Podcast 163 – Moms with Moxie: When Health Fears Fade: Ordinary Mom, Extraordinary Results



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Kate:

This is the Practical Homeopathy® Podcast, episode number 163.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

Introduction: When health fears fade: Ordinary mom, extraordinary results

Kate: (00:58)

Welcome back to the Practical Homeopathy® Podcast. I'm Kate, and I'm so excited today because we're diving into the heart of why so many of us love homeopathic medicine.

We're going to hear real stories from real people living busy, full lives, who have seen homeopathy work wonders.

So, today our guest is Tina. She's a wife, a homeschooling mom

of three, a student of Practical Homeopathy®. Actually, she's going through The Academy of Practical Homeopathy®.

And she's a leader of the Gateway to Practical Homeopathy® study groups and also the protocol study courses.

So, Tina, thank you so much for joining us. I'm excited to hear your stories.

Tina:

Oh, I'm so thankful to be here, Kate. It's an honor.

I'm just a mom, an observer. I've seen this medicine change things, and in the most ordinary, everyday moments

Kate:

And extraordinary from what you've told me, too. Very exciting. So, that's why we love hearing these stories, Tina, and especially what you're going to bring to the podcast today. You have such a rich background, and I think people would want to know because it's so interesting.

Microbiology, business, homeschooling, church music ministry, volleyball coaching, graphic design, short-term rentals and more, as we talked earlier. Yet, homeopathy has woven into all of it.

So, I want to ask you, Tina, what first drew you to Practical Homeopathy®, and how did those early experiences hook you into using homeopathy as your medicine?

It all started with tooth pain

Tina: (02:34)

I am so thankful to live a varied life and, within all of those moments, get to use homeopathy and see homeopathy shine.

But it all started with my youngest daughter during the time

when we were all sitting at home, and we weren't able to get into many practices or dental practices or doctors. And her tooth started turning pretty decayed, in which we were told before that it was just a little stain on her tooth.

So, I had a sister-in-law who had just taken Gateway I and Gateway II, and she had tried to convince me to get in the class. And I kick myself now because that was when I could have started. But it was in the middle of a move, and we just didn't have time.

And so, I remember getting on the phone, calling her up and saying, "Is there anything homeopathy could do? Because we need help."

At that point, my poor little youngest was in pain and waking up in the middle of the night. And we were doing all we could allopathically, and it just was not good enough. And your mom-heart just breaks to see them in pain and crying.

And so, I was introduced to a protocol for infection. And it was my first real introduction, and it was a beautiful start because not only did things change within the hour, but homeopathy just gently and ever so intelligently came and not only took the pain away – my daughter was able to sleep – but when we were able to get into a dentist, the abscess was gone that they had seen before. And we were able to do what we needed to do – pull the tooth.

Everyone was healthy and happy, and we were able to go forward.

Kate:

And from there, things just kept unfolding as far as you helping more things with your family and friends and animals and even plants.

Piqued curiosity: What else can homeopathy do?

Tina: (04:39)

And so, when something shows itself that dramatic in your life, when it shines the way homeopathy did for us, it was just a matter of "Hmmm, I wonder what homeopathy could do for this?" and "I wonder how it could help this?"

And I still didn't, at that point, take a course, but I delved into Joette's blogs. I delved into just voraciously feeding on all of the free information that she put out. And so, for every moment that came up, whether it be friends that would ask, "What are you doing?" and "What can I do for this?" and I would send blog posts.

Or my children, who suffered from whatever it was daily, or my husband, snoring or whatever it was, we would pull the blog post and just see what homeopathy could do.

It began to pique people's interest around us, you know? And homeopathy just in every moment showed itself so gracious and intelligent, and the amount of healing that I began seeing around me just kind of blew me away.

Kate:

So, tell me what happened next? When did you really start studying homeopathy?

Tina:

Around me, as I started to really practice homeopathy, apply it – not just to my family, but like I said, friends that started asking, "What are you doing?" I was approached by one friend, and she said, "Tina, you know enough. Could you just lead the group, and then you can study with us?"

I accepted, and my first Gateway that I led ended up with nine people sitting in my living room. And not only did we enjoy

the course, but we enjoyed the stories, and we enjoyed the camaraderie that came with it.

Kate:

That's one of the things I love most about the Gateway to Practical Homeopathy® study groups is hearing, week-to-week, study group members share their stories of how homeopathy has helped them and their families and those around them. I think it is so powerful.

And that's why I love these podcasts, because I love that the listeners get to hear from so many people, and how you've used it. And it gives them ideas about how homeopathy can help them. Many things they didn't even realize that homeopathy could touch.

So, let's dig into some of the many success stories that you've had using homeopathy. So, let's start with your children's acute issues and bumps and bruises and flus and all of that. Tell us some things that you've used homeopathy for.

Success Story: Hives

Tina: (07:22)

I joke around often with my study group students – that when I say I have a story for this, I joke with them – because I say, "I'm pretty sure that God allows all this stuff to happen to me just for the stories."

We have used homeopathy in many acutes. And we recently moved about five years ago from the desert of Arizona to the marshlands – and I'm sure they're not marshlands, but whatever they are –- in Michigan.

With that came lots of bugs, lots of bites, lots of playing outside, lots of just new health issues, allergies and different things that we had never really been presented with.

So, homeopathy … I was so grateful to be introduced to it about the time of that move because not only were we able to take care of bug bites with *Apis,* after we got hives, or *Ledum*, but we were also able to heal to the point where now these issues don't affect us.

My daughter: I remember we went to the fair, which was such a new and great thing for us moving out here. She had been walking down by the animal stalls and picking up straw and just throwing it everywhere. It wasn't probably about 10 or 15 minutes later, her entire body was covered in hives.

And so, it was frightening, and it was frustrating. But by then, I was so grateful to have been using homeopathy.

And there's something beautiful that happened at some point. I can't tell you exactly when, but a lot of the fear of dreadful occurrences in our life – health issues that come – that fear is kind of taken away because I *knew* what to do when hives came. And I *knew* what to do when bites came. Or I *knew* what to do when my daughter comes in the room crying at two in the morning with a stomachache.

So, that fear was removed, and I was so grateful to just use the correct remedies for the hives: *Urtica urens* and *Nat mur* (or *Natrum muriaticum*) and all of these things in Joette's blog that I could just go into and find the potency, find the frequency, and just administer to my children and watch it work … watch the hives go from all over the body to within five minutes the redness going down.

And then within an hour, disappearing from the trunk of the body. And then within two hours, disappearing from the arms and legs, and just a little bit resting on the neck. And then eventually, within four, everything gone.

But the best is, within 10 minutes, the itching's gone, and my daughter's happy running around. Even though the body has to complete the healing, she was happy and fine to go on about

her life.

So, these little stories really stirred the continual use of homeopathy and then, also, the spreading to many others around.

Kate:

I love what you said about homeopathy calming our fear of whether it's accidents or acute illnesses because we have tools at our disposal that we can use. They're easily accessible, and they're gentle, and I love that.

I hear that over and over again from students and those who listen to the podcast, that it really does help calm your fears because you have a solution.

Success Story: Food allergies

Kate: (11:02)

So, let's jump into, now, some specific health challenges. Tell us more of the specific things that you've dealt with and used homeopathy to find relief.

Tina:

Well, we've been able to target many issues. I have two daughters, and with that comes female issues. And so, we've able to get rid of a lot of chronic menses pain with the blog and with the medicines that are given in there.

My son had struggled for many years after antibiotics with a tooth. He struggled with whey allergies and just really nasty reactions in his stomach. And from when I began to take courses – the Good Gut, Bad Gut course was one of the first ones I took after the Gateways – I employed the medicines that were given and protocols that were given.

And to this day, he can have a whey protein shake or enjoy ice

cream or yogurt or whatever it is that has that kind of a dairy in it.

But it was so great to kind of ride that journey with him to watch the body slowly heal and to watch him be able to reintroduce foods that he loved but couldn't eat, to just experience and to see over and over what homeopathy can do.

These are things that happen in my everyday life that I know happen to so many of your listeners and so many people that have started using homeopathy.

Success Story: Exhaustion

Tina: (12:33)

But I can think of another one early on that this one hits home because as a mother, you're so intense on being there for your children and – or intent on being there for your children – and your husband and to do the motherly duties. And so often, we forget about ourselves. And much of the time, I didn't even treat myself because I was so busy treating everybody else.

But I remember having hosted … and we do that often … we host, and we enjoy people, and we love just life. I had just finished hosting, and I was just emotionally, physically spent.

And my daughter, who at that time was about 16 … your children become a shadow of you. They watch what you do, they listen to what you say. And so, I was so grateful that she was able to go get the book off of my bookcase and repertorized for me.

Here I am, laid out on the bed. I laughed because it reminds me of that movie, The Princess Bride, where the main character's been captured, and he's down in the enemy's lair, and they're sucking the life out of him, and he's just laying on this table like in agony, barely having any strength left.

And I laugh because I tell people that was me. I was just done … like, just done for.

And my daughter came home. She said, “Here, Mom” – I am pretty sure she said this – “Here, Mom, open your mouth.”

And she gave me *Lachesis* 200. And what happened after is my story and her story. It’s our testimony because people can say, “Well, homeopathy doesn’t work.” But they can’t say that to me because I’ve seen it work!

And so, in 10 minutes, I was sitting up talking to her completely coherent. And within 20 minutes, I was out in the garden, and I was gardening, and I was enjoying the sun, and I completely forgot that 30 minutes before, life was very bleak.

So, these type of just really dramatic turnarounds I have seen over and over with homeopathy.

Kate:

Yes, me too. And how great that your children are learning this along with you. You think that they’re not necessarily learning as much as they are. But then when they step up like that, it’s just beautiful. How great. What a gift to your family.

Let’s turn now to animals and plants. What have you seen homeopathy do with that?

Success Story: A dog swallowed a bee

Tina: (14:57)

Well, I think it’s the normal transition for many people that begin with homeopathy, that they see it working in humans, and then you soon hear, “Oh, it works on animals, and it works in plants.”

Well, here I am, just moved to Michigan, and I’m surrounded by

lots of plants. And we moved out to the country from living in the city, and so here I've got my own chickens, and our dogs are getting to run free in the yard. The parakeets are happy in the house, and so we're surrounded by opportunities (is what I see them as).

And so, with these different gifts – blessings given around us – there's always moments for chaos and for healthful things that call on us.

So, we had just recently got a puppy. Her name was Ahava, and she's a little Rat Terrier mixed with a Mountain Feist – and she is feisty. She's more of a hunting dog, a treeing dog.

She loves to chase bees. She loved to chase bees as a puppy, and she still loves to chase bees.

One day, she had an allergic reaction after she ate one, naturally. Her poor little body got little hives on it. And she started what sounded like kind of coughing, and it was probably having some type of an anaphylactic response.

So, we took the opportunity to grab the remedies and give her what we knew would help: an *Apis* for anaphylaxis and also, an *Aconite* for that shock that was happening to all of us around.

I laugh, because anytime we have these scenarios, it seems like everybody around me gets *Aconite*, including myself. And then you can think … to be able to treat.

Within just five minutes, Ahava was normal. The hives eventually faded and went away, and so we were able to see homeopathy work for us.

Success Story: A dog with tummy troubles

Tina (16:48)

Along with that, we have a beagle, Beau. Beau the Beagle. He likes to sit around. He's not your normal beagle. He loves …

this guy loves food. He’s very, very much drawn to do anything if he’s given food.

So, I’m not sure if he ate something or what exactly happened, but one day we noticed that Beau was kind of sitting around a little more than he normally does. And he seemed a little overheated, and he just wasn’t himself.

After being able to observe him and see that what he was doing wasn’t normal, we were able to give remedies like *Aconite* and *Bovista* for his food allergy.

But my favorite is always Bioplasma®, especially for an overheated moment. It was summer during that time. So, Bioplasma has always turned a lot of scenarios around, and we saw Beau change within a matter of a couple hours, and he was back to himself by the next day.

Success Story: Ducky, the chicken, was sick

Tina: (17:48)

So, seen it in our dogs. We saw it in our chickens. Bioplasma and *Aconite* brought …

Well, my daughter has affectionately named all of our chickens names, and one of them was Ducky (which she just has this affinity to do this).

And so Ducky was very sick, and she was laying around in the yard exhausted, not doing what the rest of the flock was doing. And we were able to put some Bioplasma and *Aconite* in a little spray bottle with some water. Shook it up and just went outside and sprayed Ducky in the parts that we knew that the homeopathy would take.

She turned around very quickly. Within maybe an hour, we looked outside, and we actually couldn’t find her because she had just acclimated right back into the flock. She was well. Completely revived her.

We've seen that happen a number of times with our chickens.

Success Story: Plants

Tina: (18:45)

You mentioned plants.

Kate:

Yes.

Tina:

So naturally, here I am coming from the desert to not growing plants. And so, everything around me is a plant.

I took the opportunity to start growing my own herbs for loose-leaf teas and just enjoying the plants and flowers around me. Being a desert dweller, my green thumb needed to grow a bit, so I was able to use homeopathy for any transplanting.

I've had a number of near-death experiences with plants and *Carbo veg*. *Carbo vegetabilis* is my go-to for when one of my plants is just about to give on me.

Heat stress? I use Bioplasma. When I garden, when I transplant, I do a lot of *Aconite* in the beginning. I like to use *Cina* and *Sulphur* for any pests.

I just kind of like to watch the plants around me really thrive because homeopathy does exactly what they need, and it's really for all creation.

Kate:

Some people may not know that there are actually books – homeopathic books – that just talk about using homeopathy with plants and for gardening. So, there is a lot of information out there on that. If you're curious, you can just do a Google

search.

Alright, let’s shift to some pretty serious situations where you’ve had some emergencies or pretty dire acute situations. Can you tell us about those?

Success Story: Mom’s stroke

Tina: (20:15)

My parents visit often. I enjoy having them annually come out. And during one of their visits, my mom began to mimic what looked like a stroke, and this would’ve been her third stroke. So, there was a history of this in her life.

My father came upstairs. (They were staying in our basement. We’ve got an apartment down there.) And so, when they come to visit, I love to treat them with remedies. I love to take any diagnosis they have and treat with protocols.

But specifically, on one visit, they came. And my dad came upstairs, and he looked very worried. He said, “Tina, I need you to come downstairs.”

And so, when I went down, what I saw was my mother sitting on the couch. The position and mindset that she was in was very familiar to me because I had happened upon her another time when she was having a stroke, when I was back in Arizona. So, I was very familiar with what it looked like and knew the emergent situation that we were facing.

My mother was in need of emergent care. We did what we could do to make the right calls. But while we were waiting, I went ahead and did what I knew homeopathy could help with. Gave *Aconite* for that situation.

Within four hours of remedies – looking at a few other symptoms that she was showing and administering what we could – within four hours, she was normal.

She was confirmed by the emergency technicians – the emergency care – that all of her vitals were stable. She was confirmed that she was well.

And so, within four hours, she was napping, and she was completely whole. And within six hours, she was upstairs doing dishes and playing with my children.

So, we were able to see again in another very dramatic situation. Where before it seemed hopeless, homeopathy just really came in and took care of a situation where something was completely normal, to completely *not* normal. And it was able to take it right back to balance.

Kate:

That is an incredible story. What a gift. Let's shift to a case of possibly early sepsis with an infected toe. Can you tell me more about that?

Success Story: Sepsis from an infected toe

Tina: (22:36)

As we began to see homeopathy do more and more things – not just in our home, but within the students that would take Gateway courses – everybody starts treating their families and starts treating those that they love around them.

So, I had a friend that took the course come to the house in desperate need. And her husband did not want to go to the emergency room while she was trying to get him to go. She said, "Tina, here's pictures. It looks sepsis: the redness, the red streak line going up from his toe up the leg."

And it was a desperate situation. He wasn't really convinced that he wanted to go to the emergency room because, for him, it was just an infected toe. But for her, she could see that it was something a lot more serious.

So, we were able to look at it together, and she went away knowing what she needed to do, applied some of the information from the blogs for the toe.

Within about four hours, she sent me a message that said, “Everything’s turned around. The redness is going down.”

And she kept a really nice picture log of as it went on throughout the next day. And by about hour 10, she said, “The line is fading.”

By about hour … I believe it was about 12, she said, “He’s comfortable. There’s no pain.”

And by about, I feel like it was hour 18, she’s like, “Tina, all of the redness is gone, and everything is looking really good.”

So, within 24 hours, she said it didn’t even look like it was there. The toe was really healing well. And within three days, he was back walking around, and everything was normal.

Kate:

I bet that made her a believer in homeopathy if she hadn’t been before, right?

Tina:

Yeah. You know, it’s like when you get to experience what homeopathy can do in these kind of crazy situations, it really solidifies to you that this is a medicine that works.

Kate:

And I just want to mention, there’s the blog that you most likely looked at was called Holy Cow! Blood Poisoning!

So, if you’re interested in that information, you can look at the top on JoetteCalabrese.com. In the right-hand corner, there’s a search bar, and you can just put in “blood

poisoning" or "holy cow blood poisoning," and that blog will come up.

Success Stories: Chronic food intolerances and allergies, seasonal allergies, skin conditions, migraines, menopause, backaches, sciatica

Kate: (25:10)

So, I want to ask you now about your personal journey. I know there have been things that you have needed help with, and I would like to hear your personal story and how homeopathy has helped you.

Tina:

I am so grateful for homeopathy. I am so grateful for how it gently comes in and does a job that I've seen no allopathic medicine do for me.

I have dealt for many years with chronic food intolerances, allergies (not just food allergies, seasonal allergies), skin conditions, migraines. And as each season in life presents itself, you are given new gifts – new gifts of symptoms.

Kate: New gifts!

Tina:

Yes, we'll call them blessings. Yes.

So, I've been able to – with the education that I have gained from not just using remedies and watching cases, but the blogs, the podcasts, the courses that Joette has – I've been able to treat myself for all of these conditions.

Now I'm able to go to Chicago with my family and enjoy a nice Chicago piece of pizza – we did that a couple of weeks ago – without any reactions, without any intolerant actions from it that I would normally get.

I’ve been able to hives not just go away, but cured, to not return.

I’ve dealt with migraines and seen, within a few doses, migraines not just go away, but the frequency lessen, and to the point where I don’t have migraines anymore.

And with these seasons, come menopause and perimenopause, these different things. And I’ve just seen homeopathy shine in every moment of my life the last five years now that I’ve been a student of homeopathy.

When I was younger, I was in a few car accidents, and that kind of left the impression on your body. Whereas you get older, you have different issues in your back and joints. So, I really struggled with a lot of backache and sciatic issues.

Eventually got on protocols to where I just went in about a month ago to my chiropractor and naturopath, and they took X-rays. Bulging disc, degenerative disc, scoliosis (the start of it)? It’s all gone.

And it is incredible that I am living without pain. There’s no back pain; there’s no joint aches. And should they return, I employ the remedies that I’ve been given within the courses that I’ve studied.

Kate:

That is life-changing because it can be so debilitating.

So, what a gift that you’ve been given – and we all have – with this medicine.

There is so much more we could talk about. I know that you’ve mentioned to me personally, infertility, COPD, high blood pressure, glaucoma, gout, hypothyroid, diabetes, IBS, eczema. I mean so much more. So, we could go on and on. We’ll have to have you back for another podcast.

But I want to ask you now to share something with our listeners who may be just starting homeopathy or feeling overwhelmed. What would you say to those who are listening?

Closing advice

Tina: (28:51)

Experience matters, and confidence comes with time.

As you begin to use the remedies, as you begin to experience these different gifts, these stories that come into your life – we might call them chaos; we might call them trials – but my new outlook is they're really gifts. Symptoms are gifts. And as you continue to learn and study, then you begin to grow.

You observe more, and you apply what you've learned. I've learned now, we don't need to defend homeopathy. It has stood the test of time, but we carry a responsibility to care for it and to keep it alive. This is about preserving a gift rooted in creation, passing it on with clarity, integrity and courage. Not just to our inheritants, not just to our children, but to those around us.

I'm not an expert. I'm just a mother. I'm a wife, a friend, a daughter. I've seen it work with my own eyes in family and people around me, in animals. And I am so in love, and I am so deeply grateful.

If you're beginning, stay curious, stay humble, pay attention to your stories. Let experience teach you.

Homeopathy works, and it's worth stewarding well.

Kate:

Wow. Beautifully said, Tina.

I want to thank you for sharing your heart and these inspirational stories. What a gift it has been to us.

Joette:

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my blog posts and Monday Night Lives.

But it's *critical* that you learn how to use these medicines properly. These podcasts should serve as only the *beginning* of your training. Peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

So, with the proper training, you can join the thousands of students before you in developing the confidence and competence to protect the health of your family and loved ones with my brand of homeopathy, Practical Homeopathy®.

Kate:

You just listened to a podcast from internationally acclaimed homeopath, public speaker and author, the founder of The Academy of Practical Homeopathy®, Joette Calabrese. Joette's podcasts are available on all your favorite podcast apps.

To learn more and find out if homeopathy is a good fit for your health strategy, visit PracticalHomeopathy.com.