2025: Our Outstanding Year in Review

As we look at the year in review, I can say with certainty that the future of Practical Homeopathy® looks bright!

Heavy Foods, Uneasy Stomachs: More Homeopathy for Indigestion After Holiday Meals

Indigestion? Slather that gravy. Enjoy that cannoli. Practical Homeopathy® has your back (and more importantly, your tummy).

Podcast 159 – 'But My Doctor Said …'

"But my doctor said …" How to adjust that kind of limited thinking, and what we can do to find doctors who think more like we do.

Homeopathy for Holiday Eating: 2 Remedies for Food-Related Discomfort and Upset

Holiday eating (and overeating) is upon us. Explore two homeopathic remedies frequently chosen for food-related discomfort and upset.

Incontinence: 2 Homeopathic Medicines That Free Sufferers From ‘When You’ve Gotta Go; You’ve Gotta Go!’

Let’s look at two homeopathic medicines that address incontinence: one for women and one more tailored to men.

Podcast 158 – How To Direct Our Teens To Step Into Adulthood With

Responsibility: What Is Our Role?

We parents must be there to help our teens step into adulthood with responsibility. What is our role? How can we help?

‘Tis the Season for Food Intolerance and Food Allergy: These 2 Remarkable Homeopathic Medicines Work Best in Tandem

Despite what may be lurking on that holiday buffet table, Practical Homeopathy® can ease food intolerance and food allergy.

Boomeropathy for Gout: The Uncomfortable Condition Shared by King Henry VIII,

Benjamin Franklin and Boomers

Henry VIII and Benjamin Franklin had to deal with gout on their own. Today’s Baby Boomer gout sufferers can turn to Practical Homeopathy®.

Podcast 157 – Practical Professionals: Practical Homeopathy® Success Stories: From the Family to the Farm

Dairy farmer Melissa shares amazing success stories using Practical Homeopathy® to help her family, clients, and even her Guernsey cows.

---

12 Cell Salts: The Easy Entry Point to Begin Learning Homeopathy

Not ready to dive into all homeopathy has to offer? Understanding the 12 cell salts is an easy entry point to begin learning homeopathy.