Homeopathy Hints from Holstein



Hi. I’m Holstein.

What? You were expecting a cow? Well, that’s speciesism right there. Do I look like a cow?

Nope, I’m a Fox Terrier, and Joette told me I’m cute as a button. So there.

(Harumph. Cow, indeed.)

Well, anyway … I heard that a very smart dog named Buster used to write blog posts about homeopathy. We all miss Buster very much. But between you and me, I say, anything poodles can do, I can do better. So, let me tell you a

little story about how homeopathy saved my life.

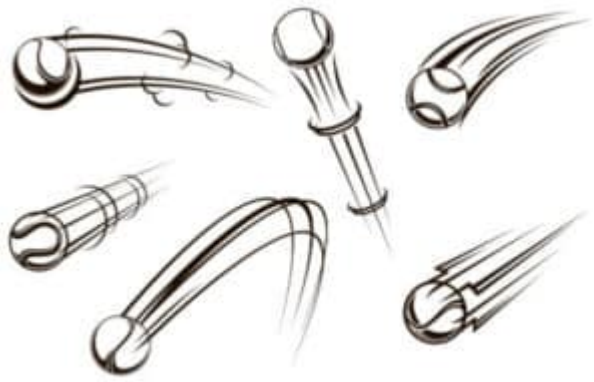
I mean, don't get me wrong … I wasn't dying of a disease or anything. I was just annoying my owner so much that I was worried he might give me away to a local farmer, which all of us pets know is human-speak for something else entirely. (At least, we think so; we've never seen anyone come back from the farm.)

Look, it all started with a ball. Oh my gosh. Have you ever played with a ball? It's AMAZING! You can run and fetch it, bring it back to your human, and, by sheer force of will, you can make them throw it again.

And again.

And again.

And again.



Okay, maybe I took it too far. Joette's son (whom I live with) said I was "neurotic." At first, I thought that meant adorable and fun to play with, but I'm pretty sure I got that wrong.

Turns out, he thought I was out-of-my-mind nuts. Yep, I overheard a very hurtful phone call between him and his mom, Joette, where I learned that apparently, dogs are supposed to *stop* playing with the ball eventually … or at least take a break. I guess we're not supposed to keep asking our

humans to “throw the ball, throw the ball, throw the ball, throw the ball.”

I say, if you didn’t want us to enjoy playing with the ball, then why did you throw it in the first place? Humans. I’ll never understand them.

Sure, if I was alone, I could rest. But if there was a human nearby, I’d get so excited. I’d want to play! Like, a LOT. Throw the ball, throw the ball, throw the ball. Throw the ball, already!

At any rate, Joette recommended a homeopathic medicine that would make me less of this “neurotic” thing. So, her son put some delicious little pellets of *Coffea cruda* 200 in my mouth, and he rubbed my little face and throat (which was quite enjoyable) until the pellets melted.

No kidding. Within 10 minutes, I was calm. I didn’t feel that weird compulsion to play with the ball. I just kind of took a break and lay beside my people. It was nice. Joette’s son put his hand on me and said, “Hey, Holstein isn’t vibrating!”

I guess I just had a problem relaxing. I had been a little, well … wound up. When my human would try to hold me (to keep me from annoying our houseguests), I would just scream to get back down. I couldn’t be still. They couldn’t lock me in my room because I’d create such a fuss that they’d worry I was going to tear the room apart. The back of the door now resembles a Jackson Pollock.

All I really wanted was to get back to my ball. Geez. You’d think they’d understand that.

But that *Coffea* 200 sure calmed me down. I overheard that it also helps humans with their nervousness and overactive thoughts. I think Joette wrote about it once in her blog post, Anxiety: When the Elevator Flies to the Top.

Look, I still like playing with the ball. But now, I can also be a little more in control of myself. I've heard them say I'm more fun to be around. (Weird … because I thought throwing the ball to me all day, every day would have been fun for them. But I guess not.)

I just wanted to let you know about this clever *Coffea cruda* 200 stuff. Maybe you have a four-legged friend who could use a little of it? Or heck, maybe you know a two-legged friend who needs it, too.

Either way, I highly recommend it. (And the face-rubbing part. Don't forget the face-rubbing part.)

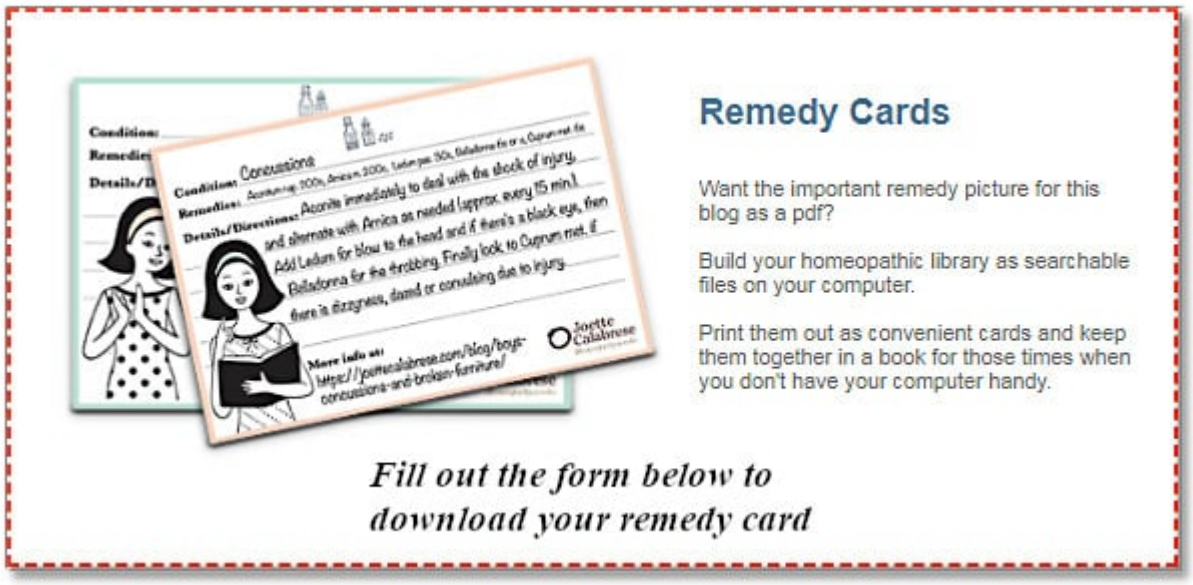
That's it for me. I think I'll go lie down a bit and maybe take a nap. This new, calmer life I'm leading definitely has its perks!



Holstein

P.S. Joette, here. If other mental or emotional conditions interest you, download a free infographic containing the names of a few commonly employed homeopathic medicines for this category of conditions. My course, Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions, provides more in-depth information that may be just what your family needs.

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



4-21-24 Homeopathy Hints from Holstein

First Name *

Last Name *

Email *

Confirm Email *

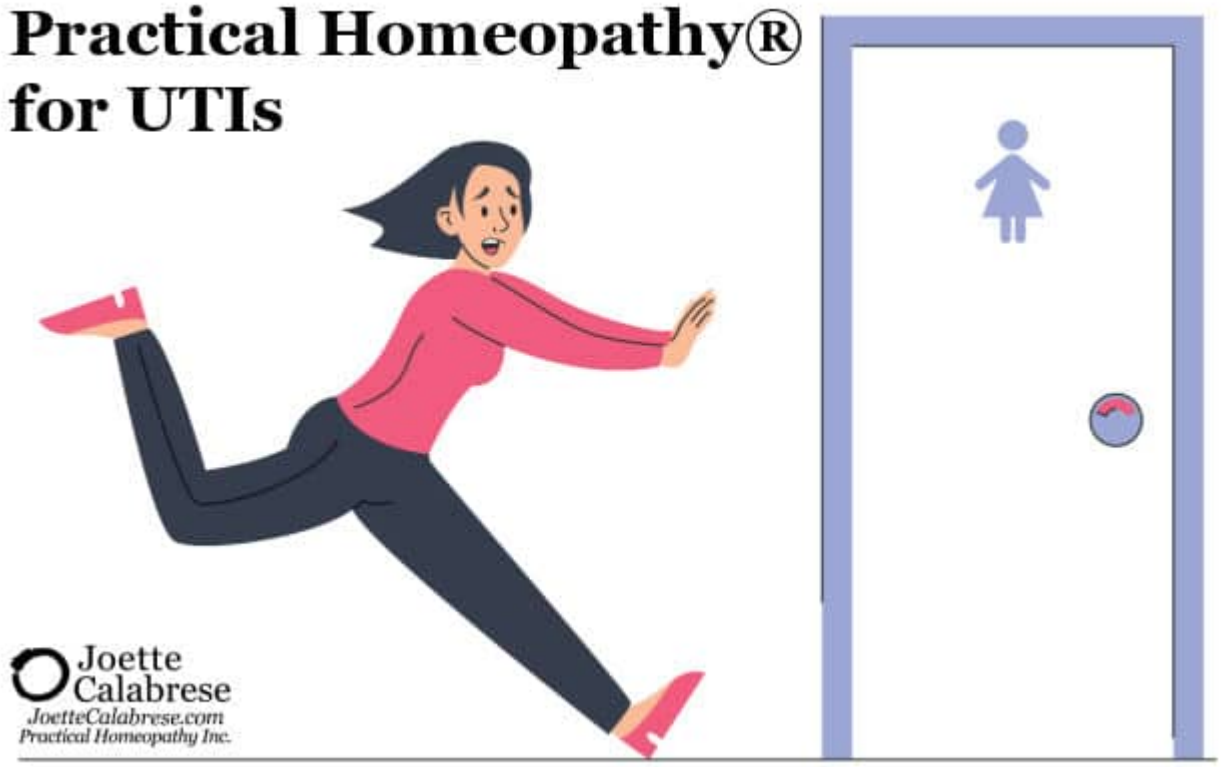
Captcha

Submit

If you are human, leave this field blank.

Δ

Practical Homeopathy® for UTIs



Years ago (eleven of them, to be precise), I wrote a newsletter on homeopathy for UTIs entitled When It's Hard to Go. Readers who've found it through web searches have contacted my team because there were no potencies included in the article.

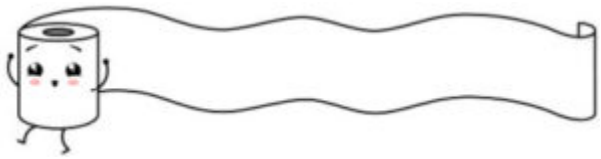
Well, I have an easy explanation for why I was seemingly vague in that post: Classical homeopathy is vague!

You see, back in 2013, when I wrote that newsletter, I still practiced classical homeopathy. But over the years, after developing my own extensive clinical practice as well as my fellowship with the Drs. Banerji in India, I veered away from the esoteric and embraced the practical by utilizing proven, condition-specific protocols for common conditions. Because of this change in my philosophy, the success rate in

my practice soared, and my teachings became more digestable.

Why? Because the brand of homeopathy I developed over time – my Practical Homeopathy® – is not vague. It contains precise, reproducible protocols gathered from top-notch homeopaths all over the world as well as from my decades of case-taking and teaching. I'm no longer handcuffed to the esoteric, enigmatic and dogmatic ideology of classical thinking.

So, it's time to update that old newsletter by putting my Practical Homeopathy® spin on it.



The very first change I want to make is that outside of the Banerji Protocol for UTIs (which I discussed in my 2017 blog post, Recurring UTIs and Antibiotics: Stop the Cycle, where you can download the Remedy Card), my current go-to medicine for general UTIs is *Cantharis* 30, twice daily (or every few hours, depending on severity), until very much better.

As I mentioned in 2013, *Cantharis* is for those who experience a strong sense of urgency, yet very little is voided upon reaching the bathroom. The sufferer may be compelled to rush to the toilet and may even lose urine on the way. Sometimes, a sense of frenzied desperation accompanies an infection, and accompanying pain may make this symptom worse. Burning pain is also a strong indication for *Cantharis*. But it's not necessary – nor is an infection – in order to employ *Cantharis.*

Here's an example of what I hear regularly: One of my team members who was afflicted with at least one or two UTIs a year – not unlike what my hundreds of clients and students

report – told me that she hasn't had one in ages thanks to *Cantharis 30*. A few little pillules employed years ago have given her lasting freedom, peace of mind and empowerment.

But despite that success story, there is often more than one way to bake a cake in homeopathy – even in Practical Homeopathy®. So, let's look at the first few medicines in my 2013 newsletter that may be considered for UTIs.

As you read, remember that all of these medicines – as with every homeopathic medicine – should only be employed until the condition is very much better. Then, halt. Observe. If symptoms recommence, the medicine may be started again as before.

These are listed in what I consider to be the order of importance as of this writing. If a chosen medicine provides absolutely no improvement in due time, then one might consider another medicine:

Staphysagria 30, every 3-12 hours, depending on severity, until very much better – This remedy was initially further down the list, but it has proved so efficacious that I'm moving it up! *Staphysagria* has a reputation for aiding girls who suffer UTIs after being abused, either physically or emotionally, or after a recent embarrassment. So common is *Staphysagria* in this malady that it should be considered if no other remedy seems to fit the "picture" of the symptoms. It's also a capital choice for honeymoon cystitis.

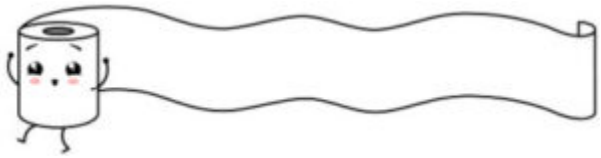
Natrum phosphoricum 6X (Nat phos), twice daily, until very much better – This little gem of a remedy was my previous go-to medicine (before I recognized even more effective protocols). However, *Nat phos* can be used in conjunction with any of the other listed remedies for urinary problems. *Nat phos* 6X is indicated whenever there is an acidic and alkaline imbalance. There is a strong urge to urinate, yet the person must wait for the urine to flow. Watch for

symptoms such as nervous weakness, burning pain and albuminous urine. These signs are made worse after relations and in the evening.

Ferrum phosphoricum 6X (*Ferr phos*), twice daily, until very much better – This little cell salt is excellent for any inflammatory state, especially when the inflammation is accompanied by throbbing. Consider this when a fever accompanies the UTI. The sufferer may be nervous, anemic and sensitive. Along with *Nat phos* 6X, it may be alternated with any of the other listed remedies.

Aconitum napellus 200 (*Aconite*), twice daily, at the immediate onset of the condition – When I teach students about this remedy, I call it "quick shock" because *Aconitum* is a useful medicine when the body experiences a shock of any sort and has a quick reaction to it. Think of a hot day swimming in warm water and then hopping into a cold, air-conditioned car while still wet. If a urinary tract infection ensues, one might immediately consider this remedy. A fright, such as after an accident, can also be a call for *Aconitum*. Burning before urination and a sense of pressure in the bladder could also point to this choice. As I mentioned, this medicine is generally utilized only at the beginning of the condition – the sudden onset. Another of these potential medicines may be chosen to alternate with *Aconite* during those first few days after onset. After halting the *Aconite*, the other medicine may also be continued, until very much better.

While my original list contained six additional candidates for consideration, there are actually *many* medicines to choose from for a urinary tract infection. But remember, we only move to the others if the top considerations (the Banerji Protocol or *Cantharis*) don't act. We certainly would not throw *all* of these at one condition. Instead, we prudently choose the top match or matches.



Whew! That's a lot of information for one post. So, I'll follow up with the remaining six medicines in my next Memo to Mighty Members later in the week. (If you're not a Mighty Member yet, what are you waiting for?)

For now, readers, I want you to take note: By looking through my older blog posts, you can see the progression of my thinking from 2013 to 2024. Sure, I started out as a classical homeopath because that's all that was available then. It's different now. I'm no longer over-egging the pudding. Instead, I teach what I have gleaned over my almost 40 years of study and practice. However, judging from the responses from my current readers, students and clients, I'm convinced that Practical Homeopathy® has made the homeopathic medical paradigm more accessible to everyone – mothers, grandmothers, dads, nurses, pharmacists and M.D.s.

More and more individuals have garnered the competence and confidence to treat themselves, their families, loved ones and even clients or patients because of the straightforward clarity of my Practical Homeopathy®.

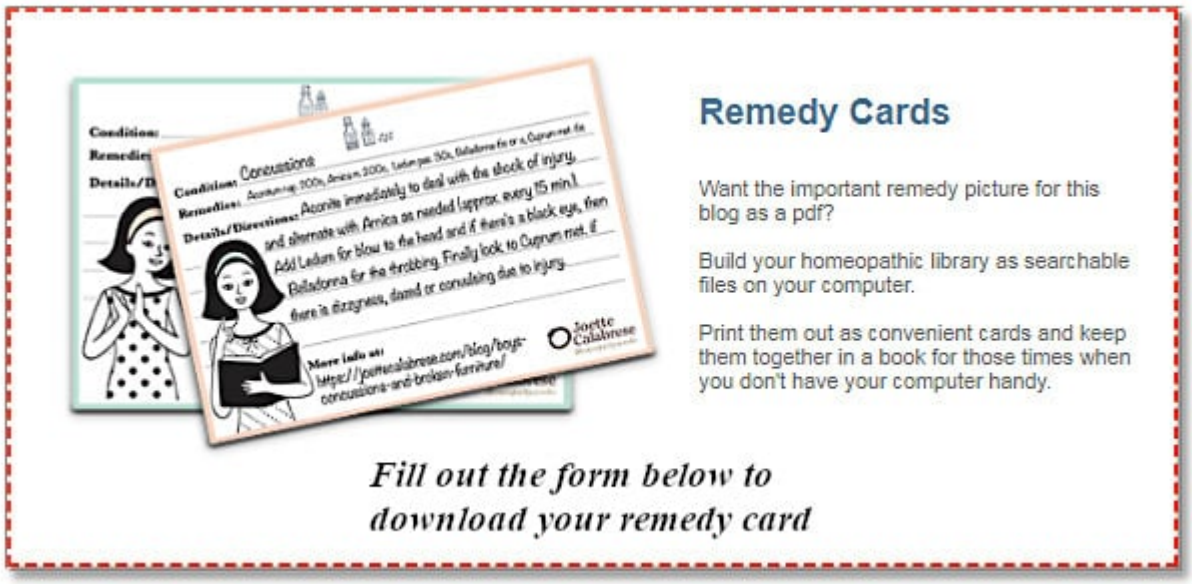
So, when I say, "Pass on the good news of homeopathy," I more specifically mean my *Practical* Homeopathy®!

Warmly,



P.S. If you want to take a deep dive into this subject and learn how to avoid the use of antibiotics for UTIs and other similar common infections, I urge you to consider my course, [The Antibiotic Alternative: Balance your Bugs Without the Drugs: How Homeopathy Can Help You Avoid Antibiotic Fallout and Strengthen Immunity in Everyday Family Life](). Learn many more practical, proven homeopathic protocols as alternatives to side-effect-ridden antibiotics.

And don't forget, my Mighties [(Joette's Mighty Members)]() qualify for a 10% discount on course purchases.



Conquering a Sore Throat with *Mercurius sol*



Folks, the list is as long as my arm:

Saltwater gargle
Hot tea with lemon
Honey
Lozenges
Humidifiers
Chicken soup
Popsicles
Apple cider vinegar
Cayenne pepper
Gargle with aspirin
Ibuprofen
OTC synthetic chemical throat sprays

Yep, the list of home remedies for sore throats is seemingly endless. Do they work? Perhaps. Briefly. But when one’s throat is on fire, who wants to experiment?

Homeopathy – not to be confused with home remedies, as homeopathy is a medical paradigm – offers several medicines for sore throats that have been used by homeopathic practitioners for over 200 years and have been historically proven safe and effective.

So, today, let's discuss one of them that should be included in that well-stocked homeopathy kit we've been curating over the past 16 months of blog posts.

Mercurius solubilis (sometimes alternatively spelled as *solublis*) is a premier homeopathic medicine for sore throats. Now, before we go any further, I should also mention that *Mercurius vivus*, another medicine, is so close in action to *Merc sol* that they are pretty much interchangeable. So, one may choose either one with confidence.

We've discussed other medicines for sore throats, such as *Belladonna* or *Hepar sulph* and even *Merc cyn*. However, *Merc sol* (or *viv*) would be a primary consideration when the sore throat pain is considerable and *also* exhibits these certain distinguishing factors:

- Throat looks like pizza or macerated meat – bright red, pustular, puffy and a mess
- Bad odor in mouth
- Excessive saliva

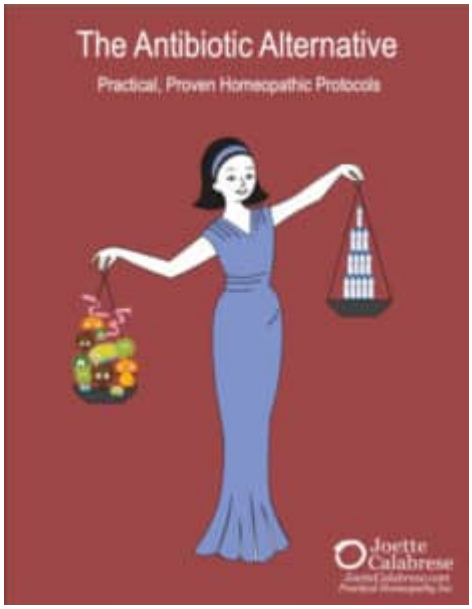
Generally, one would employ *Merc sol* (or *Merc viv*) 30, every 3-12 hours, depending on severity. One might consider utilizing the medicine every three hours at the height of the throat pain. Then, as the symptoms decrease, one would extend the time between doses accordingly. For less severe throat pain, one might only need this medicine twice daily.

Remember, as always, homeopathic medicines are only used when medically needed for a pathology. Homeopathy is neither a supplement nor a home remedy, as is often stated

haphazardly.

Homeopathy is medicine. We utilize it prudently, meaning one stops using it when the condition is very much better.

Now, my friends, a doctor might throw antibiotics at this sore throat condition. But I say no. Why risk the side effects of antibiotics when homeopathy offers a more polite solution that doesn't systemically slam the body? No one needs to fall into the downward spiral of secondary and tertiary conditions that antibiotics often cause.



If you're ready to say "no" to the indiscriminate use of antibiotics, my course, The Antibiotic Alternative: Balance Your Bugs Without the Drugs, was designed with you in mind. Whether it be a case of sore throat, otitis media, impetigo, a urinary tract infection or a bone infection, homeopathy can address conditions with consistent, reproducible results.

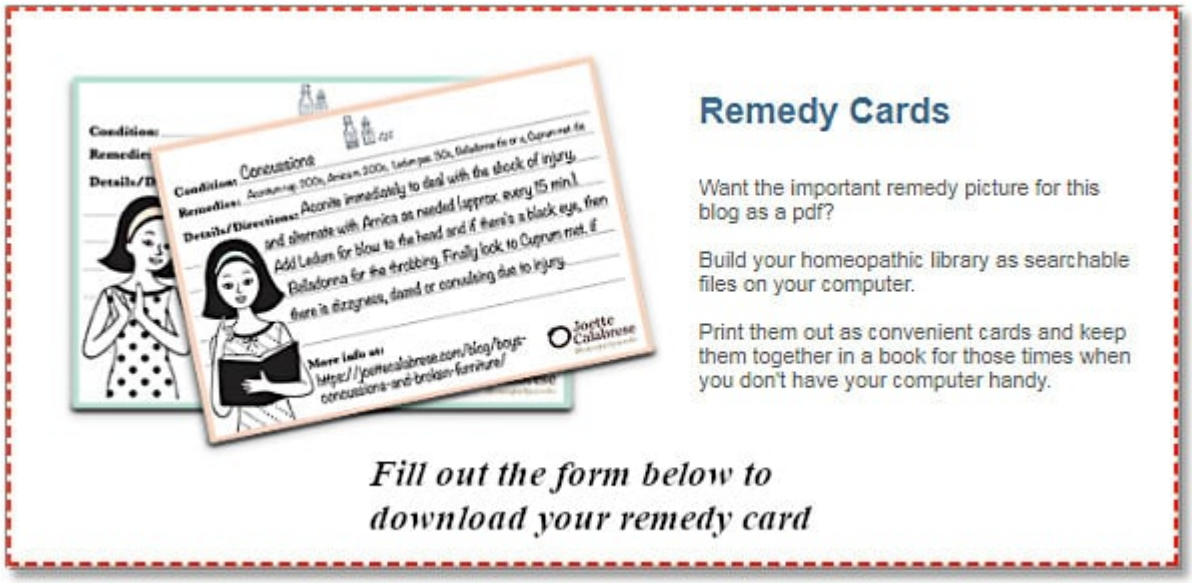
In fact, download my Antibiotic Alternative infographic – for free – and receive a few practical, proven protocols pulled right from the course.

And remember – all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases.

Pass on the good news of homeopathy!

Warmly,





Christ Is Risen!

“Christus surréxit!”

“Surréxit vere, allelúja”

This traditional greeting in the Catholic church describes a blessed miracle that occurred two thousand years ago.

Translated:

“Christ is risen!”

“He is risen indeed, Alleluia!”

My dear friends, for Christians, today is our most sacred day – our holiest day – Easter Sunday.

As the angel of the Lord explained to Mary and Mary Magdalene as they came to see Christ’s tomb in Matthew 28:6, “He is not here; for he has risen, as he said.” Indeed, it was a pronouncement that has since offered hope as it echoes around the world.

So, from my family, myself and my entire team here at Practical Homeopathy®, we take a break from our regular routine to wish “Buona Pasqua a te e alla tua famiglia.” Happy Easter to you and your family.



Podcast 117 – Let's Catch Up and Learn About *Quebracho*



IN THIS PODCAST, WE COVER:

02:13 Introduction

05:07 The Academy of Practical Homeopathy® (Join Founders' List for more information)

07:07 Gateway to Practical Homeopathy®: A Guided Study Group Curriculum

09:22 Joette's Study Group: Find Your New Study Group Friends' Facebook page
Or, find a study group once you've already purchased the study guide, by logging in to your "Gateway to Practical Homeopathy® I, Second Edition" portal page through The Learning Center. On the Welcome page, you will find a list of Joette's Ambassadors leading study groups.

10:35 Joette's Mighty Members

11:03 Monday Night Lives on Joette's Mighty Members site or our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and now, Instagram

11:50 Joette's free blogs

13:26 *Quebracho*

14:39 Dr. William Boericke's "Pocket Manual of Homœpathic *Materia Medica* & Repertory"

18:15 *Carbo veg*

20:26 *Materia medica* for free online

21:24 Joette's closing message on her movement and the global popularity of homeopathy

ADDITIONAL RESOURCES MENTIONED IN THIS PODCAST:

JoettesLearningCenter.com

Kate:

This is the Practical Homeopathy® Podcast, episode number 117, with Joette Calabrese.

Joette:

This is 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 family's health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms together and embrace health care freedom.

Join me 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 called Practical Homeopathy®.

Now, whether you've tried homeopathy in the past or were frustrated, or you're examining the possibilities of caring for your family *yourself* for the first time – you are in the right place.

In this podcast, I'll offer you my decades of clinical experience as a practicing homeopath and years of teaching tens of thousands of students so that you can become the hero of your family and community.

This is true health freedom, my friends. This is my *Practical Homeopathy*®.

Kate:

Hi everyone, I'm Kate, and I am here today with Joette Calabrese. Welcome, Joette.

Joette:

Thank you, Kate. Welcome to you, too.

Kate:

Yeah, it's your podcast, but I'm welcoming you!

I wanted to just say a little shout-out: Hello to those who might be new to your podcast and those who have been listening. But we've taken a little break from podcasts, and so we would just want to welcome you back or welcome you for the first time.

This is a podcast all about Practical Homeopathy®. So maybe,

Joette, just take a minute and tell us who you are and what this is about.

INTRODUCTION

Joette: (02:13)

Well, my name again is Joette Calabrese, and we have kind of this little universe of information on our website and associated with the website. So, we're going to talk about each of those components that we've put together for the past many years, and then what we've been doing recently.

So, I'm a practicing homeopath. I have been for 36 years, actually teaching for 36 years … probably more in practice closer to 34 years. And now since that time, I'm spending a great deal of time teaching. It's one of my great joys.

Kate:

And your goal – one of your goals … your *big* goal – is to bring homeopathy …

Can you share that with us?

Joette:

Yes. My goal has been to bring homeopathy into every home and especially in the hands of the women – the moms, the grandmothers, those who are the caretakers, those who take care of children and grandchildren – but also for those taking care of their elderly parents, their pets, their livestock.

So, whatever your family is comprised of, you, as the person in the home, need to know this information.

Now, this does *not* mean that we don't also have many people who are in our courses who are medical doctors and naturopaths and functional M.D.s, conventional M.D.s and

nurses and chiropractors and physician's assistants and et cetera, et cetera, but …

Kate:

Dads and EMTs.

Joette:

Yeah. We also have dads and EMTs. That's right. We do.

But the focus is to get this information to the hands of those who are at home, taking care of the family. That has been stripped for a long time from the hands of women, and now we're going to put it back into their capable hands and give them the tools, so they don't feel as though they need to run to a professional at every turn or that they need to use drugs at every turn. And the more – I always tell folks – the more they learn, the less angst there will be in your life.

Kate:

So, Joette, I know on your website you offer something for everyone – every budget – starting with blogs and podcasts, which there's no charge. And you've been doing your blogs for how long now?

Joette:

You know what, Kate? I'm not sure. I think it's 14 years – every Sunday night.

Kate:

Yeah, it's a long time. So, there's a ton of information. I often say that if you just go through all the blogs and podcasts, that can be taking a course, honestly.

So, you also have available a group called Mighty Members, and that's something that's newer that you're doing. And

then you have your Gateway study groups and your courses and now something pretty significant that we've been working on for the last couple of years.

Why don't you tell us about that?

THE ACADEMY OF PRACTICAL HOMEOPATHY®

Joette: (05:07)

Well, that is the ultimate piece. It's The Academy – The Academy of Practical Homeopathy®. It is a very specific kind of medicine that I have procured by using Banerji protocols and French protocols and other protocols – my own protocols – but protocols from other homeopaths to make homeopathy much easier.

So, instead of using classical, we can come up with a medicine much more quickly, including the potency and frequency. And we focus very deeply on that subject in The Academy of Practical Homeopathy®.

It's a year-long program, extremely intense. Let's put it this way: I would call it rigorous. And it's done online but live as well. That carries the student through each step of what needs to be understood and known regarding homeopathy.

And then we have a second program – a second year, which is called the Mastery™ – and that is once the first year of The Academy is completed. Then, the student can move on to Mastery™.

And then, we have a third component, and that is the third year, which is also 11 months long. And that's what we call Mastermind.

So, a person could decide to go through all three of these programs all at once – determine that they're going to do one year after another for three years – or they can choose just one year, or they can choose just two years, et cetera.

Kate:

Yeah. So The Academy, if you are interested in joining The Academy or finding out more information about that in particular, you can go to AcademyofPracticalHomeopathy.com and there's a Founder's List that you can join. And when we are offering our next class – when that will start – we will send out some information before it begins.

So, Joette, there's some other things that are new as well that we've done in the last couple of years. And one of those is the Gateway to Homeopathy Study Guide. There is now a second edition. Can you explain about that?

GATEWAY TO PRACTICAL HOMEOPATHY®: A GUIDED STUDY GROUP CURRICULUM

Joette: (07:07)

Now, that's what this looks like. It's a pretty hefty book with tons of information.

And the way I learned homeopathy originally back in the '80s was some friends and I formed a group. We met every Thursday night, and we studied homeopathy so that we knew how to treat our children, our husbands, our parents, our pets, our relatives and our friends in general.

And we stayed together. We met every Thursday for four years. It was a foundation for me that not only taught me how to use homeopathy – at least the first steps in using homeopathy – particularly for acute conditions but also for some chronic conditions.

But it also built a natural support system so that my friends and I could count on each other to get help should something occur. Then we could go to each other and ask for help. And it was a very important part of my life.

I never missed a Thursday night for those four years. None

of us did, especially our main group. We considered it so valuable that nothing would get in the way.

And so based on that paradigm – on that program or that idea – we set up a program called Gateway Study Groups where folks can join a study group. They can either make their own – come up with their own friends – and then we give them the information on how to do it. Step-by-step guide. And then each of their study group members purchases this book. It's quite reasonable in price, and it's something that can be used regularly even after the student has finished the course. It's a great reference.

But during the course, this is a lot of information that will be used very deeply. It teaches you which homeopathic medicines to use under what circumstances, what potency to use, how frequently to use it. So, it's not giving you guesswork.

It tells you under *this* condition – when a child has or someone has otitis media – *this* is the medicine, *this* is the potency, and *this* is the frequency.

And so we go step by step to teach folks how to use this at home. And so, to join one of these groups, we're going to have that listed below, right, Kate, so that folks can hop in and get into the Gateway study?

FIND YOUR NEW STUDY GROUP FRIENDS' FACEBOOK PAGE

Kate: (09:22)

Yeah, there's a Facebook page where it's Joette's Find Your Study Group Friends Facebook page. And so that's how you can find someone who's leading a study group.

Or, like Joette said, if you want to start your own study group, you simply purchase the book, and it walks you through how to lay out a study group, how to invite people,

gives you some examples, and, at each study group meeting, what you would say and what questions you would ask about the different lessons in the book.

So, I just wanted to emphasize one of the main things about these study groups like you were talking about earlier, Joette, is the relationships that you develop. Really, I have some of my best friends now; I met them through the study groups. And so, that is really a very valuable piece of joining or starting a Gateway to Practical Homeopathy®.

Joette:

Joining or starting. Yes, you could go either way. Yeah, you've taken a number of groups through, haven't you, Kate?

Kate:

Yes. There's really people all over the world who join these study groups. When I led mine, I had people from different countries in the study groups, and it's really great to be able to develop those relationships.

All right, let's talk about Mighty Members because that's fairly new as well. Mighty Members … can you explain that a little bit, Joette?

JOETTE'S MIGHTY MEMBERS

Joette: (10:35)

Well, it's a subscription site, and what folks do is they join in, and they get information from me a little something every day.

And then every week, we give them things that I would not normally say to the general public – something that might be a little bit more controversial, perhaps, or even a little more personal. I am willing to give that kind of information out a little more readily in Joette's Mighty Members.

Kate:

It’s hosted on your own …

Joette:

A private … yes, it’s a private server.

MONDAY NIGHT LIVES

Kate: (11:03)

… private server. And so, it’s kind of like our own private Facebook page, in a way. We’ve added something you put out called “Mighty Musings,” which are videos just for those who are part of the Mighties.

And then there’s a Social Center so the people on this site can communicate with one another – ask questions. You jump in there once in a while.

There’s a library archive, I know, of your Monday Night Lives, and sometimes you pop on and just talk to the Mighties after your Facebook Lives that you do weekly on Mondays. So that’s another benefit.

But yeah, it’s another option for those who are looking for something that’s a little bit like a step beyond the blogs and the podcasts. Or we have students who are in The Academy and Mastery™ who are also Mighty Members. So, there’s really something for everyone if you’re…

JOETTE’S FREE BLOGS

Joette: (11:50)

For all different palettes and for all different budgets. Yeah, absolutely.

Because the blog is free, I encourage people to use the blog when there’s a condition that comes up. You simply put in my

name, “Joette Calabrese, otitis media,” “Joette Calabrese, shin splints,” “Joette Calabrese, strep throat,” et cetera. And find the article that I’ve written about it with the name of the medicine that is one of the most common medicines to be used for that, the potency and the frequency.

And then we direct you – I direct you – to where you can purchase it. And I have no affiliate program. In other words, I don’t get paid by those places that I send you to. I don’t believe in that method or that concept.

Instead, I’d rather just give you the information and encourage you to consider learning more.

And that’s really what all of this is about, is to move you up the ladder into a more in-depth understanding of how to use homeopathy, so that you have comfort when someone is suffering in your family. You’re not freaking.

You’re going from freaking to fabulous, to be honest.

Kate:

I want you to tell a funny story about your kids. And when they are in need of a homeopathic medicine, where do they go?

Joette:

They go to the blog! They actually say the next day, they say, “Mom, I went to the blog, and I keyed it in, and I looked up the remedy, and it helped. Thank you so much.”

Or “Mom, I went to the blog, and I’m not sure I understand what I’m supposed to do here. Could you clarify it for me?”

And they send their friends there, and they help their friends, their pets, et cetera, and their spouse, et cetera. It’s really great.

So, even my family – even my father – was using my blog at one time.

QUEBRACHO

Kate: (13:26)

That's funny. I love that story.

All right, let's switch gears and talk about a homeopathic medicine that is going to be helpful, especially during this cold/flu season, and that is *Quebracho*. And I'm going to spell it Q-U-E-B-R-A-C-H-O. And that's a homeopathic medicine that comes from a hard tree.

So, tell us a little bit more about that medicine.

Joette:

Yeah, it's an interesting remedy. As we know, homeopathic medicines are often derived from plants. Not always – they can be from minerals; they can be from the periodic table, et cetera, et cetera. But this one happens to be a plant that's found in South America, mostly in Argentina.

And it's a tree that's used for tanning, even all the way back since the 1800s. So, it was used for tanning leather, and it was a red-brown color. Not that that's really important, but it's interesting to learn this. And it was used for waterproofing leather. So, I think that's pretty interesting.

So, then we come to some information on *Quebracho* – excuse me, it looks like it's pronounced "qwe-bracho," but it's actually "ka-bracho." It's a Portuguese word.

1. **WILLIAM BOERICKE'S "POCKET MANUAL OF HOMŒPATHIC *MATERIA MEDICA* & REPERTORY"**

Joette: (14:39)

And we go to William Boericke; I've got his book here. And Dr. William Boericke was a homeopath back in the 1800s and 1900s, and he was best known to be an editor of the Pocket Manual.

I actually have another book of his; hold on.

Kate:

He was also a physician, wasn't he?

Joette:

Yes, he was. He was a medical doctor. Well, that's what all homeopaths were. They were all medical doctors.

And so, this is his book, this particular version. This particular edition is not available, but you can still get it in paper. This happens to be in leather.

And so, he says of *Quebracho* that it is "*Digitalis* of the lungs." Now he's quoting that from Dr. Hale, who was another medical doctor homeopath from 1877. And what that means is *Digitalis*, of course, is for the heart, but *Quebracho* is for the lungs.

So, when it comes to the heart, we use *Digitalis*. When it comes to the lungs – this is a very generalization here – when it comes to the lungs and especially a concern about colds and flus that go to the lungs, *Quebracho* is a really good choice.

So, this is what he says here. I have it written here, and I also have it up on my screen. He says, "It increases oxidation, removes temporary obstruction to the oxidation of the blood by stimulating respiration centers, increasing oxidation and excretion of carbonic acid, pulmonary stenosis for thrombosis of the pulmonary artery, and is an effective remedy in many cases of asthma. It stimulates the respiratory centers and increases the oxygen in the blood."

And one of the ways that we would consider using this is if someone is in need of air. So, "want of breath" is the way it's put in homeopathy – particularly during exertion. That is one of the guiding symptoms for the use of *Quebracho*.

So, it's also great for cardiac asthma. And so cardiac dyspnea, which is also … dyspnea is breathlessness. And so, if there is a cardiac sensation, perhaps the heart is pounding hard because the person is having a difficult time – not a serious time necessarily – but a difficult time breathing; they need to catch their breath; they need to slow down. The medicine would be *Quebracho*.

Now, how do we use this? Do we use it only at that moment as an SOS? Do we use it on a regular basis because this person is suffering from this on a regular basis?

I'm going to say that it can be used in both situations. So, if someone has asthma or a respiratory condition such as a cold or a flu, and they have a "want of breath" – particularly after exertion or during exertion – *Quebracho* would be useful.

If it's on a regular basis, we would *use* this on a regular basis. I would personally use this, say, once a day in a 30th potency for a few weeks until we see a shift – until we see that that condition has resolved enough.

Now, if it's only an occasional event that this person has this "want of breath" during exertion, then we're going to use this *as needed only*. And again, I would use it *Quebracho* 30, potency 30C (or 30X if that's all that can be obtained) and use that every few minutes or every 15 minutes or so. And stop as soon as there's improvement or stop if we see *no* improvement after, say, four doses.

Kate:

Now, Joette, can you explain: *Carbo veg* also has that want

of air, lack of air. So, what might be the difference?

CARBO VEG

Joette: (18:15)

Yes, *Carbo veg* does have that "air hunger." It's a little different, air *hunger*. I know that sounds like we're splitting hairs, so to speak. But *Carbo veg* is more air *hunger*, where it's not that it's during exertion necessarily or that they can't get the breath, but it's still remaining unsatisfactory. The air that they are getting in is not a satisfying breath.

Carbo veg does not relate as deeply as *Quebracho* in relation to the heart as well. And *Carbo veg* is specific for having had an experience – not always – but having had an experience with being exposed to carbon monoxide.

Quebracho is as a result of having had an experience with a cold or flu.

Now, these are not hard and fast, but if you've got any one of those two pieces, then you know which one to consider is more in the running.

Kate:

So, as far as owning potencies, you've talked about a 30C. And I know you've mentioned before about using *Carbo veg* for an asthmatic reaction to something, and *Carbo veg* is one of the remedies that can be useful in that situation. And we use it often in a 6C in that situation.

Would you ever consider the *Quebracho* in the 6 to have a …

Joette:

Yes. Yes, I would consider that to be used in a 6C. And then in that case, I would use it once a day over a longer period

of time.

You know, in Robin Murphy's *materia medica*, he says to use it for dyspnea, of course, emphysema, for pulmonary stenosis. There's a whole list in Robin Murphy's *materia medica* on how this medicine is used. Shortness of breath during exertion, again, respiratory paralysis (a feeling of as though the lungs are just not moving as they should), slowed heart. And that combination can be very, very useful.

And should you be interested, I always urge folks to get a hold of a *materia medica* and start studying – start reading the particular medicine – so that you have a real good understanding of what the capability of this medicine is.

***MATERIA MEDICA* FOR FREE ONLINE**

Kate: (20:26)

And you can find *materia medica* for free online as well. If you don't have one, you can just search "*materia medica*" and then put in "*Quebracho*" or just "*materia medica,*" and then some will come up. And you can look at the medicine that way if you don't own a *materia medica*.

So, Joette, I think this has been a really good little introduction to *Quebracho* and an explanation about what you do and all the things that you offer. And so, thank you for sharing with us today.

I hope this gives your listeners just a little taste of what you do.

And hopefully we'll see you somewhere in a study group or a Mighty Members or The Academy. We'll put all the links that we mentioned – these different things that we offer – we'll put the links on the website. So, if you're looking to find out information, you can go there.

Joette, you always have words of wisdom as we close things.

So, what would you like to share with your listeners as we finish out this podcast?

JOETTE'S CLOSING MESSAGE ON HER MOVEMENT AND THE GLOBAL POPULARITY OF HOMEOPATHY

Joette: (21:24)

Well, I would like to say that I think it's impossible to overstate the significance of this information and of this movement – because it's actually a movement.

I think we're at a crossroads in history. People are disgusted with Big Pharma. They're tired of the old way. Folks are saying, "I don't want to take the synthetic stuff anymore. The drugs of commerce, they make me worse. And I know there's got to be another way to do this." But they don't know what to do.

They often say, "I don't want to take this, but I don't know what else."

Enter Practical Homeopathy®.

And so, in searching for an alternative – and I don't like to call this "alternative" because this medicine is the second most used medicine on this earth.

First is Chinese Medicine – by the sheer numbers of Chinese in China and that area of the world.

And the second most used medicine is homeopathy.

And behind that is conventional, synthetic drugs of commerce.

But for those who have lived in North America and some parts of Europe – many people don't realize this! But the earth is wide, my friends. And I urge those who have not cast their vision out further that they're missing out on an entire

medical paradigm – without side effects – that is available to be readily learned and noted how valuable this medicine is because it's so inexpensive, so readily understood, and it simply works. Practical Homeopathy® works.

Kate:

Joette, thank you so much. It was a great podcast, and I look forward to the next one.

Joette:

So do I, Kate, thanks.

It's my honor to share as many Practical Homeopathy® protocols for single conditions as I can – for free, without affiliates or even advertising – here in my podcasts, 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 and find fun study group opportunities and in-depth courses developed by subject.

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.

The World Is in Turmoil



Do you join me for my Monday Night Live interactive teaching discussions? If you don't, you're missing out. Thousands of my students from around the world join me weekly – every Monday, at 8 p.m. Eastern (standard or daylight saving time, as applicable) – within my Joette's Mighty Members site or on our simulcast network through the Joette Calabrese Facebook page, YouTube, X (formerly Twitter), Rumble and now, Instagram.

I've held these live events for years without missing a week, except for a few technical difficulties here and there. I have to admit, they're as much fun for me as they seem to be for my students. They value the education, and we all enjoy the camaraderie.

Recently, my team informed me that more folks in Poland and Eastern Europe had been searching my website for information.

Indeed, the world is in turmoil. So, recently, I devoted one of my Monday Night Live discussions to traumatic conditions.

You see, the reason I think we're getting so many folks from Eastern Europe right now is anxiety. These are anxious times all over the world.

So, in my live event, I discussed one of the most valuable homeopathic medicines for anxiety, especially if there's been an incident where the sufferer has observed an atrocity and been shocked by something they've seen or something they've experienced themselves. (I also discussed this in my blog, Wartime Suffering.)

In my live event, I also taught medicines for sepsis and bleeding.

However, because vascular issues such as bleeding are such a common occurrence as an outcome of conflict, I want to write about it briefly here in the blog. My readers should know how to deal with bleeding, just as my listeners now know.

For a hemorrhage – whether it's internal or can actually be seen, such as from the ears or another orifice (the mouth or nose) – consider this Banerji Protocol: *Arnica montana* 30 mixed together in the mouth with *Hamamelis virginiana* 200C.

In a more severe situation, one might utilize it every 15 minutes. If it's not as severe or just a hematoma (not actually a hemorrhage), one may only employ the protocol a few times a day. Generally, the more acute the condition, the more frequently we use it.

Is *Arnica* mixed with *Hamamelis* the only homeopathic medicine for hemorrhage? Absolutely not. There are many other

remedies that could deal with this condition. However, because the Banerjis have documented such success with this protocol, it should be the first on your radar when an injury causes bleeding.

Obviously, there are many variables to these types of emergency conditions. That's why I covered them extensively in my course, "The Survivalist Guide to Homeopathy."

My friends, "The Survivalist Guide to Homeopathy" is my magnum opus. This is an all-encompassing, hefty course presented in video lessons and a sizable, spiral-bound reference book. Yes, my team will actually snail mail you a hard copy rather than a digital copy of this comprehensive guide. I designed it this way so you'll have access to the information even if the infrastructure and the internet go down. I believe you will find this guide so valuable that you'll never leave home without it in your luggage, backpack or bug-out bag.

Should this information pique your interest, then by all means, read more about "The Survivalist Guide to Homeopathy" in my Learning Center. My friends, I don't know that there is any other book or course like this anywhere.

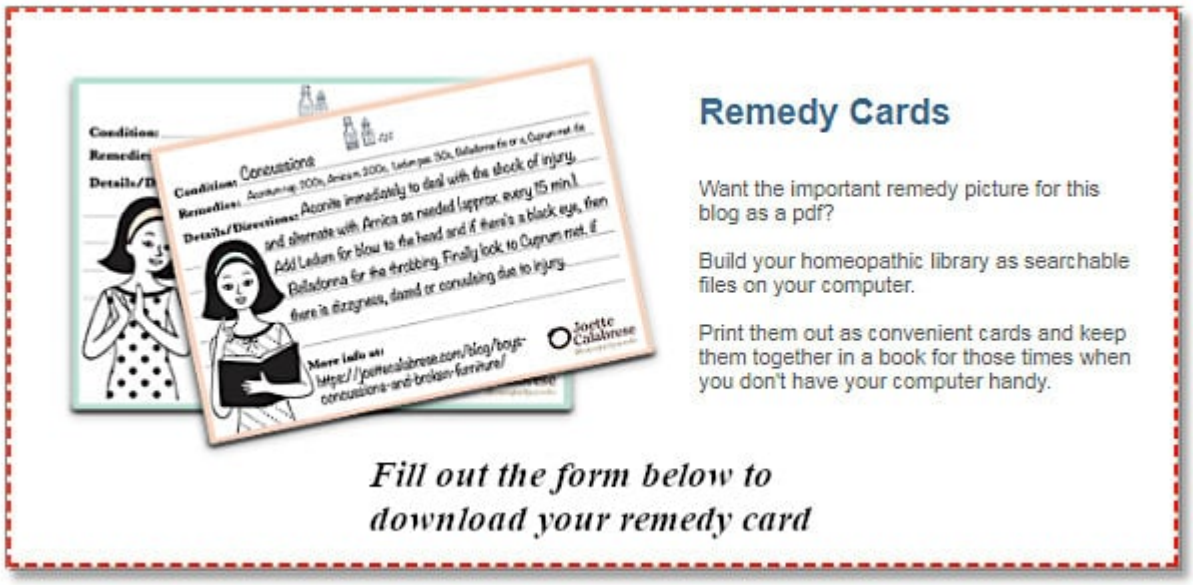
It will be a powerful tool to help you pass on the good news of homeopathy – perhaps when people need it most!

Warmly,



P.S. And remember, all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If

you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



Awakening from Croupy Cough? *Spongia*



Lydia awakened in the middle of the night with a terrible, barky-sounding cough. She couldn’t catch her breath! For a moment, she was fearful that she might actually suffocate! It felt like there was a plug in her throat. Her larynx was overly sensitive, as though the slightest swallow or least little movement would cause her to cough violently.

She was scared, and the more anxiety she felt, the worse the cough got!

This is a common condition that strikes fear in any sufferer. However, Lydia was empowered by her knowledge of my Practical Homeopathy®.

Anxiety and fear accompanying a croupy cough were good indications that Lydia should consider *Spongia tosta*. Knowing that emotional excitement makes the cough worse, she added yet another leg to her *Spongia* stool. Add laryngitis

or her overly sensitive larynx, and Lydia had now formed a three-legged stool!

But do you know what's even more supportive than a three-legged stool? Yep, you guessed it … a *four*-legged stool! Indeed, famed homeopath Dr. William Boericke gave Lydia that fourth leg when he wrote in his *materia medica* regarding *Spongia*, "awakes in a fright and feels as if suffocating, generally worse after sleep or sleeps into an aggravation."

Lydia dragged herself out of bed and grabbed her tube of *Spongia tosta* 30 – an essential element of her well-curated homeopathy kit. For this condition, one dose of *Spongia* is generally utilized every 15 minutes to an hour until the cough (and resulting feeling of suffocation) is very much better. The medicine may be resumed again if the symptoms return.



I've written about *Spongia* several times before in the following posts:

- Coughs that sound like a saw grinding through wood point us to *Spongia* 30.
- When drinking warm fluids temporarily relieves the severity of the symptoms, it's often a call for *Spongia*.
- If cold drinks or talking make the cough worse, *Spongia* is often the correct remedy to consider.

After a couple doses of *Spongia*, Lydia was able to return to a more peaceful sleep, and she kept it handy for the remainder of her respiratory illness.

This, my friends, is the benefit of owning a well-planned inventory of homeopathic medicines. Had Lydia not owned the medicine she needed, she would have spent an anxious night, struggling to breathe and not giving her ailing body its required rest.

You see, *knowing* the correct medicine doesn't help a sufferer if they don't *own* it. Sure, one can run out to the store in the middle of the night – IF the store is open and IF one is physically able to drag their suffering self to the car. Alternatively, one can undoubtedly order the necessary homeopathics through the mail – and cough relentlessly for days awaiting the postal carrier.

But why not simply own as many medicines as possible? You may recall I have used medicines manufactured in 1918, and they still acted. So, a well-curated kit can last well beyond what we might expect.

That's certainly part of the good news of homeopathy. Pass it on! A famous quotation often attributed to Benjamin Franklin says it best, "By failing to prepare, you are preparing to fail."

Lydia succeeded – in spades!

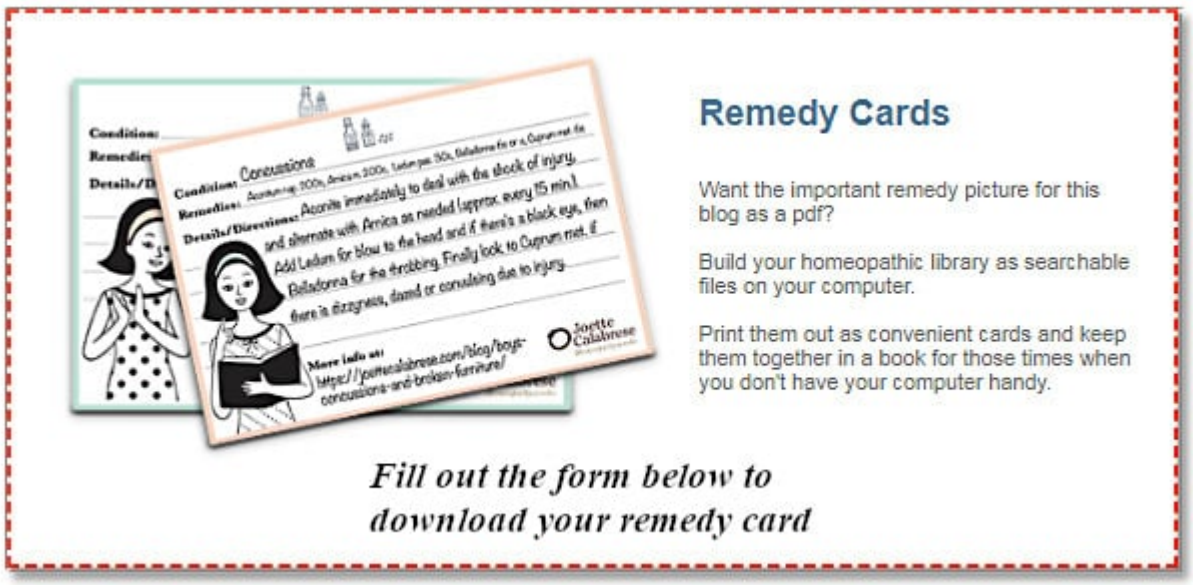
Warmly,



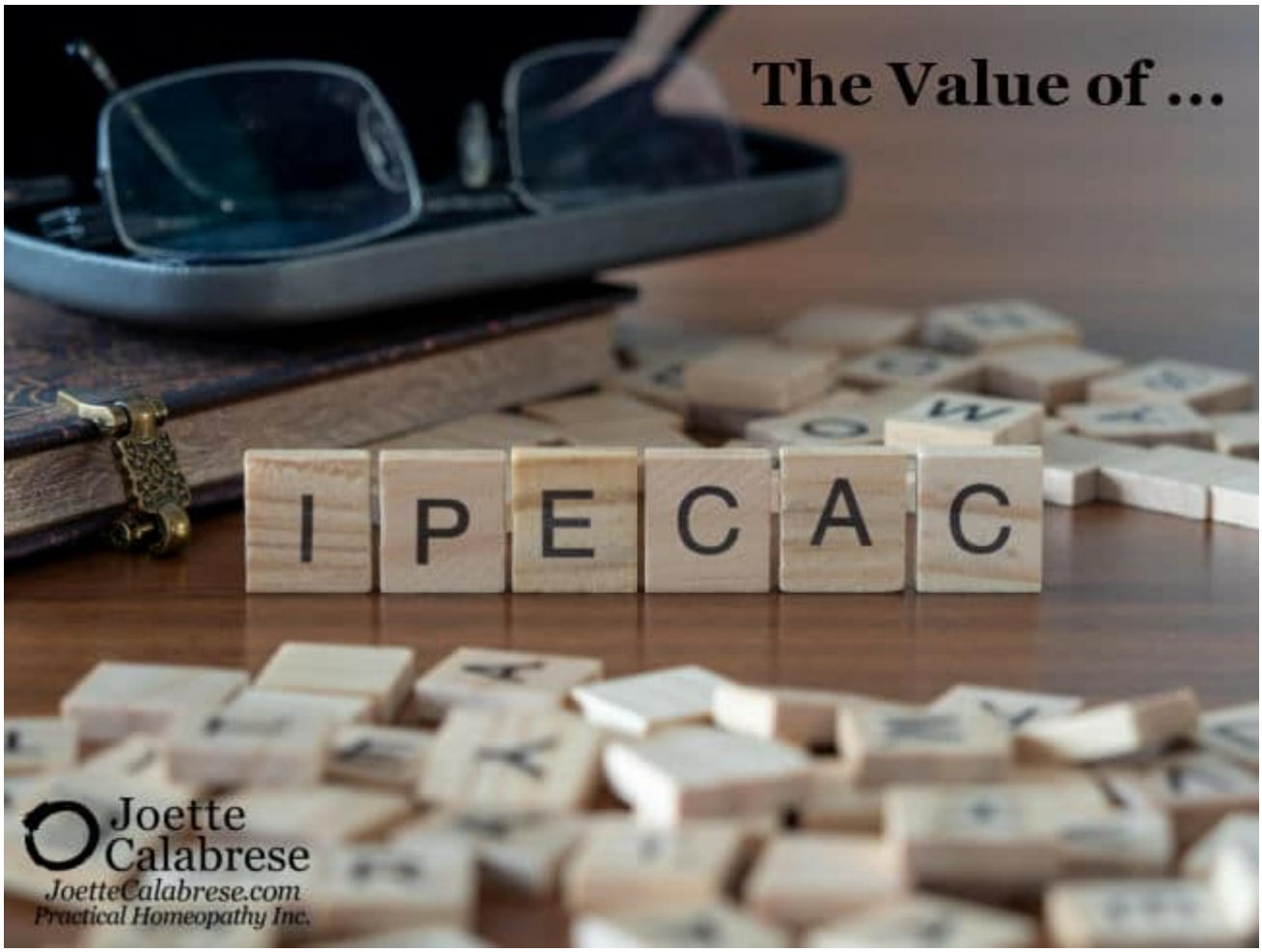
P.S. My course, "The Antibiotic Alternative: Balance Your Bugs Without the Drugs," covers *Spongia* and a multitude of other homeopathic medicines for respiratory conditions (as well as other conditions for which antibiotics are often recklessly called upon).

This course has preserved the gut flora of many of my students' families from the ravages of antibiotics and helped them avoid years of subsequent illnesses and sensitivities that the unnecessary use of antibiotics can trigger. Perhaps it is the right course for your family as well.

And remember, all my Mighties (Joette's Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



The Value of *Ipecac*



Ipecac is valuable. Aside from being a 12-point Scrabble word – or even more if you place it well – *Ipecac* is an essential medicine when prepared homeopathically. Consequently, *Ipecacuanha (Ipecac)* should be included in any well-curated homeopathy kit.

You may have noticed I included it in my recent blog, 17 Homeopathic Medicines for Travel.

On my blog over the years, I have taught *Ipecac* for several conditions. I wrote about it for:

Nausea from supplements – How Embarrassing
Nausea from stomach flu – Thanksgiving Traditions

Morning sickness – Birthing Part Two: The Premier Remedy for Childbirth and a Few More
Dysentery – Disasters, Diarrhea, Dysentery
Gagging cough – Ipecac: The Cough That Nags and Gags
Asthmatic cough – Four Homeopathic Medicines for Asthma
Smoke inhalation – Where There's Fire, There's Smoke

My friends, if you scroll down this page, you may notice there is no Remedy Card with this blog. That's by design. Rather than handing you a fish today, I want to teach you to fish for all the tomorrows.

Several of the blog posts listed above carry their own Remedy Cards regarding *Ipecac*. So, click on each of the links above and read the articles to learn more about potencies and frequency of utilization. Download the Remedy Cards for each post that offers them. (My older blog posts don't all have them.)

I promise that going through each of the listed blog posts will help you more thoroughly understand the conditions for which *Ipecac* should be considered. If one puts all those blogs together, the profile for *Ipecac* becomes clear. It's a medicine that focuses on the lungs and the stomach.

Sometimes, those two areas are linked in one condition, in which case one's argument for *Ipecac* would be even stronger. But both organs need not be affected by a singular condition before considering *Ipecac*. As always, when making a medicine choice, I advise doing further reading on the remedy's entry in a *materia medica*, such as A *Materia Medica*: Practical Homeopathy® for Busy Families.



Over the past 15 months, we have certainly amassed a robust stockpile of homeopathic medicines through my blog posts, haven't we? Remember to keep your medicines organized – ready to grab when life throws one of its inevitable curve balls. If you'd like ideas on managing your homeopathic inventory, consider joining my Mighty Members. As an exclusive for my Mighties, I've compiled a collection of various organizational methods shared by the group – with pictures and links to purchase – enabling the curious of us to peek into someone else's well-planned storage techniques. Join us, won't you? It's just one of the many benefits of being in our private enclave, where conversations are more candid, more resources are available, and new friendships are formed.

Until then, add *Ipecac* to your inventory to be prepared for conditions pertaining to the lungs or stomach. Its value cannot be understated.

Pass on the good news of homeopathy!

Warmly,



P.S. My protocol courses – grouped by commonly experienced topics and conditions, such as “The Antibiotic Alternative,” “Allergic?!,” and “Good Gut, Bad Gut” among others – can be found on Joette’s Learning Center.

Don’t know which course would be right for you? Utilize my Course Selector. Answer a few simple questions to bring the right course for you and your family into focus.

And remember, all my Mighties (Joette’s Mighty Members) qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

A Kick in the Keister



My goodness, I’m hearing about a lot of people coming down

with something this winter, and that's good.

"WHAT? Joette, how on earth is it *good* to get sick?" you may ask.

Well, in my experience as a mother, I have noticed – and probably other mothers have too – that an illness in children can often result in a developmental shift in ability and maturity. You might say recovering from the illness gives them a little kick in the keister.

For instance, before one of my children would get sick, they would often be hopelessly frustrated by something they couldn't quite accomplish. They'd complain, "I can't tie my shoes. I don't know how." Or they'd lament, "I can't ride a bike. I'll *never* be able to ride a bike."

Then they'd come down with symptoms and be down for the count for a time. But once they healed, BAM! They leaped forward in their abilities. The shoes were tied, and the bikes were ridden!

This phenomenon may happen as a matter of course, but I have found it to be more predominant in cases where the children's illness is not tamped down with drugs of commerce (yes, even over-the-counter drugs). At the very least, this developmental jump is more clearly observed in children whose conditions are not suppressed.

It's my opinion that this developmental shift – this kick in the keister – also happens with adults after recovering from an acute respiratory illness. When we get sick, we are held back and held back and held back, like a coiled spring. But when we're finally better? Once again, BAM! Adults often come back to work with solutions to problems they couldn't solve before getting sick.

Maybe instead of saying, "I'll sleep on that problem," we could say, "I'll get sick on it!"



Through the years of my clinical experience, I developed a homeopathic protocol with an excellent track record for use during convalescence. It's *Calc phos* (*Calcarea phosphorica*) 3 or 6 with *Ferrum phos* (*Ferrum phosphoricum*) 3* or 6. One may employ these two medicines either mixed together in the mouth, or one may alternate them. But generally, they are utilized twice daily until very much better. In my practice, this combination has demonstrated the ability to move a sufferer successfully through the convalescence period.

However, what if a respiratory illness lasts too long?

First, let's clarify what I mean by "too long." Some folks are so eager to get back to their lives, they might say, "But, Joette, I've been sick for five to seven days!" My friend, that's not long enough to be concerned. I remember when I was a kid, just about every illness lasted two weeks! But we recovered with no drugs, only chicken soup and rest.

So, let's say if one is sick for more than 3 weeks, then one might consider employing *Sulphur* 30, twice daily, for a few days. *Sulphur* has historically been shown to provide a little kick toward full recovery.

I know people are busy, and they want to go, go, go. But an illness offers the opportunity to slow down and take it easy. It's a wake-up call. Yes, it may be inconvenient because we don't get to choose the timing, but an illness

can offer a natural boost and that elusive kick in the keister we all need from time to time.

Pass on the good news of homeopathy!

Warmly,

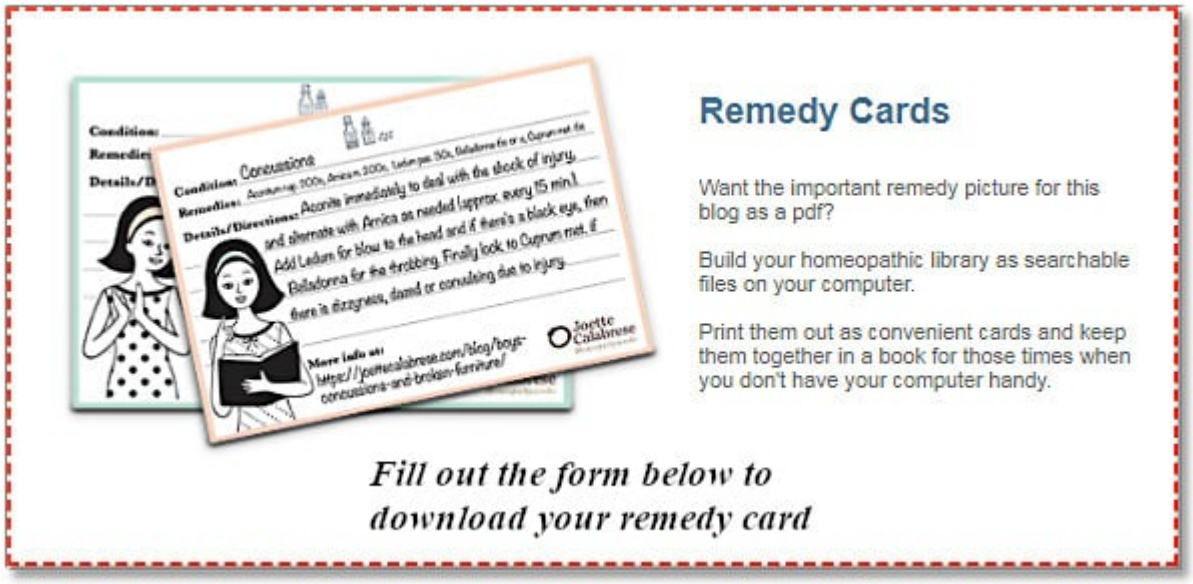


*I didn't provide a link for *Ferrum phos* 3 because it can be challenging to find unless you have a certificate enabling you to purchase from OHM Pharma. While OHM is not open to the general public, my clients and students of in-depth courses receive access.

P.S. Want to learn more about my Practical Homeopathy®? My mission is to make homeopathy more accessible so that mothers and others can reclaim their autonomy by treating themselves and those they love.

Nothing will help you learn faster than by learning with others of like mind. It's how I learned when I first started in homeopathy in the 80's. So, I designed my Gateway to Practical Homeopathy®: A Guided Study Group Curriculum to recreate that same learning environment that worked for me.

New study groups are forming all the time, so purchase your study guide now. Then gather up your friends and start your own study group *or* find an experienced leader at Joette's Study Group: Find your new Study Group Friends' Facebook page.



---

17 Homeopathic Medicines for Travel



Socks
Underwear
Toothbrush

When packing for a trip, we all have our must-have lists of items to fill our suitcases. A recent blog reader asked me for a list of homeopathic medicines to include while traveling. It’s a great request, but not easy to fill without more information.

Where are you going?

If I were going to a foreign country where the food and water may disrupt my digestive tract, I would certainly want to include homeopathic medicine for gastrointestinal upset. If my family and I were going skiing, I’d probably be less apt to worry about tummies and, instead, I’d be more concerned about medicines applicable to overexertion and injuries. If I were going to a tropical island, I might need

the ability to address someone's sunburn. Or, if I were visiting elderly relatives, I may consider bringing medicines that could assist them with the pathologies of aging.

So, without knowing that crucial piece of information – your destination – I have formulated a list of 17 homeopathic medicines that meet the broad criteria of "travel." This is by no means an absolute list, and one may choose to customize the list according to their family's needs and the potential requirements of the destination.

I'm presenting these medicines differently today because I want you to do a little research yourself. In this list of 17 homeopathic medicines for travel, each is linked to a homeopathic pharmacy, where they may be purchased online.* However, I always encourage my students to read, read and read some more. So, I am also including a previous blog post detailing at least one condition for which the medicine might be utilized and which potency of the medicine has been historically shown to act. (One may even choose to travel with more than one potency of some of these medicines to address several conditions.)

So, there's "homeowork" to do.

Obviously, I can't list every blog post pertaining to each medicine in this article. Goodness, it would be as long as my arm! So, utilize my website's search tool to learn even more. Put each medicine's name in the search bar and read all the blogs that present. Or simply use Google to search my site by each medicine's name. Don't know how to use Google for this purpose? Read Let Me Google That for You.

Download – for free – the Remedy Cards from each associated blog and keep them with your new "travel kit." While you're at it, download and print the photo below as a label (and reminder).



1. *Aconitum napellus* – Emergency Remedy Series: *Aconite* in My Purse
2. *Apis mellifica* – Edematous Swelling and *Apis*
3. *Arnica montana* – When in Doubt: Arnica!
4. *Arsenicum album* – Stomach Flu
5. *Belladonna* – If You Can't Stand the Heat … Grab the Belladonna
6. *Cantharis vesicatoria* – Cantharis for Burns
7. *China officinalis (Cinchona)* – Sunburn and Dehydration? Homeopathy Offers the Cure
8. *Coffea cruda* – Exquisite Tooth Pain
9. *Gelsemium sempervirens* – E, F, G: Exhausted, Fatigued … *Gelsemium*
10. *Hypericum perforatum* – Emergency Remedy Series: On My Last Nerves
11. *Ignatia amara* – Psychological Protection
12. *Ipecacuanha* – Ipecac: The Cough That Nags and Gags
13. *Ledum palustre* – Summertime and the *Ledum* Is Easy
14. *Lycopodium clavatum* – Bloating

15. *Mercurius solubilis* – A Fungus Among Us
16. *Nux vomica* – All Creatures Great and Small
17. *Pulsatilla nigricans* – Fake Medicine

Although homeopathic medicines are readily available in many locales, it's better to keep your family happy and well during trips away from home by carrying your own small inventory of commonly needed remedies. Better to be safe and smart.

Over time, you'll customize your own travel kit to meet your family's needs. Let me know what you always travel within the comments below.

Enjoy your trip!

(And, as always, pass on the good news of homeopathy!)

Warmly,



*P.S. If you purchase from Boiron, enter the promo code **Joette** at checkout. Boiron will apply (at the time of this writing) a 20% discount on your purchase. I might add that this is *not* an affiliate program offering me a kickback. I don't participate in affiliate programs with anyone. The discount is given to you.