I suspect it's deep. I mean it is trust. It's willingness to give up responsibility, defer responsibility to your partner. It's maturity of the marriage. There are a lot of things there.

**Paola:** You and Joette, you guys were married a little bit older. I met Jason at 19. I got married at 20. So, we were young. I think maybe that has something to do with it. You guys have that wisdom.

**Perry:** You're right. We were in our late 30s. When Giuseppe came along, Joette was 43.

**Paola:** 43, yes, 43.

**Perry:** It could be, Paola. It could be a lot of things. But you know what I found? I saw how successful Joette was in dealing with the acute things that came down the path with our kids. As I said, it worked for us. I didn't need to get involved. I had too many other things to do. I didn't need for me to go there. You got to understand something about

Joette. When we say she's got guts, spunk and moxie, she does. There was no reason that I was going to go up against that and have a big, blown up bargaining. It wasn't going to happen.

**Paola:** You kind of have to assert yourself as the mom when in your gut you really want to do this. You know it's going to be good for your kid. I think it's just the art of marriage and working it out and talking about. But it is something that you need to work through and get to the other side of if you want to do homeopathy.

**Perry:** Yes. I don't know why any guy would want to take on more responsibility in a marriage. It doesn't make sense to me. Every mom that I've had an opportunity to meet in this organization, in this movement, clearly is committed to what they're doing. Like you Paola, clearly committed to taking care of the kids. If the husband doesn't see that, well, it's kind of like … slap him across the face.

**Paola:** On the back of the head. You have to have that conversation in your marriage because this is really for the betterment of not only your children but your future generations.

**Perry:** That's why we're here. The purpose of marriage is to have children, to bring these people into the world. What better way to bring them into the world than to give them a medicine that's going to grow them, which is going to treat them in the best way possible. We want them to grow. We have an expression in our house. That is when we fall, we always fall forward. We don't fall backwards. If we have a problem and we get a slight bump on the road, we always consider that. We're falling forward. We get up and we keep going.

**Paola:** Right. I think that's exactly what is at the core of your message with Joette because it really is you two together. This message is something that Joette's kind of

the spokesperson but you're right there with her. I think at the core of the message of Joette's version of homeopathy is empowering families, strengthening families. That is through health. That comes down to then your marriage needs to be strengthened. You need to figure this out and to know how to take care of your families. Because what's that thing Joette says? Only professionals in white lab coats and other dictocrats, so to speak, hold the corner in raising children. That's how society thinks of it. But really, Joette's trying to give that power back to families and to moms.

**Perry:** I think it's coming around. I have read articles that say that even the millennials now are more willing for the mom to stay home. It's coming around. It's the right word. It really is the right word. If for some reason that can't happen, the mom and the dad is in that financial point in their careers have to both work, I understand that too but then they share. There was a time when I was helping Joette raise the kids. I would get up very early in the morning. I'd get up at five in the morning and read for an hour and half to the kids. Then I'd go off to work and then she would take over. So, it's a give and take.

**Paola:** It's just at face value you think when you learn homeopathy, you're learning about just how to take care of your kids. But really, it kind of encompasses all facets of life, the marriage, the family, the health, the way you think about health. It's political. It's religious. It has all these layers to it that all of a sudden, you're like shoot…I just wanted to treat this ear infection.

**Perry:** Yes. But you know what? It's taking on responsibility. With responsibility, and if you're successful at it, you're going to gain a special confidence. That confidence is going to carry you forward.

**Paola:** Yes, correct.

**Perry:** It is real. You're right, Paola. It's a lifestyle change, but it's a real positive lifestyle change.

**Paola:** Right.

**Perry:** It's natural for women to take on this healing role. It's a good thing. It's a positive. It's probably instinctual. As a guy, it's very empowering for a guy to be able to support that.

**Paola:** Yes.

**Perry:** That lifestyle that his wife wants to take on.

**Paola:** Why is it empowering? Help me understand that. Why, to you, does that feel empowering to support your wife in that kind of a lifestyle?

**Perry:** Well, think of yourself as a warrior. We go out every morning and – we don't have to go out and kill the wildebeests – but no, we go out, we earn enough money to be able to allow your spouse to choose to stay at home or maybe work less, maybe only have to work two days or three days a week. But to be able to dedicate more of her time to her children because I think that's instinctual.

**Paola:** Yes, I think that's beautiful. I love what you just said. I'm going to … press pause if you're listening to this. Rewind and hear that again, because it's true. I love it that you see that giving this to Joette empowers you. That's how you should see this in a marriage when your kids are healthy and strong. Your son is a pilot now. Your other two sons are successful in college, and one runs his own business. That's all thanks to health.

**Perry:** Right.

**Paola:** Let's shift gears a little bit here and talk about … how about dealing with your parents, Joette's in-laws, because I'm thinking back about how they have the

engineering background and maybe homeopathy wouldn't have been so natural to them. When's the last time they've been to the doctor for a checkup or are they updated on their vaccines? How did you navigate that from a husband's role?

**Perry:** It was probably early on, there may have been a little bit of tension. We wouldn't broach the subject with them. So, we didn't put it out in front of them. We didn't brag that we didn't go to the doctor for every little cut, bruise, cold. We didn't brag that they haven't taken the antibiotics. If they asked, we would say everything was normal. We didn't mislead them. We just said everything was fine. They saw the kids were healthy. But after a while, my mother learned not to ask. Until the end, she was very supportive of Joette. It was like she learned what we're doing just by watching.

**Paola:** Yes. I can imagine all these grandmothers today sitting in their circles talking about their grandkids. And how would you like to be the grandma with the kids that are healthy or whose mom is actively trying to uproot these chronic things, whereas everybody else is on the choo-choo train that takes them to more prescriptions and more prescriptions?

**Perry:** Oh yes. My mother became, oh my gosh, we had to slow her down. She was so proud of her daughter-in-law and the success that she was having raising her children that she wanted to shout it from the rooftops. That's what happens. It may take a little bit of while but that's what happens.

**Paola:** Right, if you allow it. I really think if you're prayerful, to kind of get that guidance and to really thoughtfully work through these conflicts, you'll be shown the right way to get through it and get to the other side of it with the least amount of conflict.

Perry, let's hear just a couple of stories. I think we all

know about your food poisoning story. If you don't, just go to Joette's blog. Perry likes turkey whether it's fresh or gone bad.

**Perry:** Right.

**Paola:** She has a blog. You were pretty sick. I think Joette kind of watered it down for the article a little bit. But how bad was that food poisoning from that turkey? The bad turkey, the skiing accident, and the bee sting

**Perry:** I was in and out of consciousness. I was in quite a bit of pain. I was in and out of consciousness. I remembered Joette leaning over me, putting remedies in my mouth when I was so out of it. I didn't have a clue. I guess I assumed that I had been poisoned by the turkey. Believe me when I tell you I was not in that room. I was clearly somewhere else … but she brought me back, and I'm ever thankful for that. But that was not the first time. That was the first time I had experienced it, but I had another situation.

I remember I went over skiing. We live across the street from a ski area. I went over by myself one evening. I wanted to get three or four runs in. I was skiing down a particularly difficulty passage on the hill. That night, it was not lit as well as it should have been. I skied over the top of a ridge, came down a steep section and into a field of slalom gates. Those who have had skied know what slalom gates are. They're basically plastic poles that are stuck in the ground. You're supposed to ski around them. I came in to the field of them, and I didn't see the pattern. All I saw was a mass of blue poles. I hit one. I started tumbling. We call it a garage sale when you end up at the bottom of the hill with nothing. Your gloves are even gone. Your hat is gone. Your skis are somewhere. Your poles are gone. I laid there. I looked at my fingers. I knew I had fallen in such a way that I had bent my head forward onto my chest.

**Paola:** Oh no.

**Perry:** I just sort of have done a forward roll. I'm sitting there. I'm not really conscious of where I am except that I know my fingers wiggle and I can move my legs. So, I'm assuming nothing is broken. I slowly got up. I found my skis. I had to ski to the bottom, ride the chair to the top. I walked home. I got home. Joette looked to me. She said, "What's wrong with you?" I told her what happened. I'm really out of it. I don't have a clue. I can't remember, but I think it was pretty bad. She gave me a remedy. The following morning after sleeping a full night's rest, though I was stiff, I was clear headed again. I can only imagine had I gone to the hospital, the myriad of tests, CT scans, X-rays, and everything else I would have gone through. I would have spent the night there under observation.

**Paola:** But what you needed was to rest and to heal. And boy, those hospitals, that is not the place to get rest. You get poked and prodded throughout the night.

**Perry:** Right. And again, I mean I came home. I knew something was wrong. I just instinctively went to Joette. She knew what to do: *Aconitum* 200 and then *Arnica* 200, *Arnica* of course for the -.

**Paola:** The head injury, yes, very good.

**Perry:** Then the next day, *Nat sulph* 1M.

**Paola:** So, Joette gave you *Nat sulph* because the next day it was clear that you were still suffering from the concussion.

**Perry:** You know, I recovered as quickly as I did. It is not a lasting memory. I remember distinctly before I met Joette, I remember falling off a ladder and breaking my wrist, going to the hospital and getting the pins, the casts. I can walk you through that whole thing. But this, probably just as

severe if not more severe because it involved a head injury, I don't have a lasting memory of it because it was resolved quickly and easily.

**Paola:** Yes. It's like you didn't have post-traumatic stress because it was such a terrible … you know like it was awful … you bounced back. So, usually, when we bounce back from something, it's okay. We kind of accept it. Do you have maybe one more story? Joette has talked about one of your sons have been allergic to bees.

**Perry:** Yes. One of our sons was really allergic to bees. Joette has told the story many times. We decided that we were going to raise bees. Now, honey bees are generally friendly. I think you have bees, Paola. So, you know this.

**Paola:** Yes.

**Perry:** When you smoke them, they become relatively docile. Of course, we were generally covered, but we were back at the house on the back deck and he got stung. It was incredibly fast and scary how quickly his face puffed up. I have since looked for the photographs. I can't find them. We did take them at the time. He was unrecognizable. We didn't know who he was. Of course, the concern is that his throat is going to close up too. He was scared. Joette just gave him *Ledum* 200 every few minutes. And … it started to dissipate.

**Paola:** Yeah, that *Ledum* is a little tricky because all the materia medica say it's like cool and not swollen, puncture wound. But I have found that, too. I had an ant bite on my foot, and it kind of started swelling up. I kept using *Apis* and it wouldn't work, but *Ledum* did. Joette has said that if you listened to her carefully in her classes, she says *Ledum* is often really great for bee stings. It can break the rules sometimes. So, keep that in mind.

**Perry:** Oh, it was, yes. I can't even describe it. It

totally distorted his face. His lips all swelled up. We were obviously very worried. But he has since been stung – as you said early on – he has his own way of escaping this. He has since been stung multiple times. It is no longer an issue. Our kids have their own kits. They know what to do, although as Joette will tell you happily, she is as close as a text away. It is a great way to stay in touch with your kids because they text her. Joette remains relevant in their lives.

**Paola:** That's true. Yes.

**Perry:** A very big part of their lives. And it's not only the boys, but it's the girls in their lives too. They get involved. It's a beautiful thing. It really is a beautiful thing, to share with your kids.

**Paola:** That is great.

**Perry:** And educate them so they move forward.

**Paola:** You fit the bill, Perry. You are a "Dad with Audacity." I just really appreciate you taking the time and showing us your perspective on your homeopathic journey. We just so appreciate your support with Joette.

**Perry:** A little bit in closing here to my fellow fathers out there, this really is a great feeling when you see your wife take on a task like learning homeopathy, becoming successful at it, and gaining a new inner strength. You could take credit for that because you've allowed that to happen by creating that environment. It's good for both of you. It's a great fit.

**Paola:** It's good for everyone. It empowers the whole family.

**Perry:** Right.

**Paola:** Thank you so much for being with us. We appreciate

your time.

**Perry:** I love you, Paola. Thank you.

**Paola:** What a great interview, Joette. What a guy.

**Joette:** Yes, he's adorable, isn't he?

**Paola:** Yes. I love that you told us at the beginning how he still to this day stands up. I'm going to make my husband start standing up every time I leave the table.

**Joette:** Well, he also taught our children to stand up when an adult comes in the room, shake their hand, look them in the eye. That was all a part of my husband's training. My husband's an old, New England prep. He is. He's just an old preppy. Now, he's an old preppy.

**Paola:** A Renaissance man.

**Joette:** Yes. I have a lot of respect for him as well as you can see folks when you listen to this. He's a good guy.

**Paola:** Awesome. Well, thank you so much. Thank you, Perry for letting us grab you and interview you. I know that was a little bit out of your comfort zone. So, that was pretty awesome of you to let us do that. So, thank you so much.

**Joette:** Okay. Bye, Paola. Thanks.

Are you or someone you know a mom with moxie? Well, we're on the hunt for you. And of course, we don't want to hear just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you're a mom with moxie. For more information, contact podcast@joettecalabrese.com.

*Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good*

*fit in your health strategy, visit joettecalabrese.com.*

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# A Dog with Anxiety? There's a Homeopathic Solution!



*A mother is only as happy as her unhappiest child.*

Mindful Homeopathy

Practical Protocols for Mental and Emotional Conditions

Anxiety…depression…bipolar…OCD…learning disorders…brain fog…PTSD…addictions…dementia…

Homeopathy has a history of uprooting these conditions.

These are my favorites that I guarantee you'll use.

I created an infographic to give you hope that real, safe, efficacious alternatives to chemical drugs exist. Click here and read more.

This infographic contains some of my favorite remedies that I guarantee you'll use.




Hi! It’s Buster here.

I just met a new friend who rivaled me for my nickname “The Bad Office Dog.” But I figured if homeopathy could help me, it could help my new friend.

Meet Gunner. He’s a 6-year-old hound mix that Shannon, my mom’s chief of staff, adopted last year. Apparently, he

suffers anxiety from loud noises.

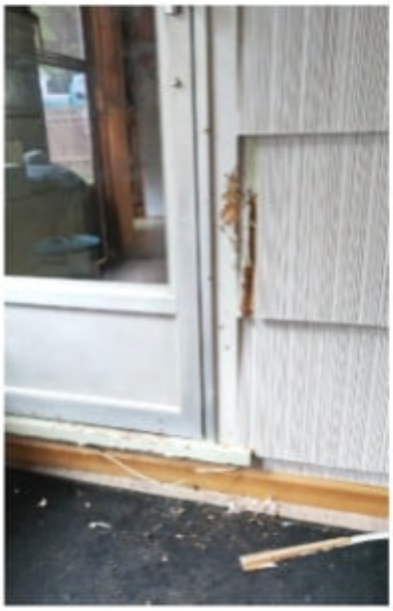
The weird thing is, Gunner lives very close to a gun club, and the sound of gun fire doesn’t bother him at all. Maybe it has something to do with his name? Or maybe he’s just a proud Second Amendment advocate.

No matter the reason, Gunner wasn’t able to explain exactly why thunderstorms and fireworks were different for him … why they made him so upset that he reallllllllly misbehaves.

I mean, he nearly chewed a hole in his mom’s wooden door! Look at this:









Joette Calabrese
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So, Shannon put a camera on the door to find out exactly

what was happening with poor Gunner (and the structure of her house).

Well, get this … during a thunderstorm she witnessed him freaking out so badly that he was able to turn the storm doorknob and get out of the house into an enclosed breezeway.

Being out of the house seemed to settle him a bit, so she let him do that for a while. (I think he's really talented to turn a doorknob. I'm too short, or I'd try it myself.)

Anyway, one day being out on the enclosed breezeway wasn't good enough. Apparently, Gunner got freaked out so badly that he escaped the housebreaking right through a glass window.

He was found out on the main road (thank goodness, he hadn't been hurt), and brought back to our office.

I really liked Gunner right away. So that he wouldn't be alone, Shannon started bringing him into the office more and more.

First, she tried using *Aconitum 200*, but that didn't help.

She tried using *Ignatia 200*, but it didn't do anything either. I knew he didn't want to be bad; he was just scared. (Plus, between you and me, I wanted my nickname all to myself.)

So, I concentrated really hard to telepathically remind Gunner's mom that Joette teaches about the use of *Argentum nitricum* when human clients have anxiety. (Tell your human to scroll to the bottom of this page to receive their free remedy card containing that information in an easy-to-reference form.)

Anyway, my concentration must have worked. (I must be pretty clever, huh?) Because recently, when Gunner was at home

freaking out about the fireworks, his mom gave him one dose of *Argentum nitricum 200*, and he laid right down! Good sign, right?

Unfortunately, because Gunner had already been through so much stress in his life, his anxiety about noises turned into separation anxiety when his family would leave him alone.

He even shredded some wooden blinds and chewed through a windowsill when his family left him for one night.

So, instead of using the remedy as an SOS for fireworks or thunderstorms, Shannon decided to give him a dose of *Argentum 200* every morning. Since then, she's been monitoring him on her camera, and he's been much better.

Every once in a while, he still will have a freak out (yes, he tore apart a screen and almost let out the cat). But now that his mom is repeating the remedy every day, I'm hopeful that my buddy Gunner will continue to improve.

At least he isn't shivering and quaking with fear during thunderstorms as he did before. So, there are plenty of good signs. I'll keep you posted.

By the way, you might wonder how his mom delivered the medicine to him. Well – please don't tell my other animal friends that I am giving away this information – but if you put the pills into a shallow dish and cover it with a tiny bit of coconut oil, we will lap it right up.

Most of us love coconut oil and get so excited that we really don't look to see if you're tricking us into taking a wee bit of medicine with it. Again, you didn't hear it from me … it's our secret.

Thank goodness that Gunner was adopted by such a cool family– who know so much about homeopathy. (And, of course,

being my new friend doesn’t hurt!) So, let’s all keep rooting for Gunner – I mean, look at that face!




Have a great day,

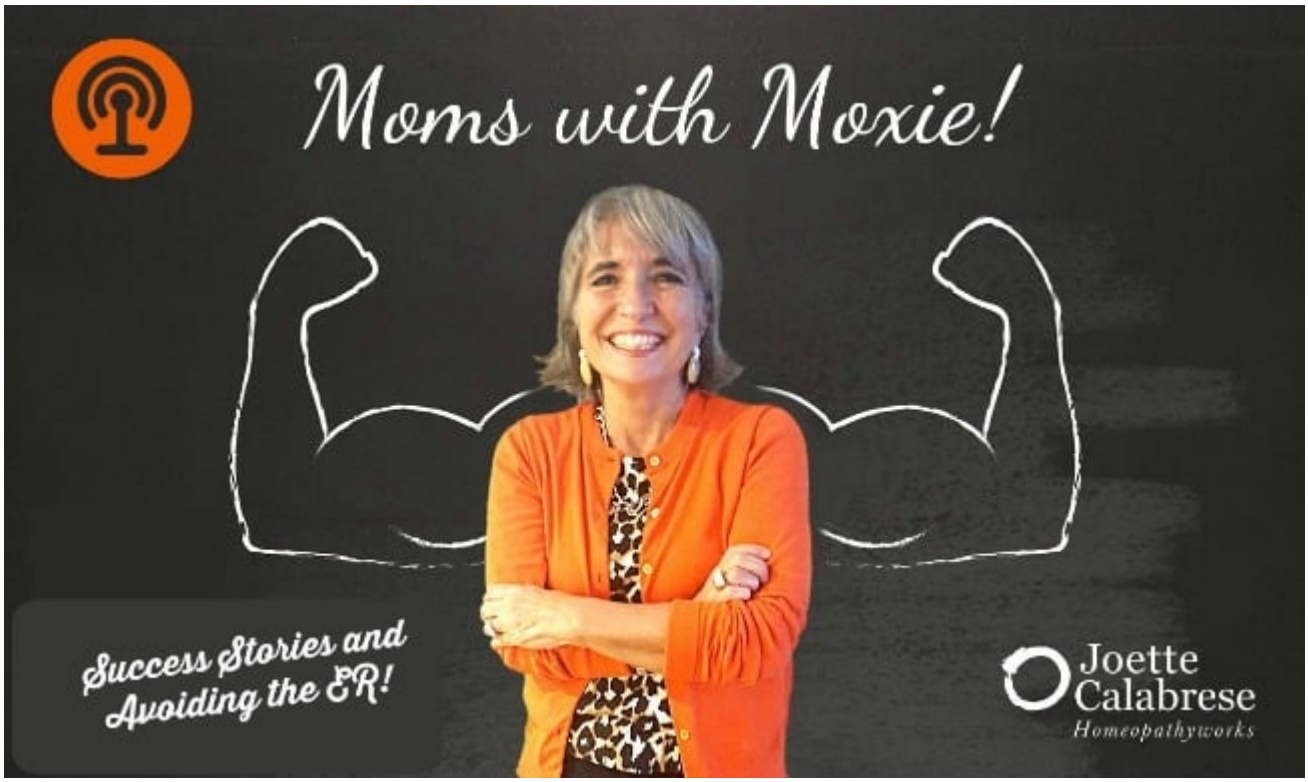
Buster



Note from Joette:  Remember that treating animals with homeopathy is the same as for humans. Anxiety for humans is the same as anxiety for hounds. Treat everyone!

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# Podcast 30 – Moms with Moxie: Success Stories and Avoiding the ER!




In this podcast, we cover:

**04:39** Finding Joette's homeopathy

**10:00** Organizing Joette's blogs

**12:25** Success stories and others

**18:33** Failures encountered

**25:29** Avoiding the ER

*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.*

**Paola:** It's podcast number 30 at joettecalabrese.com. We've got another Moms with Moxie miniseries for you.

**Joette:** All the way from my desk in New York, I get to see how homeopathy is transforming lives all over the globe. 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 and they're glorious and powerful. I can't keep your successes a secret any longer. So, with help from my roving reporter, Paola, we bring you this mini podcast series that I call "Moms with Moxie." It's actually grandmoms, too but it's Moms with Moxie. See how regular mothers and others, average people who want to cure those around them have gone from freaking to fabulous with homeopathy.

**Paola:** I am so excited to do another Moms with Moxie podcast. Today, we have Heather Stein. Heather is a rock star. She is a homeschooling mom of six. Her oldest is 10 and her youngest is a newborn. I actually tried scheduling this with you, Heather a while ago but you emailed back and said, "Well, I just gave birth like last week or something. So, can we push it out?" So, that was so funny. And you hail from St. Louis, Missouri.

**Heather:** That's right.

**Paola:** Okay. I have just really enjoyed hearing your story. You seem like a very organized mom that's on top of it. I think our listeners are going to enjoy hearing about that. So, let's start. How did you come to find homeopathy?

**Heather:** I came to find homeopathy when I was kind of embarking on natural health in general. My first child was one year old. We found out she had asthma. She had food allergies. She had an ear infection. A mom that I knew recommended just looking into this whole world of natural health which was totally new to me. As I was finding ways to heal my new family more naturally, I kept running into homeopathy. I didn't understand what it was. It took kind of a learning curve. It wasn't until a couple of years later,

my midwife when I was having my second child was recommending some homeopathic. I said, “I really have to look into this.” So, I started learning more about it mainly just through books that I bought, also through online research. I started using mainly just low potency combination remedies to kind of try to get at some of the acute things that my family was dealing with.

**Paola:** Awesome. That’s a great way to start. So, you knew right from the get-go that homeopathy was different from home remedies, natural remedies, how people lump those together.

**Heather:** Yes, the Latin names really helped to set it apart for me that these things are all grouped together and there’s something different.

**Paola:** Good for you. Yes. I have always had a sense that it was different. Thanks to my mom. But it’s important for anyone who’s listening to know that when you talk about homeopathy, we all get so familiar with it that we forget that other people might think it’s home remedies or whatever. So, you told me that you have a background in psychology and that homeopathy really made sense to you and influenced you to kind of continue pursuing it. So, tell us about that.

**Heather:** Yes. So, I naturally kind of went to psychology as a major in college. I got a Bachelor’s in that. I just kind of had a little bit of a natural gift there and enjoyed figuring out how people check, and looking at the emotions, and how those fit together for people. So, when I was looking at homeopathy, I got really excited to find out that there was something more that I could do besides acute. So, I kind of started delving into classical a little bit because I saw how homeopathy looked at not just what was happening with the body but what was happening with the mind as well. So, that kind of got me involved a little bit

further into homeopathy. I started looking at classical remedies. I had some success with it. I think because of my psychology background, it kind of made sense to me. But it was still a little bit hit or miss. I never really had too much confidence that the remedy was going to work. But I had enough confidence and enough successes that I felt like I was going to stick with it and keep trying and keep learning.

**Paola:** Good for you. That's exactly right. I think that's wonderful that you kept pursuing it. Joette does talk about how often when you have someone that's sick, their mental state, their emotional state will shift before the general state shifts. My daughter once was angry. I remember she made eye contact with me and like screamed into my face. I was like, "Okay, you're mad about this here." And then I gave her *Belladonna* which is red, hot, and angry. The first thing to improve was her attitude about it. She fell asleep and calmed down. So, there is that mind-body connection. But then you found Joette. So, tell us about that.

**Finding Joette's homeopathy**

**Heather:** Yes. This was actually before Joette was talking about Banerji Protocols because I've been following her for probably four or five years and on her to the Wise Traditions journal. I read her articles. I liked what she had to say and her method of presenting it and how she wanted to empower people to use homeopathy. Because I kept encountering with classical saying, "This is in the information but don't use it. You're probably not qualified to do this." I kind of thought, "Well, I do have a psychology background. So, it's probably not too bad for me to [0:05:07] into this. But Joette seems to be kind of putting it out there and saying, "You can do this." So, I really liked that.

So, I started just following her blog and really keeping up

with her. When she started presenting the Banerji Protocols, I was really excited because even though I was having some success with the classical method, I knew other people that weren't and had abandoned homeopathy because they said this isn't working for me. But I knew that there was something there. So, I was really excited about it. It seemed streamlined, easier to understand, not so much pouring over books. And for busy moms, that's great. So, I started kind of going along that path with what she was presenting to all of us. It really started checking out for me. That's where homeopathy started being sort of the go-to method in our home and crowding out some of the other things that were not working as well because homeopathy was working better.

**Paola:** Like natural stuff that wasn't working as well.

**Heather:** Right.

**Paola:** You bring up a really interesting point. I feel like you and Joette started classical. Obviously, Joette was a professional classical homeopath but the real alumni of Joette who've been around before she met the Banerjis. You all liked homeopathy but when Joette found the Banerjis, she was like, "Oh my gosh. This is a game changer." I find that people who come into this not having experienced classical homeopathy all by itself first, I don't think they sometimes appreciate how wonderful these protocols are because it's what they've always had, kind of like true with modern technology and Google. Like well, life is often easy, right, because we can just Google it and there's the answer. Where I remember when I was a kid, you can't Google stuff.

**Heather:** That's right, yes. Very good. This is kind of like that.

**Paola:** It is. They're so wonderful. Joette, I just thank God for her because she empowers us. You're right, other classical homeopath don't want us doing this. Joette is

trying to equip us with what we need to know to do this. So, that's great.

**Heather:** That's right. That's right. I thank God for her, too. She's great.

**Paola:** So, how long have you been doing homeopathy?

**Heather:** In general since the very beginning, about nine years. Then like I said, I kind of was following along with Joette. I found her somewhere in there. That's really the way that I learned about homeopathy now because the Banerji Protocols make it so simplified. Even when it's not a Banerji Protocol, I feel like she presents it in a manner that really puts the tools in your hand and allows you to go ahead and use it.

**Paola:** Yes, very true. So I guess now, this is the main way you care for your family's health needs.

**Heather:** Yes, it is. We travel often. I would have this bin, this plastic bin that's the same as in our house. We call it the medicine bin. That's what I keep with us on trips. It was always loaded with herbs and just various nutraceuticals and vitamins and minerals and all different kind of things that I gathered along the way in my research and experience that might heal a problem if we were gone, if somebody had a flu, or somebody had an accident. It was always brimming over with stuff. I had to kind of lug it around. But as I've used homeopathy and especially as I bought the kit, that medicine bin has been completely streamlined because mostly what I use now is homeopathy. So, it makes it very easy to put the right thing and go rather than having to kind of split all this stuff around just to be prepared. I feel like it's so easy to be prepared with homeopathy.

**Paola:** So, it's like you went from having a natural medicine suitcase to a little basket or something. So that's

good, very good. I'm always curious and I like to ask the moms with moxie like you, how does your husband fit in? Is he supportive? Did it take a lot of convincing for him or what?

**Heather:** The natural health and natural food stuff in general was a big leap for him. But once we kind of got on to that road, homeopathy for him has really lumped into all that.

**Paola:** I see.

**Heather:** I point that one, it saves us money because I feel like that really fixed him in, my husband.

**Paola:** Yes, yes.

**Heather:** So, when we avoid an ER visit because I was able to use homeopathy, I'd be sure to point that out to him because that way he knows that the money that we're spending on remedies is working. It's saving us money. So, that kind of really speaks to him. Whenever I had a success, I'd be sure to mention it to him so he knows that this thing that I'm trying out that he doesn't really understand, it is working.

**Paola:** Right. I like the way you're describing it. You kind of just, as a matter of fact is that you just tell him. Joette says that for men, especially the skeptical ones, don't get too excited. Don't do backflips even though you want to. Just kind of let them witness and see that overall improvement progression benefit like you were saying. So, that's great. Good for him. So now, he kind of lets you do your thing. That's great.

**Heather:** Yes.

**Paola:** Great. Okay Heather, at the beginning of the podcast, I mentioned that you are super organized and you've

got your act together. So, one of the things about Joette's blog is that there is so much amazing information on it that it gets overwhelming. I hear that you have a pretty good system to keep track of it all.

**Organizing Joette's blogs**

**Heather:** Yes. I am kind of an organized person. But I will say that I don't stress about it. I don't get really uptight about it. What I do is when I see a blog post by Joette that I think will be helpful to me, I either just write down the protocol on a little file very simply. I will note about what the remedy is and what it's for, or if the whole blog post is really things like wow, I'm really going to need to look at this whole thing later on and reference it. Then I might print out the whole thing. Then I just stick it in a binder in a file that I have that have just a bunch of different protocols. I just print that out every once in a while. Every couple of months, I print out fresh copies so that I have everything that I need. Then that way if I don't have access to the internet for whatever reason, I still got it all right there.

**Paola:** That's very smart. Do you have like little tabs in the binder? Do you organize it by subject or how do you do that?

**Heather:** Yes. So, I have a tab for classes. Then I have a tab for just little jotted notes of remedies. And I have a tab for blog posts. It's not organized in such a way that I can just flip to the perfect page right where it is. I do kind of have to flip through it a little bit. But I'm a busy mom. I don't have time to really organize it to that extent. So, I just say to myself, "I'm just going to print this out." And then it's there.

**Paola:** Yes, absolutely. One thing I've started doing is I've started squeezing little teeny, tiny notes in the

margins of my materia medica, my favorite materia medica. I like that too because then it's kind of there. Like if I learned something about this specific remedy, not really a condition, I just throw it in there. Then I have, I mentioned it before in another podcast, my little black book. I just alphabetized it. I just throw conditions and things about remedies in there too. I have to confess though. I don't have my blogs organized. So, I will do that.

But actually that reminds me, at the time of this recording right now, we are very close to launching something. Maybe by the time it's released, this will have already been launched. But we are going to start providing something at the end of the blog that is going to make keeping track of these protocols a little bit more easy. So, look forward to that. I think you're going to love it.

**Heather:** Oh great. That sounds great.

**Paola:** Okay. So, let's get to my favorite part of this podcast where I ask you, moms with moxie, for some stories. I'm sure you have plenty of them. Tell me what stories you have for us about successes and even, let's be real, frustrations with homeopathy. So, let's talk about all of them.

**Success stories and others**

**Heather:** Some of the things that I love most about learning about homeopathy is being able to share it with other people. A lot of times, I have friends just texting and saying, "Hey, what do you think about this or what do you think about that?" One time, I had a friend who texted me and said, "I'm vomiting constantly. I can't stop throwing up. Can you help me?" I thought, "Oh boy!" My first thought was *Arsenicum*. But I thought, you know, better look this up just to make sure that I'm thinking the right thing. So, I did. I thought yes, *Arsenicum* sounds like a really good

place to start. So I said, “Well, I have this but I can’t get it to you.” She said, “Well, I can’t get it either because I’m throwing up.” So, she sent her mom over to my house.

**Paola:** Oh bless those mothers.

**Heather:** Mom is going to pick it up. Yes, I know. God bless her, right? And so, her mom took it over to her. She texted me a little while later and said, “This totally works. Thank you so much. I can’t thank you enough.” Because when you’re that sick, you just need somebody to help you.

**Paola:** I know.

**Heather:** So, it was great because it was one of those things where it just worked and it worked in a dramatic way. So, that was really fun. In fact, after that experience, she wanted to learn more about homeopathy. So, she ended up taking the Good Gut, Bad Gut course because she felt how that one remedy works for her.

**Paola:** Very good. So, have you taken the Good Gut, Bad Gut course?

**Heather:** I have, yes. It’s been very helpful. One of the things that I use from that course was *Aethusa* for milk intolerance. I’ve had milk intolerance my whole life. I just never thought it could get better. I thought I just have to avoid milk forever even when I love it. So when I saw that, I thought, “I’m going to try this.”

**Paola:** How did your intolerance present?

**Heather:** I would have a huge eczema flare. I kind of have this low level eczema. I would drink milk and then boom! My hands would just be red and on fire and super itchy.

**Paola:** Oh my gosh, okay.

**Heather:** So I thought, I'm going to give this a try and I'm going to be patient with it. So, I took it for about three months. I thought, "Okay. I'm going to try it and see if anything happens so far." And it was the same. I really couldn't see a difference but I didn't want to let that stop me. I thought, "Okay, she said many months." So, I'm going to stick with it. It hasn't been many months. It's only been like three. So, I went for it another maybe three to six months. I thought, "Okay, I'm going to try it again." I did. I didn't have a big eczema flare up but I did have just a lot of sneezing, runny, mucousy nose. I thought, "Oh no, I have messed this up." I just created a problem. But I decided to have faith and just stick with it a little bit more because I thought maybe it's just working its way through my body. Maybe it's getting better. Maybe it's just a different way that it's manifesting it.

**Paola:** That is a tricky thing to kind of figure out, okay, am I getting worse? Am I getting better? I don't know. She does coach us in her courses how to do that. But I think the interesting thing is for sure, your eczema was better. I agree. Like if I were you, I probably would have continued as well.

**Heather:** Yes. It was very different from many things I have experienced in the past. Before I thought, this has to be due to the remedy. The remedy has to be doing something. I didn't think that the remedy would make it worse. So I stuck with it. About another six months later, I kind of thought [0:15:25]. I thought, "Oh, I'm still taking this remedy. I need to see if it's working." So, I tried drinking a glass of milk and nothing happened. I kept searching for some symptom that was going to come up and just nothing did. It was just really impressive to me that after about a year or so of just sticking with it really worked for me.

**Paola:** That's amazing. I know you mentioned that you were reading the Wise Tradition magazine. That's the Weston A.

Price magazine. A lot of us try and eat, drink food with the Weston A. Price principles. So, that's great that you can have raw milk now.

**Heather:** Yes. It's so frustrating to see that healthy food and say, "I just can't eat that." So, I'm excited.

**Paola:** Exactly, very good. We have a little Jersey cow in the backyard. I used to be very intolerant to milk as well. So, I'm so thankful I can have six inches of cream any time I want to.

**Heather:** That's right. We had goats and we milk them.

**Paola:** Oh awesome.

**Heather:** I couldn't drink the milk and it was so sad.

**Paola:** That is so sad. How frustrating. Oh, my gosh! I would not have a cow if I'm not going to be able to drink the milk.

**Heather:** Yes.

**Paola:** Okay. So, tell me another story about your friend's son who had a cough.

**Heather:** Yes. A lot of my friends are very into natural health, even homeopathy. It feels like homeopathy is really taking off. Her son had a homeopathic doctor. He was a classical homeopath. She had taken her son to him and nothing had changed with the cold. And so, she was sharing with me that she was frustrated about it. She was at my house. Her son was just a little toddler. He was one year old and he was just hacking constantly. It was so sad. As she was talking to me, something was nagging in the back of my mind. I just kept thinking. I know Joette had a blog post about it but I don't remember what the remedy was. So, I just got on the computer and I looked it up. I couldn't exactly place what the remedy was. I plainly knew that

Joette had blogged about it. I looked it up and sure enough, there it was. It was *Ipecac*. And so, since I had my handy kit, I went upstairs and I grabbed it. I said, “Why don’t you just try this?” She was kind of dubious because the classical homeopath hadn’t helped.

**Paola:** Right.

**Heather:** But I said, “I can’t make any promises but this sounds right to me.” So, she gave it to him. Within five minutes, he just bonked out and went right to sleep. I said, “Oh, that’s really good.” So, he took a nice, long nap. She loaded him in the car to come home. Later that night, she talked to me and said, “The cough is definitely getting better.” I said, “Okay. Well, keep it up until it’s very much better.” So, she kept up with it for a few days. She just thinks our story is hilarious because the classical homeopath couldn’t kick the cough and yet, we look it up on the computer, go on Joette’s blog and there it is.

**Paola:** That’s wonderful. I like that secretly you outwitted the professional homeopath.

**Heather:** I don’t think I could do it every time.

**Paola:** Well, that’s the point here though is that Joette’s blog is so informative. I’m sure that homeopath is really great. He’s allowed to not get it right the first time all the time. But Joette has this really great ability to distill the information in the blog and make it usable and ready for us.

**Heather:** Yes.

**Paola:** I think it’s important to be real though. Have you had any trouble with homeopathy or frustrations?

**Failures encountered**

**Heather:** Oh, I have. I want to talk about failures because I think it's important that we as moms still listen to these podcasts and think, "This mom is getting it right every time. She's always nailing it. And I keep failing. What's wrong?" As I learn, I get it right more often. But I've definitely had failures. One of the failures that we had was I had a daughter with a UTI. I tried *Cantharis* and it wasn't working. I had on my shopping list to buy *Medorrhinum* but I didn't have it. I couldn't give it because I didn't have it. She ended up being brought to urgent care. We have a great natural practitioner but I couldn't get her in and she had to have something. That was the first time that we had used drugs in a long time. It really hurt but I went, "You know what? It being on my shopping list isn't going to cure my family."

**Paola:** That's right.

**Heather:** I needed to have it in my kit. And so, that was a really good lesson for me to make sure I have what I need.

**Paola:** I agree with you. That is why we try our best to be prepared. But I think it's good too that you haven't beaten yourself up over it too much.

**Heather:** That's right. We just do what we can with what we've got at the moment.

**Paola:** Right. Also, you mentioned that your daughter has some asthma as well.

**Heather:** Yes, she does. She struggled with that her whole life. She's 10. I've tried a lot of different natural things but it's one of those chronic things that's just really hard to uproot. I found a remedy through Joette's blog that she gave for asthma. We were seeing some success and then it just kind of plateaued. I went, "I just don't think this is working for her anymore. We're not getting any further with it." So, I had to put that on pause. I'm looking forward to

taking Joette's Allergic course because my understanding is she goes into that chronic asthma more there. I think that that could help get us to the next level with it. Right now, we're just on pause there until I can take that course and learn more.

**Paola:** Good for you. Yes, I think that's a really good plan. Another frustration I think you had one time was with an ear infection with one of your kids. I think generally, ear infections can be pretty easy for kids but this is one of those times that you couldn't figure it out with homeopathy.

**Heather:** Yes. I was just trying and trying. It was clear that the remedies that I was using were not helping. Like I said, we took her to that really good natural practitioner we have and she got over it. But I wanted to learn how to overcome that with homeopathy. So, I had that on my radar as something to learn more about. Lo and behold, on one of these podcasts you mentioned the Banerji Protocol of *Pulsatilla* and *Chamomilla*.

**Paola:** I'm going to repeat it. There is more than one. But the one I knew at the time is *Pulsatilla* 30, twice a day and then *Chamomilla* 30, as needed for pain, and maybe once every hour, once every 15 minutes if it's extreme and the person is freaking out, or once every three hours if it's under control.

**Heather:** Yes. That's what I wrote down. Sure enough, this is just last weekend. I have toddler twins. They're two years old. My little boy came in in the morning and he had a very high fever. He was pulling on his ear and just cupping his ear. He was very fussy. We don't have a lot of ear infections here at home but they do come up. This is his first. Right away I knew. He was saying, "My ear hurt." I thought, "Okay. Here we go, ear infection." This is my big chance to use this protocol and see if we can have some

success. I started the protocol just as you mentioned. I was giving him the *Chamomilla* every 30 minutes because he was very fussy. I would give him the remedy and then he would take his nap for about 30 minutes. He'd wake up and he'd still be very cranky about it. Then I'd give it to him again. After I did three or four times, he took a big two-hour nap. Then I thought, "Oh, great. I think we're getting something here." He woke up again and he was a little less fussy. The fever was still very high. His ear still hurt. But I could tell that it was working. So, I gave him the remedy again.

**Paola:** It goes back to that psychology at the beginning. Your mentals tend to shift before the generals…

**Heather:** Yes.

**Paola:** before that fever is gone or the infection is totally gone. Then what?

**Heather:** Well, then he took another big two-hour nap. Then after that, I could tell that it was really, really changing. I was super confident that we had the right thing. I slowed down even more on the *Chamomilla* because he was just really wasn't that irritable. By the end of the day, he was about 90%. He was back to himself. And I thought, "All right, we had a success."

**Paola:** Yes.

**Heather:** I was really excited about it. I thought I have what I need now, kind of a go-to thing to try for the next ear infection. Well, little did I know, I woke up the very next morning and his twin sister comes in and she says, "My ear hurts." "Oh, no! What is this?"

**Paola:** I know.

**Heather:** Why this would happen. But it did. But I was glad

though because I felt like, “Okay. We had a really great success just yesterday. I’m going to try this again.” But the interesting thing was she didn’t have a fever. Whereas my son just laid there and napped all day, that’s just how he is when he is sick, my daughter is restless. She’s roaming around. She annoys everybody with her irritability. It’s just so frustrating. I thought, “Well, this is a Banerji protocol. I don’t have to look at all of that. I can just say she has an ear infection.” So I thought, “I’m going to try the same thing.”

**Paola:** Yes, because in classical homeopathy, this is for the listeners who are really new to this, in classical homeopathy, you would really have to pay attention to that different presentation, right? But as Joette teaches the protocols, she’s saying as long as you have the appropriate diagnosis and you apply the protocol, then you’re good to go. So go on.

**Heather:** So, I went ahead and I did the same thing that I did with her brother the day before. For her, she was irritable for longer. I didn’t see results for a longer period of time. But I wanted to stick with it. I could see about halfway into the day that yes, she was improving even though it was slowly. By the end of the day, she was very much better as well. And so, I love that story because it was just two totally different ways for the ear infection to present. The only thing that was the same was that it was an ear infection. But at the same time, that Banerji Protocol, those remedies worked for both children.

**Paola:** That is a very good point. There are a few things I like about this. This is a great lesson in your experience. First is understanding the protocols and trusting them as long as you have the appropriate diagnosis. But the other thing too in that very first ear infection that you had that you couldn’t figure out, you didn’t have the protocol yet, it’s nice to have the natural practitioner. You have a back-

up plan. I think that's really quite wise because you were not going to get it right every single time. It's okay to have back-up plan; very good story.

If I can squeeze in one more story out of you, I hear your baby in the background. It sounds like he's still pretty happy but I don't want to keep you forever. You said that you have avoided the ER in a couple of emergency situations. This is a big perk for your husband. Husbands of moms out there, you can save money with homeopathy. So, tell us some of your ER stories.

**Avoiding the ER**

**Heather:** Yes. I have a couple of stories about avoiding the ER. My two-year-old son, the one that had the ear infection, we were actually traveling. This is a great lesson for having a kit with you. We had just gotten to our destination. We were just beginning to relax. He fell down this flight of stairs that had the metal thing on the edge of each one. He popped his forehead open and when he fell on that metal thing, it just burst open. By the time I got downstairs, my husband was already down there, he was holding him, there was blood everywhere. I could see as his heart was pumping, the blood was just pulsing out. It was really bad. Right away, we started pressure on it. Once we got the pressure on, I got my kit. I pulled out the *Arnica* and I gave him a dose. I was just giving him doses about every five minutes. While we were trying to comfort him and keep that compress on there, after a couple of minutes, we looked and the bleeding had stopped. We were implementing our plan to go to the ER so we're rushing around. We're getting him ready. We're getting him back in the car. My husband and I, "Get in the car." We looked back at him. He was kind of looking at us like, "What's going on, guys?" He was totally normal. He was totally fine. He was like, "Why are we back in the car?" He had no clue why we were all

running around. He felt fine. So, we looked at each other and we went, “Wait a second. Well, I guess we don’t have to go to the ER.” Well, he still had this gush and so we wanted to take care of that. So, instead of going to the ER, we just went to Walgreens and got a butterfly bandage.

**Paola:** I love it.

**Heather:** And he was great. He was fine.

**Paola:** That’s awesome. I love that. Everybody’s running around. It sounds like you forget like, “No, wait. I have this thing on my team, *Arnica*.” I have yet interviewed a mom with moxie, maybe I have, that hasn’t mentioned *Arnica*. It’s great, great remedy for us moms who have kiddos that fall down flights of stairs with sharp corners.

**Heather:** It’s great.

**Paola:** Then tell us about your four-year-old’s bike accident.

**Heather:** She was riding her bike. Actually, this is interesting because my mother-in-law live with us. We were walking and talking and my daughter just totally went careening down the hill and fell off her bike. When I got through and saw her, I thought, “Oh, my goodness!” The whole side of her face was just completely scraped up and swollen. I mean, she was almost unrecognizable. It was really bad. Thanks be to God, she had her helmet on, of course. But I could see right away that it was her skin and we weren’t dealing with a concussion here.

**Paola:** Right.

**Heather:** So, we got her cleaned up and everything. I, of course, was giving her *Arnica* right away. The neat thing about that was that I knew that *Arnica* was going to get this under control much faster than if we didn’t have it. So, I

took a before and after picture.

**Paola:** Oh, wow!

**Heather:** I took a picture when she was really bad, when she was really, really swollen. The first three days I took pictures of her. Then it just really dropped off. The swelling completely went down and she healed up superfast. A week later, I took another picture and I said, “Look, she’s doing so much better,” to my family. They just couldn’t believe how quickly her face was healing up. She just had this beautiful, little face. It was just so sad to see it just so fully ripped up. She looks great. She has no scars. You can’t tell that she had that bike accident. It’s a year and a half later and it didn’t even scar up at all. Months later, you couldn’t tell that it happened.

**Paola:** That’s amazing. I think taking these pictures are really important because if you take the picture, it helps with two things, I had found. A, it helps you keep track of what it was and what it is now.

**Heather:** Yes.

**Paola:** The second thing is because as it improves, the improvement, even though it’s better from yesterday, it still sometimes looks terrible. It becomes the new-terrible and you forget about the old-terrible. That’s very wise to take photos because it helps you measure that improvement. But then when it’s all over, your brain can still minimize it. “Oh, it wasn’t that bad.” So, you have these photos to help you remember no, it was horrible. Don’t forget that.

**Heather:** Yes.

**Paola:** Kind of that human condition Joette talks about that we forget, so good for you. I’m so glad. Was your mother-in-law freaking out how you handled it?

**Heather:** Well, everybody is like, “Why don’t you just go to the doctor?” There’s a lot of good there because they want the child to be okay. But once we had her take a warm bath and got her calmed down, and we got her face cleaned up, and it was obvious that she didn’t have a concussion, she just needed to heal. She lives out of town. So a week later, she could see wow! She’s doing so much better. That, I’m sure, was comforting for her.

**Paola:** Of course, very good. Well, great. To finish up our podcast today especially while your sweet little baby is still happy, I wanted you to share with us. This is a really cute idea, your gift of homeopathy that you did for some family members.

**Heather:** Yes. So, I wanted to give a Christmas gift that they could really use. I thought, “Well, what do I know about?” Well, I know about homeopathy. So, I asked each of my family members, my mom, my dad, my two sisters. I said, “What’s the health problem that’s bothering you the most?” They told me. So, I looked up the remedy for each one of their issues. Thankfully, they didn’t give me anything that was too difficult. So, I looked up the remedy for each one. I bought them a bottle of the remedy. I put it in a cute little bag. I wrote up some instructions for them, and how to tell whether or not the remedy is working, and how often to take in and everything like that. I just tuck that little sheet of paper in there with the bottle. I gave it to them for Christmas.

**Paola:** That is just too cute. It’s the gift of health. You’re so awesome. I love that story. You even have done something similar for baby showers and things like that. I just think that is so awesome. You’re a good sister-in-law and sister.

**Heather:** It’s fun to help others.

**Paola:** It is. We encourage you to email us at podcast@joettecalabrese.com. That's what Heather did. Thank you so much, Heather for reaching out because it's been really inspiring and fun talking to you and hearing your successes and your journey with homeopathy. Thanks so much for taking the time from your busy schedule.

**Heather:** Thanks for having me. It's been fun for me, too.

**Joette:** Are you or someone you know a mom with moxie? Well, we're on the hunt for you. And of course, we don't want to hear just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you're a mom with moxie. For more information, contact podcast@joettecalabrese.com.

*Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.*

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

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# Adrenal Fatigue: Tests Required? Not Always!




Everyone knows one.

You know – those rare people you meet who have *joie de vivre* oozing from their pores. They've accomplished more in the last year than most of us can in a lifetime.

Each time you see them, you must restrain yourself from asking what they eat, why their skin is so glowing, and the secrets behind their success.

That's exactly how it is with Suzy. Just one look at her is enough to convince anyone that she must be dabbling in something unknown to the rest of us.

But some things are not always as they seem.

There was a time when Suzy was really dragging, and she hid it from everyone. It was a struggle for her to get up in the mornings and an effort to get dressed. The next battle was to get breakfast for her family and then, do the beastly dishes.

Everything was an effort. Life was a protracted, relentless, effortful drag.

A naturopath she visited offered her the explanation that she suffered from adrenal fatigue. Frankly, all she remembered was that “fatigue” was the operative word in the diagnosis.

The test results left Suzy unimpressed.

Suzy was an ardent student of homeopathy, so she eschewed the recommended supplements, and instead, tasked herself with analyzing her illness through the lens of homeopathy.

Allow me to clarify that in homeopathy (particularly in the method that I employ and teach), we don’t identify the adrenals as the cause of fatigue. Indeed, fatigue can emanate from a variety of sources and circumstances.

For example, Suzy’s fatigue could have resulted from having had three babies in four years, from her long career of nursing, or following a particularly trying event of influenza.

Several homeopathic medicines are used to correct fatigue (no matter whether the specific fatigue is called adrenal fatigue, fatigue after grief, fatigue after childbirth, fatigue from having too much coffee or chocolate, fatigue as a side effect of conventional drug therapy or even fatigue stemming from low testosterone in men).

Indeed, for the homeopath, it depends less on how the

endocrine system reads on lab reports and more on the individual's predominating circumstances and or symptoms. So, do we need a saliva or blood test? Not necessarily so, if we use homeopathy.

After her last child, while she was nursing, Suzy recognized that the fatigue she felt was big – bigger than any she had experienced in the past.

It didn't seem to correlate with the birth. She had plenty of pep for months afterward; it hit about a year later.

Her baby, Gino, nursed voraciously. Nighttime nursing seemed not to end, and during the day it was like a feeding frenzy!

Suzy did what she could to keep up with Gino's appetite, preparing nutrient dense foods for them both. But he was a gulch of hunger. (There is a way to correct this with homeopathy. Read on to learn how.)

Luckily, Suzy was taking a course in homeopathy. She learned that the homeopathic medicine *China officinalis* also known as *Cinchona officinalis* is specific for fatigue after the loss of bodily fluids.

That made it particularly useful during nursing. Given that Gino's ravenous appetite was likely depleting her, (although it's unnecessary to know for certain via tests), she began taking *China Officinalis* 200 (*Cinchona officinalis* 200) once every day.

Within about a week or so, (often longer for some), she forgot that she had been so tired! She completely overlooked her daily nap.

She forgot that she had previously only wanted to sit in front of a computer screen and vegetate, instead of tackling her daily tasks.

She forgot all about it, that is until her husband noticed

even before she did that, in addition to her usual duties, she had cleaned the basement, made lasagna from scratch and gone grocery shopping – all in one day!

If you met her today, it would be hard to believe that Suzy was once someone who spent as much time as she could get away with on the couch and did what she could to bribe her kids to prepare the family meals.

Today, she is someone others envy for her energetic demeanor.

As for baby Gino, to correct his voracious appetite, he was given *Calcarea Phosphorica 3* and *Lycopodium 200* twice daily for a few months.

No longer is his hunger insatiable nor his belly distended. And no –after a few months, he no longer needs to take these.

Nor does Suzy require *China officinalis.*

Why? Because homeopathy aims to correct conditions, not suppress, not supplement, not even support – it simply uproots the ailment and moves on.

I recall the practical use of this *China officinalis* in Kolkata from the doctors under Dr. Pratip Banerji. There, they use it for Indian village women who work tirelessly in the fields in the hot sun.

It is their go-to medicine for physical over-exertion associated with heavy perspiration resulting in fatigue.

*China officinalis* has since become my go-to medicine for any adrenal fatigue condition that arises from fluid loss. No saliva test needed. No blood test required. Just common sense and Practical Homeopathy.

Suzy initially had learned about the use of *China* in my

courses where I teach its use for nursing mothers. Whether you're seasoned in your homeopathic knowledge or a neophyte, consider joining her and others by starting or joining an online or an in-home study group, called Gateway to Homeopathy.

You might be surprised at how easy it is to cure your family and self with information that most in the U.S. know little about. You might also be surprised at how satisfying it is to be the one in the know…way ahead of the curve.





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