

The Robins Are Back: Are Your Allergies, Too?



After such a long winter, I love that the robins have come back to my front yard. It's only been a few weeks since they've arrived.

Their presence used to usher in the worst of my allergies. But not anymore!

I suffered from allergies

As a young woman, I suffered from allergies so debilitating that they kept me secluded indoors and sensitive to the world outside my door.

The more visits I made to the allergists; the more drugs I took; the worse I felt. I began to realize that it was best to avoid the allergist, not the allergens.

If you had told me years ago that I would someday no longer suffer from this, I would have told you that you were crazy. Until I was cured after consulting with a homeopath. Did you hear me? CURED!

Homeopathy looks at the entire person with the totality of their symptoms and offers an intelligent medicine that gets to the root of health problems in a reproducible way.

This means that not only were my allergy symptoms resolved but my migraines were too. And I've witnessed the same in

countless others.

You can see why it's now my mission to spread the word to everyone.

Top Allergy Remedies

I've included a list of the topmost likely remedies to aid in springtime allergies. There are more and others for food allergies as well, but it's best to consult with a qualified homeopath should you need to go further.

One of the following remedies can be chosen that most closely aligns with the predominant symptoms.

The usual method is one dose three times a day for two days or so. Once improvement sets in, it's always best to stop for a while and resume if the symptoms do. Read each of the following remedies before choosing.

Sabadilla 30

This is my all-time favorite remedy for sinus and especially nose symptoms. It will likely help in other areas as well, but if the nose is affected, this is probably a good choice.

There may be much discharge, but it does not burn. However, the nose may be itchy with frequent sneezing. Being outdoors in the open air actually improves the symptoms. If no other remedy seems to fit your symptoms well, start with *Sabadilla*.

Allium cepa 30

This remedy is made from the onion, and its origins can help us remember its confirmatory symptoms. Just as cutting an onion makes your eyes and nose burn and water, so, this remedy can be used for copious burning discharge.

Wyethia 30

Plagued with a peculiar sensation of a tickle in the back of the throat or nose? The sufferer is tormented by this intense itching that can't be reached. Additionally, the nose and throat usually feel dry and scratchy in contrast to the constant dripping of *Sabadilla*.

Cod Liver Oil and Sunshine

Vitamin D is an important factor when dealing with allergies. I'm not a proponent of taking vitamins because I don't trust the synthetic versions, and the natural ones have been too often tinkered with. Getting your vitamins via superfoods and the sun is the way nature intended.

So, no to synthetic vitamin D, and yes to cod liver oil and sunbathing.

Homeopathy offers no side effects, is inexpensive and effective and, the best part is that it offers health autonomy.

Learn to do it yourself.

The sense of well-being and accomplishment is unmatched.

If you have allergies, remember that modern medicine has written you off. The CDC itself will tell you: "There is no cure for allergies. Strict avoidance of the allergen is the only way to prevent a reaction." I lived decades living in a bubble, dealing with my allergies. Things improved when I stopped taking prescription drugs and changed my diet, but I was not cured.

So, I kept searching until I found the thing that changed my life forever: homeopathy. Want to learn the same homeopathic steps I took to clear myself of allergies?

Learn them today with my newest course, Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy. Practical Protocols to Get Your Life Back:

<http://allergies.joettecalabrese.com/allergic/>

Download a free infographic and start learning what remedies could help uproot your allergies.



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Get Back in the Game: Hernias and Homeopathy



“I thought hernias could only be eliminated with surgery! You mean your hernia is gone from taking homeopathic remedies?”

Marcus was unconvinced.

Yet his squash partner, David, was indeed better.

And he had to admit, the bump was gone when only last week their game had been canceled because of it.

Even David's doctor acknowledged the recovery. But not after re-reading the chart.

Only months before the hernia, David had surgery for his torn meniscus and suffered relentless nausea and headaches from the anesthetic, so when the inguinal hernia made an appearance, he opted for another way.

His wife had been using a homeopath for their children for years, so he thought he'd give it a whirl, only half believing it could help.

The homeopath explained that she had seen many hernias such as his and that sometimes the remedy resolved the difficulty in short order; sometimes it only aided the pain. David's hernia wasn't painful, so he hoped that was a good sign.

She also explained that although he was on blood pressure medications, the homeopathic remedy would not interfere with the meds or his blood pressure.

Homeopathy also has a reputation for being non-addictive and without any side effects.

This was more than what David bargained for, but when she told him the cost of the little pills was \$15, it seemed too good to be true.

The remedy the homeopath suggested was *Lycopodium*, but she said it wasn't the only one they might work with.

Part of her decision to use it was also based on the fact that David suffered from bloating any time he ate rich

foods.

He asked if this would be resolved too. "It's likely to be the first issue to be relieved," was her answer.

"If that's so, I guess this must be why my wife and family have been so adamant about me making this appointment."

The very next day after taking the remedy, David's mom made homemade strawberry ice cream (his favorite), and instead of the usual swelling and belching, he was quite comfortable after eating a bowl.



In fact, he went back for seconds – and admittedly thirds when no one was looking – but no bloating. Only half-heartedly, he thought, "If this is all I can get out of this remedy, I'll be happy."

Yet a few days after his ice cream binge, he noticed his hernia was smaller.

And a week after that it was gone! How'd it get back in there?

But he really didn't care. It was enough to know he didn't need surgery.

Homeopathy has a reputation throughout the world for addressing diseases that are considered only surgical cases, only with a simpler, safer, more inexpensive method.

Homeopathy is the medicine of the future. And it has another

convert in David.

His squash partner, too.

Another Great Woman of Homeopathy



As a homeopathic consultant for many years, I find the inspiration of the homeopaths before me to be of encouragement and worthy of emulation.

Besides Mother Teresa, I look to Dr. Dorothy Shepherd as a beacon of light in our world of interest-group medicine and symptom-masking drugs.

Dr. Shepherd, my posthumous mentor, was an English medical doctor practicing in hospital clinics and emergency rooms after WWI. She used the conventional methods learned in medical school, hospitals and clinics.

Then, as luck would have it, she learned of homeopathy via the veterinarians and homeopathic physicians abounding in England at the time. So, she returned to medical school. This time it was a homeopathic medical school she attended.

After putting her full attention into the study of this vast body of medical literature, she slowly began incorporating it into her daily practice in the emergency room and clinic where she worked.

As WWII rolled around, and trauma became a customary fair, she depended on her new medicine entirely.

Once Dr. Shepherd advanced to using homeopathy full time, she never reverted to the “ways of old” again. Having a full staff at her call, she made sure they knew homeopathic protocols for all emergencies, including pre- and post-operative procedures.

Her conventional antiseptics were replaced with *Calendula*; her protocol for broken bones was to administer *Arnica*, then set the bone.

Conventional analgesics that carried side effects were replaced by *Hypericum*, *Arnica* and *Ledum*. Fever cases were given *Belladonna*, psychological trauma was treated with *Aconite* and *Gelsemium*.

And her caseload wasn't light.

London and the surrounding areas where she practiced were under frequent bombings, so her experience was like working in a MASH unit, only with ill-prepared civilians as her assistants.

Her work was one of diligence and commitment to her patients and dedication to the calling of homeopathy.

And indeed, it was a calling of stature. Her writings are documented evidence against the tide of conventional modern medicine. In her books, she retraces her experience of moving away from drug-laden medicine to homeopathy.

Here is a woman thoroughly trained in the ways of her professors and colleagues, who found her tools frustrating

and causing more harm than good.

Before her transformation towards a more rational medicine, she found her clinic a source of frustration and ill-equipped for the sheer numbers of civilians who flooded her doors.

And so, she found a solution in homeopathy.

Like Mother Teresa, Dr. Shepherd was a stalwart among her colleagues. She had inner strength, a probing mind and a heart attuned to the good of humanity.



I hail the works of both of these women among those with the courage to stand against the forces of cartel medicine.

They are to be imitated as they are the carriers of the good name of homeopathy and the promoters of the well-being of all those around them.

4 Strategies for a Perfect Grin

1.) Bones, Fat and Cream:

Build and maintain healthy teeth by keeping a plentiful amount of calcium-rich and high-fat foods in your daily diet. For robust bones, drink raw milk daily. High-quality cheese is another good source; go for raw cheeses whenever you can. Yogurt and kefir are two superb dairy foods, and they're even more digestible thanks to their live enzymes and probiotics. Skip the reduced-fat version, and if you're ambitious, make your own.



Foods cooked, baked and fried (yes, I said fried) in coconut oil, butter, tallow or lard provide high fats, as does the skin of chickens, nitrate-free ham and bacon. Don't forget to include marrow bones in this equation too.

I teach my students and clients that it's always best to get your nutrients from *foods* ... or superfoods ... not vitamin pills. Not only are nutrients in their original food source easier for the body to access and absorb, but they are also found in conjunction with other vitamins, minerals and fats that help the body utilize the food to its fullest potential.

In short, don't short-change yourself with pricey supplements; they're frequently made of questionable ingredients, such as soy, and can lead to an excess of a given nutrient. That can lead to vitamin toxicity, which is highly unlikely if you eat your nutrients instead of taking them.

2.) Your Toothpowder in a Pretty Dish

Have you read the ingredients in your “all-natural” toothpaste? Eee-u. I bypass the store-bought version for a fraction of the price and the confidence that my ingredients are upfront and pure.

Here’s my recipe:

Mix together the following ingredients and store in a pretty porcelain dish

- 1 cup baking soda
- $\frac{1}{4}$ cup French Clay (found at most health food stores)
- 1 drop essential oil (I like to use cinnamon oil, but other great choices are clove, anise, fennel, myrrh, rosemary, lemon or even orange or tangerine oils.
- To use this mixture, just wet your brush and dip it into the toothpowder. Important note: Because baking soda is an abrasive, using too much can be detrimental, so very little goes a long way. Too much powder on your brush can be too abrasive and remove the enamel.



3.) Strong Teeth the Homeopathic Way

It generally takes a good amount of time, but *Calc phos* 6X and *Calc fluor* 12X taken thrice daily for many months have been shown to strengthen and aid in the growth of teeth in children. These two remedies make a great combination because

Calc phos helps to form bone and teeth while *Calc fluor* is present on the surface of both bones and teeth.

These remedies are specific for growth as well, and it is not uncommon for children who have problems with their teeth to display other growth issues, too. Remember, the condition of the teeth is a reflection of the condition of the bones.

A simple technique for administering these remedies is to add them directly to jugs of milk. In one gallon of milk, add 10 pills of each, stir, and the job is complete. As your children ingest their milk throughout the day, they'll get these two remedies in each sip.

4.) Dental Fears Halted with Homeopathy

I hate the dentist's office: the sounds, the smells and the awful anticipation. Want a great method of stilling the nerves? Try one of these tried-and-true homeopathics.

***Aconitum*:** The most important remedy for that horrible worry, especially for children, is *Aconitum*. Those who need it sometimes display anger by stamping their feet and kicking with indignation. As a youngster, one of my sons crawled under the chair and resolutely clung to the underpinnings. No amount of coaxing could unfurl his grip. This was before I knew he had this problem, so we visited the dentist unprepared. A few doses of *Aconitum* 30 would have relieved the problem.

***Gelsemium*:** For those who are fearful, with a sensation of weakness, particularly in the gastrointestinal tract (like accompanying diarrhea before the dreaded event), *Gelsemium* will likely improve the sensations. Other concomitant symptoms for the use of *Gelsemium* include sleepiness, memory loss and confusion.

***Argentum nitricum*:** When the dental patient is more on the animated side, with rapid loquacity and accompanying tremors from fear, then *Argentum nitricum* will likely be useful.

In any of these cases, the more intense the situation, the more frequent the repetition. So, my son's extreme fear would have best been met with *Aconitum* 30C every 15 minutes until improvement. Usually, it takes no more than 2-5 doses to witness a reaction. Then you stop unless it returns.

There you have it. 32 pearly whites, four ways to protect and keep them. Easy, mostly at-home measures, inexpensive and with just the right amount of guts, spunk and moxie. Learn to treat your family and yourself.

If this intrigues you, consider finding out more. [Go to Cure Yourself and Family with Homeopathy](#) and up your self-sufficiency!

I love spreading good news!

This is something you want to know about. Our good friends at the Village Green Network are hosting a live FREE online Healthy Life Summit... seven exciting days starting March 24, 2013.

If finding time to learn and stay current about a wide range of health topics is important to you, [The Healthy Life Summit](#) is an online event you will want to know about.

As you are all familiar with my learning technique of listening to recordings while I do my chores around the house, you'll likely want to take advantage of the special discounted price for all of the audio and video presentation recordings.

This summit is a FREE virtual conference happening March 24-30, 2013.

Enjoy!

Death by Colonoscopy

My good friend, Dr. Kaayla Daniel is speaking at Village Green Networks' Healthy Life Summit. This summit is a FREE virtual conference happening March 24-30, 2013 (next week).



by [Dr. Kaayla Daniel](#)

March is National Colon Cancer Awareness Month, and it won't be long before the usual health experts trot out to urge us all to get colonoscopies.

Although that “kick in the butt” might sound like a good idea, the rate of serious complications from colonoscopy screening is ten times higher than any other commonly used cancer screening test.

According to Konstantin Monastyrky, the author of *Fiber Menace*, “the odds of being killed or injured by the side effects of colonoscopy may exceed your odds of getting colorectal cancer in the first place.”

He further points out that the procedure is far from

infallible. It not often fails to catch colorectal cancer in many cases, but can also cause, contribute to, or accelerate the growth of colorectal and other cancers.

How so?

■ **Dysbiosis.** Intestinal flora are disrupted because the procedure requires a thorough washing out of the large intestine with large doses of synthetic laxatives, followed by bowel irrigation with polyethylene glycol and hypertonic electrolytes. Both substances kill bacteria, both good and bad. Dysbiosis contributes to irregularity, constipation, IBS, Crohn's and other diseases known to increase colon cancer risk. Dysbiosis also contributes to a wide range of other health problems.

■ **A Worsening of Stool Patterns:** Those already affected by hemorrhoids, chronic constipation, IBS or diverticulosis may find these conditions become worse after colonoscopy.

■ **Complications from the Procedure:** Serious complications, such as colon perforation, occur in five out of every one thousand colonoscopies. The risks of delayed bleeding, infection and ulceration are even higher, though they rarely get reported in connection with colonoscopy.

■ **Increased Risks of Stroke, Heart Attack and Pulmonary Embolisms:** Blood clotting is a side effect of anesthesia, particularly among patients with diabetes or heart disease.

■ **Infections:** Procedures performed under anesthesia are associated with increased risk of infectious disease, such as pneumonia or pyelonephritis.

■ **False Sense of Security:** Doctors miss from 15-27 percent of polyps, including six percent of large tumors. *The New England Journal of Medicine* has even

reported that some doctors blast through the colonoscopy so fast they miss cancer in full bloom. Indeed, the desire for speed is why most colonoscopies today are done under anesthesia. Might there be a profit motive? Some doctors do 60 colonoscopies per day at an average cost of \$1,500 to \$2000 each. You do the math.

Sadly, that's not all, folks. To learn more about the procedure and its risks, I'll send you to Monastyrsky. But first, I'd like to share a few words from him about how to increase the level of safety and accuracy should you opt for colonoscopy.

Those with a family history of colon cancer or otherwise at high risk probably should do a colonoscopy. But I suggest they request to have it done without general anesthesia. That's where the majority of the risks are. The doctors do it that way not because the procedure is painful, but because they can 'jam' faster, and bill for anesthesiology. Doing radiography first is pointless because if they find some polyps, they still have to go in. Besides, you don't want all that huge exposure to ionizing radiation.

To learn more about colonoscopies from Konstantin Monastyrsky:

http://www.gutsense.org/crc/crc_side_effects.html

http://www.gutsense.org/crc/crc_transcript.html#part_1_video

Out, Out Blasted Spots



Jessie's mother was in an unenviable position. She tried to keep her family as healthy as possible by cooking hearty, nutrient-packed meals and using homeopathy to address acute ailments. But as soon as her daughter turned fourteen, she was plagued with acne that embarrassed her at school and drained her self-confidence.

Dermatologists offered therapies that seemed like overkill. Put her young daughter on a birth control pill and flood her body with synthetic hormones? Antibiotics taken every day for months or even years? Creams and ointments that left her daughter's skin red and cracked?

Jessie's mother turned to a more powerful, gentler way: homeopathy.

This acne problem was deep-seated and required the expertise of a homeopath, who carefully evaluated Jessie's entire life history and carefully recorded her symptoms. The process took much longer than the quick dermatologist visits they had both come to expect.

The homeopath explained that Jessie would be taking remedies that would get to the underlying cause of the acne and stimulate her body to heal itself. Another important aspect of her treatment would be diet. She needed to fuel her body

with saturated fats, which soothed the skin and nourished her brain.

Fats and Acne

Often what a child eats has a large influence on how the skin appears and feels. Although we don't want to believe the foods we like the most can be causing such a problem, often the very food we crave is the culprit. And, most frequently, the culprits are gluten, preservatives, dyes and manufactured oils. But processed dairy and sometimes even raw dairy may also be at fault. What does your teen eat daily? What foods can he or she not live without? If your teen loves toast for breakfast, and you suggest no toast for a while, will you hear cries of anguish? If so, then wheat might be the offender. The foods we've grown accustomed to will most likely be causing an addiction of sorts.

The fats teens eat need to be saturated and traditional, such as butter, tallow, coconut oil and palm kernel oil. Healthy monounsaturated fats include lard and cod liver oil. If eaten in abundance, contrary to what you might think, these fats are the most valuable for ridding the skin of acne. These traditional fats have been tarred with a bad reputation as a result of modern, unhealthy oils being touted as healthy for the last half-century. The real culprits are vegetable oils, such as soy oil, Crisco, cottonseed oil and other highly refined vegetable oils. Teens should avoid foods such as commercial potato chips and premade popcorn.

Selected Homeopathic Remedies for Acne

If the acne is concentrated on the back, then ***Calc sulph*** 12X or 12C and ***Silica*** 6X is the best combination. Drop 4 pills of each remedy together in 4 ounces of water, wait for them to dissolve and stir once to incorporate. Then one sip is equal to one dose. One dose should be taken 3 times each day

for 6 weeks.

Calc sulph is the cell salt for cleansing the systems. The skin is the largest organ of the body and protects the other organs and tissues, not only by protecting them from outside influences but also allowing the other organs to eliminate through the skin. Hence, the skin is the site where a good deal of purifying is done. Yellowish skin eruptions point to a deficiency in this cell salt.

Jessie's acne was always worse just before her period was due. In this case, the remedy **Mag mur** is the most efficacious response. If Jessie took this remedy twice daily for three months, she would likely watch her acne slowly dissipate to a mere whisper, and her menses would comfortably stabilize.

Think **Kali brom** for bluish-red pimples that scar. **Silica** is often needed when hard, deep blemishes refuse to come to a head and leave pitting scars. Another supremely useful remedy for acne is **Sulphur**, indicated when the face is very oily. The pimples are not as deep and hard as with *Silica* or *Kali brom*, but there may be lots of pus.

If these remedies don't resolve the acne problems, consider a consultation with a professional homeopath who has learned from years of careful study how to choose the correct remedy for each particular case.

Counting Homeopathy

Sheep?

Try



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.

It's a feeling you've probably experienced ... the frustration of not being able to sleep. You know you've got to get up in a few hours, but sleep still eludes you.

Western medicine is quick to jump in with a sleeping pill promising quick relief. It doesn't matter why you can't sleep. Everyone gets pretty much the same medicine.

The beauty of homeopathy is that we take the time to evaluate the individual symptoms pertaining to each person's sleep problems. This gives us a chance to holistically assess what factors, such as stress levels, may be hindering sleep.

With the use of homeopathy, sleep is reestablished without the props and empty promises of drugs. It is sound, thorough and not chemically induced. Before taking a drug of questionable safety, consider the world's most effective and natural medicine to put your mind at ease and then hit the sack.

Read through the following descriptions and select the remedy that most closely matches your symptoms.

Nux vomica

Nux vomica 30 is the premier remedy for folks who can't stay asleep. Its hallmark is wakefulness anytime from 2-4 AM, usually accompanied by thoughts of the day, such as duties and responsibilities.

It is particularly useful for someone who has a sedentary lifestyle, tends to overeat and drink and is frequently irritable. The need for this remedy is often a result of taking medications or occurs after an overindulgence of them. The wakefulness is often accompanied by digestive problems, including constipation, diarrhea or a combination of both.

If taken four times a day for four days and then repeated weekly for a month, *Nux* will likely relieve the problem. When it does, the remedy should no longer be taken.

The difference between homeopathic remedies and conventional drugs is that the remedies gently stimulate the body's ability to bring it back to wholeness, not whack it over the head with a sledgehammer!

Coffea cruda

Within the homeopathic laws of healing, we also find the axiom "like cures like." When homeopathic remedies are made,

they are extremely diluted. This allows the toxic properties to be annulled. Hence, something that is stimulating and might keep us awake in the crude form, such as coffee, will do precisely the opposite in the diluted form.

The next remedy to consider is *Coffea cruda* 30, made from the coffee bean. *Coffea cruda* is a remarkable remedy that is tailored to someone who simply can't fall asleep on retiring. This person often feels "stepped up" and is bothered by slight noises.

An indulgence in coffee during the day, even as an early morning habit, can promote this pathology. It would be wise for any insomniac to eliminate coffee altogether, but if that is impossible, *Coffea cruda* 30 will likely do the trick. Using the same protocol as *Nux vomica*, *Coffea cruda* will adjust the sleep only if the "picture" fits.

Chamomilla

As in all cases requiring *Chamomilla*, the individual is fractious and irritable, and these characteristics will prevent a good night's sleep, as will physical pain. Due to desperation, sleeping medications may have become routine, and *Chamomilla* can help restore rest.

***Arnica montana* 6X**

Whereas the other remedies listed here can be used in the 30th potency, I've found that when *Arnica* is given in 6x potency, insomnia diminishes. The person needing *Arnica* usually feels like the bed is too hard, and as a result, he or she can't get to sleep. This remedy can be given twice per day, every day, until there is noticeable improvement. Then it can be discontinued and reinstated only if the

pathology returns.

Arsenicum album

Arsenicum album is a powerful yet gentle remedy when sleeplessness is caused by anxiety or fear. This person is often driven out of bed from panic or worry or experiences anxiety while asleep. This often afflicts a person who is exacting and particular (think Felix Unger).

Such a person has difficulty falling asleep when overtired, for example after mental or physical exertion. There is often restlessness before bed and waking after midnight. This person will respond well to the protocol above and, as always, should cease taking the remedy when sleep is restored.

The Poop on MiraLAX

This week we've got a guest post from my good friend Dr. Kaayla Daniel, the naughty nutritionist. I talk to many parents who have been told by their child's doctor that daily MiraLAX is the solution to their child's digestive woes. Kaayla explains in her typical, cheeky way why following that advice is detrimental to long-term health.



Is MiraLAX the New Vioxx? That's the provocative title of an article by Konstantin Monastyrsky, the author of *Fiber Menace*.

As of March 2012, the FDA's Adverse Event Reporting System showed 2,257 "adverse events" ranging from forgetfulness to death caused by MiraLAX and other polyethylene glycol-containing "block buster" laxative drugs. Movicol, Dulcolax, LAX-a-Day and a host of other over-the-counter "super poopers" have also been implicated.

The problem is "neuropsychiatric events." So far, FDA – in its usual "lax" fashion – has decided "no action is necessary at this time." Yet the laxatives could be contributing to a long list of central and peripheral nervous system disorders, including autism, dementia, depression, schizophrenia, multiple sclerosis, Alzheimer's and Parkinson's.

What's the problem? "Collateral damage" from polyethylene glycol," which "shouldn't surprise anyone, least of all seasoned pharmacists and medical doctors," says Monastyrsky. "This industrial chemical is manufactured by Dow Chemical Company for use in wood treatments, paints, coatings, rubber, textiles, detergents and toilet bowl cleaners."

Toilet bowl cleaners? Yes. Shocking but true. Could it be

that Big Pharm has come out with a product that not only acts as an effective laxative but produces poop with its own built-in toilet cleaner! (The Naughty Nutritionist here just can't understand how Merck missed the opportunity to market it as a cost-effective "two-for-the-price-of-one" product.)

Sadly, it's not a joking matter. As Monastyrsky explains:

"The same properties of PEG that make it an excellent toilet bowl cleaner, also wipe clean the mucosal membrane of the large intestine, leaving the colon unprotected and cancer-prone, a situation similar to a dry mouth. On top of the mucosal membrane damage, a high osmotic gradient of polyethylene glycol solution decimates intestinal bacteria – decimates intestinal bacteria – single cell organisms – just as mercilessly as antibacterial soaps, antibiotics, or heavy metals.

"The resulting death of intestinal bacteria is called dysbiosis in the United States and disbacteriosis in the rest of the world. Dysbiosis reduces primary immunity, causes a broad range of neurological and blood disorders, makes occasional constipation chronic and more severe, ensures lifelong dependence on laxatives, and is behind ulcerative colitis, Crohn's disease and colorectal cancer."

And you thought laxatives just helped you poop!

To follow Dr. Kaayla Daniel, The Naughty Nutritionist, please visit her YouTube channel at:
<https://www.youtube.com/c/drkaayladaniel>
To learn more from Konstantin Monastyrsky about gut health and adverse effects go to: <http://bit.ly/YGNq8s>

Mother Teresa and Calcutta: My Inspirations

I'm freshly back from an intellectual feast in India, bursting with excitement about what I saw and did. Evidence of the sacred, the intelligent and the profound abound in Calcutta ... and one very visible leader is found in more than one place.

In this mecca of richness, I found evidence of Mother Teresa everywhere.

Here are some photos I took of just a few of them.

What adds to my existing interest in Mother Teresa, because of all that she represents, is that I learned years ago that she used homeopathy. She counted on it as part of her mission in working with the poor. This makes sense given the ubiquitous evidence of both her mission and homeopathy's. More people practice homeopathy in India than in any other country in the world. India, a democracy of 1.2 billion people, has great respect for homeopathy. There are no less than 320,000 registered homeopaths in the country, with numerous homeopathic hospitals, clinics and schools.

And why not? Mahatma Gandhi was quoted as saying, "Homeopathy cures a greater percentage of cases than any other method of treatment. Homeopathy is the latest and refined method of treating patients economically and non-violently."

Indeed, Mother Teresa was aware of its cost-effectiveness and efficacy, so it was a natural fit for her mission.

As early as 1950, Mother Teresa opened a homeopathic dispensary to serve the poor in Calcutta. Eventually, her Missionaries of Charity expanded their homeopathic outreach to include four dispensaries.

I can't help but be inspired as I go about my work as a homeopath and educator, having a connection with her via our Catholic heritage as well as our choice of medicine.

Mother Teresa cared so much about helping the poor that she studied homeopathy herself with Dr. Jai Chand, an Indian homeopathic physician, and directed the sisters to do the same.

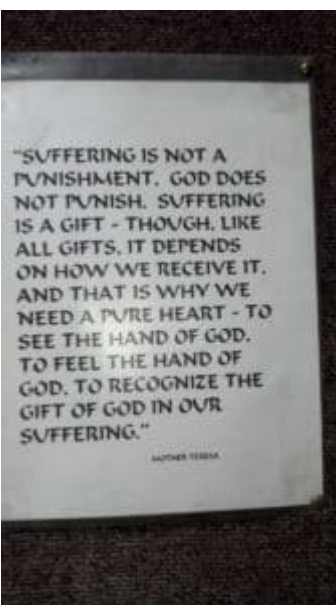
Although she didn't consider herself a homeopathic practitioner and left the treatment of those with chronic illnesses to homeopathic doctors, she educated herself enough to be able to prescribe for acute illnesses. She and the Sisters of Charity were there to serve, and homeopathy helped them do just that ... inexpensively, effectively and with pure hearts.

I imagine that Mother likely used a good amount of *Arsenicum album* and *Hypericum* for bone and dental infections. I also envision that she employed *Arnica montana* and *Bellis* for soft tissue injuries, and of course, our beloved *Ignatia* for emotional loss. Particularly the needs of orphans might likely include daily doses of *Ignatia* to aid them in their loss.



The hand of this sacred woman touched millions of suffering in Calcutta, touched the hearts of billions across the globe and dispensed the world's most gentle and efficacious medicine. Nowhere is this more evident than in the great city of Calcutta. These connections make my heart sing.

Allow me to offer you these parting words of the Mother:



Zebu

This is my fourth week in Kolkata (Calcutta), and I'm sopping up every precious minute.

I work at the Banerji Homeopathy Clinic and Research Center from about 10 a.m. until 9 p.m. Monday through Saturday, but Sundays are for touring and getting to know Kolkata.

It's an exciting beehive of a place, where life endlessly pokes at the senses.

Foods are prepared from scratch on the street, rickshaws tote people, dogs roam the alleyways and cows meander nearby.

From what I can gather, Indian cows are a breed called zebus. The only reason I know this is because when our boys

were little, we had a picture book of exotic animals with a large photo of a zebu. Thus, “zebu” became one of the first words our son learned.

Hearing him pronounce the word made us laugh at the time, and now that I see these creatures on the streets of Kolkata, it makes me want to repeat the word again and again.

Zebu.

Zebus have stick-out ears, a hump of sorts on their backs and give milk with plenty of cream. But most importantly for India, they are one of the only cattle species able to contend with oppressive heat.

In Kolkata, Zebus often live on the side of the road ... not the countryside, but in the city, on sidewalks and in front of buildings. Their lifestyle gives new meaning to free-range.



This one stands in what looks like rubble but is being fed food scraps from the woman's gatherings and what some call “land scraps.”

That would be coconut bits, cauliflower tops and anything that remains edible because just like small farmers all over the world, the family depends on their cow for food.

Here's a zebu taking an afternoon break in the middle of the noisy, bulging street. I couldn't resist having my photo

taken with her.



She lives in front of a temple. Again, no grass, but she appears to be content and healthy.

Sadly, milk in the stores in Kolkata is not much different than that in most parts of the United States. It's ultra-pasteurized, packaged in aseptic containers and presented in the cold section as well as on non-refrigerated shelves.

Yet fresh zebu milk is available if sought out. Our driver tells me that his wife gets theirs from a cow on the next block over ... in the city.

She carries a bucket to the cow owner in the morning at a designated time, waits while the cow is milked directly in her bucket, pays her rupees, then carries it home. From that, she makes paneer, ghee and yogurt.

He says this is a better way to get milk because his wife knows that the milk hasn't been diluted with water.

In Kolkata, everywhere I look, people are making things happen.

Building, carrying, tending, selling, cooking.

The Indian way is enterprising, resourceful, making the best of a sometimes difficult situation and, from what I can see, rarely complaining.

The zebu seems to be of the same disposition. She does what

she's supposed to do. Scavenge, munch, give milk and rest.

It may not be the ideal setting, but the Kolkata way is to make it work, regardless of circumstances.

We in the West would do well to adopt some of those ways ourselves.

We should become more Kolkata-like.

Maybe a better way to put it is ... zebu-ish.