

Emergency Remedy Series: But I Didn't Know!



Sometimes what we don't know *will* hurt us ...

Days later.

Many years ago, my parents were involved in a minor car accident. It seemed no harm was done, except to the cars. Immediately afterward, they were insistent, "We're fine!"

However, three days later they felt crippled – could barely move from the whiplash and body stiffness!

You may have experienced a similarly postponed revelation after an accident. You think you're fine, but the whiplash doesn't show up until three to five days later. Out of the blue, you find yourself in screaming pain, as well as lamenting you hadn't realized the injury earlier to report

it to your insurance company. Talk about adding insult to injury!

Don't feel alone. It's very common.

So, I felt it important to mention a homeopathic medicine perhaps not usually thought of as an emergency remedy – because you probably won't employ it immediately after the event.

Let's call it, "Delayed First Aid," shall we?

Cut back to my parents' minor fender bender: When their terrible neck pain, stiffness and headache appeared a few days after the event, I recommended [*Rhus tox 200*](#), two to three times a day (diminishing the frequency as they began to improve and discontinuing when they were very much better). As is usual with homeopathy, this protocol was a much-appreciated success.

Now, I know what you're thinking! (See? I've gotten to know you pretty well from all of our interactions in [live study group classes](#), [Facebook Lives](#) and comments in my [blog posts and podcasts](#).) You're thinking, "Well, Joette, if it works as a delayed first aid, why don't I just use it prophylactically immediately after I've been in an accident and avoid having the symptoms altogether?"

No. I don't think I would do that. I'm not saying it's necessarily *wrong*, but personally, I wouldn't do it.

In general, homeopathy is used as medicine – to uproot a pathology. If you don't have the pathology (you're not experiencing whiplash symptoms), then there is no reason to utilize the medicine.

Think about it for a moment: In this way, homeopathy is very similar to allopathic medicine. No one would pop a couple of Advil if they didn't have a headache! So, why employ a

homeopathic medicine when there is no reason? When (or more appropriately “if”) whiplash pain occurs, then reach for *Rhus tox* 200.

If the pain is severe, *Arnica* may also be used – alternating with *Rhus tox*. ([Here's a handy blog post I wrote referencing both.](#))

If the accident was a particularly shocking event, don't forget the very first medicine I discussed in my Emergency Remedy Series: [Aconite in My Purse](#).

I will be happy to email you my First Aid Chart, detailing the “why, how and when” of many additional emergency remedies. [Just click on this link](#) and give me your primary email.

Meanwhile, drive safely! Follow the two-second rule, look both ways at intersections, and keep *Rhus tox* 200 on hand in case other drivers aren't as careful as you are.

And don't forget to pass on the good news of homeopathy!

Warmly

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

P.S. If information about emergency remedies are essential to you, and you don't want to wait for the entire series to unfold over the coming months, you can get my most popular download, [Perform in the Storm – Homeopathy First Aid](#), for only \$37.99.

This informative audio instruction will be more in-depth than what I can offer in my blog post format and will expedite having more first aid remedies under your belt –

ready for that next accident. (And you *know* another one is just around the corner.)

P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from [Boiron's website](#), you can receive 20% off your order by using the coupon code: joette.

(And just so you know...I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)

[Aconitum napellus](#) (Shocking events)

[Arnica montana](#) (Fatigue)

[Rhus toxicodendron](#) (Delayed onset neck pain and headache)

[Pyrogenium](#) (Sepsis)

[Ledum, Apis, Arsenicum album](#) (Bites and itching)

[Aconitum napellus](#) (Eye injuries)

[Hypericum perforatum](#) (Injury to nerve-rich areas)

[Arsenicum album](#) (Food poisoning)

[Cold Calm®](#) (Colds)



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Podcast 71 – Moms with Moxie: And It's Only Been a Year!



IN THIS PODCAST, WE COVER:

- 02:41 Warts and *Thuja* 30
- 08:37 Joette's column and thyroid nodules
- 14:42 Asthma
- 20:42 Dr. Dorothy Shepherd
- 25:11 Cold and flu stories

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

["Dr. Hahnemann and Dr. Price: A Combined Approach to Resolving Thyroid Problems," Joette Calabrese, Wise](#)

Traditions in Food, Farming and the Healing Arts, the quarterly magazine of the Weston A. Price Foundation, Winter 2017.

[Practical Homeopathy® courses](#)

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

[Joette Calabrese's Blog](#)

[JoetteCalabrese.com](#)

[Joette Calabrese's Podcasts](#)

[Facebook Live](#)

Generally held most Monday nights at 8 pm Eastern

[Replays available here](#)

[More Magic of the Minimum Dose](#) by Dr. Dorothy Shepherd

Kate: This is the Practical Homeopathy® Podcast Episode Number 71.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi, Sara! Welcome to the podcast today.

Sara: Hi, Kate. I'm so glad to be here – really excited!

Kate: We're excited to have you. I know that you've been studying homeopathy for a little while now, but you dove in head first and tried to discover how to heal your family. So, I know that there are some things that our listeners can learn from the way that you are studying homeopathy. So, I'm excited to hear about what you're doing, and how you're working with your family to help their bodies heal.

Sara: I'm really excited to share. Even if it's helpful to one person, I'm just elated to be here to do that.

Kate: Right. We often feel inadequate. I know that I don't feel like I should be doing this, but I think that we all have things to share. I know Joette was really excited about a couple of things in particular that you are doing and that she wanted her listeners to hear. But before we get into that, Sara, let's hear a little bit about you and your family.

Sara: Okay. Well, I live in the Denver area, and I am a mom of four. We have chronic issues with some of my kids, then myself also, which led me to stumbling into homeopathy.

Kate: So, had you done other natural methods of healing before homeopathy? Or what were you doing to address your family's health needs up until this point?

Sara: Well, allopathic measures and food supplements,

changing food diet, things like that. But never homeopathy until a year ago or so.

Kate: So, how did you learn about homeopathy?

Warts and *Thuja* 30

Sara: Well, I learned about it because my daughter had probably a nickel-sized wart on her knee that just kept growing and growing. She had a lot of other things going on with her body, but I didn't even know how to begin to address them. But I thought, "Well, let's focus on the wart." So, I went to the natural groceries locally and was looking at the containers made from Boiron and found one that they had labeled for warts. I got that, started giving it to my daughter, and over about a few months, the wart was completely gone.

Kate: So, you probably thought, "What is this stuff that I just gave my daughter and that healed her?"

Sara: Oh, I did definitely. And I saw a bunch of the other problems I knew that she had go away at the same time – that I didn't know would even have been *linked* with that remedy.

Kate: Wow! That's pretty incredible! So then, what did you do next?

Sara: I gave her this homeopathic remedy with the intentions of just removing her wart. But she was also biting her fingernails down to the quick. She had frequent UTIs – like, every couple of weeks. She frequently cried of pain in her double-jointed knees. She was tearful and

sobbing multiple times a day (very fragile) and getting hot or sweating really caused a lot of distress with her.

Over that same amount of period of time in which I was giving her these remedies, all of those things subsided or went away. She hasn't had any UTIs, no pain in her double-jointed knees. Her fingernails are long; we have to use clippers now to clip her nails.

Kate: Oh, wow! That's great.

Sara: All of that with one remedy ... which were all of the other things that I knew were disturbing her that needed to be worked on, but I didn't even know how to approach.

Kate: So, what remedy did you use from Boiron?

Sara: *Thuja* 30.

Kate: How often did you give it to her?

Sara: Once a day. I started off giving her *Thuja* 6, twice a day. And I thought, "Well, let's just try *Thuja* 30." So, we just stuck with that.

Kate: Okay. This is so great! You were at the grocery store looking for how to help your daughter with warts. You came across this homeopathy section, and it said, "Warts," on the side of the bottle – the Boiron bottle – and you thought, "Well, I'm going to give it a try." You just did what it said on the bottle.

Sara: Yes, I did. I thought, "Well, I guess I'll just give it to her until the wart goes away. It says it makes warts go away. So, I'm just going to give it to her until the wart goes away." And I took a picture at the beginning just to

see if it was a figment of my imagination if it was going away or not. So, I just stopped giving it to her once the wart went away.

Kate: How long did it take, Sara?

Sara: Three to four months.

Kate: In that time, she was making enough progress that you thought, "I'll keep using this."

Sara: Yes. It seems like at first, I didn't notice anything in the size of the wart. Then I feel like at some point, we reached such "momentum," perhaps, with the remedy that it felt like within a couple of weeks it was *drastic* changes. Somewhere after maybe like six weeks of taking it, it seemed like it just started disappearing, and it only took another six weeks.

Kate: Sara, this is really helpful, I think. Because so many times, we can become impatient when we're treating chronic things like that, and you stuck with it. I think that's key, because what if you had quit after the first week?

Sara: Yes, and I have another great example of that dealing with my son's asthma which I'm happy to share later on.

Kate: Oh, yeah, I would love to hear. First, I would like to know at what point did you decide to switch to 30. Can you tell us a little bit more information about that?

Sara: Yeah. I just went back to the store and was kind of browsing and looking at the options that Boiron offered and thought, "Well, maybe 30 means 'stronger.'"

Kate: That's so awesome!

Sara: I'm thought, "Well, let's get the ball rolling." Maybe that's why in the beginning, it didn't feel like

progress was really happening. Maybe it was the 6, or maybe it was slower progress than I wanted to see. So, I thought, "Well, let's just move it to 30." I thought, "If it doesn't seem to be going in the direction I want it to go, then we'll go back to 6, or we'll just try something all-new together."

But at that point, I had no other options. So, I was willing to give it a really good try.

Kate: Okay. That's so great. I love that story. So, patience. We have to have patience. Also, it's good to – like you did – take a picture because we can think that something isn't changing, and it might be. But it just might be in very small increments, and we don't notice it. So, yeah, just documenting, having patience, that's great. I love it.

So, your daughter ... with all of her other symptoms besides the wart that went away, did they go away permanently or did you at some point have to give the *Thuja* again? What did you see with those satellite conditions?

Sara: I saw them go away just as I did the warts. I did question whether they were starting to come back. First of all, her UTIs have not come back. She still doesn't bite her fingernails, and it's been like nine months since ... I guess it was a year ago or so that I started giving her the *Thuja* remedy. But she hasn't had UTIs since then. She's only cried about knee joint pains one time. She has not gone back to biting her fingernails at all. The tearful and sobbing comes and goes, but the getting distressed over getting hot or sweating has not returned at all either.

So, I would say maybe just the tearful and sobbing has been maybe the only symptom that has come back to a degree. But it's not even close to the degree in which it was before.

Kate: Okay, good. So, they just went away and have, for the

most part, stayed away. That's really good.

Sara: Yes.

Joette's column and thyroid nodules

Kate: Okay, so let's backtrack just a little bit. I would love to hear a little bit more about your journey since the grocery store (you know, seeing these random homeopathic medicines) and how your progression of learning about homeopathy happened.

Sara: ... I don't know how I never discovered her columns in there before. But on this oYeah. So, I have hypothyroid and thyroid nodule and Hashimoto's. I subscribe to the Weston A. Price journal called Wise Traditions. Joette writes a homeopathic article in there. In the winter of 2017ne, it really stuck out to me because [she talked about how she had a client who had nine thyroid nodules](#), and they had all gone away after the use of some homeopathic remedies. So, when I saw that – that someone's thyroid nodules went away after the use of homeopathy – I thought, "Who is the author of this column, and she has to be on my team." So, that's when I started consulting with Joette.

Kate: So, you contacted her office, and did you take any of [her classes](#) or [study groups](#) or anything?

Sara: I have taken one of her classes, but that's more recent. I have been consulting with her for a while now. I read [her blog](#), all of her information over and over again and can't get enough of it.

Kate: Yeah, there is so much information for free on [her website](#) and [podcasts](#) and [Facebook Lives](#). Do you watch her Facebook Lives?

Sara: Oh, I do, yes. Yes. Even if I can't be there live, I go back and watch them.

Kate: Right yeah, [we can watch them at any time after she records them](#). So yeah, it's great. I love them as well.

Okay, so, you found Joette. And you're learning; you're reading; you're studying, I would imagine, all kinds of homeopathic information. What other issues have you worked with homeopathically?

Sara: Let me talk about myself first. When I started about a year ago, I had really bad arthritis in my hands and my hips. I had multiple chemical sensitivities where I would have to cover my face to into Target and breathe into a shirt or jacket.

Kate: Oh, my gosh, Sara! That's major!

Sara: It was debilitating! It was debilitating ... anxiety that was crippling, insomnia, and Hashimoto's, hypothyroid, very low energy, and a thyroid nodule. Currently, today after using homeopathy, I have no arthritis in my hands. It's 95% gone in my hips. I used to limp from hip pain. My multiple chemical sensitivities are mostly gone. I'd say 95% gone but it's livable. I don't have to avoid places.

Kate: Within one year, Sara?

Sara: Yes, within one year.

Kate: Wow!

Sara: Yeah. My insomnia is mostly a thing of the past. I do still have some bouts of sleeplessness, but overall, I mean, this past year I've had more sleep than probably in the last decade.

Kate: Oh, my gosh! That must feel great!

Sara: Yes, it does! Yes, I recommend sleep to everybody.

Kate: Highly recommended to sleep.

Sara: My energy is a lot better. I am off my thyroid medication. While I have not been back to check on my thyroid nodule or my thyroid numbers, but my energy is good, and I'm off my thyroid medications.

Kate: Sara, this is amazing! I mean, I can't even imagine how thrilled you must be.

Sara: Oh, I am really thrilled, yes! I mean there are some still lingering things that I need to work on like hair loss and red, itchy scalp. But overall, I mean, I've come leaps and bounds in one year.

Kate: Yeah. I mean, it's only been a year. Imagine where you'll be two, three, four years from now.

Sara: Exactly, exactly.

Kate: Do you help other people? Do you bring this up to your friends or family? Do you talk about what's happened to you?

Sara: You know, I don't yet because I feel very focused right now on my son's chronic problems that I feel like I just have to keep reading and learning and sinking it all in. That's been my focus really, more than sharing. I would like to get to the point of sharing.

Kate: Yeah. Well, you have an amazing story to share. I mean I just can see the future where you're sharing all about how you are healing your family and helping other people as well with those issues. So, that's the great thing about when something happens to us – when we go through circumstances – then we can take that, and we can turn it around for good in other people's lives and help them with those things and the information that we've learned. So, I'm

excited to see.

You should lead a study group.

Sara: I did recently try to start one. So, we're supposed to be getting started in the next month or so.

Kate: Yay! That's fantastic!

Sara: I have the materials all ready to go.

Kate: Oh, good! I'm going to talk about that for just a moment before we move on to your son. How are you going about finding people to join your group?

Sara: Well, I tend to be very introverted. So, I just kind of keep my ears open if anybody seems to be interested in more natural approaches to healthcare or helping navigate motherhood without being on a leash at the doctor's office. If somebody has already expressed interest, that's how I invite. It's not, like, an open ... you know.

Kate: Okay, yeah, you're not advertising it anywhere.

Sara: No.

Kate: Nice. So, you're going to have a group of local women.

Sara: Yes, local, yeah.

Kate: It's great because you sit around the table. You get to know these women, and then that becomes your support group, and you guys help each other. So, that's exciting! I can't wait for you to ...

Sara: Yes, I'm very excited.

Kate: Let's talk about what you're going through with your son, and how you're handling that.

Asthma

Sara: My son has severe asthma and is on and off of inhaled steroids, and occasionally oral steroids, and often the nebulizer, if needed. If he's not on that, then he will need his rescue inhaler frequently throughout the day.

One thing that I realized reading Dr. Dorothy Shepherd's book over and over again (regarding respiratory diseases) is that some remedies are to abort an existing asthma attack, whereas some are more longer-term to prevent them from happening in the first place.

So, recently my son caught the flu, and his asthma started tanking fast. I knew this was going to be really bad news, and he was going to go down hard. So, I consulted with Joette. My goal was to ... at this point, he was requiring the nebulizer every 10 to 15 minutes. Which if you have a child with asthma, you have it "under control" if it's every three hours.

Kate: Wow, okay.

Sara: At this point, it was every 10 to 15 minutes. So, I started administering these remedies for his asthma every 10 minutes. We were able to push off his nebulizer for one hour.

I mean, we went from 10 to 15 minutes to one hour!

So, I continued to do that, and the space between in which I'd give him the remedies continued to grow. I even considered 12 minutes growth (from 10 minutes). It's like micro measurements here.

Kate: So, were you using a couple of different remedies or just one?

Sara: Yes, I was using two remedies.

Had Joette not urged me to push past the idea that “only 10 is enough,” I’m pretty sure I would have given up and resorted to other options.

Kate: So, over that 48 hours, you were able to use the nebulizer less and less?

Sara: Yes. Basically, I went from using the nebulizer for about 10 minutes every 15 minutes, to once an hour about four minutes, to eventually three hours for only a couple of minutes, over the time of the 48 hours. Yes.

Kate: Wow, okay. So, some people might not think that’s a win. They might say, “Well, you’re still using the nebulizer!” But you know what could have happened, and where you could have been. Like, it could have gone into pneumonia, ended up in the hospital ... right?

Sara: Well, first of all, he was already experiencing side effects of the nebulizer. They were giving him the jitters. His heart was racing. It makes his head pound. There’s a lot of side effects of using the nebulizer. Those side effects were subsiding as we were having to use the nebulizer less. So, on top of his asthma already being bad, now he’s experiencing less and less side effects on top of his asthma. So, that to me was worth it *alone*. Giving him these remedies so that he wasn’t going to experience side effects from his allopathic medicines was enough for me to keep going.

Kate: I know other people who have dealt with this kind of a situation, Sara. So, that is why I am really digging in to find out how you did it, and how you didn’t give up hope. Because a lot of people like I said before, they would think, “Oh well, it’s not working,” or they didn’t see enough progress to keep going. But you pushed past that, and you did see the positive benefits of it – even though you still used the nebulizer, but it was on a less frequent

basis with less side effects.

Sara: I did continue using allopathic medicine side-by-side. It was just less frequency, less intensity, fewer side effects.

Kate: Okay.

I was going to ask you this question later, but I think I'll ask you now. So many people ask, "What do you recommend as far as deciding between the courses that Joette offers and consulting with Joette?"

What is your take on that?

Sara: I felt with the degree of my own health problems and the degree of my son's health problems, I thought, "I don't think I can expand my homeopathic knowledge fast enough to accommodate those needs." That's why I started consulting with Joette versus taking her courses.

So, I've been consulting with Joette for about nine months. But I *just* bought my first course from her within the last month – because I don't feel like we're on a complete downwards spiral. I don't feel like we're in *total* emergency mode with my health. I feel like I have the time and capacity to expand my knowledge enough to deal with ... just through using a course.

Kate: That makes sense. So, you feel like you needed to get a grasp on these situations right away. Now, once you're feeling better, you can take the time to learn.

Sara: Yes, exactly.

Kate: Okay. Sorry, we can get back to your son. Was there more?

Sara: No, the virus ran its course through his body, and

his asthma naturally subsided with that. So, he carries his remedies with him to school and takes them when he has an asthma attack.

Kate: Oh, that's great that you were able to get that under control, and that your son knows what to do when he has an asthma attack.

Dr. Dorothy Shepherd

Kate: You were talking about Dorothy Shepherd's book and how that's really helped you to know how to handle your son's asthma. Joette really appreciated how many times you actually read through her book. And so, I know that there's something that you can share with us about just digging in and finding information. So, talk about reading her book a little bit.

Sara: I read Dr. Dorothy Shepherd's books over and over again. She offers so many cases and insight into her experience. It's just a wealth of knowledge. She has a particular section on respiratory diseases which affects my son. So, I have probably read that portion of it eight to nine times.

And on the eighth time, I thought, "How did I not see this the first seven times I read it?"

I think reading it over and over again helped with a couple of things:

One is I was able to realize that there are remedies for stopping an asthma attack, and there are remedies that you take longer-term to prevent the asthma attack from even happening or even needing the remedies for an asthma attack.

The other one is that the more I read about her cases, the more comfortable I felt with the different doses that she was giving, and the strength of doses, and how she was

identifying what it was that she was giving, and why she was giving it. I think reading it over and over and over again helps cement into my head how to better care for my son's asthma.

Kate: Okay. So, which book are you reading? We never talked about the title.

Sara: I have all of her books, but the one I'm specifically talking about is called [More Magic of the Minimum Dose.](#)

Kate: For those people who don't know about Dorothy Shepherd, she actually grew up in a family that used homeopathic medicine. Then she decided she wanted to go to school for allopathic medicine, and she did, and she became a physician. She was a surgeon, actually. She spent a lot of time doing surgery. And then she remembered about her childhood and the books that she read. So, she decided to really look into homeopathy again. She's written a number of books.

They're all really good, aren't they?

Sara: Very good, so much wisdom.

Kate: So, she's an interesting story for sure.

Sara: Yes.

Kate: Well then, she spent the rest of her life using homeopathic medicines after that.

Sara: Yes, yes, for good reason.

Kate: Right. We all are on a journey. It seems like our path isn't just a straight line; it's a lot of twists and turns. Then so many people talk about homeopathy and that road that we're on. We find homeopathy and can't believe that we haven't gotten here sooner. But that is life. Right?

Sara: Yes.

Kate: I think the point that Joette was excited about is that you took your time, and you kept reading and going through this material over and over again. Finally, you gleaned some information. Well, I shouldn't say, "Finally," because you, I'm sure, learned a lot the first seven times you read it. But the point is that you didn't stop. You kept reading it and letting that soak in. Even if you didn't learn something new, it was still solidifying in your mind.

Sara: Well, according to studies, every time you read something, you only retain about 10% of what you read. So technically, you should read something ten times over, right?

Kate: There you go!

Sara: Yes.

Kate: Well, that's fascinating. I did not know that statistic. That's great. So, do you do that same thing with Joette's blogs and her information?

Sara: Oh, my gosh! Yes. Every time my kid gets a cold or a flu, I'm looking at her chart again. So, that's at least 25 times. Yes, I go and Google the same stuff on her blog every time thinking, "Why can't I remember this simple thing?" But yes, I read her information all the time.

Kate: Yeah, there is so much information now on the internet and Joette's website for free that you can learn just a lot without having to spend a lot of money.

Sara: Oh, so much. You can learn so much. I've employed some of her recommendations on the website.

Cold and flu stories

Kate: All right, so Sara, tell us more.

Sara: I have a couple more that I'll share with you. One is about my son. He's a kindergartner. He was coming down with a cold. So, I started giving him a remedy that Joette had recommended off of her blog. He seemed to be improving.

He woke up in the morning, and it was still lingering. So, I gave him another dose. And I thought, "Well, I'm going to try sending him off to school with an extra dose at lunch time."

So, this is my kindergartner. I just put pellets in a little Ziploc bag.

Kate: Oh!

Sara: I gave it to him. (He knows how to take it.) And I said, "You take this at lunch."

He said, "Okay."

I thought, "Well, if it doesn't work and if it's not enough, and they call me because he's sick, then I'll just go pick him up. No big deal."

Kate: Yeah. Yeah.

Sara: But the whole school day goes by, and I go pick him up at the end of the day. I said, "Did you take your remedies at lunch?"

He said, "I did mom. I put it under the table so nobody could see me."

I said, "Oh, you can just act like they're little candies. You know?"

But it was just the five pellets, and he took it. But yeah, the cold was gone. He had no symptoms or anything.

Kate: My fear is always that the school is going to think they're drugs or something.

Sara: Well, it looked like little sugar balls, the ones that I have for him.

Kate: That's awesome. What a cutie! Oh, my gosh!

Sara: Yeah. Yeah.

Then another one was after my other son got the flu; I was coming down with it. We were about to go to my husband's birthday party, and I could feel like the fever coming on and over me and everything. I did not feel well at all. We ended up canceling my husband's birthday party and staying home. I took what Joette recommends on her blog which is the *Aconite/Bryonia*.

Kate: So, that's *Aconitum* 200 mixed with *Bryonia* ... 200 did you do? Or 30?

Sara: 30.

Kate: Okay, so taken together.

Sara: Yes, I took them together at the same time. Within two hours, I was laughing and joking around with my husband. And he goes, "I thought you were getting sick!"

I stopped and thought, "I was!"

Then I waited for the three hours after the first time I took it, and I thought, "Well, this is going in the right direction. I'm just going to do at least one more dose to make sure we've put this away for good." So, I took one more dose – after the last dose I took three hours previously – just to make sure that we were really nipping it in the bud.

I woke up the next day and had no signs of flu or fever or achiness or anything.

Kate: Is your husband on board with the homeopathy?

Sara: He is.

Kate: Oh, that's good.

Sara: Yes, I can't say he's always been there, but he is now.

Kate: Okay. At first, he thought you were a little crazy ... or what?

Sara: He thought I was a little crazy for some time now, yeah.

Kate: Well, he's come around to know that it's helping your family, so that's good.

Sara: For sure, yeah.

Kate: Good. So, Sara, as we come to an end of this podcast, share with the listeners any words of wisdom that you might have to help us on our homeopathy journey.

Sara: I think it's easy to become "unfocused" in just reading *everything* that homeopathy has to offer. If it becomes overwhelming, I would just recommend focusing on one thing. Like I started with my daughter's warts and just focused only on that. Then that opened up a whole new world.

Kate: Well, thank you so much for taking the time to share your experiences and your knowledge with us, Sara.

Sara: Well, thank you so much for having me. It was a delight.

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified

homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit in your health strategy, visit PracticalHomeopathy.com.

These Moms with Moxie podcasts are designed to be inspirational, not specifically educational. No Remedy Card is provided.

How Embarrassing!

How Embarrassing!



 **Joette Calabrese**
JoetteCalabrese.com
Practical Homeopathy Inc.

Have you ever had one of those experiences when someone you had been hoping to impress caught you in an embarrassing moment?

I hadn't been married to my husband for very long when my in-laws came to visit.

One morning, I was sitting in the breakfast room chatting with my father-in-law.

Without giving it a second thought, I opened a cabinet door to reach for the supplements I usually took with my morning meal.

Maybe it was because I was distracted by talking to him, or perhaps it was because my schedule and organizational methods had been disrupted by the visit, but I couldn't find the supplement bottles I needed.

I searched through the kitchen cabinet, moving bottles around like puzzle pieces, but the bottles I wanted weren't there. So, I opened the next cabinet. And the next. And the next.

Now, you have to understand, this wasn't a tiny breakfast nook, it was a substantial, cabinet-lined room. Floor-to-ceiling cabinets on *two* walls. And these cabinets were *packed full* of supplements.

Vitamins, minerals, supplements, amino acids, enzymes, flushes, cleanses, colonic detoxers: You name it, I had it.

There was a lull in the conversation, and I glanced over to notice that my father-in-law was watching me.

The expression on his face, a single raised eyebrow, caused a wave of embarrassment to wash over me.

This was the man who had raised my husband. He was a scientific man, an engineer – very “common sense” and direct. When I saw myself through his eyes, I realized how peculiar this must seem.

In all the time I had known him, the years during which I'd been choking down those supplements, nothing in that cabinet had really done anything for me.

He knew I was still struggling with my health. He'd witnessed everything I'd been doing, all the money I had spent and treatments I'd tried, yet he knew that I *still wasn't well*.

It's not like we had a lot of money to throw away. With his engineer's brain, I knew he could calculate fairly accurately how many hundreds (perhaps thousands) of dollars' worth of supplements those cabinets represented. All for what?

Was my face red! I was a slave to “natural” pills, and now

my father-in-law knew it.

(Believe me, there was no way I was going to let him discover there was a whole other wall of cabinets chock-full of pills he *hadn't* seen yet! In fact, I considered sneaking back in the middle of the night to put locks on all the cabinet doors my in-laws hadn't already seen inside!)

My father-in-law never said anything about my supplements that morning. He didn't need to; his raised eyebrow said enough.

Sometimes we need these moments of briefly seeing ourselves through another's eyes to take stock of what we're doing and consider a new direction.

I didn't turn on a dime but looking back, I now see that singular moment of shame as the beginning of the turning point for me.

Nowadays, I believe that eating a delicious, healthy, sensible diet is much better – and more effective – than taking dietary supplements. I came to this conclusion for a lot of reasons.

One is that I grew tired of spending so much time and money on supplements that had a questionable effect on my health. It was exhausting attempting to keep track of which supplements to take when: some with breakfast, some with dinner, some on an empty stomach, some together, others apart, etc.

And then there were the relentless and confusing updates:

"You should take CoQ10! No wait, that's ubiquinone, and it's not well absorbed. Throw that away and take *ubiquinol* instead. Are you taking B-12?"

"Yes."

“What form is it?”

“Cyanocobalamin.”

“That’s no good! Throw that away and take Methylcobalamin!”

It seemed like every day I had a new list of what I should be taking. Old, mostly-full bottles collected dust on the shelves while I kept purchasing each new, presumably better supplement du jour.

And while we tend to think of health supplements as natural and harmless, they can have a deleterious effect.

Curcumin, for example, at dosages too low can be inflammatory and at dosages too high can be immune-suppressive or even cause DNA damage.

Calcium supplements can cause constipation, gas and bloating. Both calcium and vitamin D supplements can contribute to kidney stone formation.

Many have complained of anxiety, restlessness, irritability, and even panic attacks associated with B-complex vitamins.

Plus, I haven’t even mentioned concerns about additives, such as magnesium stearate, employed in the production of supplements.

I diligently took Fermented Cod Liver Oil until I could no longer stand the burning it caused in my throat.

When I started hearing negative feedback from clients about their adverse reactions to it, I became increasingly wary.

[Dr. Kaayla Daniel](#) has now shown – quite conclusively, in my estimation– Fermented Cod Liver Oil, once the most happening supplement of choice, is likely to cause more harm than benefit to most.

But what if eating a healthy diet isn’t enough? What if you

have an imbalance to correct?

That's where homeopathy comes in.

Homeopathy is medicine.

I believe that homeopathy is a better, more direct way to uproot illness and achieve our health goals. That's why I kicked my vitamin and supplement habit and now use homeopathy almost exclusively.

To prove my point, try this the next time you feel nauseated after taking all the stuff you thought was good for you: [Ipecacuanha 30](#) (*Ipecac* for short), twice a day until the nausea subsides.

Then join me and many other passionate students and homeopathy devotees while we empty out those embarrassing supplement-filled cabinets to make room for the staples of well-designed, healthy family meals – as well as some tiny tubes of homeopathic medicines that can uproot our ailments once and for all.

Warmly,

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

P.S. Learn why you should turn to homeopathy rather than expensive, confusing, and contradictory supplement-based programs for wellness and detoxification. Check out my course [Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way.](#) [Click here](#) to download an infographic *Toxins Don't Scare Me Anymore!* I designed to give you the

hope that real homeopathic medicines exist



And if you want to watch a short video where I walk you through the use of the best of the remedies on the infographic be sure to [opt-in](#), and a link to the video will be in your inbox in a jiffy.

Condition: Concussions
Remedies: Aconitum 30C, Arnica 30C, Ledum 30C, Belladonna 30C, Cuprum 30C
Details/Directions: Alternate immediately to deal with the shock of injury, and alternate with Arnica as needed (approx. every 15 min). Add Ledum for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or consulting due to injury.
More info at: <https://joettecalabrese.com/blog/concussions-and-broken-furniture/>

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Podcast 70 – Rethinking Detox



IN THIS PODCAST, WE COVER:

- 01:11** Joette's new course
- 05:05 Healing Paradigms
- 09:00 MTHFR gene, unhappy liver
- 13:26 Detoxing after vaccines, dental work
- 16:18 Toxic lungs
- 19:14 Detoxing from chemotherapy

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

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

Kate: This is the Practical Homeopathy® Podcast Episode Number 70 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively. So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration you need – as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Good evening, Joette.

Joette: Hi, Kate! Normally, we do this in the morning, but now we're doing it in the evening.

Kate: Right! It's kind of a change for us.

Joette: Yes, it is.

Kate: So, we want to get into a different subject tonight. You are getting ready to teach another course ... on toxins! Tell us a little bit more about this course that you have in the works.

Joette's new course

Joette: Well, the title of the course – and this is a real mouthful – is [“Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way.”](#)

(Okay, see if you can repeat that now. It's a long one!)

So, we're going to be talking about rethinking detoxification – being toxic. We're going to rethink that. I'm going to address it from the homeopathic perspective, and from the *practical* homeopathic perspective which is even more different than classical homeopathy, more different from naturopathy, from functional medicine, from conventional medicine, from chiropractic.

This is a completely different way of viewing things.

Up until about ten years ago, I didn't hear much from clients and students about toxicity. It became more prevalent in their conversations with me in the last ... I would say ... last decade. I believe that's because more and more folks are going to alternative practitioners, and alternative practitioners are where these ideas often emanate.

But a big part of this, especially now that I've heard this so many times with so many clients and students, is it

harkens back to when I suffered from toxic thinking. It really did affect my thinking. I actually became *obsessed* with avoiding toxins. I had been declared as “toxic” by a functional medical doctor at Yale University. So, I became obsessed with trying to detox my body. Let me tell you. I got pretty neurotic about it.

This was in the 80s. So, I had plenty of time to mull this over and think it through, but what gave me my comfort and my cadence was homeopathy. It actually offered me my way *out* of that paranoia. I lived with it for a long time because I had been not well for many years – and I had a little break in my 20s and maybe until about 32 – but other than those few years, I had been suffering from allergies and chemical sensitivities and asthma, et cetera.

Kate: You tried a lot of things, Joette, before you came to homeopathy to heal your body.

Joette: Yes, I did. I used functional medicine. I used chiropractic, essential oils, years of supplements – years of all of these! This was not, “Let’s try this this month and try that the next month,” ... vitamin therapy, herbalism.

I still hold to herbalism. I think it’s an excellent method. I think that chiropractic can be also very valuable. I don’t discount the other methods as well, but homeopathy and botanicals and chiropractic is pretty much where I landed. I landed more steadily on a firm ground as far as I’m concerned with homeopathy.

Kate: Joette, did you see a naturopath in this journey while you were trying to figure out how to heal your body?

Joette: Yes, I did see a naturopath. I saw a couple of naturopaths.

Kate: I know that naturopaths and functional medicine doctors are really popular right now. So, talk a little bit about that for a moment, how we can figure out what path to take for healing.

Healing Paradigms

Joette: Well, one of the problems with naturopathy, functional MD, is that it's completely different than homeopathy. That might not be a problem for those who are seeking naturopathy. But it is pretty much the *opposite* in many ways to homeopathy.

Most people figure, "Well, more knowledge is better."

Well, too much knowledge can be very confusing.

"Well, why don't I just get all these tests and find out?"

Well, because there is a different way of interpreting these tests. So, we have to be careful not to straddle too many worlds.

We almost have to make a decision. I'm either Republican, or I'm a Democrat. I'm a Christian, or I'm an atheist. I mean, really, I hate to be so sweeping in my examples. But in a way, we kind of *have* to make a decision where we want to land.

One of the reasons I decided that I wanted to land squarely in the world of homeopathy is because it wasn't scary. Homeopathy didn't talk about toxins. It didn't declare that my liver was limping along. It didn't declare that I had high lead levels, and that I needed to use enemas daily (coffee enemas) and take baggies full of supplements and vitamins and herbs and enzymes and ... (What were some of the others? I'm trying to think of all the stuff that I've done!) Saunas, I mean and not that those aren't ... I mean there is some value in some of these. There's no doubt about it. But it became my avocation. It became my *lifestyle* because I wanted to get well so badly.

I often ask folks ... I just met someone the other day, and she was telling me that she has this health problem. I asked her if she's taking medications for it. She said, "Yes."

I said, "For how long?"

"About 10 years."

I said, "But you still have the health problem."

"Yes."

"So, the drugs have not helped."

She had to pause for a second. "No, I guess they haven't helped. In the beginning, they helped a little bit."

So that's a good measure because after all the years of my going through these all-so-strict diets and water cure and et cetera, et cetera, I came to the conclusion that I was only a *modicum* better. It wasn't enough! For all the effort I was putting into it, it just wasn't enough value.

That's when I said there still has to be even *another* better way. As you keep asking that question, for those who seek and who have not been helped by these methods ... and some people are. So, if you have been, then, of course, you're not listening to this most likely. But if you have *not* been helped, you might be listening to this for that exact reason. But homeopathy offered me a psychological, physical, financial and intellectual cadence.

Kate: I totally agree with what you're saying, Joette. That is also why I came to homeopathy: is not only does it work, and it works quickly and well, but also it takes you from

the paradigm of fear-based to fearless.

Joette: Yes! Yes! Yes! Yes! Not only do you become more fearless because you know that you can handle this or that because you've seen it happen so many times. But the paradigm is a very *positive* one. I no longer look at the world as toxic. It doesn't look like a toxic world to me anymore. The world I live in now looks like a beautiful world, a nourishing world, a safe world, a healing world.

Kate: So, it's kind of funny that you're doing a [course that talks about toxins](#), and then we're talking about how we're not afraid of the toxins anymore.

Joette: That is a big part of the course, and then I give my examples of how we can use this homeopathic protocol or that homeopathic protocol for conditions that may indeed arise out of toxic exposures.

Kate: Okay, good.

MTHFR gene, unhappy liver

Let's talk about some of the questions that were sent in when you asked people to give you some things that they would be looking for in a course about toxins. Let's just go through some of those right now and give us a [little more information about the course](#) in relation to these questions.

So, here are just a few examples of some of the questions you received. One person wrote in and said, "I'm a poor detoxer." I'm not sure what they meant exactly by that, but they said, "All my life, I've had an unhappy liver. I've had MTHFR and COMT mutations, genetic propensities for ..."

What would that be, "genetic propensity?"

Joette: Well, it would be from not being able to release toxins readily. So, they get sick. They have chemical sensitivities, et cetera, often.

Kate: I hear that acronym come up a lot, the MTHFR gene. What might you have to offer to someone who talks about that?

Joette: Well, the MTHFR gene was just recently become the center stage in the world of naturopathy, functional MD, medical world, et cetera. I see it as the tubercular miasm for those who are familiar with classical homeopathy and know what I'm talking about. For those who don't, it's not important that you know this, but I see it as a miasm that's coming through the family bloodline. And, yeah, there are a lot of people with that MTHFR gene. In fact, just about everyone I meet with who has seen a naturopath comes out of the office with this information. "I have the MTHFR gene."

Kate: But that may not mean anything if they're not

symptomatic, right?

Joette: That's right. I believe it is pretty meaningless – at least at this point in time it is. Now, can it determine what will happen to this person in the future? Perhaps. But instead of “I have an unhappy liver,” that is kind of meaningless. That is not a diagnosis. I need to know: What is the diagnosis?

Neither is the MTHFR gene a diagnosis.

If having that gene and unhappy liver means this person can't digest fats, and because of that they get bloating and nausea every time they eat meat, now we got something we can sink our teeth into. Now, we can say, “Oh, we have a gut problem here. And the person gets bloating every time they eat fats.” Now, we use the homeopathic medicine that is specific to the true diagnosis.

Perhaps it's colitis, that they not only get bloating, but they have diarrhea as a result of this. So, colitis would be the diagnosis, and how it presents would be the bloating and nausea. So, we would use a homeopathic protocol that's specific for colitis – *regardless* of the cause – whether the cause is from happy liver, an unhappy liver, the MTHFR gene or the lack of the MTHFR gene.

It matters not what is being assigned to that condition. I think for our purposes, it's actually too much information.

What we really need is to look at what is *obvious*: the diagnosis and what the symptoms are.

Kate: So, we would never give a homeopathic remedy based solely on knowing that you have that gene mutation if there are no symptoms.

Joette: That's right. If there's no disease, what are we treating?

So, you see, naturopathy, functional MD, medical doctors are looking for what's *behind* the curtain. We're looking at what's the most obvious – what is happening now.

We also want to know what's happened in the past to a certain degree because that gives us the idea of what the propensity for this or that might be. But we're looking at always: what is happening now. "Oh, you have indigestion every time you eat, got it." That's indigestion. That's reflux.

So, a conventional doctor would diagnose that as reflux. A gastroenterologist ... that's what he would call it.

So, if the person has reflux, now how does that present? "Oh, it's only after you eat, and oh, there's indigestion that erupts and comes from the stomach and into the throat."

Now, we've got something.

Detoxing after vaccines, dental work

Kate: Okay, so the next question is about detoxing after vaccines and dental work. This person wanted to know, "How much do we treat the symptoms versus the underlying cause?" (I assumed that they mean the vaccines or the dental work versus what they're experiencing after those things.)

Joette: Well, in a way, it's too speculative. How do you *know* that those vaccines or that dental work have caused this or that? So, without knowing *absolutely* – and there are circumstances in which we do know that something has caused a condition. But if we don't know, and the vaccines were 40 years ago, and now you're sick, and you've made the assumption that it must be from a vaccine – we're standing on shaky ground.

So instead, we put that information aside and say, "Interesting. But to be honest, if you live in this world, you've had plenty of vaccines. Everyone has had them."

So, we want to know exactly what's going on. Again, what is the name of the condition that leads you to even wonder about cleaning up old vaccines? "Oh, you have asthma. Oh, and you're thinking that the asthma must have been promulgated by a vaccine when you were ten. Well, when you had the vaccine when you were ten, did you go right into

asthma at that moment?”

“No.”

“Okay, did it come on a week later, two weeks later, a month later?”

“No. I just always know that these vaccines are not good for me, so I’m making the assumption ...”

No. We do not base homeopathic medical choices on supposition. We want hard, cold facts.

Now, if someone has just had surgery, and they were not coming out of the anesthesia very well, and ever since that anesthesia, they’ve had a headache – now we can blame something. Now, we can say, “Oh, this is *likely* from the anesthesia.”

It could also be from other aspects of the surgery, too. Mind you, anesthesia is not the only thing that’s used. It could have been the antibiotics. It could have been the position the person was put in, in order to carry out the surgery. There could be others, too.

But if it is a very obvious type of condition that has happened time and again to many people after having used

this particular anesthetic, then now we've got an etiology. Now, we've got a true cause.

Kate: That's a big thing in homeopathy – "not well since," or ...

Joette: "Never well since," Right, "Never well since." It can be very valuable if you truly know what that cause was ... what that etiology was.

Kate: But regardless of the cause, if it's asthma, we still look at how...

Joette: We're still going to use the remedy that's specific for asthma or remedies specific for asthma. That's right.

Toxic lungs

Kate: So, another question is from someone who asked, "What if you have toxic lungs from inhaling dusts when you've been cutting tiles or bricks?"

Joette: Well, that's a little more specific. If you could say it's someone who's a stone cutter essentially, there've been stone cutters for millennia, so we know homeopathically what medicine to use specifically for stone cutting diseases. That is very clear. If the person is,

let's say, a professional stone cutter or is a professional tile cutter, someone who works in a quarry, and they're coughing – same thing with black lung disease, for example – we *know* what the cause is. Now, we use a specific medicine that is used for the accumulation of that kind of a dust in the lungs, and the bronchioles, and the trachea, et cetera.

And we use how it's presenting. How is it presenting? What is the disease? Oh, they're coughing. Oh, they have episodes of gagging, coughing. Okay, now we use a remedy that's specific for gagging cough, in addition to the remedy that is specific to uproot or to help the body cope with the accumulation of stone dust.

Kate: I love this about homeopathy. There is a remedy for everything! With so many remedy choices, it is so exciting that we don't have to, again, have that fear. Because whether we live in a toxic world, whether we've been exposed to this or that, we have solutions to help our bodies heal from those things.

Joette: Well, when you think about the body of works of homeopathy across all of Europe, North America, South America – and this has been used since the late 1700s in the grandest universities and the most important hospitals in our history (in American and European history, and as I said, South American history) – then we start recognizing that, my gosh, this is *voluminous*! There's a lot of good information regarding homeopathy and how to use it through the centuries.

Kate: But way more information than the allopathic drugs that are new, and now we're finding out that the side effects can sometimes be very serious for those. So, there's a lot more history with homeopathy.

Joette: Well, a lot of times, we give it 20 years with a conventional drug, and we'll find out what the effects are. Now, it seems to be much faster than that. We find out a little bit sooner. But I still don't believe that it has gotten out to the general public how dangerous antibiotics can be; steroids can be; use of birth control pill.

I also don't want anyone to believe that I think those drugs should never be used. I just think that they're grossly *overused*, and they're depended upon far too much and used too readily, too early in a condition before we even can do anything to uproot the condition rather than just suppress it.

Detoxing from chemotherapy

Kate: Here is another question. What about detoxing from chemotherapy since cancer is so rampant?

Joette: Oh, there are homeopathic medicines that are specific for detoxing from chemotherapy. Many people use it while they're taking the chemotherapy to help them not lose their hair, to help them not become as nauseous, the same thing with radiation treatment. We can use homeopathic

medicines that will allow them to continue with the method that they've chosen that's allopathic and yet still use homeopathy in conjunction.

Kate: So, is this something that you're going to cover in the course, Joette?

Joette: I believe we will be covering that in the course, yes.

Kate: Okay, so someone else writes, "If I get worse when I'm taking homeopathic medicines, am I perhaps really seeing toxins?"

Joette: No. I don't think that that's necessarily so ... or it could be. I don't know how we would know that. Can it be tested? Can the perspiration or the stool or the urine be tested? Perhaps, but I don't know that we need to go that far.

I think what happens with folks, when they're asking this kind of a question, is because they're so afraid of being toxic that all they want to know is that, yes, they're getting the toxins out. "I'll do whatever it takes. If it means suffering ever more so by using the wrong homeopathic medicine perhaps or seeing my body react in such a negative way that perhaps this means something good, and it gives me some hope."

But the real hope is much bigger than that. The real hope is that I don't know that toxins are as big of a concern as we have been led to believe.

Kate: Okay. So, here's another question. "After my husband works out, he says he sometimes smells nicotine or some other detoxing smell," (whatever that might be).

Joette: Yeah, I don't know if that means it's detoxing. I mean if he smoked cigarettes for a long period of time or chewed tobacco, then I suppose that you might call it that, but again it's speculating. What it is, is that he has a strange odor when he works out. That is a rubric. *That* is what we use to determine whether or not we choose this remedy or that.

However, I don't see that as an illness. It's not a pathology. It's an interesting quirk. It's an interesting aside that can help us choose the homeopathic medicine in the end. But for example, *Sulphur* has that. They smell things that are not there. They're smelling perfume when it's not there. They smell smoke when it's not there. So, it helps lead us perhaps to the medicine, but it still doesn't tell us *necessarily* that we're detoxing. It's just one of those symptoms.

So, we take it out of the realm of everything is toxic and put it in the realm of, "Oh, that's interesting. We could use that in our determination of which homeopathic medicine to choose perhaps."

Kate: So, someone else writes, “If every little toxic exposure brings my health to a crisis, can your body become resilient through homeopathy, or do you just apply the homeopathic medicines after each exposure?”

Joette: Oh, that’s such a great question because it’s what I used to suffer. No, we use a double-pronged method. One is we use one medicine specifically for those people who are sensitive to chemicals and every sniff of perfume. That’s the way I used to be. If I smelled perfume, it would make me sick or I would get asthma. If I ate the wrong foods, it would cause terrible fatigue, et cetera, et cetera. So, I felt very vulnerable. Once I learned how to do this, I learned how to take a homeopathic medicine.

Now for me, it was *Arsenicum album* that helped time and again, but there are many other homeopathic medicines depending on what kind of exposure.

But meanwhile, the baseline is we’re using a homeopathic medicine that is specific to the fact that this person is overly sensitive, that they get sick from every exposure. So, we’re using that as the baseline, and then we use those other medicines specific to how it’s presenting as needed as an SOS.

Kate: So, you’re going to be talking more specifically.

Joette: Oh, my gosh! We’re going to go through that exactly. That is a good mainstay of what I’m going to be

teaching. I can't wait to do it because it so harkens back to my previous life.

Kate: You will be speaking from your experience and from your education.

Joette: Yes, yes.

Kate: Will you be covering the different medicines that you will use if you suffer from a reaction to say chemicals versus cigarette smoke versus ...

Joette: Perfumes versus pesticides – yes – versus bad food at a restaurant, versus drugs that you've just taken. Absolutely, we will be covering that, yes.

Kate: So, what about the different supplemental approaches to detoxification, say enemas, juice detox, castor oil packing, those kinds of things? Will you be talking a little bit about the stance that you take about those supplemental detoxification modalities?

Joette: Yes, yes, we will be talking about that because there's a lot of information out there that tells us that much of that is not what we had hoped it would be. Sometimes it's a matter of the method that's used. Sometimes it's a matter of the testing that is interpreted. So, we will be touching on that pretty heavily in this course.

Kate: So, this is an example of some of the questions and information that will be covered in this course on toxins. So, if you want [more information on this course, check out the information below.](#)

Kate: You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette's podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit in your health strategy, visit PracticalHomeopathy.com.

**I'm Toxic. You're Toxic.
We're All Freakin' Toxic!!**



A few years ago, you may have read my blog post, "[I Was an Itchy Little Girl](#)." That article gave you a glimpse into my childhood.

Within a few short weeks of my birth, I had health challenges. Eczema, allergies, and seemingly every -itis and -osis sought me out.

My mother searched for answers, and as I became older, I joined her in the search. But unfortunately, what the MDs (and later, naturopaths, clinical ecologists, and functional MDs) told me made me even *sicker*. At least it seemed that way.

My condition escalated from allergies and asthma to allergies and asthma *with anxiety*. And I got progressively worse.

Every appointment with the naturopaths, clinical ecologists

and functional MDs “proved” how deeply sick and noxious my system was. The specialists tried to convince me I had been poisoned and would remain that way until I took “this.” I was led to believe my condition would only worsen unless I fasted with “that.” Whatever the “this-and-that” du jour was, I *had* to have it, or I would suffer forever because of the toxins in my body.

One doctor convinced me that my maladies could be cured by ingesting lots of fresh parsley. And I do mean, lots of fresh parsley. But at my next appointment, I was still toxic. I wanted to say, “Of course I’m toxic! I’ve been breathing carbon monoxide – stuck in traffic every day while driving to look for fresh parsley!”

If I had to tally up all the money I spent over the years on “detox,” the total amount would be astonishing. Water filtration systems, air purifiers, treatments, and supplements, supplements, supplements! At the time, I was convinced the expense would be worth it, but what did it buy me in the end?

I didn’t gain all that much from it in the way of health. In fact, one herbal fasting program I tried left me covered in itchy hives for a long time. But at least I gained experience, and maybe some good will come from my sharing that experience with you.

Sometimes these aggressive detox treatments can be dangerous. Working in this field, I’ve heard many stories, but let me tell you just one. This one happened to my mother!

Many years ago, my mother had been suffering from itching. There were no skin eruptions, just rash-less itching. She went to a naturopath who recommended intravenous chelation therapy to “detox” her.

Mom started feeling unwell immediately after the treatment.

That night she broke out in eczema. It became progressively worse until, by day three, she was totally covered in a horrible rash. It was all over her face, her arms; her whole body was blanketed. And this lasted *an entire year*!

Unfortunately, this was before I knew anything about homeopathy, but eventually (after around a year) my mother's eczema faded away on its own.

But that was a very long year of suffering for her.

As for me, after a couple of decades of following a frightening, anxiety-provoking "detox" lifestyle, after years of coffee enemas, fasts, juicing, handfuls of nauseating supplements, vitamins and stuffing God-only-knows-what-else into my mouth, I found a different way ...

HOMEOPATHY.

Not only has homeopathy worked better for me in terms of achieving health goals faster, but it's so much less expensive and much, much gentler.

In the "detox" lifestyle, everyone assumes it's good to get worse before one gets better. In homeopathy we have a similar concept, referred to as an "aggravation" but let me be clear: With the method I use/teach it rarely, if ever, occurs. There's a good reason for this and I plan to go into this subject in the near future but for now, let me just say that it has something to do with the repetition of the medicine.

In the detox lifestyle though, people endure periods of feeling worse for days, weeks, even months – all the while convinced that they must be getting better.

That doesn't look like health to me!

I've decided to teach a course on this topic. I'm calling it

"Rethinking Detox with Practical Homeopathy®: How to Stop Stressing About Toxins and Fearlessly Achieve Health the Simple Way."

([Click here](#) to download an infographic I designed just for this course to give you hope that real homeopathic medicines exist.)

My aim is to show how homeopathy approaches the whole concept of toxicity in a way that's different from what we have grown accustomed to in recent years. We've all watched pop culture develop an unhealthy obsession with detoxing and cleansing.

I know there are many of you out there who are stuck in that same detox swamp I was mired in many years ago. It truly felt like quicksand to me. No matter how much I struggled and clawed to get out onto firm ground, I kept sinking lower and lower. I now believe there are much easier, simpler ways to get that firm ground under us and run fearlessly towards health.

So please, consider joining me in this new course! You can read more about [it here](#).

In the meantime, here's a little protocol I used for my first detox. When my homeopath gave it to me in the mid-80s, I didn't actually think of it as a "detox" at the time. But it indeed can be considered one – in a homeopathic sense.

I teach how to use it in a more sweeping fashion in my course. However, for those who suffer constipation (particularly given the regular use of medicaments): [Nux vomica 30](#), twice daily.

My homeopath gave it to me a little differently. She instead gave me *Nux vomica* 200 every 3 days. In homeopathic tradition, *Nux vomica* is considered one of the primary medicines to consider when there is a need to clear the

toxic effects from too many drugs. For me, it cleared not only GI conditions but asthma, headaches, insomnia and much more.

As popular as the current detox trend is, now – more than ever – is the time to pass on the good news of homeopathy and leave the angst of toxins behind.

Warmly,

Joette



Remedy Cards

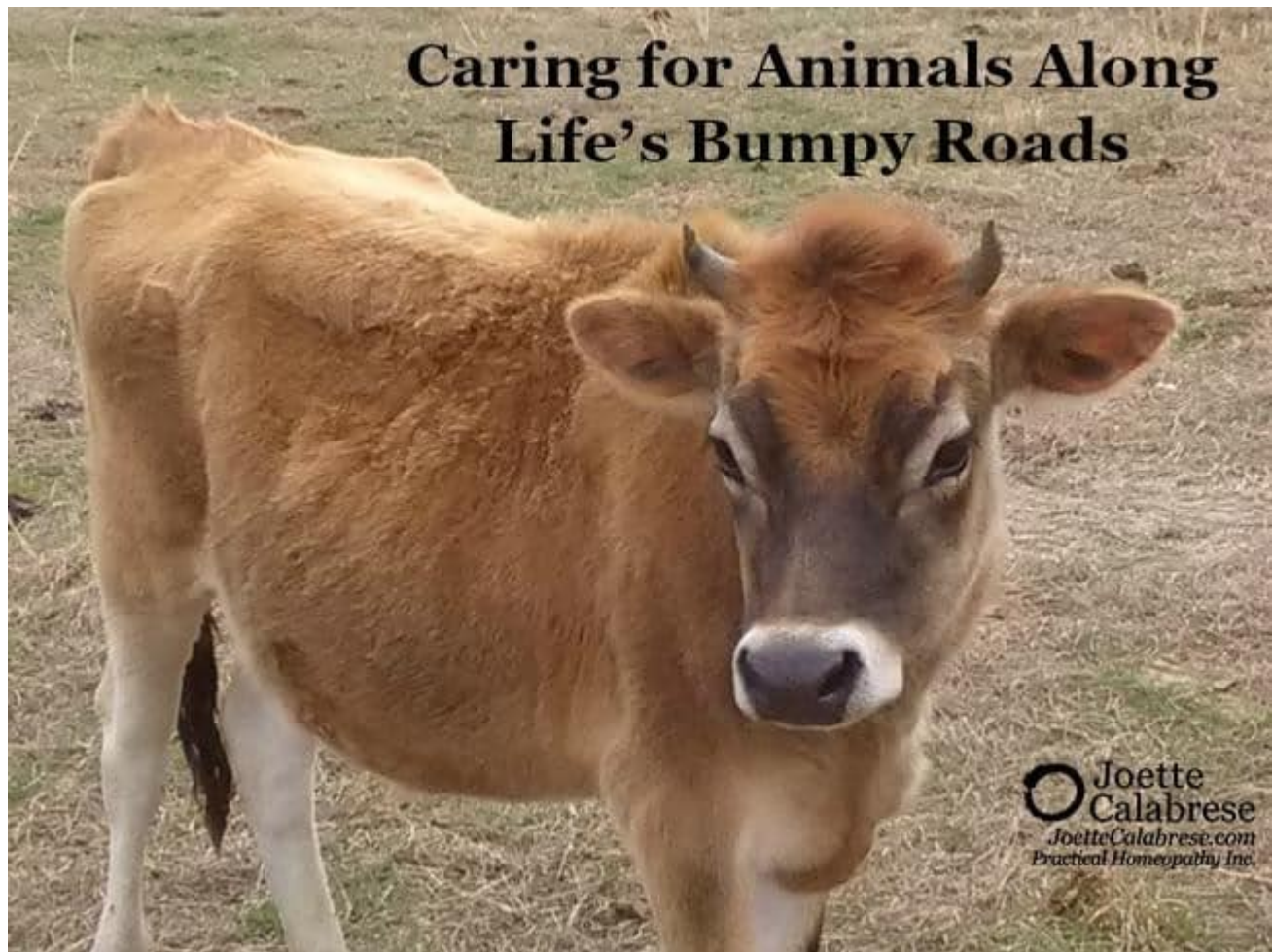
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Caring for Animals Along Life's Bumpy Roads



Howdy folks! Buster, the Bad Office Dog, here with some of my farm friends.

I'm a short little fellow, so they seem very tall and imposing to me. But, I'm told they really are as sweet and loveable as I am! Here's a wonderful story of how homeopathy helped one of my friends as she traveled down a very bumpy road.

Its also an opportunity for me to explain how my mom (Joette) teaches folks how to move from one medicine to another. Only if needed, mind you.

Herding cows into a cattle trailer and moving them down the road to another pasture are activities most farmers are accustomed to, but not so for our four-legged friends.

One morning, Suzie's small herd of cattle needed to be moved into the cattle trailer. And, off they went down some very bumpy roads.

Upon arrival at the new pasture, Suzie was on hand to observe the unloading of her family's cows. She saw each one gingerly step off the trailer and excitedly explore their new green grass. Everyone seemed to have survived the trip just fine.

However, that evening things got – like the roads – a little bumpy. After a hard day's work on the farm, the family was just about to head out to enjoy a musical concert and meal together when Suzie noticed out of the side of her vision that something was not right with Sunflower, one of the young heifers.

She was not walking right; in fact, she was lame in one of her front legs.

Suzie and her family were well equipped to handle this type of emergency since they had all studied and taken my mom Joette's class, [The Survivalist's Guide to Homeopathy](#).

Suzie immediately grabbed her aqueous solution of *Arnica* from the refrigerator (where she keeps it for exactly these kinds of emergencies) and headed out to administer it to Sunflower.

On the way to the pasture, she put a few pellets of feed in her pocket in case a bribe was needed. As Suzie approached little Sunflower, she sprayed a feed pellet heavily with *Arnica*. Sunflower eagerly gobbled up not only this pellet but all the medicated pellets from Suzie's hand.

Just for insurance, Suzie gently sprayed Sunflower's muzzle with the aqueous solution in the little spray bottle. Satisfied she had gotten a good dose, Suzie returned to the house.

As the family was heading out of the driveway a few minutes later, they noticed Sunflower had laid down in a nice, quiet spot in the pasture. The family let out a sigh of relief knowing that whatever was wrong with the leg, Sunflower could at least bend it.

(Cattle spend much time grazing on grasses and lay down when chewing their cud. They are designed to bend their front legs underneath them as they go down and get up.)

By the next morning, Sunflower was able to bring the leg forward instead of dragging it, but she was exhibiting the classic "rusty gate" phenomenon of *Rhus Tox* – slow movement at first that limbers up with additional movement.

So, Suzie added [*Rhus Tox 30C*](#) to the [*Arnica 200C*](#) in the water solution and sprayed Sunflower's nose twice a day for several days. This combination worked well to address the initial swelling and inflammation she was showing.

About five days later, Sunflower's improvement seemed to have come to a halt, as she was still not putting any weight on the injured leg. Time to retake the case!

Suzie remembered that Joette had written about a similar injury right here on my very own blog. A few computer keystrokes later and up popped the article, "[From Tendon, Bone and Cartilage Problems to Healing with Homeopathy.](#)" The information Suzie read about my torn meniscus matched the symptoms of what she was observing in Sunflower. Taking her cue from these symptoms, Suzie switched to [*Symphytum 200C*](#) twice a day.

A few days passed, and Sunflower was moving the leg normally

and putting weight on it again. Sunflower's regimen continued until Suzie saw her running and playing with her best friend, another young heifer.

We all have bumpy roads in life that homeopathy can help make smoother. This case certainly has a happy ending, as Sunflower is once again freely roaming her new and greener pastures.

Your Pal,



Buster





Remedy Cards

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Emergency Remedy Series: You Know *Arnica* – Or *DO* You?



If you've studied homeopathy at all, you know *Arnica montana* like the back of your hand; it is an integral part of your homeopathy first-aid kit.

I've discussed it in my blogs and podcasts many times, as have several of my Moms with Moxie. (It's easy to do a search for all the references to *Arnica* on my website, but just this once, I'll give you a hand with [this link](#).)

Because of your studies, you know *Arnica montana* is a little flower native to the Alps and other mountainous regions.

Similar in appearance to the common daisy, the *Arnica* flower and its leaves have been used for centuries as an analgesic, anti-inflammatory, and injury-recovery medicine.

As a homeopathic preparation, *Arnica* is invaluable after head injuries. You know it should be your first thought after a fall, especially when soft tissue is damaged, as it alleviates or even prevents bruising and facilitates rapid healing.

In fact, *Arnica* is one of the premier homeopathic remedies utilized in traditional hospitals! Many doctors – especially plastic surgeons – recognize the benefits of *Arnica* for reducing swelling and bruising postoperatively.

You know you can purchase *Arnica* in a topical form, such as [Boiron's Arnicare® cream](#) or [gel](#) in almost any drugstore or grocery store. *Arnica* is becoming ubiquitous.

So, you know *Arnica*.

Or *DO* you?

(I wish I could insert suspenseful music here!)

Years ago, when I was learning homeopathy, my mother only remembered one remedy: *Arnica*. It was her down-and-dirty, go-to remedy ... for anything! "Oh well, it worked for this or

that, so I'll just use that *Arnica* again!"

Through her wide-ranging application of [Arnica 200](#), we discovered it worked beautifully for her as a sleep aid! Not something we usually associate with *Arnica*, right? But, boy, did it work!

We all know the day after a bad night's sleep can be rough. We feel beat up, fatigued, as if we've been hit by a snowplow, and the plow backed up over us again to see what it hit!

Many times, the "day-after" can seem insurmountable. Especially if we're at work with a deadline or at home with a demanding family, relieving fatigue can become an emergency! That's *Arnica* too.

You may think of this medicine for jet lag, too.

Arnica montana is tremendous for relieving fatigue. First thing in the morning as I realize I didn't sleep well, I utilize *Arnica* 200. I may repeat the remedy until I am functioning properly, perhaps every six hours or so if needed.

I share a remarkable story in my [materia medica](#) about my teaching a severely fatigued professional athlete about *Arnica montana*. He had been a skeptic of homeopathy until his fatigue was resolved within about 40 minutes after his first dose!

Because of his experience, he became one of homeopathy's best evangelists.

So, yes, *Arnica* is indispensable for your first-aid kit of emergency remedies for all the reasons you already knew! Plus, an extra tube of pillules might be a necessity on your nightstand for times when sleep is elusive.

It's also a capital medicine for... wait, I could go on about

it for nearly an hour. And that's precisely what I plan to do on my 8 PM Monday night Facebook live in a few weeks, so stay tuned.

Once you are feeling refreshed, remember to pass on the good news about homeopathy!

Warmly,

A handwritten signature in cursive script, appearing to read 'Jette', written in black ink.

P.S. I seemed pretty confident you already knew a lot about *Arnica*, didn't I? That's because thousands of you have already taken advantage of my [Gateway to Homeopathy I Study Group Curriculum](#). *Arnica montana* is well-covered – one of several remedies I discuss in the First-Aid Lesson in the curriculum.

For those of you who have not yet joined a study group, I highly encourage you to either join a group or start your own. It's easy. The [Gateway to Homeopathy I curriculum](#) takes you by the hand, allowing you to learn my specific brand of Practical Homeopathy® in a supportive environment surrounded by other like-minded students.

If you have already studied *Gateway to Homeopathy I*, don't forget to continue your education! There is so much more to learn in my new continuation of the series, *Gateway to Homeopathy II*. Continue with your previous study group or start a new one! Either way, you – and your family – will benefit from your increased competence and confidence.

So, pour yourself a cup of coffee or tea and join in with like-minded women (and sometimes men too!) to become the healer in your world.

P.P.S. Here are the links to my entire Emergency Remedy Series for your convenience. Don't forget: if you order from [Boiron's website](#), you can receive 20% off your order by using the coupon code: joette.

(And just so you know...I do not partake in any affiliate programs. I am not being compensated for sending you this information. It's for your convenience only.)

[Aconitum napellus](#) (Shocking events)

[Arnica montana](#) (Fatigue)

[Rhus toxicodendron](#) (Delayed onset neck pain and headache)

[Pyrogenium](#) (Sepsis)

[Ledum, Apis, Arsenicum album](#) (Bites and itching)

[Aconitum napellus](#) (Eye injuries)

[Hypericum perforatum](#) (Injury to nerve-rich areas)

[Arsenicum album](#) (Food poisoning)

[Cold Calm®](#) (Colds)



Remedy Cards

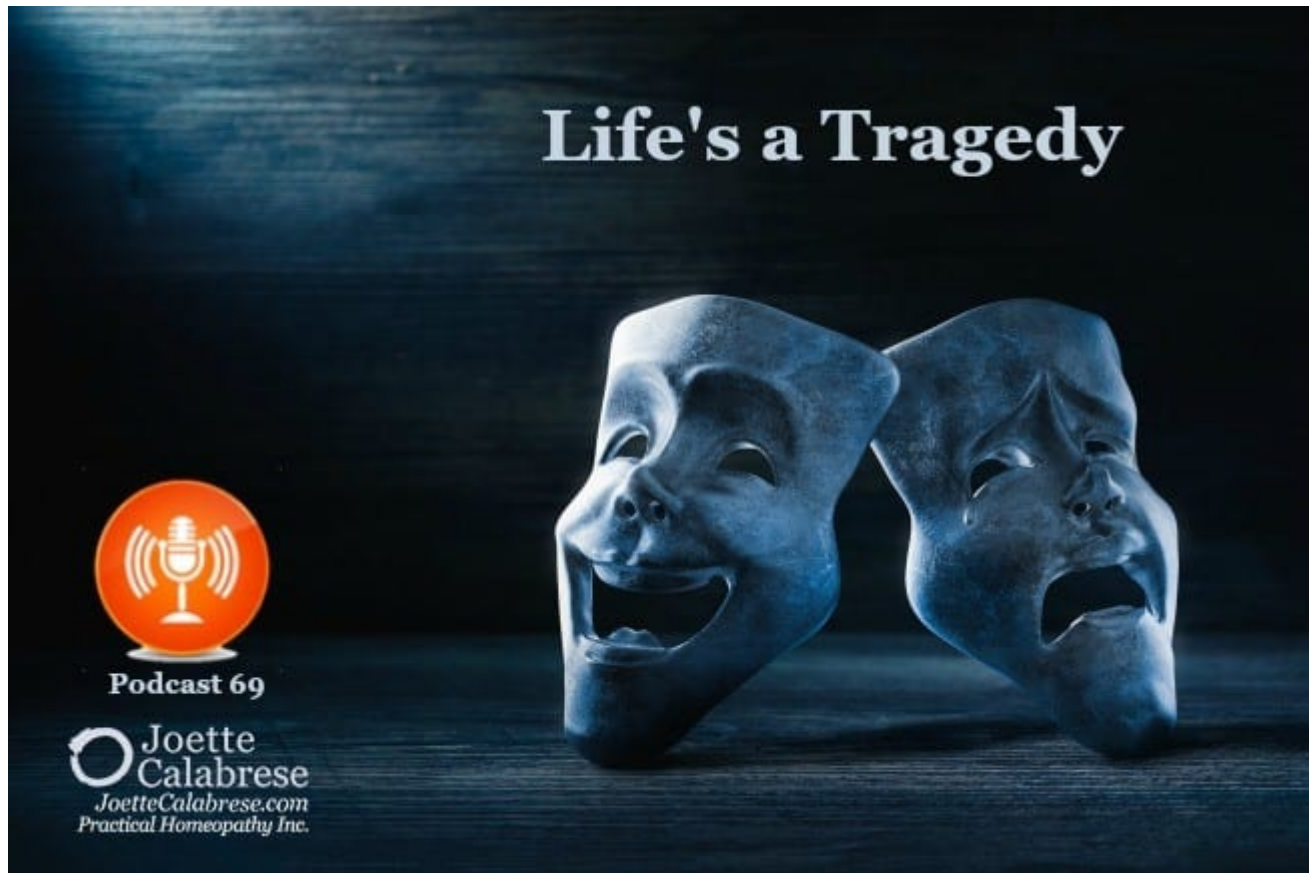
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Podcast 69 – Life's a Tragedy



IN THIS PODCAST, WE COVER:

- 02:13 Life's hardships
- 05:59 Different remedies for emotions
- 17:12 When to take what
- 23:53 *Coffea* and *Aurum metallicum*

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[*Aurum metallicum* 200](#)

[*Coffea cruda* 200](#)

[Ignatia amara 200,](#)

You are listening to a podcast from practicalhomeopathy.com where nationally certified American homeopath, public speaker, and author, Joette Calabrese, shares her passion for helping families stay healthy through homeopathy and nutrient-dense nutrition.

Kate: This is the Practical Homeopathy Podcast Episode Number 69 with Joette Calabrese.

Joette: This is Joette Calabrese, and I'd like to welcome you to the Practical Homeopathy Podcast. Women and men worldwide are taking back control of their families' health and learning how to heal their bodies naturally, safely and effectively. So, if you're hungry to learn more, you've come to the right place. Stay tuned as we give you the tools – and the inspiration you need – as I share my decades of experience and knowledge using this powerful medicine we call homeopathy.

Kate: Hey Joette, how are you today?

Joette: I'm doing well, Kate. How about you?

Kate: Well, I've overwhelmed actually. My mom, who had a severe stroke in December, is struggling today. There are so many ...

Joette: Today? No, you and I have been in close touch regarding this. No, maybe she's struggling again after making some real headway.

Kate: Oh, yeah! That *is it*. You know, I have to remind myself that our health isn't a linear graph.

Joette: That's right.

Kate: Just like you say all the time, Joette. It is ups and downs, and it's never going to be perfect.

Joette: It's two steps forward, one-and-seven-tenths backwards. And then another five steps forward, and then four-and-a-half steps backwards. So, we're always looking for the *net gain*.

So, excuse me. We're kind of going off on a tangent. It's not really what we planned on talking about, did we?

Kate: Right. No, we had a whole podcast planned, but after chatting for a few minutes, we thought it might be helpful for the people who listen to your podcast to kind of walk along a journey with us and hear about how health can be a struggle. It can be super-high when we find that right remedy, and our health has changed. It can be a low when we're trying to figure what to do. Especially the emotional

rollercoaster, Joette, *that* is what I have found difficult. I think you have a few things to help me.

Life's hardships

Joette: Well, I'll do my best. But I've decided that life's a tragedy. Just give it up. Life is just a big tragedy. If you can avoid some here and there, so you get some time in between to enjoy your family and your life and the sunshine and the birds and et cetera, then you've kind of made it.

But basically, it's a tragedy. The reason I say that is because I just lost my father a year and a half ago. It was just ... it's a killer. He was going to be 91. It's not like he hadn't had a nice, long life, but it still *hurts a lot*.

So, I was telling you earlier, and I never finished the story because then we decided, "You know, this is what we ought to be discussing." I was saying earlier that just about a week ago, I had gotten some news from a friend of mine that she has cancer. She's a very dear friend. That normally does not scare me. In fact, it didn't scare me; it just took the wind out of my sails.

You know, I listen to people's sufferings all day long every single day except Sundays – and sometimes even Sundays.

Then right after that, I was going through my phone, and I

saw my father's phone number. I pushed it to dial it. I was bracing myself thinking, "Oh, my gosh! What if that phone was never deactivated (because my brother took care of it, you never know), and I would hear his voice! I would just fall to pieces." So, I was bracing myself. In some ways, I was quite thankful. In other ways, I was disappointed that, of course, the phone had been taken down a year and a half ago.

Then I had a case of a client, a little boy who was not doing well at all. It was just another hit for this little person. Three things hit me very deeply all in one day. I don't know if it was just the alignment of my thinking, but boy, it really got to me. Normally, I mean I listen to sad stories all day long. They don't make me sad. I don't think they do.

Kate: I don't know how you do it.

Joette: Well, I always wondered if I would be able to do this, too, when I first started studying homeopathy to become a homeopath (which was not actually my intention originally). But this is what I've done; I've parsed it out.

Now, this particular circumstance, I went into a depression with these three events, the first one, of course, being my friend.

My husband said, "Oh! For crying out loud, Joette just take *Aurum metallicum* 200." That's [*Aurum metallicum* 200](#), folks.

Now, my husband is not a studied homeopath, but what he is, is he's studied *me* and has helped me in the past. *Aurum metallicum* has helped me in the past. Sometimes it has not, but it has done a lot of good work.

Kate: So, let's stop just for a minute Joette because people might wonder, "How do I know when I need *Aurum metallicum* versus *Ignatia*."

Joette: Why don't you say that?

Kate: Yeah, that's what I was just saying.

Joette: Oh! Oh, I thought you were going to stop the recording! <laughter>

Kate: I didn't mean stop the podcast. I actually meant let's stop and figure out ... you said using *Aurum metallicum*, but I know you also talk about using *Ignatia* 200. So, how do we differentiate when to use the *Aurum* versus the *Ignatia* when we're sad?

So, let's maybe talk about *me* for a second.

Joette: Oh, why not! Why should it be about me!

Kate: Why shouldn't this podcast be about me?

Joette: Right!

Kate: I think this is helpful because, for instance, I'm a caregiver right now. I'm overwhelmed with the daily struggles of caring for my mom and trying to balance my children, and work, and so many things, and dealing with the emotions, the ups and downs of my mom every day. I think this is maybe a good example. How do we know when to use *Sepia*, *Ignatia*, *Aurum metallicum*? What's the difference?

Different remedies for emotions

Joette: Now, those differentiations between remedies is a study in itself, but let me see if I can distill it down pretty easily. The first thought my husband had when I said, "I just want to go away." I mean not far away to an island; I would just want to go with my father and be with Jesus. I mean that's the way I was thinking. "I want to end it all. I just don't want to be here anymore. It's too painful, too much suffering. My friend is now going to suffer. I just can't take it."

First, he said, "Maybe you should take *Ignatia*."

Then when I started to talk like *that*, he said, "Oh no, no, no, no. This is *Aurum*."

So, what's the differentiation?

Ignatia is – and you don't hold me to it a hundred percent, but generally speaking – *Ignatia* is certainly being overwhelmed with duties, feeling a little skitterish, emotions can be all over the place. Laugh one minute, cry the next. It doesn't have to be there. None of these aspects of *Ignatia must* be there, but these are little characteristics that can help you determine whether or not it could be a good remedy for you. It's anxiety; there are a lot of fears. I didn't have that. I had downright, frank *depression*. It came on pretty quickly. It came on one day. Maybe it was two days after I learned about my friend. It was wanting to die.

Aurum metallicum has suicidal thoughts. Now, I didn't actually have "suicidal thoughts." I wasn't going that far. I just knew that I didn't want to be here anymore for that day and a half/two days.

Ignatia is different than that. *Ignatia* is lots of anxiety and fear and some depression, but they don't think like that generally. Those who need it don't think that way. So, getting back to *Aurum* so that I can give you an example, I took a dose of it, and he was absolutely right. Within a couple of hours, I could feel it lifting.

It's not as though I felt anything different. It's that I was going back to *myself*. So, it's easy to say, "Well, I didn't feel anything dramatic."

Well, are you still depressed?

"No."

Do you still want to go to the other side?

"No."

Okay then, I guess it worked.

"Yeah, I guess it did."

Kate: You know, I have to say, you suggested that I take *Aurum metallicum* not long ago. I did, and I had the same experience where before, I had a thought of just driving my car off into the sunset. I just want to be in heaven. It's hard. This life is hard. Again, I'm like you. I didn't have any suicidal thoughts per se. But it's just the feeling of this is too overwhelming. This is too much.

I took the *Aurum metallicum*, and then it made it so much easier to deal with coming and watching my mom suffering and dealing with everyday life. I didn't have that feeling of overwhelmed. My feeling was, "I can do this. It's going to be okay."

Joette: That's it. It's the *absence* of symptoms that lead you to know that you've chosen the correct medicine. It's the *absence*. Don't expect to be high and feel like you just smoked a joint or something like that! So, those potheads out there who I'm shaking a finger at by the way – that's a whole 'nother podcast.

So, I don't let the sufferings of my clients ... most of whom I've gotten to know quite well, and I very much like. In fact, I could say I even love them! I have great relationship with my clients, and I feel close to them. They have allowed me into their world. They hand me their pearls of wisdom. They teach me what I need to learn, too, in terms of what life is really about and how to take life.

So, I could easily go down and fall apart every time I hear a sad story from one of them. But if I do that, I'm useless to them. That's not my girding, although that is valuable. My real girding is I am there to discover the answer: the right medicines, what potency, what frequency, for how long to use it, to give them some encouragement if I can. That's my job. My job is as a detective. What's the remedy? So, my focus is so *myopic* that I don't allow the emotions to get in the way. Now, if I did, I guarantee I'd be useless to them and to myself and to my family. So, I don't allow that to happen.

In spite of the fact that this friend of mine is going to be working with me, once I start working with her, and I come up with the medicines that need to be used for her, I will be able to put up a "scrim." That's the best way to put it.

It's kind of like a scrim on the stage where you see them, but there's a little protection, a gentle diaphanous film between them and me that protects me from going down the sad road with them so that I can gird them up and hold them in place.

Kate: And the homeopathic remedies like *Aurum metallicum* help us to do that?

Joette: They do. And then I will also say that *Aurum metallicum* stopped working for me after a couple of days. I could feel it coming on again, so I took another dose. It didn't stop working. I felt as though it just needed another hit, so to speak. I took it, and I did not see improvement. That's when I decided – for *me* – I decided to use *Psorinum*. That's spelled P-S-O-R-I-N-U-M, *Psorinum* 200.

Now, that's not one of our main medicines in our protocol for depression. It's a tertiary medicine for depression. But the reason that I chose it – and I'll tell you why, for those of you who want to read up on this, and I urge you to do so – *Psorinum* is for an underlying sadness that feels as though life is not worth it. It's like being like Eeyore.

There are often skin issues. Just around the same time, I got a little patch of eczema under my left eye. It's gotten swollen and itchy, and I haven't had eczema since I was 13. (So, in some ways, I guess I'm grateful because it means that perhaps I'm cleaning something out. Who knows? I don't try to figure that kind of stuff out necessarily.)

So, that was itchy. Then I was feeling itchy all over – my ears, at my scalp. There were no eruptions; I just felt itchy all over. I said, “Oh, for goodness sakes, it’s got to be *Psorinum*.” So, I took it, and I have felt much better since that time. I feel just more like myself.

Kate: So, you took *Psorinum* because there was a complete picture. It wasn’t just the emotions. It was other things.

Joette: Yes, ma’am. That’s *exactly* why I chose it. I didn’t just say, “Oh, *Aurum metallicum* didn’t act.” Because what I could have used was [*Aurum metallicum 200*](#), every other day and [*Coffea 200*](#), twice a day. That’s a great combination for depression. But I was so itchy. I’ve had that experience of itchiness throughout my life here and there. I know through experience that *Psorinum* has often helped. So, that’s what I took.

Kate: I talk to people in the study groups that I lead, and I tell them to be very careful with the nosodes. *Psorinum* is considered a nosode because it is made from a disease.

Joette: Yes, it’s made from scabies.

Kate: So, if we’re going to use a nosode, we have to really know that that is the correct remedy. We have to know what we’re doing.

Joette: Well, the reason I’m giving you this story is

because I want to be able to express that as well. I don't believe nosodes are any more dangerous necessarily – or safe necessarily – than any other homeopathic medicine. But when it comes to stepping outside of a protocol, now we need to be a little more cautionary, just because.

What I mean by that is people say homeopathy is perfectly safe. I don't believe it is! I think it's *relatively* safe. You can cause some trouble with homeopathy if you use it willy-nilly, if you don't follow the rules properly. One of the rules is to make sure that you got your diagnosis correct.

Kate: Right. When you're using the protocols, you need a diagnosis. Now, sometimes that doesn't necessarily mean going to the doctor.

Joette: No. I didn't go to the doctor. At first, I didn't know what was happening to me. That's why my husband had to chime in. (Which is, by the way parenthetically, something everyone ought to know is that their *spouses* ought to know the medicines that work for them – especially those that are psychological medicines for them. Because when you're sick, your brain turns to mush if it's an emotional discord.)

Kate: Yes.

Joette: I would not have been able to think. I didn't know what to do. All I felt was this deep sadness, and I couldn't think straight.

Kate: Not only when you're sick, but when someone that you dearly love like a child is sick, your brain can also turn to mush because all you feel is that empathy. It's hard to get past that.

Joette: I have people say to me oftentimes, "I feel so sad for my child." I want to say ... sometimes I do, depending on the circumstance. If it's on my blog, then I might not go this far, but certainly, when it's a client, I will say, "Don't feel sad for your child. Feel *determined* for your child. Feel ready, willing and capable of learning what to do to take care of your child because if you allow yourself sadness, you're going nowhere fast."

Kate: Yeah. That's how we started out this conversation. I was saying how I felt so bad for my mom because I didn't know how to help her. We have trouble communicating with her. You stopped me, and you said, "No, you can't go down that road. You have to take a step back and take the remedies that you need. Then try to be analytical because it's going to destroy you if you go down that road."

Joette: Well, I know I'm going to turn some people off by saying this, but you have to be more like a man. I'm serious. You have to put the emotions aside and take the task at hand seriously. That's a very masculine way of thinking.

I've learned a lot from my husband because that's the way he is. When his parents passed away, he grieved, but when it

was done, it was done. For goodness' sakes, I'm still carrying on about my father; it's been a year and a half! "Hello, Joette, get a grip!" I mean, really, it's time to ... I mean, I think I have moved on, but there are those moments that it comes back, and it hits me. It's always when I feel weakened by other bad news.

But this does not affect my husband. It doesn't seem to affect my sons – these kinds of things. I observe it all the time. It didn't affect my father. I don't see it affect ... well, maybe my brother. But I observe the differences between men and women because I love them, and I celebrate them. I want to learn from my partner. I've learned a lot from him because of that. He's very sturdy, and I need to remain sturdy, too.

When to take what

Kate: Okay, so let's get back to knowing the difference between the *Aurum* and the *Ignatia* and *Sepia* because those can all be used for that overwhelmed emotional state.

Joette: *Aurum metallicum* takes on responsibilities. People who need *Aurum metallicum* are often the responsible ones in society who take on everything that they come across. They take it on with aplomb. They go all the way.

Look at what you're going through right now: You don't just visit your mother; you *live* there. You only go to bed late at night to your own bed and then start again first thing in

the morning. We're doing this podcast from your mother's room for goodness' sake. I know what that rehabilitation center looks like now because you and I have met a number of times.

Sometimes you can use *Aurum metallicum*, and then a couple of days later, you might need *Ignatia*.

Sepia is very specific. It's very female, hormonal and is often for a middle-aged woman or a woman who's had children.

But *Ignatia* has a lump in the throat. They start pulling their hair out a little bit. They start picking at their skin. They start doing things that are central nervous system oriented, too. *Ignatia* can often present with trichotillomania. Trichotillomania, it's a long word.

Kate: What is it?

Joette: Yeah, what is that?

Kate: What is that?

Joette: It's a hair-pulling disorder. It's a central nervous system response that results in an urge to pull out hair, whether it's eyelashes, eyebrows, hair from the head, the arms, wherever it might be. That is what can happen with

Ignatia. But we can also see a lump in the throat, a chronic little nervous cough I've seen in people, ailments from grief, all of that.

Now, when I talk about my father, is it an ailment from grief? Well, yes, but that's way further back. What I was describing to you was: bam, bam, bam! Three hits. Three big emotional hits that hit *hard* – which shouldn't have but did.

So, the sadness of my friend, her suffering, I wasn't *grieving* necessarily. The thought that I missed my father, and then this child was suffering. Is it grief? Well, there's grief somewhere in there, but what was the hierarchy of symptoms was this *overwhelming depression*. I just wanted to go to the next life.

So, that's how you differentiate. You have to figure out what to say because some people say, "Well, it is from grief, too."

No, no, no. No, no. Don't go there. Go with what is presenting most *overtly*.

Kate: So also, another clue that you might need *Ignatia* is that *sighing*, right Joette? The "Aaaaah," someone who does that, that's an *Ignatia* thing.

Joette: And sobbing alternating with laughing or feeling easily offended. Someone says something that's perfectly

normal, and you see it as the complete opposite. “Oh my gosh! You must mean ... You are ... You must be prejudiced! You must be a white supremacist!”

“Oh, for crying out loud, get a grip. I just said let’s put up a fence!” The whole world needs *Ignatia*. It’s the only thing ... excuse me for getting political here ... we just need to kind of get a grip on our borders. That’s all we’re saying here. When everybody is saying, “Oh, he must mean he hates Mexicans and South Americans.”

Really? Is *that* how far you’re going to pull this apart?

When we see life that painfully, and we feel so victimized, then *that* is *Ignatia*.

Kate: Okay.

Joette: When we talk about [*Ignatia, I always talk about it in a 200C*](#), twice daily. Twice daily, every day. Twice a day: morning-night, morning-night, morning-night, until it’s over with. When it’s over with, you stop. When you feel better, then you put an end to the use of it.

When it comes back – and it likely will because if someone has that strong feeling, they have a propensity for it; it will come back. Of course, as I said when we started, life’s a tragedy. So, it is going to come back at some point where you take it again. Even if it’s a week later or a year later, you just start it again. Now you know what medicine

works for you.

Kate: How about the *Aurum metallicum*? How often to take that?

Joette: *Aurum metallicum, we like to use only in a 200C,* every other day. *Aurum metallicum* – here's something that's valuable – not always, but it has an accompanying ... Not always; remember this, folks. Because everyone thinks they have to line up all the symptoms, and they all have to be perfect in order to use one medicine or another. There can be fatigue: chronic fatigue or the fatigue is just ... it's again, part of the central nervous system (is my guess. That's the way I see it.)

And it's great for men. That *Aurum metallicum* is a wonderful boost for men's low testosterone, low sperm count, men who can't perform sexually anymore or are having difficulty with that. They have so much responsibility, but they're stoic. They hold up because they know they should do the right thing – because that's the way *Aurum metallicum* people are generally speaking (those people who need it). They're stoic. They just keep trudging through in spite of how hard it is. So, *Aurum metallicum* – not always, again – *Aurum metallicum* is more often a little more masculine. We think about that a little bit more for men.

Ignatia is a little bit more feminine. *Ignatia* has, I know this is going to anger people (some women), but I'm sorry: There's hysteria with *Ignatia* sometimes. They're bouncing all over the place (bittybeep-bittybop-bittyboop). They're

all over the emotional spectrum. "I'm crying. I'm laughing. I'm hysterical. I take everything in bad turn. I'm freaking every time you say something. What did you really mean by that? I know what you meant."

Ignatia.

Kate: *Aurum metallicum* is that Type A personality where, "I'm going to get it done. I'm responsible. I'm going to be there. I have the weight of the world on my shoulders, and I can do it."

Joette: That's right.

Kate: But they're *tired* doing it.

Joette: But they can be tired, and it can drain them hormonally for men.

Kate: Okay, so our emotional rollercoaster is going to come to an end because we all know what to do to help us, so *Aurum metallicum*, *Ignatia*, *Coffea*. For those women who are in their early years of having young children, then that's a *Sepia* possibly thing as well.

Coffea* and *Aurum metallicum

Joette, you mentioned *Coffea* when you were talking about *Aurum metallicum* and how those two can be used together. Can you elaborate on that a little?

Joette: Sure. I used *Aurum metallicum* by itself. I could have used *Coffea* 200. I suppose actually, now that I think about it, I could have added that in instead of going to the *Psorinum*. But, *Psorinum* was so compelling because of the itchiness in my skin.

But had I *not* had that skin irritation, I might have stayed with *Aurum metallicum* 200, every other day and added *Coffea* 200, as I said earlier, twice daily – particularly if I was having difficulty sleeping, or if I would fall asleep and then wake up. I hear this often from folks. I fall asleep, and then I almost startle. I wake up, and my mind starts going. That's *Coffea* 200.

Just like when someone has drunk too much coffee. (Which parenthetically let me mention, if you're drinking coffee, and that happens to you, *stop the substance!* Stop the coffee. I mean, really that's just kind of logical. You don't have to stop it abruptly. You can just cut back by half or something or drink it only in the morning.

But I also will tell you that when people drink coffee in the morning, they think, "Oh! That will never affect me at night."

Really? You don't think that if you take a drug at 6:00 in the morning that that won't affect your sleep at 10 o'clock that night? Absolutely, it will! So, why wouldn't coffee do that? Coffee is a substance. It's caffeine, and it's strong.

If people drink a lot of it, and they usually drink it quite strong, and they think that they could drink it like they were in college, sorry. You can't do anything like you can when you're in college. That's true. I mean, I used to eat a lot of chocolate and be able to get away with it. I used to be able to drink coffee all day long and never give it a thought. I used to be able to stay up until 3:00 in the morning and party and all. I used to drink alcohol, and I never had any trouble at all. Well, if I did any of those even in small amounts, I would be paying for it.

Kate: Well Joette, I think you've given us a lot of clarity on how to use these medicines. So, thank you for helping me and so many people who are probably going to go right now to their homeopathy cabinet and pull out that *Aurum metallicum* or *Ignatia* or something.

Joette: Kate, allow me to wrap this up by saying our very core is shaped by the adversities that we endure. There's no doubt about the fact that life is difficult. As we march through time, the more that we can overcome, the more it shapes our character. So, don't worry about adversities piling up too much. They're going to! Just learn how to deal with them the best you can in a pragmatic way, if possible. If not, make it philosophical and say, "Oh well, onward."

Kate: I feel like I should be encouraged but ...

Joette: <laughter> “I’m more discouraged than ever now. Thanks a lot, Joette!”

Kate: No. Thank you for sharing, but honestly life is hard. Yeah, we just have to trudge on like you said.

Joette: Well, let it run off your back like a duck. Imagine that. Really, truly put that image in your mind. The duck goes down in the water, comes up and the water just rolls right off his back. That is the way you want to see life. Otherwise, we will accumulate all the sufferings and all the tragedies, and it will just keep going. And *cling to your faith*. It’s very important.

Kate: Yeah.

You just listened to a podcast from PracticalHomeopathy.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shares her passion for helping families stay strong through homeopathy. Joette’s podcasts are available on iTunes, Google Play, Blueberry, Stitcher, and TuneIn radio.

Thank you for listening to this podcast with Joette Calabrese. To learn more and find out if homeopathy is a good fit in your health strategy, visit PracticalHomeopathy.com.



Remedy Cards

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The Funny Bone is NOT FUNNY



The funny bone is NOT funny.

In fact, it is neither funny nor is it even actually a bone! It's a nerve – the ulnar nerve, to be precise.

So how did it get such a misleading name? Some theorize because the name of the connected bone in the upper arm is the "humerus." ('Love that play on words.)

But, regardless of how it came to be called the funny bone, we all know it is not even remotely amusing when we accidentally hit our elbow on a hard surface.

The ulnar nerve runs down our arm and is responsible for sending signals from our pinky and ring fingers up to our brain. And boy, does the signal go ballistic when the elbow is bumped, and the ulnar nerve is activated.

The results range from sharp, shooting pain to odd sensations such as numbness, tingling or formication (the feeling of bugs crawling on the skin).

We know our first choice of remedy for any nerve condition – especially those presenting shooting pains – would be [*Hypericum 200*](#) twice daily. It's not the *only* remedy choice, but it should most often be the first one we consider.

Thankfully, it usually goes away quickly after an accidental bump, but unfortunately, some people experience this discomfort and pain consistently. That's *definitely* not funny.

Constant triggering of the ulnar nerve can be the result of an injury higher up the stream – for instance, in the shoulder. This complaint is prevalent in male athletes – football and hockey players, especially.

These players develop scar tissue in their shoulders due to repetitive injuries. Even successful surgery to repair the damage can leave the ulnar nerve in a state of persistent irritation – delivering odd sensations and shooting pains.

In fact, I've worked with professional hockey players as clients. One, in particular, comes to mind. For privacy's sake, we'll call him "Matt" (that's a good hockey name.) After a successful surgery to correct an injury and an appropriate period of convalescence, Matt's ulnar nerve continued to annoy him during damp, cold weather.

Think about that. A hockey player whose pain is exacerbated by damp, cold weather? For Pete's sake, the environment they are in every day is damp and cold! Matt's professional future required an answer his surgery and rehabilitation didn't provide.

I taught him to use [*Symphytum 200*](#) mixed together in the mouth with [*Calc phos 3*](#) twice daily ([*Calc phos 6*](#) may be used as a substitute if the 3 potency is not available in your area).

So, he had two protocols to employ: the *Hypericum 200* twice

daily for relief from the shooting pains, plus the combination of *Symphytum* 200/*Calc phos* 3 also taken twice daily to resolve the underlying condition.

These medicines are used until the pain and sensation go away. Then stop. If the feelings return, reinstate the protocols for another couple of months – “testing the water,” so to speak – to determine at what point the condition is finally uprooted.

Now don't get me wrong, it's not only hockey players who are brought to a standstill from ulnar nerve injury; it can happen to any of us.

In fact, on my private Facebook page reserved for students, recently a mom queried the group about a resolution for her ulnar-nerve-induced numbness and pain. With great satisfaction, I observed as my other students responded with the proper remedies.

Remember to scroll down and download your Remedy Card with today's protocols. Keep the Remedy Cards handy should you (or a family member or Facebook friend) need one.

What better way to pass on the good news of homeopathy?

Warmly,

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

P.S. I encourage you to join my Facebook groups. There is an [open group available to anyone who is interested in Practical Homeopathy®.](#)

In fact, unless something critical interferes, I hold a

brief Facebook Live there on Mondays at 8 p.m. Eastern. (If you can't attend on Monday nights, all of my previous sessions are available for replay in the [video section](#).)

But, as I mentioned previously, there is also a separate [group exclusive to students of mine](#) – just another perk of [taking my courses](#)! That group is particularly supportive and knowledgeable. There is nothing more comforting in the wee hours of the morning when you're in a healthcare panic than finding help from a like-minded student of homeopathy.



Remedy Cards

Want the important remedy picture for this blog as a pdf?

Build your homeopathic library as searchable files on your computer.

Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

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Sample Card Content:

Condition: Concussions

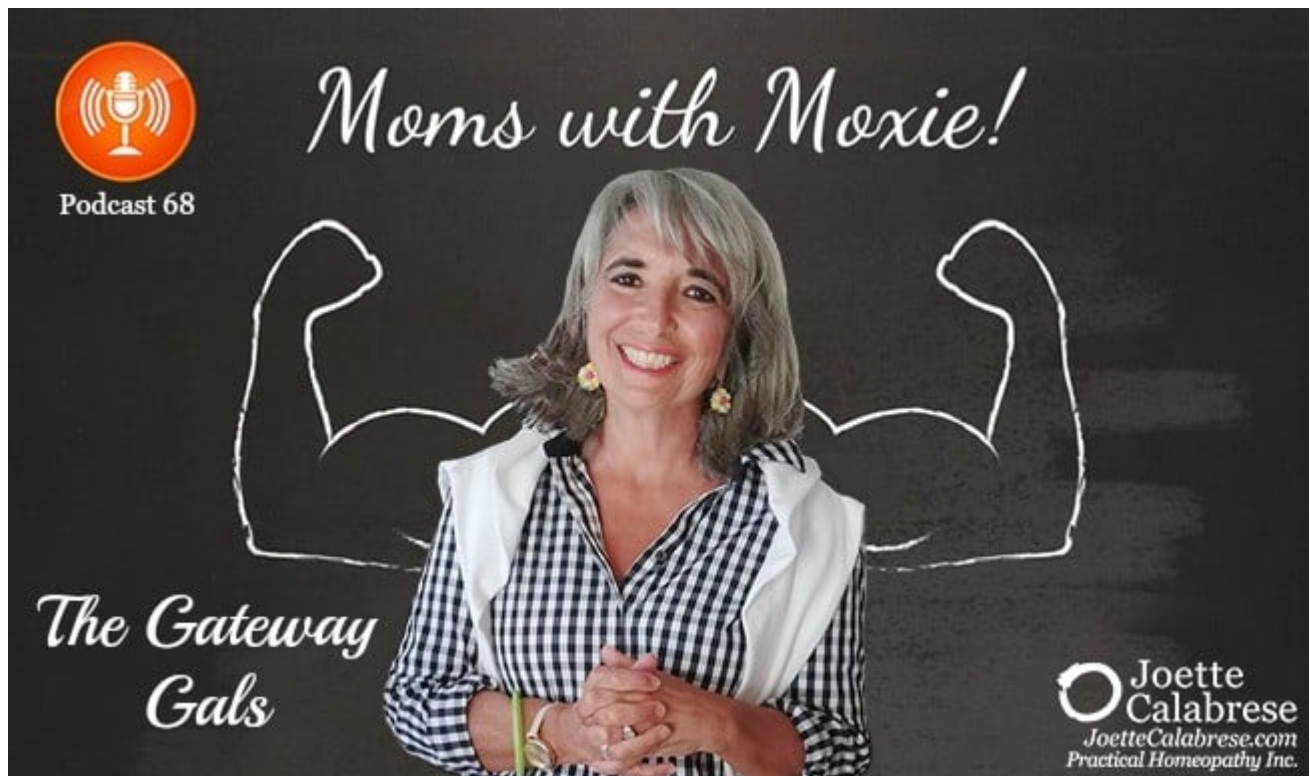
Remedies: Aconitum 30C, Arsenum 30C, Lachrym 30C, Belladonna 6C or 12C, Cuprum met.

Details/Directions: Aconite immediately to deal with the shock of injury. and alternate with Arsenum as needed (approx. every 15 min.). Add Lachrym for blow to the head and if there's a black eye, then Belladonna for the throbbing. Finally look to Cuprum met. if there is dizziness, dazed or convulsing due to injury.

More info at: <https://joettecalabrese.com/blog/boys-concussions-and-broken-furniture/>

Joette Calabrese
Homeopathic Nurse Practitioner

Podcast 68 – Moms with Moxie: The Gateway Gals



IN THIS PODCAST, WE COVER:

- 06:14 The Gateway Gals
- 11:57 Information on the website/organizing remedy cards
- 15:22 Polymyalgia
- 19:45 Broken foot and fall injuries
- 27:24 Simple steps to take in starting homeopathy

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Gateway to Homeopathy I and II Study Groups](#)

["Just One Drop"](#) (Film from Blind Dog Films; Laurel Chiten, Director)

[Top 100 Remedies Kit](#)

[How I Cured My Fibromyalgia with One Simple Medicine](#)

[Joette's Course Page](#)

Kate: This is the Practical Homeopathy® Podcast Episode Number 68.

Joette: Each day from my office, I get to see how homeopathy is transforming lives all over the globe, and I want to share them with you. Some of my students have really caught my eye. Some of you have done all you can to learn how to cure those around you using homeopathic medicines, and your successes inspire me. They're glorious and powerful, and I can't keep these successes a secret any longer. So, with help from my roving reporters, we bring you a mini-podcast series that I call "Moms with Moxie." Sometimes we even interview "Dads with Audacity." See how regular mothers and others, average people who want to cure those around them, have gone from freaking to fabulous with homeopathy.

Kate: Hi. This is Kate. I'm here with Kelly who is a "study group enthusiast," I guess I would call her. She is excited about study groups and homeopathy. I think you're really going to enjoy hearing from her and her experience with the Gateway to Homeopathy study groups – and also the experiences that she's had with homeopathy, and how she has been helping her friends and spreading the word. So welcome, Kelly.

Kelly: Hi! Thanks for having me.

Kate: So, Kelly, tell us a little bit about yourself, maybe where you're from and a little bit about your family.

Kelly: I grew up in West Virginia, and I live in the Shenandoah Valley in Virginia right now. I've been married for 37 years. We have two grown sons who are both married with four grandchildren and another one on the way. I work part-time with family back in West Virginia. So, I enjoy going back home to see family, and it's just a nice change of pace for me to be able to not have a 9-to-5, 5-day-a-week job.

Kate: Okay! So, I have to ask. When you said Shenandoah, that song came to mind. Do you remember that old song? It talks about the Shenandoah River. Is there a river there?

Kelly: Yes, there is.

Kate: Maybe I'm just really old. I don't know who's going to know what song I'm talking about.

Kelly: I think I'm a little older than you. But yeah, there is the Shenandoah River here, yes.

Kate: Nice!

Okay, so why don't you give us a little bit of background as far as how you came to hear about Joette and the Gateway to Homeopathy study groups.

Kelly: I've kind of been on a journey for about the last 15 years, and I've been introduced to different types of natural things. The first one was like food and trying to make a change in our diets. Of course, then I went through the essential oil phase where I was concerned a lot about natural things and what I put on my skin and clean with and different things like that. So, I kind of had these two pieces to the stool, but I needed a third piece.

When I was introduced to homeopathy ... my sister, actually, she invited me to a documentary. It was called ["Just One Drop."](#) That was actually one year ago in January of 2018. She says, "Oh! My doctor recommended ... it's some kind of natural type of healthcare."

I was like, "Oh, I'm all over that."

Kate: So, her *doctor* recommended "Just One Drop"? What kind of doctor is this?

Kelly: He's a more integrative-type doctor. He tries to use natural things, supplements, different kinds of modalities and therapies, but he's not big into using traditional medicine. I guess more like an integrative doctor.

Kate: Okay, well good. That's exciting that a doctor recommended that.

Kelly: Yeah. And a matter of fact, he invited two other doctors from the area. We had a Q&A after the documentary.

Kate: Wow! That's exciting!

Kelly: It was very exciting. So, that was a year ago. I had never really heard about homeopathy.

Kate: So, you went to see this movie. You never heard of homeopathy. You learned about it, and then you were intrigued.

Kelly: That's exactly what happened.

So, I just kind of sat on it for about a month or two. Then I went to visit a friend. This is a friend I've known for years and years. She's very into the same things I am, the same kind of dense nutrition, essential oils – I mean, we're all on the same page.

I said, "Have you heard of homeopathy?"

She goes, "I'm glad you asked that." She goes, "I have this

kit in my closet, and I've just kind of started using it."

I said, "Well, can I see what it looks like?" So, she brings out the [100-remedy kit](#).

Then she goes, "I've been listening to this homeopath."

I said, "Well, who is it?"

She goes, "It is Joette." She goes, "She has the best website. She gives tons of free information." So, I wrote her name down because I couldn't quite figure out how to come up with it. "Joette Calabrese," it's a little different, but she has a very catchy name.

Kate: Yes. So, you went, and you did some investigation on the website?

Kelly: Oh, yeah. My friend said that she has lots of free information. She goes, "Read her blog posts. Look at podcasts." So that's what I did.

Then I saw, you know, she had these study groups. So, I'm talking back and forth with my friend. We should do one of these. We should do one of these. Then I started talking with some of the neighbors. Many of them were kind of frustrated with traditional medicine and are trying to look

for more natural type of options.

Kate: So, it was all friends and neighbors that you knew? You spread the word, and they were interested, and you asked them to join? Were you the leader of that study group?

Kelly: Yes.

Kate: That's so great! You're just learning! I love this because I always say that you don't have to be an expert to lead a study group. Anybody can do it. So, I think that's *fantastic* that you jumped right in!

The Gateway Gals

Kelly: Yeah, I was a little nervous because I knew nothing. I felt unprepared. I'll tell you what ... I was stocking up on remedies already. We started our Gateway I in August. So, between March and August, I get the 100-remedy kit – ordered it from Joette's website so I could get all the other information that's so helpful to have. I'm sharing it with the neighbors and my daughter-in-law who lives about 10 minutes away. So, I'm feeling all these people in, you know: "We got to get ready. We got to do this class. Go to the website. Sign up." So, we get this group of women together. There's nine of us.

Kate: Nine, whoa!

Kelly: It was a nice-sized class.

Kate: Yes!

Kelly: We started in August, and this was before she had Gateway II ready. So, we're going through this. We were having a lot of success stories, people sharing – especially with a few of the women who had actually used some homeopathic remedies and were using it more and more in their families.

We had a lot of healthcare people in our class like a nurse, a nurse practitioner, a dental hygienist, some dental assistants. So, we had some people who knew the medical field much better than I did because I had really no introduction to anything except for what I have read and taught myself.

Kate: Well, that's a great mix of people. I think that's super-helpful when you have people in the medical profession because they bring a whole different perspective to it.

Kelly: You're exactly right. They come from more of a traditional standpoint. That's a whole different paradigm or way you're looking at stuff.

Kate: Isn't that exciting? I have a lot of medical

professionals in my Gateway group right now. It gives me great hope that medical professionals are starting to look at alternative solutions to allopathic medicines.

Kelly: I think it's wonderful. To give these professionals options – to help patients who are looking for something more natural – is a great idea. The interesting thing about it is we had a nice range in age from like young mothers to retired people almost.

Kate: You have the wisdom of those who are older and then the younger people to bring the fresh perspective. What a great mix for your group!

Kelly: Yeah, we had a lot of fun. When we were finishing up the course, that's when Joette's email went out about Gateway II. So, we're like, "Oh my goodness! We need to do Gateway II."

It was a lot of fun having my daughter-in-law in the class because she's got, two young kids. So, it's like, "Oh, let's try this on them." It's a learning experience. It's a whole different way to think about treating diseases – acute and chronic. The women are very open to it. They were excited to start using homeopathy and integrating it into their families. We just had a lot of fun learning together and then each week coming back. We would always have a time of sharing, just listening to their success stories or where they shared it with another family member.

Kate: I think that's an important part of the groups ... is to take that time to hear from people what they're doing and what they found success with. Just like you said, it's so helpful to everyone else in the group to hear those stories and learn from all those successes.

Kelly: The nice thing about it was if you had a situation, you had a quick answer. Like we would be texting or emailing back and forth, "What do you think about this or what would you use for this?" It was just a nice sounding board to have that group of women together to do that on.

Kate: So, how did you guys stay connected? Was it with text message group, or was it emails? How did you stay connected?

Kelly: We did both. The thing about several of the women, they are right across the street from me, and then my daughter-in-law is 10 minutes away. The furthest person was 40 minutes away. So, it was phone calls and texts ... was probably the best way we stayed in touch with each other because we're all local.

Kate: Okay. And your daughter-in-law went on to start her own study groups, right?

Kelly: Yes. We finished Gateway II, and she put out a little blurb. She got a lot of response from that. So, she's kind of narrowed it down and got a group of ladies. We just started Gateway I with her group. We just started in January. We're meeting at her house, and there are eight

people in that group.

Kate: You guys are really expanding!

Kelly: Oh, yeah. It's exciting to see other women get excited about homeopathy. We're not even through three of the classes. They're like, "Oh! Are we doing Gateway II?"

Kate: I guess you are!

Kelly: Yeah! So, I said, "We'll be happy to."

Kate: Now, you have to share with us a name that you've come up with for your study group women.

Kelly: Oh, okay. So, I was just thinking about Joette's book, Gateway to Homeopathy I and Gateway to Homeopathy II. When I would email the girls, I'm like, "I don't want to just say, 'Hey' or whatever." So, I came up with this little thing that I was going to call the girls: The Gateway Gals.

Kate: So, you guys have dubbed yourselves the Gateway Gals. I love it!!

Kelly: It's kind of catchy.

Kate: Joette's Gateway Gals, yeah. It's great. And you told her, and she loved that, too.

Kelly: Yeah.

Information on the website/organizing remedy cards

Kate: So, Kelly, besides the Gateway groups, what else have you done to continue your study of homeopathy?

Kelly: So, what I've tried to do is read a lot more information. I have spent a lot of time on Joette's site because she just is so generous and kind to share a lot of what she has learned. And one of the things we found out in the group was that the girls would continue to be frustrated in finding what they needed quickly – because oftentimes you have these acute conditions, and they don't have time to look. So, I decided I would spend evenings and weekends on Joette's website reading every one of her blogs and every one of her podcasts to get every one of her cards.

Kate: That is commitment, Kelly! That's *a lot*. That is a course in itself, right?

Kelly: Oh, yeah. And see, you learn so much more doing that. So, I was reading the blogs and not in-depth, but I

was like, “Oh wow! I could use that. Oh gosh! That’s helpful.” So, I was printing out all these cards. So I would spend a couple of hours at night or on the weekend, and over the course of our Gateway I and II, I had accumulated 300 remedy cards.

Kate: Wow!

Kelly: Yeah. So then, I took them into a printer and got them to format them. Here, let me show you one so you get an idea.

Kate: That’s beautiful!

Kelly: Then I had them add lines because we want to take notes about our stuff.

Kate: You could write down different situations that you’ve used that remedy or just different information on the remedy itself.

Kelly: Right. Sometimes what’s really nice is if you found it worked for a certain family member or something, you can jot it down on that card. The girls were super-excited about the cards. So, I got them printed. We got them all handed out. The other thing we did is we categorized them into acute and chronic, so we can pull out what we needed quicker. Then we pulled all the pregnancy ones out and made them a category unto themselves.

Kate: Oh, good idea. I was just going to ask you: How do you store those remedy cards?

Kelly: We bought little binders.

Kate: Since those of you listening can't see what she's showing me, can you explain them a little bit?

Kelly: So, the cards are printed out and then formatted. The remedy section is at the top with lines underneath, then a three-hole punch. Then we can store them in little hardcover binders.

Kate: Okay, so just a three-ring binder basically.

Kelly: Yeah, a smaller one because the big 8½-by-11 was too big. We just felt that the 6-by-9 would work better.

Kate: So, you have them in there according to categories. In those categories, you have them alphabetized, I would assume?

Kelly: That's correct, exactly.

Kate: That's a great tip. Thank you for sharing that with us.

Kelly: Then the other thing you're going to want to do is make a blank one. Because what you'll find out is when you're going through Gateway I and II, there might be something in there that's not on the card. Or, when you're taking one of the classes, you're going to find out stuff that, "Wow, that's not in any of my remedy cards. I want to write that down." You can just add it, throw it in alphabetically – based on acute or chronic.

Polymyalgia

Kate: I would love to hear your successes with homeopathy, how you're using it, how your friends are using homeopathy, and what you're finding.

Kelly: Okay, so ... we have some really cool things that happened with our group. One of the most exciting things is I have a cousin that doesn't live around here, but I started sharing it with her. She jumped on it quick. She was all about it. In the course of talking to her – now this is before we've even started Gateway I – I'm talking homeopathy with her. She has a disease called polymyalgia.

Kate: What is polymyalgia?

Kelly: It's a condition where you have severe pain in your shoulders and hips. She was having tremendous amount of pain. She was just basically eating Motrin, and nothing was touching it. Her doctor's only recourse was steroids or prednisone, which she says, "I'm not taking."

So, she was like, "If you got anything that will help me, let me know."

This is another thing that's great about Joette's posts. I got on there, and [I had just read about fibromyalgia](#). I said, "Polymyalgia, fibromyalgia – oh, they kind of have the same ending." When I was reading through some of Joette's posts, I heard her talk about fibromyalgia. And I thought, "Well, that's the place I'm going to start." So, I went back there. It's often helpful to read through comments at the bottom. People ask questions – and she may or may not respond – but I was like, "Oh well, I'll try."

Kate: Yeah!

Kelly: I got down to the bottom, and I typed this little response, trying to fish for some info. "If someone has a condition of polymyalgia, would this same protocol for fibromyalgia be helpful?"

So, I waited. I thought this is going to take days. But you know what? It was a gift from the Lord because I'll tell you what: 30 minutes later, I got this, "Yes!" (with exclamation points).

Kate: Oh my gosh! You had your answer that fast.

Kelly: Yes. She must have just been looking at the right place at the right time. So, then I asked another question. Maybe I'll get an answer pretty quick.

Because she was having such severe pain, it was very hard to sleep. So, I thought, "If you're having tremendous amount of pain, can you add *Hypericum* into the protocol?" It wasn't long, and I get, "Yes, you may use the remedies together."

Okay, so I sent her stuff because she doesn't really have anything. I sent her some stuff, and she gets it, and she starts on a Friday – whenever it gets there. You know, I gave her the *Camphor* 200, one day. "Start your protocol the next day."

I have yet to have a class! This is all from just reading Joette's stuff.

Kate: Okay!

Kelly: So, I wait three days. I hear nothing. On the fourth day, I was like, "I got to know if it's helping."

Kate: Curiosity.

Kelly: Well, it is because she was really in severe, I mean, severe pain to the point where she couldn't sleep. So, I called her. I said, "How are you doing?"

She goes, "I don't want to say."

I said, "Are you okay?"

She goes, "I don't want to jinx it."

I said, "So, that's good?"

She said, "You won't believe it. I took this stuff the first day, and I slept. It was the first time in so long that I didn't have pain when I went to bed."

Kate: Oh, that's great!!

Kelly: Yeah. So, she's been on it for about five months or so – five or six months. She's had incredible, incredible results.

Kate: Hey, good work! Good detective work! And all you did, like you said, was read the blogs and study the information

that Joette has for free.

Kelly: Exactly. The other thing is – and I'm sure Joette, I know, she talks about this – where a lot of the remedies for one condition will also help with something else. Well, the polymyalgia was so severe. Her arthritis was kind of not in the forefront. But lo and behold, it's helping with that condition as well, and it's the same protocol.

Kate: Nice, wow! I just think that's so great that you were helping people, and you're really digging deep to try to get all this information and using it for the benefit of so many others. So, it's great.

So, give us some more stories about using homeopathy.

Broken foot and fall injuries

Kelly: I actually broke my foot at this cousin's house – which was bizarre. I had a lot of pain and some swelling and just thought, "Well, I'm just going to take *Arnica*." I thought, "I'm going to add *Ruta* into that."

So, I walked around on it for three days and thought, "I better get an X-ray." We're going to be heading out to another place, doing a lot of walking and different things. So, I better find out did I sprain it, did I break it? What's going on? So, we go to the doctor and lo and behold,

I have kind of like a spiral twist break on my fifth metatarsal on my foot.

Kate: Oh, wow!

Kelly: The nurse is so funny. She goes, "Oh my goodness! What can I get you for pain? What do you need?"

I said, "I'm fine. I don't really need anything."

She goes, "Oh! But your foot is broken. You need something."

I said, "No, I really don't!" All I've been taking was *Arnica* and the *Ruta*. That's all I continued to take over the next several weeks or so until the pain calmed down, and then that was all I used through the rest of the fracture until it healed.

Kate: Yeah, I think that's super-funny. The same thing happened to me when I broke my arm. They kept asking me if I wanted pain meds. I kept saying, "No, I'm good. I'm good."

Kelly: Yeah, they were really trying to get me to take something. Then they're going, "Well, you absolutely have to take ibuprofen or something for the swelling and the inflammation. You really need that."

I said, "Well, I'll think about it, but no."

Kate: Right.

Kelly: Yeah, it just kind of pushed it off to the wayside. Then one other really great story happened to my sister, the one that introduced me to homeopathy. She's in our Gateway I class now. So, she's in the one with my daughter-in-law. It's where we're going through like *Aconite* and *Arnica* and several other remedies. She just had been reading that the day before she fell off of a barstool onto the ground and hit her head, and busted her knuckle, and twisted her knee, and banged up her shin with a goose egg. I mean, she just completely had a huge fall.

She just read this in the book. She *did* take *Aconite* first. Then she followed that up with *Arnica*. She calls me. She goes, "What do I do? This is what happened."

I said, "Well, you did the right thing."

She goes, "It was just in the book."

So, I said, "Well, so let's continue with this." I told her, "Let's stick with the *Arnica*."

She was still a little jittery and upset. So, she had

another *Aconite* dose in there. Then later that night, her neck and stuff became stiff. So, we added in some *Rhus tox*. The next day, we were together at a birthday party. She goes, "Look at this." She won't even believe it. The knuckle that she banged up was swollen and black-and-blue. In one day, there was no discoloration and there was no swelling. Her knee looked so much better. The knot on her shin had calmed down. I mean it was amazing.

Kate: That's great! What a timing that she just learned about those things.

Kelly: Yeah, that was what was so amazing!

Kate: Well, good. *Aconite* is great for shock – shocky situations. So, that's wonderful.

Okay, so, Kelly, you mentioned that you went through all the blogs and podcasts and really studied those and printed out the remedy cards. You're also taking now one of Joette's courses, right?

Kelly: Correct. The first class that we had, the girls in that group – several of us after we finished Gateway II – went ahead and decided to take some of [Joette's courses](#).

Kate: So, you all are doing courses right now, and you are also starting another Gateway I group. You said you're going through that. You're just continuing on, continuing to learn

together. That's great! I love it!

Kelly: Yeah, so what we've decided to do with the first group is we're going to have a little reunion next month and get together.

Kate: Aww!

Kelly: So, we'll get together and chat about what we're learning and just success stories. We're going to put our books together a little bit better, so things like that – and just a chance to share and touch base.

Kate: You have a little surprise for them planned?

Kelly: Yes, I do! I get kind of excited about homeopathy. I kind of think of ways, “Oh gosh! How can we share homeopathy, and people will be interested in it in a very casual setting?”

So, what I've decided was to make mugs for all the girls. It's got a homeopathic symbol on it with our little name called the “Gateway Gals.”

Kate: If you guys could see it, it's so cute. Maybe we'll put a picture after the podcast so you can all see it. They are so cute, and you have something else that you showed me.



Kelly: Yes. So, I was trying to find a way where I could be out in public and have something that would maybe be a conversation starter. So, I also had a shirt made that says, "Gateway Gal."

Kate: Aww. That's great. I love it. It's super-cute.

You are so good at sharing about homeopathy, I feel. You told me a story about how you shared with someone at the airport. Can you tell the listeners about that?

Kelly: My husband and I were going on a cruise. I was like, "I'm not going without my remedies." So, I decided to put them in my carry-on. So, when we went through airport security, it went underneath the scanner thing. Next thing you know, I'm being pulled to the side, and this woman has decided to look into my carry-on. I'm over there talking with her, and she opens up my suitcase, and she sees this little box of stuff. She's got her little stick there, and

she goes, "Now, is it okay if I open that?"

I said, "Sure."

So, she opens it up, and she says, "Well, what is this?"

I said, "Well, that's my homeopathic remedies."

She said, "Well, what is that?" I said, "Well, this is a way that you can use natural medicine to help your body heal and restore itself when you have situations where you might be sick, or you have something you're struggling with."

She said, "Well, I've never heard of that."

"Yeah, it's great," I said. "There are no side effects. It's not addictive." I said, "You can take it with other medicines."

She goes, "Well, I need some of that."

I said, "You should really learn about it."

She goes, "Well, I think I'm going to." She was so funny. She was all excited.

Kate: I've had that happen as well at the airport where they didn't know about it, and then they were very interested in finding out more. So, yeah, another great way to share homeopathy!

Kelly: The interesting thing I find out is people and even myself – as much stuff that I have read over the years and look for things – I never came across homeopathy.

Kate: I know. Why is that?

Kelly: I don't know. I was like, "This is the third leg to my stool, and I feel pretty steady now."

Kate: You have all your tools.

Kelly: Exactly. That's *exactly* right. It is a tool in your toolbox. That's the thing. It trumps. Like I used to say, "I got oil for this." Now I say, "I got a remedy for this."

Kate: Right, exactly. It's so powerful. Well, Kelly, thank you for sharing your enthusiasm for homeopathy. The ways that you've used homeopathy and how you run your study groups, I think it's pretty exciting what you've done.

Simple steps to take in starting homeopathy

So, what advice do you have, Kelly, for those people who are just getting started with homeopathy or wanting to start using it, take a study group ... things like that?

Kelly: I think one of the best places to start is [taking Gateway I](#) that Joette has to offer, and also getting on her website and starting to read through some of the information that she has there. [And getting your 100-remedy kit.](#) It is really important to have that at your disposal because as you get into Gateway I and you start learning, you're going to need to have those remedies on hand.

Then the next thing I would do would be trying to find a group of ladies that you had that common ground with, that you can have those conversations back and forth, and just share what you're learning, or what you've had success with, and just encouraging that relationship.

Then when you've kind of finished your course, I would highly recommend [taking one of Joette's classes.](#) It's incredibly informative. You do have to pace yourself; there's a lot of information. And then maybe getting back with some of your friends and just talking and sharing and getting back on Joette's website.

Always kind of just [read the stuff she puts out there.](#) I kind of call myself the "Joette Junkie." She makes it easy to understand. Her style of teaching is easy to follow. She

is so generous with her information. And having that camaraderie with other women makes just everything work out well together.

Just using it, that's the thing and not to be afraid of it – to respect it because it is medicine – but not to be afraid of it.

Kate: Right.

Kelly: Because it is so powerful, and it's amazing when you hit the mark, and you see such improvement. It *empowers* you as a mom, as a grandmother, as a friend. You just have that confidence. It starts to build your confidence, and then it just moves on from there.

Kate: Good words, Kelly. Thank you for your tips and sharing with us today.

Kelly: Oh, you're welcome. I'm happy to do it. I'm *excited* about homeopathy and where it's going to go in the future, and who you can share it with.

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