# Podcast 116 – Moms with Moxie: A Close-Knit Study Group




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"Carle has asthma" [Four Homeopathic Medicines for Asthma]

I Was an Itchy Little Girl

Allergic?! Escape Allergies, Sensitivities, and Intolerances, with Homeopathy

The Ultimate Cool Kids' Guide to Homeopathy: Become a Revolutionary, Independent Thinker with Practical Homeopathy®

Where There's Fire, There's Smoke

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S is for *Staphysagria*

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[Symphonic] *Symphytum* for Pain

Snap!

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Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind

Joette's Study Group: Find your new Study Group Friends' Facebook page

My blog, podcasts, Facebook Live events and courses

Gateway to Homeopathy: A Guided Study Group Curriculum

**Kate:** This is the Practical Homeopathy® Podcast Episode Number 116.

**Joette:** Joette Calabrese here, folks. I'm happy that you've joined me for my podcast today. You're in for a treat. From my virtual classroom, I'm privileged to see how homeopathy is transforming lives all over the globe. Their successes inspire me. They're glorious and powerful, and I can't keep their triumphs a secret. I want you to hear the excitement my students experience, too. So, *you* can be inspired by their unique stories.

With the help from Kate, my reporter, I bring you a podcast series I call, "Moms with Moxie." Sometimes we even interview "Dads with Audacity" or "Teens with Tenacity." See how regular mothers and others – average folks who love healing those around them – have gone from freaking to fabulous by simply applying what they've learned using what I call Practical Homeopathy®.

**Kate:** Hi, this is Kate. I want to welcome you to the Practical Homeopathy® podcast. I have a lot of Moms with Moxie with me today. I'm so excited to hear their stories. I haven't had much of a chance to get to know these ladies, but I do know one of them pretty well. We've gotten to know each other over the past year.

I’m very excited to hear what you all have been doing with your group. You’ve been meeting together now for a while, studying homeopathy together and kind of “doing life,” because I understand you met through a homeschool group. So, you’ve known each other for quite a while, and you’re on a journey together. I would love for the listeners to hear your stories and how you guys interact, how your study group works and what you guys do. I want to welcome you to the podcast.




And I want to first introduce my friend, Beth. She’s here, and she’s going to tell us a little bit more about the group and introduce you to these lovely ladies.

Beth …

**Beth:** Hi, Kate. Thanks so much. We're all very excited to be here. I'm here with five of my good friends, and we meet about once a week. We just love homeopathy. It started with one of our homeschool moms mentioning it in our group and telling us, you know, "This is really cool."

We were like, "Oh, well, we've got essential oils. We've got all these other things."

She sent us to Joette's website, and we've all just fallen in love with it. We've had so much success. And just being together once a week and talking about things and supporting each other through text messages has been amazing.

**Kate:** I know that you guys all met, like you said, through homeschool group, and then Suzy's enthusiasm was contagious.

**Beth:** Yes.

**Kate:** That's awesome. Actually, there are two Suzis on the podcast today. That's going to be a little interesting. We have Suzy with a Y and Suzi with an I.

It's Suzy with a Y that got you guys all fired up about homeopathy. I love that you said, "Oh, we have our essential

oils. We're fine. We have all these other natural modalities." I think you said when we were talking earlier, Beth, that it's like, once you find homeopathy, you're like, "Ahhh!!"

That's it! I mean, that is what you've been looking for all this time, right? Is that how you all felt?

**Beth:** Yes, absolutely.

# Introduction

**Kate:** Can you just introduce us to these ladies, and maybe you all could share a little bit about where you're from and your story or your family? We would love to get to know you.

**Beth:** I'll start with Suzy with a Y, our enthusiast. Suzy is still a homeschool mom. A couple of us are alumni, but she's still doing homeschooling. She has a background in working in business and got into hospice and really loves to help people that have different issues. And homeopathy just fits her really well with helping people to be better. Anyway, Suzy …

**Suzy:** Thanks, Beth. Hi, Kate. It's great to finally meet you. I've been listening to your voice for years, and it's great to finally meet you.

**Kate:** Oh, put a face with the name, right?

**Suzy:** Yeah! I've been homeschooling two boys for the past 10 years now. Our homeschool group has gotten pretty close. We share in each other's lives. So, we know when our kids are sick or whatever. We've been sharing health tips for a long time.

I feel like mine has been a journey. Like Beth said, I started out with essential oils, and then I dabbled in colloidal silver. Then a friend of mine sent me an article from Joette regarding allergies because she knew my son suffered from debilitating allergies, respiratory, skin, asthma (resulting in asthma and hospital visits). So, I had just really dove into the website and started learning. The "Carle has asthma" [Four Homeopathic Medicines for Asthma] was very helpful. "I Was an Itchy Little Girl," – some of the articles that Joette had put out.

I started listening to podcast after podcast. My family didn't know what happened to me because I kind of disappeared mentally from them for a while because I just couldn't get enough of the information I was being fed. It made so much sense. I was finding results pretty immediately with the itchy nose and the sneezing.

It took me a little longer to clear some of the asthma issues. I wound up taking the Allergic?! course so that I could dive in a little deeper and get to the chronic issues having a little more confidence. Certainly, the website and

the blog is a great starting point to jump in and start testing and using. I've just loved it ever since.

So, in our group, I started sharing that passion with Beth who I knew her daughter had some issues – some health issues. She started looking into it, and just all the other moms started to kind of jump on board, and some of them really caught the bug.

**Beth:** The next person I'd like to introduce is Debbie, because without Debbie, we wouldn't have this group. Because Debbie was learning from the website and from Suzy and from us talking and she's like, "Beth, you got to start a group. You got to start a group." She's the one who talked me into getting the group started and has been involved ever since we've been meeting like two years now. Debbie …

**Debbie:** Hi, my name is Debbie. I'm a wife and a mom of two, a son and a daughter, and I have a stepson. I'm a homeschool mom alumni. Both my kids are going to go to school this year. One's a senior, and one's going to be a sophomore. I was introduced to homeopathy through Suzy when my son had a major head trauma. That's what got me into homeopathy. Then I've seen the results of her and her son and one of the other girls that had a lot of allergies and also with Beth. That's what got me started.

**Beth:** Thank you, Debbie.

**Debbie:** You're welcome.

**Beth:** Next, how about we go to Suzi with an I. Suzi is our newest member. She joined us with the last class we did. We've done Gateway I, Gateway II, and Allergic?! She joined us for Allergic?! Suzi had been looking at Joette's stuff and learning things, but I think the group really kind of solidified it for her. We're really glad that Suzi's here.

**Suzi:** Yeah. Thanks, Beth. I'm so glad to be here. I'm also a homeschool mom. I'm still in the midst of it. I have a five-year-old all the way up to a 15-year-old.

I've been doing homeopathy through Joette's site for about three years. I've been really happy to be able to throw out a lot of drugs out of my home, to be able to take care of the family, my family. But this last year, I finally agreed and just was dragging my feet timewise to join a group with them. From there, it just exploded. I've been able to go into uprooting some long-term things, and it's just been a blessing to my family. My confidence has just soared with homeopathy.

**Beth:** Thank you, Suzi.

Next, we're going to go to Karlin. Karlin wasn't part of our original homeschool group, but she's been my friend for a very long time, and we homeschooled our daughters and sons together. So, Karlin has seen some really great success also and is a good center for us in our group. She gets us back on track sometimes when we start going off. Anyways, go ahead, Karlin.

**Karlin:** Wow. I appreciate that introduction. That was sweet of you. I have two college-aged kids. My husband and I have been married 29 years. But I am very new to homeopathy. I probably missed some of the sweet spot for helping my kids through childhood illnesses. We did do the regular route – the allopathic route. But I've had a few little successes with insomnia for my husband and general upset stomach. I am definitely still on the upward part of the learning curve trying to learn as I go, and this group has been so helpful to me as a newbie.

**Beth:** Thank you, Karlin. And last but not least, of course, Birgit.

**Birgit:** Hello, everybody. My name is Birgit. I know these beautiful ladies, most of them through homeschooling. It was Suzy who got me interested in homeopathy about two years ago, but I got really serious about it through Beth and our beautiful group.

I'm a mother for three children. I have a 15-year-old daughter and 11-year-old twins. Homeopathy has helped us so much with our allergies. We've had a lot of success with rashes and eczema. Homeopathy has given so much hope, because we struggle a lot with various allergies and stomach pains and all this, and homeopathy has been Godsent to us.

**Beth:** Yes, and I'd like to add that Birgit's daughter did the Cool Kids' class with me this year, and it was awesome. Emma was great. She did a beautiful little presentation at

the end. So, they're all getting involved.

## Zoom Meetings

**Kate:** Thank you, everyone, for sharing a little bit about yourself and your families. I think what's really interesting about this group is you all meet on Zoom, yet you live near each other.

Groups can really look differently. I know a lot of them that are far apart, and they meet on Zoom. But I find it interesting that you guys are local, but it's just easier – I would assume, right – for you guys to meet on Zoom. Do you fit it in better that way? Tell me why you meet on Zoom as opposed to in person?

**Beth:** Yes, I would say that our families are still coming in the room. There's still noise and things that are going on, but if we do it Zoom, we're much more likely to meet where if we have to leave and go somewhere and try to find a central location, it just became more complicated. This way, you know, it's no big deal if our kids run in the room and start screaming. I think it's great.

**Suzy:** It's kind of neat, Beth. It's neat because Beth prepares slideshows, and she can put them up on the screen. We're all sharing and seeing the same information, and we don't have to crowd around. The technology has really just helped us not skip meetings as much as we may have if we

were having to travel 30 minutes or so to go meet with each other.

**Kate:** Let's hear a little bit about your individual success stories with homeopathy. I know you all have your own stories to share with the listeners. So, maybe, Beth, can we start with you, and you tell us a little bit about how you've used homeopathy over the years?

**Beth:** Yeah, I think I "think" in homeopathy now, like anytime I'm out somewhere, and I see something, I'll think of something. Like someone's on a tube and out in the lake, and I see them, and I think, "Oh, that kid's going to need *Arnica* because of his head." You know? And I just kind of think that way now because there have been so many amazing success stories.

One of the biggest ones for me is my own where I have two big dogs, and they were wrestling. They slammed into the side of my leg and tore the ligament on the side of my leg. There's really not a lot to do for that, and it's very painful. I went to a couple of doctors just to make sure nothing was broken. And it was amazing that in two months, that was healed. I just haven't had any problems at all.

It just still amazes me.

As you get older, you kind of feel the things that happened in the past. I don't feel that one at all. That was a big one for me.

Another one is a friend's son who really has problems with dairy. Every time he would have dairy, he'd have to run to the bathroom. In just a few weeks of helping him, he was able to eat dairy, and he's been fine. He can eat as much

dairy as he wants now which is amazing! His mom was just really blown away with that.

**Kate:** I'm going to stop you right there for a second, Beth. I'm sure everyone wants to know. What did you use for your ligament injury?

**Beth:** For the torn ligament, I used *Ruta* and *Arnica* together. It's a Banerji protocol, I believe. Then I later added a little bit of *Symphytum*, and it only took about two months.

There was another one where a man couldn't catch his breath. I went in, and I looked in the blog, it's "Where There's Smoke, There's Fire" ["Where There's Fire, There's Smoke"] and it talks about *Carbo veg*. I don't remember exactly what was happening with him at the time, but I just remember he couldn't catch his breath. I did go in, and I found that blog, so that helped.

There's an older man who has nosebleed issues. He's on blood thinners … and several other reasons. I got out the first aid chart that Joette has, and I only had the remedies that I carry in my purse. In the first aid chart, they recommend *Ferrum phos*. I gave it to him only twice, and it stopped. He couldn't believe it. He can't usually get it to stop. He's gone to the hospital because he can't get his nose to stop. That was a really big one!

So, Suzy, do you want to share some of the successes you've had?

**Suzy:** Sure, I'm happy to. You know, that's what's part great about this group is that the people in this group actually care. Sometimes out in the world, some people don't even really, they're just looking at me strange, but sure.

One of my favorites is my dad, he got really sick, and he had to go to the hospital, and he was catheterized. When he came home from the hospital, he couldn't urinate after being catheterized. It was, I don't know what that is, swelling or whatever, but I had just remembered reading an article on the blog called S is for *Staphysagria*. They mentioned that that remedy almost never fails for that reason.

So, I had *Staphysagria* 30 in my red box kit, and I gave him a dose of that. I waited 30 minutes and gave him another. Then he started, he just was able to go to the bathroom, and it was never an issue. That was one of those that was really cool because he's elderly. I've seen people have to go back to the hospital for those issues, you know? So, that's one of my favorites.

Another one is a neighbor friend of mine. They had just moved here, and their daughter suffered from chronic ear infections and strep throat. They hadn't gotten a doctor yet here. We've been under the pandemic and getting to the doctor was a little issue. So, she called me at 10:30 at night, and I just said, "I'll come over. I have a few things if you want to try it."

She said, "Sure."

Also from the blog, I was able to pull something up on chronic strep throat and *Hepar sulph* 30 – I think – mixed with *Belladonna* for the pain was what was recommended. So, I ran that down to her.

Two hours later, she's texting me at midnight saying, "I can't even believe it! The fever's down. She's sleeping. There's no coughing."

They'd never even heard of homeopathy before. So, to see a tiny little sugar pill do what it did, they were astounded. She's now interested in learning more. Those are two of my real favorites.

Another one was a friend of mine, who was living with me at the time, suffered from hepatitis. I had gone with her to her doctor, and her doctor said, "Well, you know, there is this new drug that's out, $75,000 a dose or whatever."

Both our eyes were just opened, and I just mentioned, "I'm a student of homeopathy. Do you think that I have enough time to try my methods before you might consider being aggressive with whatever therapy you have?"

He kind of shrugged me off and laughed at me a little bit because he'd never really heard of anything besides his methods of helping, but he did give me the chance to say that there was time to try something.

So, after researching on the blog, I found an article called "Liver Vitamins are Like Jewels" and homeopathic remedies for liver disease. On there, they suggested using *Chelidonium,* which I did for several months. When she got retested, there was a slight improvement on her numbers, but she still was testing positive for hepatitis.

Once I was a student of Joette and had taken a class, I'm able to get on to the Students of Joette Facebook group and started asking questions and researching the blog and found a Banerji protocol by adding *Thuja* 30 into that protocol with the *Chelidonium*. After five or six months, she was

retested, and she tests negative now for hepatitis – where she never thought she would be rid of this disease.

**Kate:** That's incredible. Wow. Wow!

## Success Stories

**Suzy:** Debbie, why don't you talk about Zach's head injury? It just so happened though with Debbie, I was just learning. I always took around a little kit with me, so I always had the red box kit and all this stuff. So, when her son was bleeding all over, I just ran and grabbed my bag and just handed Debbie the bottle of *Arnica* and just said, "Dose this every 15 minutes until everything starts to improve."

And then I'll let you take it from here, Deb.

**Debbie:** We were at a jump place, and my son was on an obstacle course and the metal bar came and smacked him square in the middle of his forehead. He had an inch laceration. He was bleeding all over. I had asked her son, Noah, I said, "Go get your mom quick" because I knew she was full of everything.

She gave me some *Arnica*. She gave me a little butterfly stitch. We stitched it up, and she gave me the *Arnica*, and we went home obviously after that.

I was in a bad car accident, and I didn't really want to

take him to the emergency room and have all that trauma. We decided to stop on the way home at Whole Foods, and I got Colloidal Silver Gel and vitamin E. Then we continued to do the *Arnica*.

And his head did not swell at all!

He had fallen one time in a babysitter, and he had a big knot because he hit his head (from a different injury) because I didn't know about *Arnica*.

But then after Suzy gave me the *Arnica* this time, we didn't have to get stitches or anything. We just did use the butterfly and the other Colloidal Silver Gel and vitamin E. There was a little bit of infection here and there, which maybe I could have done *Hepar sulph,* knowing about it now. But it all cleared up, and there's practically no scar whatsoever there. That's what started me in the homeopathy.

Then I have so many other stories in addition to that one.

**Kate:** Well, tell us a few more.

**Debbie:** My husband, he's a painter, so he would get carpal tunnel quite a bit. His wrist would be super knotted up from carpal tunnel for six weeks, and he'd be in excruciating pain. So, I decided to look it up on Joette's site the carpal tunnel. There's one on there for "Repetition is Good 'til Causes Painful Hands."

On there, it talks about using *Symphytum* 200 and *Rhus tox* 30. We tried that, and every time he comes home – when he

comes home and he complains about it – he's like, "Give me that stuff. Give me that stuff!"

It has worked miracles because he has not had any of the other issues since then. He starts using it as it starts to irritate him, but other times, he literally would be in excruciating pain for six weeks or more.

Then recently, my dog had a spinal cord injury. She had a fibrocartilaginous embolism. She was having a really difficult time walking, and they call it "knuckling." Their paws slide and would get all scraped up when she walked.

I called or texted Beth. I think I texted her and asked her about what to do for this injury. Within 48 hours, she made such a turnaround. Beth helped me out, and we used *Symphytum* and *Hypericum*. She's running all over the place. She still has a little bit of a problem.

She went on vacation with my husband, and we stopped it for a short period of time. And I think I'm going to start it again because when she sits, her leg will slide out a little bit, but before, she could barely walk.

Within two days of giving her the protocol … I had taken her to the vet and stuff, and he didn't know what to do. I looked it up online. Like the dogs couldn't walk for a year or so – depending on their injury. She didn't have a substantial injury, but she did have a pretty bad one. It worked for that also.

**Suzy:** The neat thing about Zach's injury was, Debbie was

sharing photos the very next day of the wound. I had the before and the after picture of the wound – in just one day, which was miraculous because it's gushing and open and bleeding on day one. And on day two, it had already fused together – the wound on his head.

When we were sending those pictures around our little group, people were just oohing and ahhing. They couldn't even believe that the injury they saw the day before had already started closing, and there was no swelling or bruising or anything. Debbie took great care of her son that day. It was really encouraging.

**Debbie:** My son also had a friend that had a major injury to the head, also, that I gave them the protocol. It was probably five or six o'clock at night; he went to the hospital. He had been diagnosed with a concussion. That was a Saturday night, I believe. (It might have been Sunday – Saturday or Sunday night.) My son said to me, "Mom, did you give them the protocol?"

I'm like, "No," because I had told her something for her husband's Achilles tendon, but it didn't seem like she used it.

But he's like, "Well, mom, maybe you should tell her."

I'm like, "All right. I'll tell her one more time, and after that, you know, I'm not going to, like, force things on her."

So, she went out to the store that night; it was like 8:40. She runs to the store and gets the protocols. Before he went to bed, he had a big black and blue, also. He said by the next morning, the black and blue was gone.

They went to the hospital on Tuesday to confirm about his concussion, and it was gone by using just the protocols for concussion. That was another one in addition to Zack's.

**Beth:** Birgit also had some. I have some photos that I just love with her daughter with the eczema.

**Birgit:** That was quite a sight. Her eczema behind her knees got so bad. I had to take her to the doctor, and the doctor prescribed steroid creams which I refused to use.

With the help of Beth, she found me a good protocol from Joette's site, which we did. It was *Arsenicum* 200C, three times a day, and also *Hepar sulph* 200, every other day. I think within a few days, it cleared up. It was incredible. She was so uncomfortable. It was super itchy; it was also so inflamed; it was bloody from scratching.

She's also on *Bovista* and *Calc carb,* actually, (200) on every other day for general allergies.

If I could also share the story of my rash. I broke out in horrific rash all over my body – my arms, my legs, my stomach, my back. The doctors suspected pityriasis rosea which is also called "Christmas tree." They did biopsy, and they didn't get confirmed. They said it's just the dermatitis.

I was really devastated because I'm a realtor, so I have to meet with my clients, and I was covered with this rash.

I looked at Joette's Facebook videos. She was mentioning in one of her videos that she had bad rash and the regular rash protocol which is *Antimonium crudum* 6C with *Arsenicum album* 200C didn't work for her. She mentioned that she tried *Sulphur* 200. [Discussed in Podcast 76 – Here an Itch, There an Itch, Everywhere an Itch-Itch.]

I couldn't believe! I just took one or two doses, and it completely cleared up. I was suffering with it for a couple of months. Even after the first dose, like, it calmed. I immediately felt, "Oh, it's calming." It calmed everything down. It's just amazing.

But I think what the miraculous story of all is my neighbor. I ran into my neighbor, and she mentioned that she has herniated disk, and she is going to have a surgery.

I said, "If you're open to homeopathy, I can look up in Joette's site some protocols." She was very eager to find out about it.

I found two great articles. One was "[Symphonic] *Symphytum* for Pain" and the other one was "Snap!" And, I found protocols. For … herniated disk, it was *Symphytum* 200 mixed with *Calc phos* 3X, twice a day. Then also it was *Hypericum* 200C, twice a day for pain.

She was taking these for three weeks before she saw any results. But then within one week, the pain was completely gone, and she was able to cancel the surgery. She's now such a strong believer in homeopathy. She's taking courses and

helping her whole family. It's been amazing to see her getting into it through her own experience.

**Kate:** That's so great. I love how Suzy helped you. Then now you're able to help other people.

**Birgit:** That's right.

**Kate:** I also feel like it's important to point out that the protocols sometimes take a while. We can be impatient. It's great how you took the *Sulfur,* and within … you said, I think, a day or two … you really noticed drastic results. But it doesn't always happen that way.

Thank you for sharing that story about how she took that protocol for the herniated disk, and after, I think you said, three weeks…

**Birgit:** Three weeks.

**Kate:** Yes.

**Birgit:** I would have given up, but she kept taking and exactly at the same time every day, morning and afternoon at the same time. That was the key. It looks because like she stayed with it until she solved it.

**Kate:** Yes, just wonderful. Wonderful. Thank you.

**Beth:** So, Suzi with an I, would you like to share something? I love your cat story. I had that in my head.

**Suzi:** Yes. I can definitely attest to the waiting long. It's great to see some "instant" results, but I've also uprooted some things that I never thought possible. I was able to do a lot of short-term things with my family when I was just pouring over Joette's site, and it was such a blessing.

But finally, when I started this study group and I took Joette's Allergy class, I started to gain the confidence. And I'm like, "All right, I'm going after the allergies in my family." And there were quite a few!

Cats were, like, number one, especially for my husband. He goes into someone's home, and I mean, really, he's not able to breathe for like two days later. It can be scary.

For two months at least, we follow the protocols on Joette's Allergy class. We hadn't tested it out; we hadn't been thinking about it. But we were very well, methodically taking it.

We visited a family member who had two indoor cats. We were there for four hours. Of course, we're careful not to touch our faces and such like that. But as we're driving home, I turned to my husband, and I'm like, "You're not dying. You're okay." We're able to breathe.

Normally, we'd drive home from that home, and our heads are just pounding, and he's barely in and out of consciousness, honestly. And I'll even drive home because he can't drive from the cats!

And I was, like … it just felt like a miracle! It felt so miraculous. It was such a blessing. I'm like, "It's homeopathy!" There was nothing else going on. I think we can easily forget about little things, or "Oh, you know, I didn't touch my eyes as much this time."

There is no doubt in my mind that it was the homeopathy, and we were just blown away.

**Kate:** I like how you said that sometimes we forget about things when we are healing. We forget how bad it is, or how bad the condition was. We talked about that in the Gateway I study guide that that's a phenomenon that you tend to forget the pain of the past.

**Suzi:** Yes, I think for 10 minutes we talked back and forth to each other, "Yes, I used to feel like *this*. I would feel like *this* on the way home." The more we talked about it, the more we felt more and more confident in how we were feeling.

We weren't perfect and that's okay, but we came a tremendous way.

**Suzy:** I think I could add a little bit to that with some

stuff like that. My son got braces, and the pain from his braces was just awful every couple of months when he gets his braces tightened. I think Joette has an article called "Teeth Worthy Tips." [Sign in and scroll down through the list.] She gives a few remedies listed that could help with certain orthodontic procedure, pain and whatever.

So, I put a few remedies in a water bottle for him because he didn't even want to put anything in his mouth. But water seemed to really work for him. Where he couldn't eat for a week before that, I was giving him soft foods for a week to feed him. When I just started giving him – I think I mixed *Belladonna* or alternated *Belladonna* with *Arnica*. Within that night, he was already eating real food.

He doesn't want to say that it was the homeopathy, either you know? But I mean, I know because I'm the mom, and I'm the one who has to deal with a non-eating, compliant, feels like a child who is being very difficult.

So, that was amazing. I know a lot of people who are taking lots of ibuprofen and acetaminophen for issues like that because tooth pain is just unbearable a lot of times. It's great to have that protocol in my arsenal for myself. That's what I've learned.

I have another story recently with success for my younger son who suffers from motion sickness – especially on boats, he gets very seasick. We were traveling a few weeks ago from Virginia to South Florida by boat, and within a few hours of rocking back and forth, he was starting to complain. He

vomited a few times.

I used *Arsenicum album* 30 alternated with *Nux vomica* 30. It probably only took two doses of both before he was fine and running all over the boat again. So, you know, that was a real plus because we had no choice but to stay on the water all the way home. He could have been miserable, but homeopathy to the rescue again in that circumstance.

**Suzi:** I think it might be my favorite when my kids instead of saying, "Oh, where's the ibuprofen?" just say, "Where's the Arnica, Mom? Where is it?" That's a huge plus in my book.

**Beth:** Absolutely. Absolutely. Now all the other kids, all the other kids, they come around, too.

**Suzy:** It's great now that our kids … because now our kids are sharing the information with other children. And with the Cool Kids class … I'm hoping to get my son in it as well in the next few months.

It's neat to pass this information down to our children and to have them have access way in advance to what we had and to get their bodies healthy and more able to withstand illness in the future.

**Kate:** I think that has to be one of the biggest joys as a mother. I've heard my daughter say that recently, too – the same thing – that she says, "Mom, I helped my friend with *this* condition. And I helped my friend with *this* condition with homeopathy, and she says she's never been this well

with this certain condition. And now it’s totally changed, and she’s doing better!”

Isn’t that so exciting to see the next generation, that we can give them an advantage over …? I don’t know about you guys and your whole story, but it was many years before I came to natural medicine and specifically, homeopathy. I’m just so thankful that we can teach this to our children, and they have a better start in their life with this medicine.

**Suzy:** Absolutely. It eliminates so much fear and anxiety for me, knowing that I have so much at my hands with the knowledge of how to use it now – and to not feel helpless in so many situations. I’m not going to say it’s perfect in every situation, but 90% of the time, I almost have an answer for everything that comes up.

My little boy, one day he comes home, he’s swollen, he’s got these big, watery edemas, eye – full of water. I don’t know where it came from. I learned from the blog that *Apis mellifica* 30C is great for watery swellings.

So, where other friends or other times in my life, I would have definitely rushed to the hospital or to the doctor because it was so severe looking. Then the next day, it moved to his lips, and then other parts of his body.

But each time, I met the swelling with *Apis*, and it just disappeared within a few hours.

And now they don’t happen anymore. I don’t ever know what it was. I never had it diagnosed or anything, but it doesn’t happen anymore. I know, Beth, you have a story about *Apis* and your throat closing.

**Beth:** That’s true. We went out to dinner – I forgot about that one – Suzy, thank you. We had a big, like, all these hors d’oeuvres that everybody ordered. (It was a whole bunch of us out to dinner.) I just had a little bit of everything. So, I don’t know what caused an anaphylactic reaction, but I had an anaphylactic reaction!

I remembered from Joette talking about her dad where she would give him the remedies, and they would sit in front of the emergency room, right?

I get in the car, and I get out my remedies. I take *Apis* and *Aconite,* I think it was. I drive over to the emergency room. I sat outside the emergency room. It wasn’t very far away. (I probably shouldn’t have been driving, but I did.) I sat there and after about 15 minutes, it went away.

I was like I have been in the hospital for anaphylactic reactions before. And the medications, they put me out for three weeks easily. It’s just they’re so strong! And for me not to have to go through that, then just to be able to go back and go on with life, that was amazing! That was very early on when I was learning about Joette.

That was because one of our other homeschool moms, her daughter had allergies, and we saw amazing changes with her. So, she had actually taught me how to do those remedies.

Yes, that's right.

**Suzy:** Beth, you had another story like that. I think you were at a bee farm, or you were somewhere where an elderly lady got stung by a bee or something happened. And, you also gave her *Apis*. Am I correct?

**Beth:** Oh, yes, the Master Gardener. I did the Master Gardener Program, and part of it is you have to go help with the gardens. There was a woman there who had terrible, terrible allergies. I didn't know at the time, but she was bending over to weed and everybody else had taken a head spray, bug spray except for her.

I had actually taken *Ledum* before we started weeding, and I think *Apis,* too. I was trying not to get stung.

But anyway, she bent over, and all these mosquitoes just came right at her because she was the only one that hadn't done anything.

She just started swelling up, I mean, just swelling and swelling. I was like, "Oh, I have something I can give you if you're willing to try it."

She was telling me she's on all different kinds of medications for allergies. I gave her *Apis*. It was amazing. She came back, she's like, "What is this stuff? How do I get this? This was just amazing."

I only gave it to her, like, twice, but she had had allergies her whole life. That was a really amazing one. Then everybody wanted to know because everybody was a gardener, and they've all been stung by different things. Yes, that was a good one.

What about you, Karlin?

## Joining the Study Group

**Karlin:** I don't have super amazing stories because I am newer to this. However, I will say that I have really enjoyed being able to feed off of what these other ladies have said in the groups as we've gone through – and as we were doing and processing these study groups together. It's been such a blessing to hear the mentoring that's going on.

For me, though I am probably as old as anybody here, I've got kind of that biblical, "younger woman" thing going, and they've got the "experienced woman" going, and I'm trying to learn from them. It's been really good.

In a sense, I'll go ahead and tell you what I have had experience with, and that is my husband does sometimes suffer from insomnia. He's been helped by the *Coffea cruda* 30C. That's been very good. Additionally, at various times, we'll feel ill to our stomachs, and the *Nux vomica* 30C has also been a help to us.

Also, I wanted to encourage anyone who may be thinking "Should I join a group? Would it work for me to join a

group?” This kind of thing. I hope that you can because it really, really has been excellent for us to be able to bounce things off of each other. And for me, who doesn’t know very much, to just try to soak in as much as I can.

So, probably, whether you’re very experienced or not as experienced is a wonderful thing. Best wishes to you on that.

**Suzi:** I agree with …

**Beth:** That was really … Yes, go ahead. Sorry, Suzi.

**Suzi:** I agree with the merits of joining the group. I did it on my own for about 2 or 3 years. It was great. Joette’s site, I mean, fantastic! You can glean so much, and I did.

But to gain the confidence in the amount of time of joining the group is just … you can’t compare. For me, I was listening to all this, I’m like, “Wow, how do they remember all this stuff? This is amazing!”

Then I was listening, we were doing the Allergy class together, so I was listening to Joette during the week. Then I was talking about it later in the week, and that’s, you know, that repetition, and I was like, “Oh, I’m starting to remember it. Oh, *Apis,* I’ve heard that before. Oh! Oh, okay!” All these different words that I, in my own mind have been saying quietly by myself, didn’t sink in as much as

when you're hearing … And you're making laugh … we're laughing, and you're hearing these wonderful stories.

There's nothing like joining the group. It's fantastic.

**Kate:** Debbie, what are your thoughts about joining the study group?

**Debbie:** I really enjoyed our group. I knew Beth and Suzy (with a Y) were a lot more knowledgeable. Suzi (with an I) might have, too – been a lot more knowledgeable than I am. Any time we have questions, we have a group chat that we can ask questions, and they're always so sweet and very helpful.

We all get together – I mean, get together on Zoom – to do our group study together. Like you said, it's great because if you don't have someone to ask, you're kind of like, "What would I do?" Or when you get nervous, you're not sure what to do.

Sometimes, like … one of the other things I've learned is writing things down. Karlin reminded me the other day about my index cards. I've read that somewhere in Joette's site about writing it down on index cards because I don't remember everything.

But it's been very helpful for the group to get together and help each other and encourage each other along the way, so you don't think you're all alone.

Because, like, my daughter thinks it's crazy here and there. She doesn't think it works, but then she does. You know? She'll ask me for things a little bit here and there, but she doesn't want to admit it.

So, you have people that are supporting you through it all. This makes it much easier.

## Benefit of The Study Group

**Kate:** I've heard you guys talking a lot about the benefits of a study group. I know when we talked earlier, you said that's a point that you really want to make to the listeners is how important this study group has been to you. Is there anything that you want to add to that?

**Suzy:** I think for me, (this is Suzy with a Y), it's empowerment. Giving another mom a tool in her arsenal to help care for her family by herself, and then watching the success and then watching how the knowledge of homeopathy is branching out into our communities. It's just so exciting for me, and it's great to spur each other on the greater works. I guess that's how I would put it for myself. I can't talk about homeopathy enough.

**Beth:** Yeah, and accountability. Like, we all were, like, kind of looking at the information, reading the blogs and

stuff. But when you start getting into the classes, and you can get distracted really easily. So, us doing the classes together keeps us accountable and working through it.

Then as questions come up in the group, I'll go figure out what the answer is and bring it back, or they will. It helps us to continue to learn even outside of what's in the class.

## Confidence

**Suzi:** I love that my confidence just grew tremendously. Not only that, but when we are in the middle of talking, and someone says, "Oh, you know, we use this for sunscreen,"

I'm like, "Wait, what? I've never thought to even think about that."

You know? And for me, that's what it was helpful where you just … for me, it was just coming up with new ways to help my family and to have less chemicals or whatever it be, but to heal them was just … has been great for my family.

**Birgit:** I have to say for me the group is everything because I don't know how many times Suzy shared the protocols with me before for my kids' allergies. I never really tried it until I joined the group.

I did the Gateway I, Gateway II. It gave me understanding of homeopathy first of all. Before I had the basic understanding, I really didn't take it seriously.

We have a meeting every week. It keeps me on track. It keeps me focused. I live and breathe homeopathy! We have a meeting every week. Since then, it's been super helpful. Thank you.

**Suzy:** Another thing that it does is sometimes I'm impatient to wait for the protocol to work. When we call each other, "How long has it been?" "Well, you know, you got to give it at least two months."

It's, "Oh, yes. Okay."

There's accountability there because I have a tendency to want to jump, jump to the next, jump to the next. There's some patience in homeopathy, too.

**Debbie:** I want to piggyback off that with Suzy was I had plantar fasciitis several years ago. Whatever. And I used the homeopathy, and it went away. And then I've gotten it back, and it just won't go away.

The same thing, I'm thinking, "Okay."

I was looking up online Joette's stuff, and people are like,

“Okay, you got to wait, like, you know, it takes up to two months.”

I’m, like, “Oh, okay.”

So, I re-started it again and hoping it’s going to go away this time and stick to that at least for two months, two to three months.

**Beth:** The other thing for us is we actually met once in person, and that was really nice, too, to get together and meet up and just connect even more. Like, connecting once a week is great, and then seeing each other, and we’ve all gotten closer.

The whole group dynamic has just been great for, I think, all of us. I think I can speak for all of us. We miss it. We haven’t been doing it this summer as much because it’s summertime. We’re ready to get started again.

We’ve decided that starting next, we’re going to do the Good Gut, Bad Gut class. We’re looking forward to that.

And start a kids’ class for some of the kids that want to do it – the Cool Kids class – which was so much fun.

We just love getting together and talking about homeopathy,

and it’s just a blessing to be able to help everyone that we know live a better life.

**Suzy:** Honestly, it’s been a great distraction from just the current affairs of the world. To continue to learn and get the intellectual stimulation and to just continue to grow is what’s helping me a lot to get through some of these more trying times that we’re in.

**Kate:** I can tell you that after meeting you and doing this podcast together, these women are so precious! They are just so sweet and genuine, and I have loved getting to know you. I feel like I’m already part of your group. I want to join in!

**Suzi:** Join in anytime.

**Beth:** Anytime, Kate.

**Kate:** I just encourage if you’re listening to find a group. There’s Joette’s Find Your Study Group page. Connect with some people whether they are local or on Zoom far away. You’ll really be glad that you connected with other people.

Thank you all for being here and sharing your stories. I know it’s sometimes not easy. So, I appreciate you encouraging the listeners. Thank you.

**Suzy:** Thank you so much, Kate.

**Birgit:** Thank you.

**Beth:** Thank you, Kate.

**Joette:** As I hope you know by now, on my blog, podcasts and Facebook Live, I offer as many protocols for simple conditions as I can – for free, without affiliates or advertising.

But let me be clear. When it comes to more complex conditions, it's *key* that you learn how to use these medicines properly. I want you to be well-trained. So, I save discussions of the more involved methods for my courses in which I walk students through each method with step-by-step training.

In these podcasts, I focus on those students of mine who have already tunneled in and learned how to take care of themselves, family, friends, and pets, and even livestock using homeopathic medicine. Many of these students began their education by participating in one of my Gateway to Homeopathy study groups. And now, after taking one or more of my courses, they're well-trained to use my specific brand of homeopathy.

I hope listening to this podcast has inspired you to follow in their footsteps. With the proper training, you, too, can

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