

Podcast 122 – Courageous Couples: Prepared for Anything – Together

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IN THIS PODCAST, WE COVER:

01:30 Introduction

03:55 Discovering Homeopathy

[The Academy of Practical Homeopathy®](#)

[Gateway to Practical Homeopathy®: A Guided Study Group Curriculum](#)

[JoettesLearningCenter.com](#)

05:53 Men Need Homeopathy, Too

08:18 A Mom With Moxie Plus A Dad With Audacity

[The Survivalist Guide to Homeopathy](#)

[Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way](#)

09:32 Equals a Prepared, Courageous Couple

10:43 Success Story: Broken Leg

11:47 Success Story: Head Injury

13:12 Success Story: AFib and TIA

14:12 Success Story: Blood Clot in Calf

15:18 Success Story: Practical Homeopathy® for Pets

[Flynn and the Not-So-Fun Fireworks](#)

[BOOM! It's Fourth of July! \(I'm Not Scared, But Others Are!\)](#)

[A Dog with Anxiety? There's a Homeopathic Solution](#)

[A Salute to Ignatia Real Medicine for Post-Traumatic Stress and More.\)](#)

18:50 Developing a Homeopathic Community

20:07 Success Story: One More Dog Tale

[Robin Murphy's "MetaRepertory, Fourth Edition"](#)

22:42 Being in a Group Is the Best Way to Learn Practical Homeopathy®!

25:24 Closing Advice: Be Prepared

ADDITIONAL RESOURCES:

[Joette's Study Group, Find Your New Study Group Friends](#)

[Joette Calabrese on YouTube](#)

Kate:

This is the Practical Homeopathy® Podcast, episode number 122.

Joette:

Hi! This is Joette Calabrese. My Practical Homeopathy® is transforming lives all over the globe by offering health freedom!

They say a picture is worth a thousand words, but I say a podcast is *priceless*.

I want you to hear – in their own words – how regular people just like you have reshaped their lives using the practical protocols I teach in my Practical Homeopathy®.

So, with the help of my reporter Kate, I bring you this podcast series featuring interviews with moms, dads, teens, health care practitioners and Academy of Practical Homeopathy® students from all walks of life.

With education, you can follow in these students' footsteps. You can eliminate your fear of illness and injury by learning how to care for yourself and your family. Like them, YOU can be in control – without acquiescing to authority – to live healthier, more autonomous lives.

Indeed, you, too, can heal yourself and your family through my brand of homeopathy – *Practical* Homeopathy®.

INTRODUCTION

Kate: (01:30)

Hi, and welcome back to the podcast. I'm Kate, and today I want to welcome a couple studying homeopathy together. Yes, you heard me right. It's a couple! And they have some inspiring stories to share with us about how homeopathy has been, in their words, "Amazing, eye-opening and saved them thousands of dollars each year."

So, I want to welcome Kris and Gary to the podcast.

Hi!

Kris:

Hi Kate. Glad to be here today.

Gary:

Hi, Kate.

Kate:

Hi. Let's get started. Gary, I know you wanted to share a little bit of a background about who you guys are, where you live ... so, let's get started with that.

Gary:

So, we've been married for 44 years, and we have two grown children who are gainfully employed. Unfortunately, no spouses, no grandkids, but we have granddogs and grandcats, so we're blessed.

Kris was born and raised in Iowa. I was born and raised in Kansas. Her background ... her father was a pharmacist, and

her sister and brother-in-law were nurses. Her mom worked in administration in the hospital. After high school, she went to school to become a medical assistant.

Kris:

To work my way through school while I got my physician assistant degree.

Gary:

We met when she came down to Kansas because, in the seventies, out-of-state tuition in Kansas was cheaper than in-state tuition in Iowa.

I'm a retired engineer. Kris is a retired PA (physician's assistant). When she started taking homeopathy about two years ago ... my background is in physical sciences, so I've taken chemistry, physics, that kind of stuff.

When she started talking about potentization, it blew my mind because my chemistry was always if you diluted something, it weakened it. And so, let's just say I was highly skeptical of the whole thing.

Kate:

You're very analytical, I'm sure.

Gary:

Yes.

Kate:

Yes.

Okay. So, Kris, you have this analytical skeptical husband, and I'm sure from your background too, you really had to think about this closely. But why don't you give me – from your take – how did your journey to homeopathy look?

DISCOVERING HOMEOPATHY

Kris (03:55):

Okay, a little over 10 years ago, our nieces were researching alternative medicines and treatments for their father who had multiple sclerosis. So then, essential oils came into all of our lives, and we saw it do miraculous things for all of our health. And it even helped heal some skin cancers in her father-in-law.

Then one of the nieces joined what I call a “crunchy” Facebook group. She lived in a very large metropolitan area, and these people were women always searching for the safest product and the best product for their families. And their researching skills were just unbelievably superb.

And through that, I found out about homeopathy. And one of the people in that crunchy group was Dr. Kristi Corder, who is now a graduate of [Joette's Academy \[of Practical Homeopathy®\] and Mastery™](#).

And I took my first two [Gateway I and II](#) courses with her, and that was back in '22. And since then, I have taken five other [protocol courses](#). I have bought just about all of them, and so it's just a matter of time until I can go through the next three that haven't been opened up or really used yet.

Kate:

So, where was Gary when you were doing all of this? Was he involved in studying or were you doing this on your own?

Kris:

I was studying on my own and then, with one of my nieces. She did not pursue more courses because of her life thing right now. But as they had emergencies or we had emergencies, we would consult each other, and we would work

through things together.

It's amazing what a foundation that Gateway I and Gateway II give you ... and learning about the cell salts, also. They're just amazing healing remedies without a doubt. To this day we still do that, and some of the success stories come from our family escapades and our pets.

MEN NEED HOMEOPATHY, TOO

Gary (5:53):

While she was doing all the studying, I was pretty much sitting on the couch watching my sports stuff. So, I'm supportive of her continuing her learning. It's great that she wants to do this, but like I say, I really didn't have a lot that I wanted to do with homeopathy. It was kind of interesting that we're in a small group, and one of our members has a lot of allergies, and Kris was always telling him ...

Kris:

There's homeopathy for that.

Gary:

There's homeopathy for that.

Kris:

Yes. Didn't push anything more but just left it at that. You know? And, after a year and a half of that, he started talking to me seriously about it. And then he had a health scare and so really got into homeopathy and sought out homeopathic advice, also. That has been a great learning experience for all of us as he's gone through his journey.

Gary:

When our friend had a prostate biopsy, Kris was volunteering, called me up at home and said, "You need to get over to our friend's house and make sure that he has these remedies."

He was on a pain scale of 10 – he was at or above 10 – after this prostate biopsy. That was two years ago when the opioid – the Purdue Pharma – was a big thing, and doctors would not prescribe opioids at all. They sent him home and said, "Take some Tylenol."

So, we had talked to our friend, and he had started purchasing remedies. So, when I went over I made sure that he had *Arnica* and *Hypericum* and was taking those. And within 45 minutes, his pain level was back down to a three or a four. And it was after that that he started doing research.

He found Bob Dunbar and his "No Girls Allowed" Gateway I and Gateway II.

Kate:

No girls allowed! <laughing> Yeah. So, Bob – for those of you listening who don't know – Bob leads some all-men study groups.

Gary:

Our friend took Gateway I and II from Bob. So, then we would go to small group, and he would sit with Kris, and they would talk over remedies and protocols and how he could further do things to get rid of his allergy problems.

A MOM WITH MOXIE PLUS A DAD WITH AUDACITY

Gary (8:18):

After several months of that, it was kind of like, "Maybe I ought to start taking some of this stuff just so I understand what's going on." And so, our friend hooked me up

with Bob, and I've been through Gateway I and II with Bob now twice. So that's where I got into it.

One of the great things about having purchased all of the protocol courses is we found out that as Kris's spouse, I could also take those courses! And then, Kris decided to retake the [Survivalist course](#).

Joette recommends taking the protocol courses three or four times in order to get all of the benefit out of those. So, I decided it was time for me to go ahead and jump in and start learning. And so, we have been studying together since.

Kate:

And how long has that been?

Gary:

We started in the Survivalist ... was March?

Kris:

For this year. That takes two months to go through.

Gary:

And we're in the middle of – well, almost the end of – [Detox](#) right now. And so, I'm looking forward to many more.

Kate:

Yes. You have a lot to do to catch up to Kris.

Gary:

I do.

EQUALS A PREPARED, COURAGEOUS COUPLE

Kate (09:32):

Well, I bet this has been really interesting doing this together. When we were talking earlier, you said that it's really brought a new aspect to your marriage. Can you talk a little bit about that?

Gary:

The story I shared is that we went down to visit a niece – had about a six-hour, eight-hour drive. And I was in the middle of my Gateway course, and so, I was trying to study for that. But when I was driving, Kris would read to me the course material. Or when she was driving, I would go ahead and read it. And then she would quiz me: “What would you give in this case? What strength, how often?” So, it was a good learning experience. It's a good way to learn.

Kris:

It makes a long car trip go faster.

Kate:

I bet. That's great.

Alright, I think it's time to hear some of your success stories because what you shared with me is really amazing ... some of the things that you guys have been able to do with homeopathy.

So, why don't you give us a sample of some of the things that you've seen as you've used homeopathy?

SUCCESS STORY: BROKEN LEG

Kris (10:43):

In my very first Gateway course, one of the families had their two-and-a-half-year-old get a broken leg just below the growth plate below the knee, and it went crosswise. So, they had to be non-weightbearing the first two weeks

The mom was studying. This was her first time in Gateway I, also. And so, she gave *Symphytum* from that first day. When they went back for the two-week checkup, the doctor said things looked good. And she asked if they could do an X-ray just to see how well things had healed – because of the non-weightbearing and holding a toddler down is not very easy to do.

The X-ray showed the fracture was totally healed. It didn't show any bony callus, which you usually see in the process of a fracture. Everything was healed like it hadn't happened. And she shared the pictures that she took of those X-rays.

It was just mind-blowing for me, as being a physician assistant and having helped people with fractures and stuff in the past. So, that was our first real big example of how much it can do.

SUCCESS STORY: HEAD INJURY

Kris (11:47):

Another one was a family member was sledding on an icy conditions and took a bad hit to the head. And where they were sledding, they were 25 minutes from an emergency room on good roads, but they were totally iced in.

But they had homeopathy!

They gave *Arnica* within that first two minutes after the injury. Our friend was eight years old at the time, but he already knew how to rank pain. And so, he said it was an 8 out of a 10. And Mom noticed that his pupils were not reacting to light – to constrict and dilate as they should.

So, she continued giving the *Arnica* frequently. At the 30-minute mark, the pain was down to a 3. And 45 minutes later, the pupils were now reactive to light as they should be. And

in three hours, the goose egg from where he hit couldn't be felt. It didn't even have any sponginess left behind, which I had never seen anything heal like that in Western medicine. That was very measurable in first person.

Kate:

I've seen that happen from people who are skiing, too, and giving *Arnica* and *Aconite*. Oh, my goodness. It is incredible!

Kris:

They gave *Aconite*, too, back in the beginning. You must do that when it's a shock or injury thing.

Kate:

Yes, my kids are ever out skiing, I'm always giving them the *Arnica* and *Aconite* to put in their ski jackets.

SUCCESS STORY: AFIB AND TIA

Kris (13:12):

Right. Our next biggie was last October. Friend's mother-in-law called them to say, "Come over, I've had my AFib," (which is atrial fibrillation, which means the heart is not beating correctly) had happened during the night. She didn't want to bother anybody. She had a horrible headache. And they got there, and all of a sudden, her speech went garbled.

So, they knew she was probably having TIA or going into stroke. So, they gave *Arnica* once again and very frequently.

Got to the emergency room. Having called ahead, they did a CT scan and an MRI. So, they had medical proof where the TIA started. It did not progress into a stroke, and the doctors couldn't explain it. But the family could, knowing the

homeopathy, but they didn't share that because a lot of medical facilities poo-poo homeopathy and don't believe it's for real. And she has since done well, and she has not had any stroke after. It's continued very well.

SUCCESS STORY: BLOOD CLOT IN CALF AND MORE

Kris (14:12):

That trip we were talking about when I was reading the Gateway II book: While I was driving, all of a sudden, my left calf swelled and started hurting very painfully. And I'd had blood clots in a calf 20 years ago, so I knew that's probably what it was because we'd been driving so much.

So, I started taking *Arnica* after I pulled over, made Gary drive. And then I had the seat reclined, so, I had my foot up on the dash. And then I am doing massage therapy on my leg – which we had just visited one of my nieces who's in that school, and she had just shown me how to do it the night before.

It's a God thing! It truly is.

And by the time I got home, my calf was down by half. And the next morning it was normal, and it did not progress or get any worse.

Kate:

Wow, that's great!

Kris:

And then on the protocols, I use several for my rheumatoid arthritis.

Macular degeneration, which is a change in my eyes. (It happens on the retina. It comes from our family's side.)

For my cataracts.

For type two diabetes. (It helps keep sugars in control, and so I don't have to be on insulin.)

SUCCESS STORY: PRACTICAL HOMEOPATHY® FOR PETS

Kris (15:18):

For our pets: We have two dogs that are very seniors. One has extreme separation anxiety and fears of loud noises, thunderstorms and fireworks. So, we have gone through many remedies and combinations to find what keeps him comfortable and not panicked for that.

And for our aging cocker spaniel. She has Cushing's disease, which is an adrenal problem. And so, we buy a homeopathy mix that works better than what regular vet medicine did.

Kate:

And you found some of these protocols on the blogs of Joette's?

Kris:

Yes. Thank you.

Oh, the other thing for Annabel: She was pretty much deaf. And then from the Buster blog from his birthday about how Joette had given him *Arnica* in his water for several conditions – which had helped his heart, a tumor to shrink, as well as his hearing came back. He'd only been able to hear high pitch squeaks before.

And with Annabel, that was the same thing. She only heard very, very loud noises or high pitch. Unfortunately, she's gone totally deaf since then, but we got a couple more years where she could hear us before that happened.

For my cataracts – that comes also from one of Joette's blogs!

And going on for the fear of fireworks, noise and stuff, if you have military veterans in your family, it helps the PTSD that they have as well. It can take the edge off. Unfortunately, our town has three days straight of allowing fireworks just about almost 24 hours a day. It is never a pleasant time.

Kate:

Wow. Well, that blog, I think, would be helpful. And I believe it's ["Flynn and the Not-So-Fun Fireworks."](#)

Kris:

Yes, and it also had two other hyperlinks in it that helped you find some other things, too.

Kate:

Yes. We'll put those links below [above, preceding the transcript] for those of you listening. So, if you're driving in the car, when you get to a place where you can look at the website, those links will be listed on the website right below the podcast.

Kris:

The other thing for homeopathy, it helps our niece with their hobby cattle. They are just starting into having calves again this year. And one of the cows had mastitis and very engorged. And so, *Phytolacca* – they used as a spray on the sac as well as on her nose. Within 24 hours, the calf was able to nurse on all four teats, which only two out of the four had been available because she was so firm.

And then for eye infections for ticks: If you have dogs that are out in the brush or in the woods with you and that sort

of thing, *Ledum* is great for tick bites and to prevent getting Lyme disease. Also, on the blogs that Joette has about Lyme disease and ticks and those kinds of bites.

I think the neatest one was their family cat had been attacked by some critter at night. They're not sure what it was, but it caused damage in her abdomen. So, she had to go to a vet to have surgery, and then they were fighting infection and using homeopathy. And with that, they are able to have her heal from a really bad abscess within 7 to 10 days – that was using *Bellis perennis* and *Staphysagria*.

Gary:

One of the things that I have found amazing is that Kris has been able to get into these different groups of people using homeopathy, like the farm group.

DEVELOPING A HOMEOPATHIC COMMUNITY

Kris (18:50):

This is through Michele, who is one of our leaders. And so, she has Signal chat groups for people who have taken her courses. And then we become like detectives or support groups, depending on if it's a crisis or just a chronic problem that you can't get a good solution going.

We cover three or four time zones, so there's usually somebody on if a crisis comes up, and you can get answers. And they can help with research if you're someplace where you can't do that.

And we do that a lot, and that has just been such a blessing also. So, you have like 150 new friends!

Kate:

Yeah, I'm glad you brought that up, Gary and Kris, because that is one of the things that people say is the biggest

benefits from joining a study group: Is that, you're right, you have this now community of people that you help each other! You're a resource. You're there for each other. And so, that alone, I think, is so valuable.

Kris:

And if somebody needs a special remedy, and it's going to be two to four days too late for getting it, we put it out geographically. Who knows who-has-what, and can we get it there? And we can usually get it there in less than two days to whoever needs whatever.

Kate:

Wonderful.

SUCCESS STORY: ONE MORE DOG TALE

Kris (20:07):

I do have one more really great success story.

Kate:

Yes, please.

Kris:

This was a year ago May, and it was the farm group in the Survivalist Guide group that Michele has. And it was a story of a family whose dog became deathly ill. And they aren't really sure to this day what the cause was, but it was so bad that they had two different vet offices say they had done everything possible. There wasn't anything they could do.

The dog was suffering, and the best course would be to put her down. And the mom and one sibling were there, and they knew they had to take her home so everybody could say

goodbye to Willow.

And so, they left against medical advice, and that vet office gave 'em a really bad time about it. And they got home. And so, mom, who was the homeopathy person, got on the grapevine here and put it out there.

And I don't think it was five minutes, and we had 10 people research all symptoms repertorizing, which means pretty much for us using [Robin Murphy's repertory book](#), which you put in symptoms and then that gets you choices of the homeopathy medicines that are best for what you're dealing with.

And so, this went on for 36 hours. We were tag-teaming the family as they were going through this crisis. And the next day, midday, Willow was able to lift her head and take some drinks of water. This is the dog that they even called at five o'clock the day before saying, "I'll send a vet out to put her down. You can't let her suffer like this."

Monday night, she was able to stand up. By Wednesday, she was walking outside. The end of the week, she was running and being just about her same self.

That is the miracle of homeopathy!

Kate:

Wow!

Kris:

... and the medications used.

Kate:

What was the condition that she had?

Kris:

I don't remember now. What caused it? I'm thinking it was a

vaccine-type reaction, kind of nausea, vomiting, couldn't keep anything down, couldn't drink, totally lethargic, no energy, just laid there. And she was a big dog, like 70 to 80 pounds.

We just all rejoiced with them ... just seeing the turnaround. It was beautiful.

Gary:

At the end of the week, the owner posted a video on the group showing the dogs playing in the backyard together.

Kate:

Sweet.

Kris:

That they wanted to put down the week before!

BEING IN A GROUP IS THE BEST WAY TO LEARN PRACTICAL HOMEOPATHY®!

Kate (22:42):

Wow. You've shared some really powerful stories. Thank you so much for just enlightening those who are listening to what homeopathy can do.

Now we know this takes a lot of work, and it takes a team of people. And like you said, you guys did this together! It's hard to be isolated and do this alone.

So, I think you guys are a great example about what you can accomplish from joining a group and being plugged in and connected and working together. So, I really appreciate you guys' sharing.

Kris:

Well, thank you. And this is the blessing of ... Gary said, "Whatever you want to do; I don't care what it costs."

It's okay as I'm buying on group buys to get 35% discounts on the courses, but it still is a chunk of change for a lot of people's budgets ... and then building up our supply of remedies to have for just in case.

When I started all this, this was just after the bad California Palisades fires. And then it was the train derailments in the Ohio Valley and all of that contamination that went up from that.

And so, this just really was my push, I guess, to be ready just in case.

Gary:

So, one thing that I remembered: One of the best things about being in one of the Signal chat groups or the Telegram groups like Bob has, is, as a beginner, not only are you learning about the remedies, but the question is always, "What potency and what frequency?"

So, especially for beginners to get into a group and be able to put out there, "Hey, I've got this going on. I think I need to use this remedy, but what potency and what frequency should I use?" Usually, you can get somebody that's more experienced that can give you an answer.

Kate:

And that's why, too, the protocols are helpful.

So, if you have a protocol, which means it does give you the remedy, the potency and the frequency, then that's so helpful.

But if you don't have that, you're right. Having others who have that experience can be very helpful.

So, as we wrap up today, I just want to find out if there's anything else that you guys would like to share for those people who are listening. Maybe they have just started to learn about homeopathy or have been studying for a little while. What advice or thoughts do you have for those people?

CLOSING ADVICE: BE PREPARED

Kris (25:24):

You've made a great choice. You'll never be sorry you did. It will empower you. It will save you hours in the urgent care and ERs waiting for help if you can take care of a lot of this on your own at home. If you have littles at home, if you have teething and boobos and that sort of thing, you will have everything at your fingertips to take care of all of that.

Gary:

It's just eye-opening to learn that homeopathy is used worldwide except in the U.S. And I know that it's becoming more popular in the U.S. I can't wait to see it expand.

Kris:

It's been very exciting for me to see that homeopathy products are now showing up on television commercials in the commercial break times. And it's not just late at night, it's in prime time.

Kate:

Yeah, that's pretty great. I can't wait to see homeopathy spread as well. And I know that's Joette's heart is to see homeopathy in every household.

So, I appreciate you guys and what you're doing, and how you're sharing homeopathy and how you shared with us your stories of encouragement. So, thanks for being here today.

Kris:

Thanks, Kate.

Gary:

Thanks, Kate.

Joette:

These podcasts focus on students of Practical Homeopathy® who have learned how to take care of themselves, family, friends, clients, pets, patients and even livestock using homeopathic medicine.

I hope listening to this podcast has inspired you to follow in their footsteps.

But this podcast is only a start. It's *critical* that you learn how to use these homeopathic medicines properly. So, peruse JoettesLearningCenter.com to find fun study group opportunities and in-depth courses developed by subject.

With the proper training, you can join the tens of 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.

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