

What's in a Name?



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What's in a Name?



With sincere apologies to William Shakespeare, “a rose by any other name” might just be a chrysanthemum!

Now before you think I’ve lost my mind, let me explain what I’m talking about.

Have you noticed the letters behind my name – the “credentials” that supposedly give assurance that I’m qualified to practice and teach homeopathy? What do they mean? Does a chorus of angels sing as the letters are read? Not exactly.

Credentials might mean someone is a good homeopath. Credentials might also mean someone is good at taking exams. But credentials can also mean someone forked over a few bucks to Udemy.

Do you think I'm being facetious? I'm not. Over the holidays, a colleague pointed out to me that there was a course on Udemy advertising itself as granting a "Fully Accredited Certificate in Homeopathy" for \$15!

You read that right. For \$15, someone could throw some letters behind their name and claim to be an accredited homeopath. I doubt you could even buy a meal at McDonald's for \$15, and we all know what *that's* worth.

My friends, we have to be careful. We shouldn't allow homeopathic expertise to be reduced to a five-and-dime store novelty. In my opinion, irrefutable harm could be done to the reputation of homeopathy if "certification" is granted after dabbling in a course of only three videos and a few articles.

So, how does a person in need choose a qualified homeopath? How do you separate the roses from the chrysanthemums?

I recommend using the same method that has been used for years – word of mouth! Get a recommendation from someone you know and trust. That's how many of us find dentists or chiropractors or naturopaths. Word of mouth – success stories from people you know – are invaluable.

Or perhaps you have taken courses from a particular homeopath. You know their methodology, their professionalism, their level of commitment. You know something about them in some way – not simply that they have some alphabet soup spilled behind their name. That familiarity might provide a level of trust.

But remember this: **At the end of the day, it's all about foundation, education and experience!**

For instance, to earn credentials from The Academy of Practical Homeopathy® (PHom), one must immerse oneself in a year-long, demanding educational endeavor. My students take

an intense dive with full emersion into the history of homeopathy, human disease and pathophysiology, a thorough and deep dive into Hahnemann's "Organon," use of the repertory, feverish study of *materia medica*, keynotes of our medicines, the manufacture of medicines, symptoms, protocols, and cases! (And that's just the tip of the iceberg.)

The amount of effort required to complete this intense year was often alluded to by my students as a "firehose" of intensity. One of my clever students actually gifted me with an antique firehose nozzle that weights down the papers on my desk. It's a happy reminder of her as well as a year of immense effort and commitment.



The Academy of Practical Homeopathy® is comparable to more than a year in college – not for the faint of heart. So, if you see PHom behind someone's name, you know they have engrossed themselves in the study of Practical Homeopathy® for an entire year and passed rigorous testing – not simply watched a few videos on Udemy.

In fact, should you be interested in contacting a practitioner who is a graduate of The Academy of Practical Homeopathy®, you may do so here: aphalumni.com. After reading the introduction on that page, click on "Find a Homeopath" in the top menu bar.

As I always say, “Pass on the good news of homeopathy!” Your word of mouth may go beyond helping a sufferer find a homeopath they can trust. You may nudge them just enough that they join you on this path of learning homeopathy to become the healer in their own family!

And let’s face it, self-reliance is the greatest goal of all. I mean, who cares about your family more than you do? No one – not even the most qualified homeopath in the world. YOU are the keeper of your family’s kingdom, so I encourage you to learn as much as you possibly can and envelop yourself with like-minded folks.

For instance, consider joining my [Mighty Members](#). Join our private discussion groups, much like the Facebook forums but without external censorship. You’ll also receive my weekly Memo to Mighty Members. It’s essentially an extra blog post on certain topics I don’t feel comfortable sharing on my public blog. There are extra videos from me to my Mighties, occasional additional “private” content added on to the Monday Night Live events, and so many more extras. (For instance, all my Mighties qualify for a 10% discount on course purchases.) [Join us and become MIGHTY!](#)

Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a large loop at the bottom.

P.S. Lest you think I forgot to give you this week’s “must have” homeopathic medicine for your kit, here it is: [Arnica montana](#).

No homeopathic kit should be without *Arnica*, as it is the

premier first-aid medicine for trauma. Many of my students wisely own it in 3, 6, 30 and 200 potencies. Even many forward-thinking conventional M.D.s utilize *Arnica* for their patients. [Click here for a few blog posts that will educate you on some of its uses.](#)



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1/22/23 Trauma Pain Swelling

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Shin Splints



The ankle bone's connected to the leg bone.

(You know me; I can't ignore a song cue!)

Since my blog post lesson last week was about the ankle, let's move up our lower extremity to the leg itself. A common injury – especially for runners – is shin splints.

Whether caused by stepped-up workouts or plain ol' repetitive stress, shin splints cause soreness and pain along the length of the leg bone (the tibia). Now, while that may *sound* like a bone injury, it's actually damage to the tendons and tissues surrounding the bone.

On its website, [Johns Hopkins Medicine](https://www.hopkinsmedicine.org) advises, "Treatment includes stopping the activity that causes pain."

Oh, for crying out loud! Doesn't that sound like the old doctor joke? "Doc, my leg hurts when I do this!"

"Well, don't do that!"

Hmmm. Is it just me, or does that seem a wee condescending?

Enter homeopathy! (And some *real* common sense)

Several homeopathic medicines have been known to meet shin splints with a more efficient approach. Sure, rest is beneficial. But a gentle, polite medicine – with no adverse side effects – can help to shorten the required downtime. (And who wants lengthy downtime? Have you ever met a runner? They have to run! It's in their DNA. Asking them to rest is like asking a mosquito to stop buzzing – nearly impossible.)



In my experience, the most effective homeopathic medicine for shin splints has been *Ruta graveolens* 200. In fact, regardless of the location on the body of an injured tendon, *Ruta* 200, twice daily, has been shown to be quite effective.

(Remember [the ankle sprain blog post](#)? The damaged tendons in the ankle responded beautifully to *Ruta*!)

Additionally, one might also consider *Symphytum officinale* 200, twice daily. Why *Symphytum*? *Symphytum* is the premier homeopathic medicine for bones, and it also addresses tendons and ligaments. While shin splints do not involve a *broken* bone, the periosteum (the tissue surrounding the tibia) is often damaged when one suffers from shin splints – indicating *Symphytum* could be a good match.

In fact, these two medicines, *Ruta* 200 and *Symphytum* 200, may be mixed together in the mouth to create a combination medicine – a veritable one-two punch for shin splints!

However, as I always say, there's more than one way to grease a pan. So, there are a couple of other homeopathics that are also considerations. However, I'll reserve those for this week's Memo to Mighty Members*.

But if you'd like to do more reading now, an older blog post of mine might be of use.

[From Tendon, Bone, and Cartilage Problems to Healing with Homeopathy](#) details an experience our departed poodle, Buster, had with a leg injury.

Don't forget, both animals and humans benefit from well-chosen homeopathic medicines used in the very same manner. It doesn't matter if you're a woman, man, child, dog, cat, cow, camel, giraffe or penguin – homeopathy works!

So, pass on the good news of homeopathy!

Warmly,



P.S. In case you didn't notice, this week's must-have medicine for your kit is *Symphytum officinale* 200. However, remember: When utilized for broken bones, *Symphytum* should only be employed *after* a medical professional has properly set the break!

* If you're not yet one of my [Mighty Members](#), what are you waiting for? Each week, the Mighties receive additional information in the form of video Mighty Musings or Memos to Mighty Members. (And let's face it, those memos are actually extra weekly blog posts). Plus, you'll have access to a private social center to bring sensitive discussions away from the prying eyes of public social media, access to Facebook Lives without joining Facebook, and so much more.

And remember – all of my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.



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Sprains, Strains and Pains



Ouch.

No, seriously, OUCH!!

We've all experienced sprains at one point in our lives – ankles, wrists, knees, elbows. Ouch! Right? Sprains and strains can happen in an instant yet leave weeks and weeks of painful recovery.

How can something as simple as a misstep, a slight fall or an overextension of a joint cause such misery?

[The Mayo Clinic](https://www.mayoclinic.org/diseases-conditions/sprains-and-strains/symptoms-causes/syc-20352677) defines the difference between a sprain and a strain thusly, “a sprain injures the bands of tissue that connect two bones together, while a strain involves an

injury to a muscle or to the band of tissue that attaches a muscle to a bone.”

They go on to advise, “Initial treatment includes rest, ice, compression and elevation.”

That’s excellent common sense, but they missed the opportunity to add a surefire method to address sprains: homeopathy!

While I’d love to tell you that the photo for this blog post is a stock shot, it’s actually one of my team member’s ankles from right before Thanksgiving. Tracey’s story – and she’s sticking to it – is that she tripped while rushing into a busy intersection to rescue a small, wounded animal from oncoming traffic.

(What *really* happened? Well, let’s just say she misstepped when standing up from the sofa because her leg had fallen asleep, and she proceeded to go down in a heap on the living room floor, rolling her ankle in the process! Unfortunately, as is often the case, the truth is less heroic ... and much more klutzy!)

But no matter how the injury occurred, as you can see, her sprain was a doozy. Everyone around her thought it would take months to heal fully. But guess what?

In less than two weeks, her ankle looked like this:



No pain. No swelling. No inability to bear weight. Full mobility with only a teensy spot of the old bruise. It was almost as though the injury had never happened. Athletic friends were gobsmacked, as they knew how long that type of injury can take to resolve!

How did she do it, you might ask? (And before you assume it was simply the healing power of youthful vigor, let me tell you that she's in her sixties. So, no, that wasn't it!)

Tracey used homeopathy!

Immediately after the injury, she utilized *Arnica montana* 200. Obviously, the damage was rather severe. So, meeting the severity of the injury with the frequency of the medicine, she employed *Arnica* several times during the first few hours and then twice a day for the next couple of days.

However, from my blog post, [Royal Pains](#), Tracey also remembered reading about [Ruta graveolens 6 or 30](#) for sprains (and strains). So, she added *Ruta* 30 to her twice-daily schedule.

Indeed, *Ruta* is a spectacular medicine for injury to tendons and, undoubtedly, was responsible for her swift and complete recovery.

She also had a [*Ruta graveolens* first aid cream](#) on hand, and now she swears by it! The pillule form of homeopathic *Ruta* would have certainly done great work alone. But Tracey observed that the cream also added an extra “boost” of homeopathic attention that more fully eliminated the pain. I certainly can’t argue with her results!

One important note: Following my teachings, she also saw a conventional medical doctor to get an ankle X-ray. Had the ankle (or one of the myriad foot bones) been broken, she would have needed it to be properly set before utilizing a different protocol for bone breaks. Once again, this illustrates the hand-in-glove fit of a conventional medical diagnosis with homeopathic medicines!

Wintertime, with the ice and snow, is known for slips, falls, sprains and strains. Whether out on the ski slopes or just trying to walk to the car, we must be especially mindful. (Apparently, living room sofas should also be on the “dangerous” list.) But when accidents happen, thank goodness we have homeopathy.

So, add [*Ruta graveolens*](#) to your homeopathy kit, most likely in the versatile 30th potency. Then, when a friend or loved one is injured, it’s a perfect opportunity to pass on the good news of homeopathy with a medicine that will relieve their suffering.

Warmly,

A handwritten signature in cursive script that reads "Joette". The signature is written in black ink on a white background.

P.S. As the new year gets underway, consider joining my private [Mighty Members group](#). There, I feel free to share additional information on medicines, current events, personal discoveries and so much more. For instance, I'm making a note right now to discuss another use for *Ruta graveolens* that may surprise you! (Something Tracey unintentionally benefitted from as she tended to her ankle injury.)

And later this month, I will be starting a new series for my Mighties called "Joette's Bookshelf," in which I'll share titles from my library – books that have shaped my thinking!

And speaking of books, discover the usages of over 150 commonly used homeopathic medicines – and the nuances between them – in [A Materia Medica: Practical Homeopathy® for Busy Families](#). I wrote this handy guide with you in mind. It's all plain English – easy to understand – with helpful stories from my practice for illustration.



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The Honey Badger Mom



What is your purpose in life ... your motivation for 2023?

To save enough to buy that handbag you've had your eye on?
To lose a few pounds to fit into a swimsuit come summer? To
learn how to use TikTok?

How about switching your focus to becoming a Honey Badger
Mom (or Grandmom)?

"A what?" you might be asking.

Are you familiar with honey badgers?

While I rarely trust the veracity of entries on [Wikipedia](#), I think they have this one right: "The honey badger is notorious for its strength, ferocity and toughness. It is known to savagely and fearlessly attack almost any other species when escape is impossible, reportedly even repelling much larger predators such as lion and hyena. Bee stings, porcupine quills, and animal bites rarely penetrate their skin."¹

Honey badgers may look cute and fuzzy, but they can become fierce in the blink of an eye.



So, this is my New Year's wish for you! I want you to be tenacious, impenetrable, relentless and, if threatened, even vicious. I want you to be unafraid, defy conventional "wisdom," and become self-reliant and fierce!

I want you to be a Honey Badger Mom!

So, here's a New Year's resolution for you: In 2023, develop a Practical Homeopathy® lifestyle with a Honey Badger Mom's mettle.

For instance, when organizing your pantry after the food explosion of the holidays, choose the foods you add with a specific eye! If a pantry is filled with cheap potato chips boiled in seed oils and preservative-filled cookies, guess what your family will eat?

Yep. They're going to eat junk! When we get hungry, we grab what is convenient! So, let's give ourselves and our families only real food options from which to choose.

Throw that junk away with impunity! Be relentless ... just like a Honey Badger Mom!

Going forward, if we only stock high-quality snacks and foods (like whole-fat, grass-fed yogurt, bone stock, farm-fresh, free-range eggs, or grass-fed lamb), then our families will be forced to eat only these.

And as we usher in the New Year, there's another place that probably needs to be cleaned out: the medicine cabinet.

Toss out that Tylenol® Cold + Flu and replace it with Boiron's [ColdCalm®](#)! Again, let's provide ourselves and our families only non-synthetic options with the determination of an unyielding honey badger.

In fact, let's make that OUR goal for 2023. Let's create Practical Homeopathy® kits filled with homeopathic remedies pertinent to our families' needs. The rest of the junk from the drugstore counters has no place in a Honey Badger Mom's home.

To assist in this undertaking, each week in my weekly blog posts, I will mention one remedy that should be included in

everyone's kit at home to live a genuine and Practical Homeopathy® lifestyle. Just think, if you join me in this endeavor, you'll have 52 useful, effective homeopathic medicines by the end of the year.

So, this week, it's [ColdCalm®](#). No Practical Homeopathy® kit should be without it! Simply follow the directions on the package. The folks at Boiron have been manufacturing homeopathics for a long time; they know their stuff!

And sharing ColdCalm® with friends and loved ones is an effective and easy way to pass on the good news of homeopathy!

As an aside, I DO NOT receive kickbacks or affiliate remuneration from Boiron or any other enterprise. The product information I offer here is for one thing only, and that is to educate, educate, educate.

Look, once you discover your passion for homeopathy, you're tagged. You're it! With knowledge comes responsibility. You must share what you know; you almost have no choice! And the first place to get the ball running is the most important one – at home.

Happy New Year, my friend! This year, we will take on the world, one authentic medicine at a time!

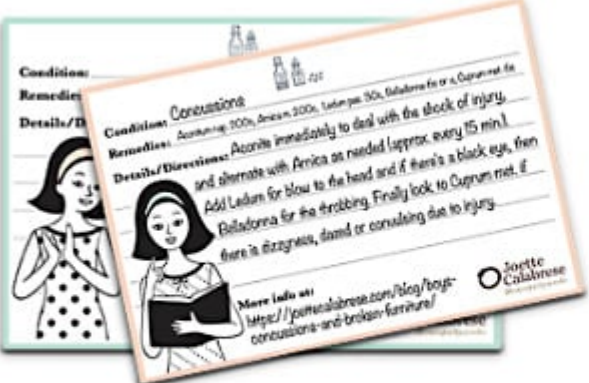
Warmly,

A handwritten signature in black ink, appearing to read 'Jette', with a large, flowing loop at the bottom.

P.S. Did Santa leave money or cash cards in your stocking for Christmas? Perhaps you're looking for a course in

homeopathy to purchase and start the new year off strong. I encourage you to take advantage of our [Course Selector](#) on my [Learning Center](#). By clicking on a few buttons, you can determine which course would be the more applicable to you and your family's needs. Get a jump on 2023! There's no time like the present!

¹Honey badger. (2022, October 14). In *Wikipedia*. https://en.wikipedia.org/wiki/Honey_badger



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Happy Holidays? No Way!



Sometimes it's hard to find connections with people.

To have even a tiny bit of commonality is a powerful thing. You know, like the feeling you get when someone says, "Merry Christmas!"

But instead, what if they say, "Happy holidays"?

Does that work?

At first, when it became popular to say that, I thought, "Well, that's okay, I guess." But then it started to get to me.

It sounded just a little too noncommittal. I mean, doesn't it smack of big business seeking to satisfy a larger market

while trying to sound inclusive? And isn't it politically correct?

You know I don't go for that, and my guess is neither do you. To me, the phrase "Happy Holidays" is watered down, insipid woke-speak.

But replace the Happy Holiday message that tastes like a microwaved burger and a Diet Coke with "Merry Christmas! Happy Hanukkah!"

Now, *that's* something we can sink our teeth into!

That's more like a golden, roasted free-range turkey, mashed potatoes swimming in grass-fed butter, a genuine yule log and homemade eggnog with raw cream and freshly ground nutmeg.

MERRY CHRISTMAS!!

It stands for something big and powerful and good.

So, for years now, ever since "Happy Holidays" came into style, I've dug in my heels and retorted, "No! It's Merry Christmas and Happy Hanukkah with all the provenance, the bold religiosity and the political gall that comes with it."

But then again, I do what all of us sometimes do. Since I often seem to be alone in this, I check myself. I wonder if maybe I'm wrong for thinking this way.

After all, isn't this a time to simply show kindness rather than insist on making a point?

Does it really matter what the words are if the greeting is intended with good will? Doesn't that count for anything?

Ponder. Ponder. Ponder.

Then I come back to my senses, and I make an internal (well, sometimes, *not* so internal) declaration and shout,

“NO!” And I let out another big “NO,” and this time I stomp my foot.

The way I see it is that we need to *insist* on it. I’m not letting go of this one!

For every time we let go of something we believe in, a fairy dies (or something like that).

Maybe another way to say it is that every time we acquiesce a little here and a little there, something is weakened. We must be insistent or else our “insistence bone” atrophies and eventually dies.

So, now, every chance I get – at the grocery store, at the gas station, when I receive a delivery – I sing out in my mezzo-soprano voice,

“MERRY CHRISTMAS!”

It’s powerful.

Why? Because it’s an amalgamation of our morals, our yearning for the good in life and the unaffected that we uniformly understand.

Indeed, this is not just any holiday to be happy about. It’s Christmas! And as songwriters Pola and Wyle wrote, “It’s the most wonderful time of the year!”

So, join me and yell it out!

MERRY CHRISTMAS!

Shout it from the roof tops! Be proud of your heritage. Be proud that you’re not going to bend and become a politically correct, fearful, manger animal watered down to suit a corporate, government or political agenda.

Instead, shout loudly at the top of your voice,



And to all a good night.

Warmly,

A handwritten signature in black ink, appearing to read "Jette". The signature is written in a cursive style with a long, flowing tail on the letter "j".

The Angry Child



“Oh, you better not cry; you better not pout”

If a wee bit of childlike misbehavior weren't normal, those well-known lines wouldn't have made it into a Christmas carol. So, that's how we encourage all kids to be on their best behavior for Christmas (Santa's watching, you know).

But what if their emotions – especially anger – are unmanageable year-round?

Of course, a hissy fit here and there is to be expected. That's normal. But occasionally, even with the best of parental strictness, unregulated anger can be a pathology – one with which homeopathy is poised to intervene.

But don't take my word for it. One of The Academy of Practical Homeopathy® graduates shared an impressive success story with her fellow students and has graciously allowed us to share it here.



“For three years, our son has had explosive anger, frustration and rage tantrums coupled with extreme fear of being alone and other emotional aspects. Throwing himself on the floor, punching people/furniture, kicking and resort[ing] to furniture flipping and punching glass/walls during his rages.

“Also, [he] had residual muscle burning from recent Lyme and hadn’t ridden his bike in a year and would cry in pain during the horse riding lessons he begged to do. Bedtime brought more fits of rage. Our goal became to minimize damage to us/property and keep him safe.

“He wouldn’t take herbals, homeopathics, emotional coaching. Doctors offered no diagnosis nor advice. Chiropractor identified a nerve impingement in C2, but our son would not do treatments.

“Halfway through (Joette’s) Academy (of Practical Homeopathy), I decided to skip to [Joette’s] Mindful course. There had to be an answer there! For two days, I locked myself in my office, went through the course, and scoured the materia medica/repertory.

“I chose Stramonium 200C (every other day), [and other homeopathics for other conditions]. Within two weeks, he was riding his bike & horse again; his tantrums had reduced by 15%; he was talking to adults unprompted; he was spending a few minutes alone.

“At eight weeks, his muscle burning was 100% resolved; his tantrums were now a few times a week rather than several daily – less severe if [they] happened – and he ventured a little independently.

“By 10 weeks, we noticed that on days [he was] given Stramonium, he would have severe meltdowns. So, we went to once a week and then dropped it as it had done its work.

“Now, 15 weeks in, we feel like we are finally meeting the sweet five-year-old boy that was there all along! Everything is reaching the magic markers in divine harmony, and all symptoms lessened as the weeks go by.

“It has been so miraculous that friends and family are in disbelief. My husband says the entire tuition was worth it to see this beautiful healing that we had lost hope could even be possible. Our family is saved thanks to what I have learned this year in APH!” – Jennifer A.*



Well done, Jennifer! My entire team was moved to tears when you shared your story.

My dear readers, do you see what can be done by a mom who prioritized assimilating as much homeopathy education as possible? It's miraculous!

I am particularly impressed with her choice of [Stramonium](#), a highly effective homeopathic that has historically been known to address unwarranted anger coupled with fear.

I have previously described its use in both the 200th potency (as discussed in [Podcast 94: Stramonium and The Swiss Family Robinson](#)) and also in the 6th potency (as detailed in [Is It ODD or Ordinary?](#)). In fact, in my experience, *Stramonium* has accomplished the work on its own, eliminating the need for other remedies. But remember, there's always more than one way to skin a cat!

But I am so pleased by the excellent work that this Academy of Practical Homeopathy graduate did! She embarked on a noble mission, no doubt beginning with the free information offered on this site.

Then she homed in on my protocol course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#) (a course that is available to everyone through [this link](#)). And while attending The Academy, she cultivated expertise in using a repertory and *materia medica*.

She put in the work to get “skilled up” in her use of homeopathy and was able to change the life of a child and an entire family.

Can there be a loftier goal than that? I certainly can’t imagine one.

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Jette".

P.S. With Christmas right around the corner, it’s time to read your list and check it twice! If you know a family dealing with a genuinely struggling child, perhaps a gift of [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#) would be welcomed. (Or perhaps you want to drop a hint or two for yourself!)

It’s easy to give a course through [The Learning Center](#) by purchasing a gift card. You can choose the dollar amount and personalize your gift card. My team will email a gift

announcement to your recipient on *your* selected date. They'll receive all the necessary information to finalize their course choice, pay with the gift card, and register as a student!

Or, as you can tell from this graduate's experience, having a *materia medica* is of the utmost value. So, I wrote [A Materia Medica: Practical Homeopathy® for Busy Families](#) with just plain talk, memorable stories, and plenty of education!

And remember – all of 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.

*Story lightly edited for clarity.



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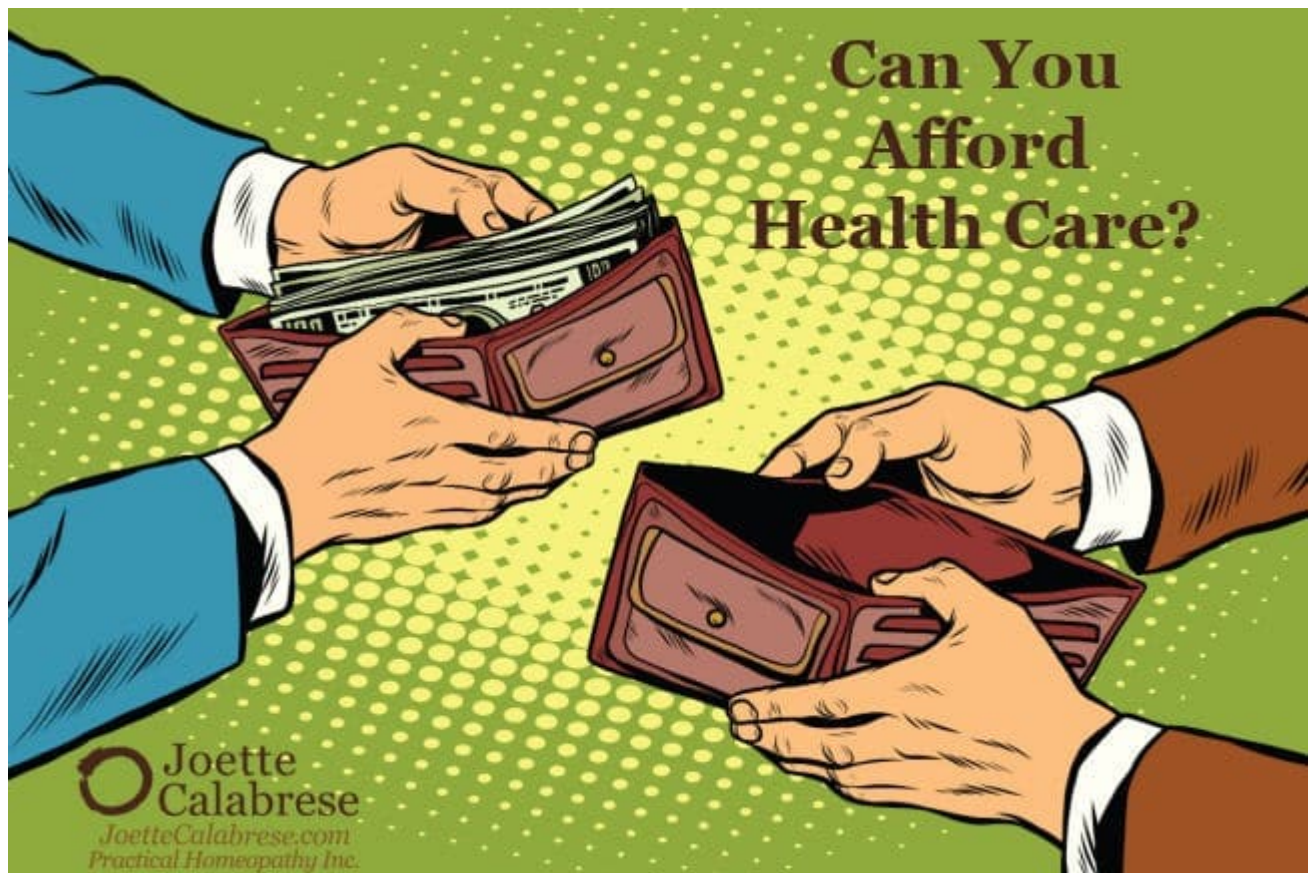
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Can You Afford Health Care?



‘Tis the season!

No, no, I’m not talking about Christmas or Hanukkah. Instead, I’m talking about the annual angst many folks feel as they try to decipher the choices for next year’s health insurance. And as much turmoil as that process causes, the real anxiety begins when they try to figure out how to *afford* the monthly premiums.

My husband recently came across an article entitled “[Young Americans Cannot Afford to Be Healthy.](#)” The statistics are disturbing. Young Americans are putting their health on the back burner because of tight finances.

In fact, my clients are voicing the same concerns. I’ve heard from folks who can no longer afford to buy high-quality cod liver oil (such as [Rosita’s Extra Virgin Cod Liver Oil](#) that I often recommend). Others can’t afford

weekly beef! Many no longer buy grass-fed dairy. I've heard others complain that they can no longer afford to eat fish as often and have to move to a more stretched version. So, instead of a nice, rich broiled haddock, they can barely muster a tuna noodle casserole.

Look, I've said this before, but it bears repeating. You can skimp on clothes; go to the Salvation Army, consignment shops, or make your own. You can skimp on furniture; buy used at garage sales. You can skimp on where you live; you don't need a house with three bathrooms. You can even find inexpensive or free entertainment.

But don't skimp on good food or high-quality medicines!

And that's where homeopathy is the perfect financial solution for our time!

If a child has a screaming ear infection, Mom can buy one tube of [*Belladonna 30*](#) for \$8.49 (minus 20% if she uses the coupon code "Joette" at checkout on Boiron's site). That one tube can address many episodes of otitis media. (Although, in truth, the child may not suffer many more episodes after the *Belladonna* does its work to uproot the condition. But Mom can use the rest of the bottle for her other kids!)

Homeopathy is the very definition of getting your money's worth!

If Mom is familiar with the symptoms indicating repetitive ear infections, there's no need to visit a doctor for a diagnosis; no insurance deductible, no co-pay, no prescription antibiotic, and no repeat visit to the doctor to then diagnose what I call "antibiotic poisoning" in the form of subsequent food allergies and intolerances!

Lather, rinse, repeat. Mom and child are now on the conventional medicine conveyor belt that gets more and more expensive every year!

Homeopathy saves money and can help avoid future illnesses!

So, instead of paying for insurance company executives to get richer and Big Pharma to become more powerful, Mom invests her money in a deep inventory of homeopathic medicines and education.

I hear people discussing all the time, "Should we invest in gold? Silver? Other precious metals? Bitcoin? Real estate?"

No. In these financial times, I say the most rewarding and economical investment you can make is in your education.

Get skilled up!

Your homeopathy education will make a significant impact on your family's health AND wealth. And it's not a splurge. It's an investment – one in which the entire family will benefit.

Look, folks, I've been where you are. When we were struggling financially, in some ways, it hemmed us in. But it also put welcomed pressure on us to find ways to step outside of the lines and become self-governing. We procured our good food by raising our own chickens, wild-crafting, and purchasing raw milk from our local farmer. We ground our own grain, made sourdough bread, yogurt, kefir and generally became independent. It became a source of joy to figure out how to solve these problems. Plus, our forced ingenuity helped us raise our kids with purpose – questioning the status quo. They gained a sense of self-reliance instead of entitlement.

So, I say to young and older people alike, you CAN afford to take control of your health! You just can't do it if you stay in the lane that you've been "assigned."

Knowing how to use homeopathy for just about anything that comes your way can save a lot of money. It offers relief

from unaffordable insurance premiums, unnecessary doctor visits and expensive drugs of commerce. (Not to mention, it allows one to avoid those nasty, often life-altering, lifelong side effects that generally follow pharmaceutical use.)

The time to get skilled up is not when your child is in the middle of a strep throat event; it's *now* – so that you're prepared with *Belladonna* 30 or *Hepar sulphuris calcareum* 30 and you know how to use them.

Look, nothing in this world is “free,” but an investment* in homeopathic medicines and a top-notch homeopathy education will certainly provide freedom!

So, let's answer the question we posed at the very beginning of this blog, “Can you afford health care?”

Yes! Yes, you certainly can ... with homeopathy and your brain in gear!

Meanwhile, as I always say, pass on the good news of homeopathy!

Warmly and devotedly,

A handwritten signature in cursive script, appearing to read 'Jette', with a large loop at the end.

* With Christmas and Hanukkah around the corner, do you really need another pair of gloves? Or another necklace? A tie? A talking bass on a plaque? No. What you truly need is homeopathy education.

When I was still amassing my knowledge of homeopathy,

everyone in my family knew exactly what I wanted for Christmas, Mother's Day and my birthday. My husband also knew that it was one of the gifts that would reap benefits for the entire family! So, he always felt justified spending what seemed like more than we usually spent on gifts. And it was!

So, leave a little note for Santa, your spouse, kids, parents and in-laws with this link: JoettesLearningCenter.com.

There, they can purchase a course you've had your eye on, or they can simply give you a gift certificate to redeem for whatever you want – a Gateway study group curriculum (our newly revised second edition will begin shipping in January 2023), my *Materia Medica*, or even an annual membership to my [Mighty Members](#)!

Most people love helping hints during this season, and, in turn, with your newfound education, you will be able to help them with their health throughout the coming year!

(And remember – all of 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.)



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BAM! Bronchitis.



You're going along, minding your own business, when BAM! You

feel something coming on. Maybe that familiar feeling like you're coming down with something. Clues that a cold or other unknown respiratory virus has chosen you as its new residence.

But you're not worried. You immediately know what to do. You have the Banerji Protocol for the onset of any virus that you learned about in last week's blog post, [The Alphabet Soup of Viruses. Now, It's RSV.](#)

What? You haven't read it yet! Well, get cracking, my friend. Time's a-wastin'!

But let's build on last week's post for the moment, shall we?

Sometimes, despite our best efforts, a virus will occasionally settle in and wreak havoc on our respiratory system. All of a sudden ... BAM! The condition might develop into bronchitis.

To be honest, at the onset of bronchitis, I would still utilize the Banerji Protocol [I discussed last week](#) – because of its sweeping ability as it pertains to the lungs. (And, yes, I'm making you click the link to learn more about that protocol. There are no shortcuts to education!)

Although, let me quickly interject that while I generally encourage a conventional diagnosis for an unknown condition, many folks who suffer from bronchitis often know when a virus has made that turn – without an examination. Once a sufferer recognizes the symptoms from a previous experience, I consider them wise enough to determine their own condition without an unnecessary trip to the doctor.

But here is where you need to check your fears! Just because you're *afraid* a simple virus might get worse doesn't mean it will. So, I do not recommend moving to the bronchitis protocol “just because” you're nervous. Wait until there is

a specific pathology before choosing a homeopathic medicine. That's the keyword, my friends – medicine. Homeopathy is MEDICINE. Utilize it prudently and only when necessary.

That said, if you've already begun with the Banerji Protocol for bronchitis and [respiratory viruses in general](#) – [Aconitum napellus 200](#) mixed with [Bryonia alba 30](#) – you may not even need what I'm about to teach you. However, the remedy [Kali carbonicum 200](#) is a powerful medicine for mucus membrane disorders, particularly in the chest.

Generally, *Kali carb* 200 would be utilized once a day for a mild case of bronchitis. However, twice a day may be necessary if the condition is more severe. (Again, check your fear at the door and assess the severity *impartially* – without coloration from unwarranted apprehension.)

If the bronchitis continues to develop and evolve, there are other more focused medicines that one can turn to as more specific symptoms present. But, first, let me paint you a picture.

Literally.

Imagine that I am a painter of outdoor landscapes. Because of the overall predominance of the sky, I always start with blue. Why? Because blue encompasses the overall picture.

But today, I'm sitting in front of a forest. So, after I cover my canvas in blue, I need to bring in some green.

And the sun is low in the sky. So, I need to add some oranges and deep reds.

Oh, look! There's a little squirrel on one branch, so I'll pull in a bit of gray.

And I can't resist the detail of that patch of daffodils; I'll bring in some yellow as well.

Do you see what has happened?

I may have started my painting with blue, but as I began to notice more and more specifics, I tightened in on my vision. Of course, the blue still has value; it's my baseline! But as more nuances are introduced, blue takes a backseat to the more specific colors required.

Homeopathy is just like my painting. (And now you understand the photo I chose for this blog post!)

In this case, we begin with our "blue" – the sweeping protocol for viruses in general, *Aconite* 200 mixed with *Bryonia* 30. (And yes, you still [have to click to read the full blog post for that protocol](#). No cheating!)

Then, if bronchitis ensues, we pull another "color" from our palette: the more specific medicine, *Kali carb*. If there is excessive coughing, we choose another medicine. Weakness in the lungs? Yet another.

We move from the more over-arching medicine to the more specific ones as the condition evolves – just as I did in my painting.

In the coming weeks, I will go into a few specific medicines for coughing and weakness in a [Memo to Mighty Members](#). But look at how much you learned today! Nice job!

As usual, I'll close with "pass on the good news of homeopathy!"

"But how?" you may ask!

This time of year, it's easy. Remember what a great gift homeopathy can make! You may want to give the remedies themselves (read [Give the Gift of Homeopathy for some tips](#)).

Or you may prefer to give a gift of education!

Might I suggest [A Materia Medica: Practical Homeopathy® for Busy Families?](#) I wrote that book with my readers in mind – no vague terms – just plain talk, memorable stories and plenty of education!

For that very special person, gift cards are available through [The Learning Center!](#) You can choose the dollar amount and personalize your gift card. Then, my team will email the gift announcement to your recipient on *your* selected date. No reindeer required! They'll receive all the necessary information to finalize their course choice, pay with the gift card, and register as a student!

What could be merrier than that?

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', with a large loop at the bottom.

P.S. If you missed my Facebook Live on addressing chest infections *without* antibiotics, [click here to view the archived video](#). It is a great companion piece to our discussion here on bronchitis!



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The Alphabet Soup of Viruses. Now, It's RSV.



We're certainly getting educated in the alphabet soup of virus names these days. For example, RSV (Respiratory Syncytial Virus) is all over the news as it circulates among school children.

Now, before we all clutch our pearls, let me say that RSV is nothing new. It's an established seasonal illness, which generally makes the rounds every year, along with colds and the flu.

We can't freak out every time a group of letters makes the front page. Viruses have lived alongside humans since the beginning of time.

Viruses aren't the end of the world!

Viruses are a natural part of the world.

But believe it or not, often, the most challenging part of homeopathy is trying to figure out what remedy to use for a

cold or flu.

Why? Well, there are several reasons.

First and foremost, at the onset of a viral infection, we usually don't know what we're dealing with. All we know is, "I don't feel well." Many viruses present in a similar manner, and we can't discern one from another until they ripen.

Also, the same virus may present differently in different people, often giving us no unifying thread to establish a clear-cut homeopathic remedy for each specific virus.

And there can be many unique variants – many variations on a theme, even within a single virus. (Years ago, folks didn't even know the term "variant." But post-2020, it's hard to go through a single day without hearing the word.)

And lastly, viruses evolve. A sufferer may first notice fatigue and weakness, then experience a sore throat, then a fever, then vomiting, then a cough, then lung congestion, and on and on. So, choosing the most effective homeopathic medicine depends on the symptoms in the current moment of the illness's evolution.

Consequently, it can be a bit frustrating because most people actually come to homeopathy thinking they want to take care of their family's colds and flu! When they're unsuccessful (because of these complex factors), they get discouraged and stop studying homeopathy altogether. But oddly, more sobering conditions (such as UTIs or otitis media) are sometimes easier to address because they're more straightforward.

To address respiratory infections that have gone a bit further, we consider not simply the name of the disease but rather the symptoms as they present.

Case in point: Laurie knew that it was inevitable that someone in her family would get a cold or flu, so she owned all the most effective homeopathic medicines and knew how to use them (or knew where to look to refresh her memory).

Good going, Laurie.

So, when Laurie's first grader came home from school with the onset of a respiratory virus, Laurie carefully observed as it evolved. For the initial weakness and other evolving symptoms, she kept [Homeopaths Get the Flu Too, Ya Know](#) printed by her daughter's bedside. (Many respiratory illness symptoms were also covered in [Ferocious Flu Fears](#).) When wheezing or asthma-like symptoms developed, Laurie re-read [Four Homeopathic Medicines for Asthma](#). If pneumonia had resulted, Laurie was prepared with [No More Pneumonia: Homeopathy and Pneumonia](#).

Do you see how this works?

Laurie stayed on top of the symptoms by addressing them with homeopathy – no matter what the viral strain's alphabet soup name was. And that made her daughter's condition more manageable and less severe.

But when confronted by a cold, flu or any respiratory virus, my mainstays are a common Banerji Protocol and *speed*. I have averted many viruses with [Aconitum napellus 200](#) mixed with [Bryonia alba 30](#), taken at the first inkling that a virus is taking over my system. Not later or before bed. Not the next day. I'm talking IMMEDIATELY at the first sign that I'm feeling an illness coming on. (And repeating every few hours – depending on the severity of the illness – until very much better or until the presenting symptoms require a different medicine.)

And not uncommonly, I and my family get sick less and less often as the years go by, by virtue of such knowledge.

That's why I recommend that anyone susceptible to viruses (and that means everyone) carries *Aconite* 200 and *Bryonia* 30 in their pocket or purse. Don't leave home without it!

So, things would have been different when Laurie picked up her daughter from school and heard that first little, "Mommy, my throat hurts." Armed with *Aconite* 200 and *Bryonia* 30 in her purse, Laurie could have pulled the car over and administered this powerful homeopathic protocol immediately – at that moment – not waiting for later that night when they got home.

And who knows? Perhaps the virus wouldn't have settled in so fully. Minimizing a viral condition *before* it gets severe is much easier than waiting until the virus fully blooms and the hospital is required. Once in the hospital, we lose all control. So, this is about prevention – keeping the virus from going that far. We endeavor to keep it at what is considered a perfectly acceptable level in all children's lives – to get a cold or flu every year and recover without difficulty.

So, I bet Laurie will have *Aconite* 200 and *Bryonia* 30 with her next time. How do I know? Because Laurie wants to be the kind of mom I admire – a honey badger mom – resilient, tenacious, thick-skinned, undeterred, and ferocious when need be!

To help facilitate honey badger moms, I'll soon teach my [Mighty Members](#) a homeopathic medicine that may be considered if the respiratory virus becomes fully established.

In addition, I've spent the last several weeks discussing homeopathic alternatives to antibiotics in my [Facebook Live events](#). However, I have the freedom and time to teach with much more detail in my course, [The Antibiotic Alternative](#). And believe me when I say that honey-badger moms shouldn't be without that particular course!

Until then, I suggest our viral mantra be “Preparedness, swiftness and knowledge.” Utilizing that strategy, we can generally reduce our families’ respiratory suffering, be it a cold, flu, RSV or even one of the “C-word” variants. And that’s powerful!

(Plus, a little homemade chicken alphabet soup couldn’t hurt! Just don’t get bogged down by all the letters.)

Pass on the good news of homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read "Joette". The signature is written in a dark ink on a light background.

P.S. Have you ever wondered what is the best way to “pass on the good news of homeopathy”? What about giving a gift of homeopathy to an interested friend or family member? Click through to [Joette’s Learning Center](#). The easiest and most valuable gift I can think of is a Practical Homeopathy® gift certificate, available with a simple click.

Perhaps, with your gift, your loved one will join a [Gateway to Homeopathy](#) study group! Can you imagine how much productive fun you two will have together – learning about homeopathy, supporting each other and comparing success stories?

You can make it happen. It’s easy. [Just click](#).



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Thanksgiving Dinner. Good Times.



Ahhhhh, Thanksgiving is upon us. In just a few days, the entire family will surround a beautifully decorated table with delicious food you've toiled over for days. It's shaping up to be a picture-perfect gathering.

And then Great Aunt Concetta asks why you feel the need to homeschool your kids.

It begins.

Over the years, Thanksgiving dinner has earned the reputation of being a potentially contentious occasion. As a result, we may find ourselves forced to cope with opinionated family members we might not agree with or swallow our reactions to Aunt Concetta's and Uncle Bruno's "suggestions" on how we live our lives.

Staphysagria is an excellent medicine for stifling emotions and suppressing feelings and ideas.

So, should we bake some *Staphysagria* into the stuffing?

Perhaps sprinkle a little over the green bean casserole?

Granted, that idea is giving me a hearty laugh as I write. But no, I'm most assuredly not recommending it!

Homeopathy is medicine. We never use it "just because." We only call upon this medicine when there is a presenting pathology – just as with a pharmaceutical.

Plus, ethics dictate that we shouldn't force our unsuspecting dinner guests to ingest homeopathic medicine. We only provide homeopathy to others after knowing their ailments inside and out or having taken their case!

But, when Uncle Bruno demands to know why you decided long ago not to own a TV when you *clearly* should own one, feel free to look wistfully at the undoctored green beans and snicker under your breath.

My friends, this scenario is all tongue-in-cheek!

Unless Thanksgiving causes an actual trauma that results in symptoms of a true pathology – like being freaked out to such a great extent that upset, shaking and insomnia ensue – we have to rely on more traditional coping mechanisms.

People are too quick to say, "I'll just take this medicine *in case* I might get upset." No. That's not how homeopathy ought to be used.

However, *Staphysagria* is a wonderful medicine when needed; for example, for resulting ailments from:

- when someone gets fired from their job and can't tell their boss what they think
- when someone feels publicly ridiculed
- in cases of spousal abuse
- in situations of sexual abuse of children (especially when the child innocently believes they are at fault for the abuse)

- when an individual has been putting up, and putting up, and putting up with a situation or perpetrator, causing them a deep, deep sense of shame

If the sufferer doesn't have the agency to defend themselves and speak their mind, if they are experiencing stifled emotions and suppressed feelings, if their nervous system has taken a major hit, then [*Staphysagria 200*](#) can be a tremendous medicine. It's generally taken every three days until very much better.

For instance, years ago, a parent brought their adolescent child to my practice. She would come home from school crying but wouldn't –or couldn't – explain what was happening.

Eventually, we uncovered that her teacher had been berating her mercilessly every day, and she was repressing her feelings because of a deep sense of shame. Indeed, *Staphysagria 200* worked beautifully to help her recover from the trauma.

So, here's my point. While you may have to repress your feelings at Thanksgiving dinner, that is not called pathology. That's called family. Just stuff your mouth with more turkey and pass the yams.

But here's a great Thanksgiving idea! Let's introduce the family to homeopathy in the right way.

Eating all that food – gravies, spices, ultra-pasteurized cream – is hard on the gut. So, why not include a little homeopathic gift to send home to each guest with their leftovers?

Do you remember my blog post in the Cell Salt Series, [David vs. Goliath?](#) In it, I described my father's success in breaking his dependence on Tums by employing [Natrum phosphoricum 6](#). The principal function of *Nat phos* is to break down lactic acid; thus, it is an exemplary antacid.

So, why not tuck a small bottle of *Nat phos 6* in with the Tupperware containers and plastic bags each guest takes home with them? Maybe tie a bow around it! Make it festive! (To make your gift even more educational, include a copy of [David vs. Goliath](#).)

I LOVE this idea! It's the best way to pass on the good news of homeopathy!

My family, my team and I wish you a wonderful Thanksgiving, my dear reader! I am, indeed, thankful for you and your support of our grassroots homeopathy movement.

Don't worry, I'm sure your dinner – and your Thanksgiving Day – will be a huge success!

Warmly,

A handwritten signature in cursive script, appearing to read 'Joette', with a large loop at the bottom.

P.S. As Thanksgiving approaches, our minds naturally turn to preparations for Christmas and Hanukkah. Make your gift-giving practical this year by giving the gift of homeopathy – Practical Homeopathy®, that is.

I want to help you make holiday shopping easy! Click through to [Joette's Learning Center](#) and peruse the various courses I offer. Perhaps one topic will fit precisely with what a friend or loved one has mentioned they're searching for. Or, if nothing jumps out at you, allow them to choose whichever course they want by giving a gift certificate (also available with a simple click on the same page).

(And it's not a bad idea to leave a few hints around the

house for courses you'd like to take yourself!)

Homeopathy education is a gift that always fits, never has to be returned, and will benefit your recipient and their family for years to come. Now *that's* practical!



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