Podcast 179 – Practical Professionals: Combining Nursing, Faith and Practical Homeopathy®



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A Success Story: Atopic Dermatitis

JoetteCalabrase.com

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Joette's Mighty Members

Kate:

This is the Practical Homeopathy® Podcast, episode number 179.

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: Combining Nursing, Faith and Practical Homeopathy®

Kate: (00:58)

Hi everyone, and welcome to the Practical Homeopathy® Podcast.

I'm Kate, and I am so glad you're here with us today. This is the place where we show you how Practical Homeopathy® can become a real, everyday tool for taking care of yourself and the people you love.

Whether you're brand new to homeopathy or you've been studying it for a while, these conversations in this podcast are meant to encourage you, equip you, and remind you that you are not alone on this journey.

Today, I have the pleasure of talking with Kena. Kena has been married nearly 40 years. She's the mother of three adult children and a proud grandmother. Arizona has been her home most of her life, and faith, family and nursing have always been the foundation of who she is.

After years of working as a nurse, Kena discovered faith community nursing, and immediately, she knew it was where her heart for people and faith could come together. She's currently serving as a volunteer faith community nurse in her church, caring for others physically, emotionally and spiritually.

Her path to homeopathy began when her aunt received a serious diagnosis and conventional medicine offered limited options. Watching her aunt improve with homeopathy and lifestyle

changes lit a fire in Kena.

She spent years searching for solid homeopathic education until she found Joette's podcast a little over a year ago, and she just recently finished The Academy of Practical Homeopathy®.

She's seen beautiful results with homeopathy, and I can't wait for her to share some of her stories, including a story about eczema. Her heart's desire is to blend her nursing experience with Practical Homeopathy® so she can serve her family, friends, church, community and the next generation.

Kena, welcome to the podcast.

Kena:

Hi, thank you. Thanks for having me.

Faith Community Nursing

Kate: (02:49)

Absolutely. I can't wait to get into your story.

So, let's start out by – if you wouldn't mind – sharing a little bit about your journey. And I'm really interested in that nursing component where you made a little bit of a shift after a career in nursing, and now you went into faith community nursing, and now that's becoming integrated with your homeopathy education. So, talk to us a little bit about that journey.

Kena:

Sure. Interestingly enough, my mother was also a registered nurse, so it kind of runs in the family – or a miasm, I guess. (A little humor there.) But that to be said, I did traditional bedside nursing, medical floor, went through the AIDS epidemic at bedside, so it was really relevant to things that we've

encountered in more recent years with that experience.

But somewhere along the way, I knew that I wanted to take the education I had and be of service to others outside the hospital setting, with people that would come to me saying, "Well, you're a nurse, what do you think?" And I had to be so thoughtful about what to do with that.

So, I discovered that there was a way to combine that with my faith. It used to be called parish nursing, but they broadened that term to be called faith community nursing. And every state board of nursing is regulated differently, so it may not apply to every state.

In the state that I reside in, which happens to be Arizona, it is a recognized discipline and a scope of practice that they apply to nurses who want to pursue that to maintain an active RN license, which is what I chose to do.

And my reason for doing that was so that I could bridge the gap with the people that I had a lot of relationship and conversations with, within an appropriate way … in terms of how do I bridge the knowledge and experience I have with my nursing, coupled with the unique community that I have a relationship with.

In order to do that, there was a group – I don't think they're offering it now, probably because of funding – where I did some training that taught me basically how to apply my experience and knowledge in a faith community setting. And so that's pretty much how I stepped into that … and to this day.

Kate:

So, for those people who might be listening to the podcast, and they're a nurse, and they want to explore this option in their state or maybe even Arizona: What tips do you have to help them explore this option?

Kena:

Great question. There's a couple of organizations. If you do an internet search and insert the term either "parish nursing" or "faith community nursing," and a couple of organizations will pop up.

From there, you can read through educational opportunities. You can get very certified, so to speak. You can make it very technical, but it's not required for all boards of nursing. It can simply be a declaration of what you're doing.

Now, it is important for those that choose to do that, at least in my state, to keep records of your hours, whether you're employed in that role or, in my case, I volunteer those hours. So, it's recorded and documented to show that I'm actually providing that kind of education to the folks that I serve.

Kate:

That's so interesting, and thanks for that information. I'm sure there are people who want to look into this.

What is the highlight of this new direction that you've gone with nursing and working with your faith communities?

Kena:

Highlight is, I think, it's a really necessary gap. It's a bridge of trust. And so, it also is very weighty in that I think it takes you to the highest standard of accountability personally, morally.

Kate:

Yes.

Kena:

I don't know how else to say it. At least that's how I feel

about it.

Just because of the familiarity of knowing somebody, I always have in the back of my awareness that they're viewing me through a different lens – a trusted lens. And it certainly is not my desire in any way, shape or form to ever needlessly betray that out of stepping out of my scope of practice when I'm in that role or otherwise.

Kate:

So, do you have any tips for nurses who want to do this now that you've made that transition and been doing this for a while?

Kena:

I think every individual is unique, and also how they connect that with their expression of faith.

But I guess for me, if I were to say, "tips" and put it in that way of thinking, I would say it has to come from your heart. It's not just a technical skill. It's not as simple as taking vitals at bedside, so to speak, or hospital-setting type interests. It's a deeper level.

It has to be something where you feel really connected with from an innermost being, in service to others with respect to who they are, where they're at, but also remembering it is still a scope of practice, and with that goes an understood code of conduct.

So, it doesn't give you permission, so to speak, to step into clergy role unless it's defined in some particular way by a body, I would assume, or a group. I don't know.

In my case, it's strictly understood when I do that in terms of more health education – a bridge of understanding – but someone that understands how that works within the expression of faith for that group.

So, I think it’s really important to be connected to the group and share a common set of values and stay within what is defined as within that group.

Kate:

What does that look like on a regular basis? Do you go to a building to see people? How do they come to see you, or do you go to their homes, or what does that look like?

Kena:

Typically, someone is reaching out by email, text, phone calls – all those kind of ways – and it can be all of the above. It could be a phone call; it could be an email.

Or, for example, a situation I can think of that illustrates this: They had their extended family member in a hospice setting. And so, I came in service as a faith community nurse to the congregational members to support them in terms of that environment. Even though they didn’t have a lot of questions, just to support them in that environment and answer any questions that would be helpful for them in that setting.

And so, that’s going to a physical place when that’s requested, or in the home or in the hospital. I’m very comfortable in that environment. And so sometimes, it’s just reassuring to have somebody that you kind of feel like is on your side that can bring clarity to what’s going on with respect to where you’re at at that time.

Kate:

Kena, this sounds so beautiful. I get chills just listening to you talk about this.

What if I’m a person who wants to, say, look for someone like that in my community … someone, a faith community nurse? How would I go about finding that? Do I talk to a local churches and just see if they know of anything, or how do I find

someone like you?

Kena:

Well, that probably would be a bit of a challenge. I wouldn't say it's the majority of folks out there. In fact, a lot of nurses I've encountered had no idea that it even existed.

So, I think the first place I would stop … if I was really trying to choose, I would reach out to the state board and see if there's any way that they provide a list.

If not, I would start out with my local place that I participate in, a place of faith, or ask if anybody there knew of a congregation of some sort that supported that.

But typically in my experience, nurses know each other. Word gets around. Especially if you say it's a secret, we'll find out.

Incorporating Practical Homeopathy® into nursing

Kate: (10:33)

All right, let's transition a little bit because now you've been learning homeopathy for quite a while, and you've recently just completed the final exam for The Academy of Practical Homeopathy®.

It's a whole new world that has opened up now that you're not studying all the time, I can imagine.

So, tell me about how you are integrating homeopathy in with what you do, and what would you say that that advantage that that provides you and those that you help?

Kena:

Great question. First, I start with family. Always starts at home for me. I just absolutely believe that. If it's not happening at home, I'm not really feeling too encouraged to

take it anyplace else because that's where my heart is.

So, for me, it's been applying the principles of homeopathy and all the good it does for my immediate family and my extended family.

Then from there, in terms of how that extends further now with the faith community piece, my primary role is education and making people aware of options, choices, answering questions more so than anything else. It's giving people the information that allows them to make a truly informed decision about their healthcare, what might be a fit for them or not.

For example, I've done this several times, and it feels so good when I can direct them to Joette's website. They can read for themselves, and then, if they have questions, then they can refer those questions back to me for context.

So, it's not a whole lot different than what I've done with the faith community nursing at bedside in a conventional setting. Now it's a bridge of understanding from, I feel, trusted sources like Joette and The Academy to expand that knowledge when they're making decisions about their well-being.

Success Story: Aches, pains and anticipatory anxiety

Kate: (12:15)

Yeah, that's great.

So, speaking of starting at home, I know you have some stories to share.

Kena:

That's true.

Kate:

So, would you just get into a couple of those ways that you've used homeopathy to help with various conditions?

Kena:

Sure. Try to go through every possible way it's been used, but I'll give you some quick ones.

I do have a few aches and pains here and there. I do a lot of physical work, and, so, I use *Rhus tox*, and it works for me consistently. I'm telling you, I feel like I've lost 10 years off of my body in terms of aches and pains. It's just wonderful.

Here, though, we don't get a lot of rain in Arizona. We talk about wishing for it often. When we do get what we call our monsoon season, it's notable, and a lot of us feel it before it starts.

And so, *Kali bichromium* [*bichromicum*] to the rescue for headaches that I sometimes experience with the rare rains that we get … which was recent.

So, that was just about three weeks ago. I thought, "I know what to do for this." And so, the rain is truly a blessing, with something to calm the other part that comes with it.

Another thing, which is so relevant … and I laugh: Before our recent exams, I thought, "Gosh, I think I'm really nervous about this. I haven't been this nervous since I took my state boards for nursing a really long time ago."

And so, I thought, "Wait, I know what to do for this."

I took *Gelsemium*. And I am not making this up, guys – I know you all believe me – but after about three doses, I felt like I could think again. I almost didn't recognize myself. I thought, "Gosh, guys, you say it, but this really works!"

I mean, it really worked. I felt about as calm as a person

could.

Kate:

What potency did you use? *Gelsemium* 30?

Kena:

I did *Gelsemium* 30. I took it twice a day, and by the third dose the next morning, I could really tell that all was much better.

Kate:

Wonderful.

Success Story: Eczema

Kate: (14:09)

You also have a story about eczema, and it seems like so many people deal with eczema these days. So, share with us what you did for your granddaughter.

Kena:

One of the things that … I'll just say she's one of my "whys," as you might imagine.

She has had quite a bit of issue with eczema since she was a toddler, I would say, that was distinguishable. It was brutal at times, all the way to waking up at night with the bleeding and all that one can know about that, either reading or experiencing it. It was heartbreaking to me.

And so, once we had enough information from our coursework, I knew exactly where I wanted to go with that. So, I introduced our granddaughter to the homeopathy, basically. (Parent approval … and that's very important. You got to honor your family at all ages, including adult children.)

It was a slow process, but it started improving … started improving slowly, started improving slowly. Obviously, there's dietary considerations and gut health issues there, but it got better and better and better. And it's very minor now, is what I'm going to say.

And so, if nothing else was accomplished this whole year, just that for her is enough to bring tears to my eyes.

I feel like she got her life back. I'm so grateful. No words.

But yeah, the protocols work. Balancing that out with a bigger-picture course material – so important because everybody's so unique in their situation. I just couldn't be more grateful.

Kate:

So, for those people who might be listening and wondering, "How do I help my daughter or granddaughter or relative? What information can I share with them about eczema?"

Kena:

What I think is so important … and I'm going to go back to my roots about informed decision-making. I think education and information is a starting point. The "a pill for every ill" is not relevant here. It doesn't work. But when you take it in context of reading and understanding from trusted resources, then you can step into what works more safely.

Instead of just throwing random darts at a wall, so to speak, you can have a strategic way to see if something's working for your needs.

So, for example, if someone came to me and I didn't have this experience and I hadn't had the schooling yet, what would I do? Let's say I was in the discovery phase of that. I would immediately go to Joette's website. Why? Because I can reference material there and get context. If I felt like I had

enough base on that to at least take steps forward, I might start there.

If not, I would reach out to see if there's somebody they could recommend that could guide me in that process if I didn't have a way to do that myself. That's exactly what I would do.

Kate:

I know Joette has a blog called A Success Story: Atopic Dermatitis. People could just search for even "eczema" in the search function at JoetteCalabrase.com.

Also, I think the Allergic?! course is really great. Lots of information about allergies, eczema, and those kinds of issues. And I know that's one of the courses that you went through in The Academy, Kena, correct?

Kena:

Yes.

Kate:

And that's a course that you can take. You don't have to go through The Academy to take that course. You can just go again to JoettesLearningCenter.com, and there you'll find all of Joette's courses.

And as you mentioned, if they wanted help because this is something that they didn't feel like they wanted to take on, there are homeopaths such as yourself at FindAPracticalHomeopath.com. You can go there and look at those who have graduated from Joette's Academy of Practical Homeopathy® and Mastery and choose a homeopath that could help you.

Jump. Leap into Practical Homeopathy®. Don’t look back.

Kena: (17:53)

I’d also like to add, this has been quite a year of learning and growing filled with gratitude that will last the rest of my life. It will allow me to impact those that I most care for and those that I’m privileged to care for with what I feel are the best tools available.

However, one thing, if I could share with anybody who might be listening to this and even thinking about The Academy of Practical Homeopathy® or just taking an individual class: I did not have a wide background before starting.

I think I heard of Joette’s blog and podcast a few months before enrollment began, and I looked at it, thought about it, prayed about it, talked with my husband about it, and then I dove in.

And I could not possibly say enough that if you’re even slightly thinking about it, I’d encourage anybody to pursue it, to dive in with both feet, with both hands, whatever part of your body, jump, leap, don’t look back.

Why I say that is this: Everything that was shared to my experience has been true. When Joette says, “I know how to teach this,” she knows how to teach this. All different learners.

When it was emphasized your study group is so important, it’s the truth. It’s the absolute truth.

I learned so much and continue to from my study group classmates. I couldn’t have done it without them. I couldn’t have done it without … obviously, with The Academy, couldn’t do it without any of you. But it truly becomes a different family of care.

It’s a shared journey, and that alone is going to help you with anything else that’s going on in your life – not only for your own well-being – but putting you in a position to be of service to others in a way you couldn’t achieve any other way without this Academy.

Kate:

Oh, that’s so special. I’m glad that you shared that. It’s really exciting to hear students talk about their study groups and how close they’ve gotten with their study group members and how, like you said, it’s become lifelong friends and a second-almost family that they get to do life with and help each other and support one another, share information.

So, yeah, I’m so glad that you had that experience, and I can’t wait to see where this takes you in the future now. Hopefully you’ll be graduating soon. And then are you moving on to Mastery?

Kena:

I’m waiting to see how it turns out.

Closing advice

Kate: (20:19)

Okay. Well, so that decision is yet to come.

But do you have any final thoughts, Kena? I’m grateful for what you shared and wondered if you had anything else that you wanted to talk about before we end the podcast.

Kena:

No, just to say thank you from the bottom of my heart – and whether they keep it or not – Kate, you need to know what a blessing you are. You’re the person that I talked to first. You’re the person that I talked to a month ago, and now this

is full circle for me, so my cup is overflowing. Thank you.

Kate:

Oh, you're so sweet. Yes, you're so welcome. It's very special to be able to interview you and to watch you grow and see where this takes you. Thanks for sharing, Kena.

Kena:

Thank you so much.

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.

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