

Emergency Remedy Series: *Aconite* in My Purse



Last week in my blog post, [First Aid for Spills and Thrills](#), I confided in you – it was just between us, right? – about how crazy my typical day used to be when I was raising my active boys. It was one emergency after another.

So as promised, this week I'm beginning my First Aid series. So now, in case of emergency, simply do a quick search on my blog and reach for your remedy kit.

Based on their roughly 100-odd years of experience, the manufacturing pharmacies *know* what remedies you may possibly need and include those basics in their kits.

When you purchase a remedy kit – or create your own – you'll gain the competence that you'll be ready for most emergency situations. (And as you know, with competence comes

confidence.)

Kits include remedies applicable to issues that may arise during an entire lifetime: birthing, infancy, early childhood, injuries, menarche, etc., etc. – every stage of life!

You'll be covered for kids' emergencies (such as tumbling off a bicycle), as well as for senior citizens' emergencies (such as stroke).

But the super-interesting thing about homeopathy is how we address emergent conditions for each age group: it's very often the same.

A 90-year-old man who slips and falls in the shower could require the same remedies as a 12-year-old boy who falls out of a tree.

Did you guess what they are? Yes! *Aconitum*, *Arnica* and perhaps, *Hypericum* for pain (depending on need).

That brings us to the first in my Emergency First Aid series. My number one, must-have remedy: [*Aconitum napellus*](#) (or *Aconite*, for short).

It's funny, I've been asked more than once: "Joette, what do you carry in your purse?" (In fact, I based one of my [Facebook Live conversations](#) with you on that very topic!)

Well, here's the answer: lipstick, a hanky (yes, I actually use hankies that I hand press), my wallet, glasses, keys, phone and ... wait for it ... *Aconitum* 200!!

I never go anywhere without my *Aconite*!

Why? Because *Aconite* is the first-line remedy for shocking events.

By their very nature, we can't predict when they will occur,

so it's best to be prepared at all times by always keeping *Aconitum* close at hand.

Granted, sometimes this remedy is utilized days after an accident or stressful event has occurred, and when the full physical or emotional manifestation of the experience develops.

For instance, a few days after something particularly traumatic, one might notice insomnia has slowly crept in. That could be considered a call for *Aconite* perhaps once or twice a day.

But most often, *Aconite* is used immediately after the trauma has occurred: right after an earthquake, as soon as possible after an automobile accident, or when stuck in an elevator for hours.

It is used when a specific pathology hasn't yet established itself as a long-term issue— the experience is still fresh, new and acute. But that doesn't mean it can't be used long after a terrifying event if that event caused pathology.

So, in these types of acute cases (emergencies), *Aconitum* 200 is generally used as needed, every four hours or so – less often as improvement ensues.

Aconite stops the uncontrollable, fearful shaking (quivering) experienced right after a trauma and brings the person back to themselves.

As I mentioned before, many homeopathic remedies are useful throughout our entire lifespan – whether young or old. *Aconitum* is undoubtedly one such remedy.

An elderly relative of mine was in the hospital *convinced* he was experiencing a cardiac arrest.

He looked at me and said, "I'm dying, Joette. I am dying." The fear in his eyes was palpable so I immediately gave him

Aconitum 200. Within 10 minutes, his fear had passed, and he was joking with the nurse who came into the room!

It worked that fast! Now don't expect homeopathics to always act this quickly; instead, be grateful when they do.

I've also used *Aconitum* 200 when one of my adventurous boys fell out of a tree – and it was a tall tree.

Aconite was the perfect remedy to ease his initial shock while I carefully observed for other pathologies (broken bones, head trauma or hematomas).

It's important to remember to hone your observational skills, as well.

After emergency situations, watch carefully for developing symptoms and begin to add other appropriate remedies to the picture as those symptoms present.

By watching, watching, watching – and, of course, by learning as much as you possibly can – you'll get the hang of what to give, and when to give it.

Emergency situations happen to us all; unfortunately, no one is immune. But the shock of an unexpected accident can quickly be addressed with *Aconitum*, allowing us to handle the rest of the situation with greater ease.

Share this information with your friends – not just other moms, but everyone.

You've heard me say this before: Pass on the good news of homeopathy! In fact, here's a great gift idea: a little tube of *Aconitum* for each of your loved ones to carry with them "in case of emergency." (Don't forget: if you order from [Boiron's website](#), you can receive 20% off your order by using the coupon code: joette.)

Warmly,



P.S. I recently discussed [Aconitum in a Facebook Live](#) event that might interest you.

Yes, I'm continuing to hold live sessions on Facebook once a week – as often as I can. So, head over to my [Facebook page](#) on Monday nights at 8 p.m. Eastern and join me live! If you can't join me live – and I do understand that life gets in the way sometimes – all of my live sessions are available for replay in the [video section](#) of my page.

P.P.S. If more in-depth knowledge of emergency remedies interests you, you will benefit from my most popular download, [Perform in the Storm – Homeopathy First Aid](#). This informative audio instruction will help you be ready for the next unexpected accident.

P.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

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

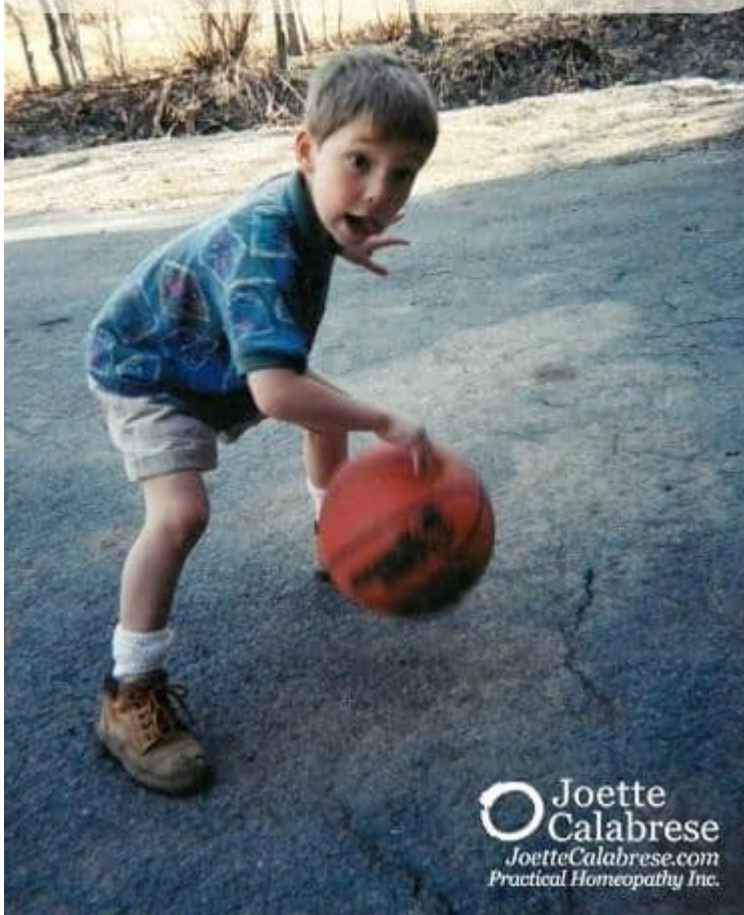
Build your homeopathic library as searchable files on your computer.

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

[Click Here To Get Your Card](#)

First Aid for Spills and Thrills

First Aid: Spills and Thrills



As a mother of three active, adventurous boys, I learned from necessity how to handle injuries. It was on-the-job training, you might say

When I first began my family, I knew I needed to have the most often-used homeopathic medicines down pat.

After I had grasped the importance of knowing the fever remedies, I found myself memorizing injury remedies because of the very nature of my boys.

Bangs, burns, bruises, bumps, concussions, cuts, contusions, cracks, fractures, splits, stabs, stings, swats, smacks, slams, slaps, punctures, punches, pricks.

These are just some of the things that occurred during my

usual day!

My boys were *magnets* for catastrophes.

One day, I actually kept a diary of what a typical day encompassed. It's as though they scheduled their injuries for the day from the moment they rose from their beds.

For your entertainment (or empathy), here it is:

7:00 a.m. – Giuseppe falls out of bunk bed and whacks head on floor.

7:32 a.m. – Dad burns hand on hot toaster.

7:34 a.m. – Peter splatters hot bacon grease on face.

9:25 a.m. – Perry gets attacked by the rooster with the long, sharp talons.

10:30 a.m. – Perry drives shovel into foot while digging in garden.

11:05 a.m. – Giuseppe gets tick embedded in right ear.

12:00 p.m. – Lunch.

1:30 p.m. – Bee flying at light speed implants itself in Peter's right cheek.

2:15 p.m. – Perry sustains an electric shock on goat pen.

3:45 p.m. – Peter inhales mosquito up right nostril.

5:00 p.m. – Argument over LEGOs results in fist fight. Perry gets nose punched off his face. (Or so it seemed.)

6:00 p.m. – Dad comes home.

6:30 p.m. – Dinner.

7:30 p.m. – Perry inhales bath water in the tub resulting in coughing fits.

8:30 p.m. – Bed.

8:35 p.m. – Whew!

There you have it: My life! Day in and day out.

Homeopathy relieved the physical and emotional shock of accidents and injuries in short order.

Whether for a mild injury or one requiring medical

treatment, I had confidence homeopathy would absorb the shock; minimize (and often eliminate) bleeding; reduce fear, anxiety, and pain; and put my injured boy in a better state.

Many a mom has reported to me they have taken off to the emergency room, administering the proper remedy while on the way. It's quite a comfort to know what to do – even in calamitous circumstances.

Homeopathy is the world's fastest-growing medicine.

According to the Associated Chambers of Commerce and Industry of India, the Indian market is likely to grow 30% per year.

Globally, with France being the largest contributor, this same organization estimates the growth at 25% annually!

So, you have to ask yourself, why is that? In my professional – and motherly – opinion, there is only one reason ... *it works!*

There is no better place to watch homeopathy work than in first aid.

Acute injuries generally call for less complicated protocols than chronic illnesses, so they are perfect as a learning opportunity for those new to homeopathy.

I urge folks to start small; try one little remedy at a time.

Once you get hooked on homeopathy, as I'm sure you will, the best preparation for an emergency is to own as many homeopathic medicines as you can afford.

If you have small children, it is a good idea to tuck a few key medicines in your purse. Remedies can be purchased individually at a cost ranging from \$8.00-\$22.00.

However, to ensure you have the precise medicine you need when *any* emergency arises, you should own a homeopathy kit.

By buying a kit, the cost per remedy is usually reduced to less than \$2.00, and because these medicines will last for decades, there's no need to replace unused remedies with new stock.

To help you learn which of these homeopathic medicines are invaluable for first aid, I am beginning a new blog post series in which I will teach some of the more common "Emergency Remedies."

When my boys were young, I used Hyland's Bumps 'n Bruises quite a bit. However, that product is no longer being manufactured.

Customarily, a Remedy Card is available from most of my blog posts and podcasts. This week I am offering you my *First Aid in a Pinch* infographic chart.

Remember to scroll down and download it. Print it; keep it handy! You never know when the next "incident" will occur in your household.

Join me in the adventure of being able to cure your family yourself.

My boys are grown now – so the spills and thrills are fewer and farther between – but homeopathy still serves me well.

Learning and applying it is one of the most intellectually and emotionally satisfying endeavors I know.

If you pride yourself in being frugal, tenacious and autonomous, love being in control of taking care of your family's well-being and/or get a thrill out of learning a skill that will serve you and your family for generations, then this medicine called homeopathy is likely the method of care for you as well.

So please, don't forget to pass on the good news of homeopathy! That means sharing this blog.

Warmly,



If you don't want to wait for my Emergency Remedies series to unfold over the coming months, allow me to offer 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 a blog post format and will expedite having more first aid remedies under your belt – ready for that next accident or calamity. (And you *know* another one is just around the corner.)



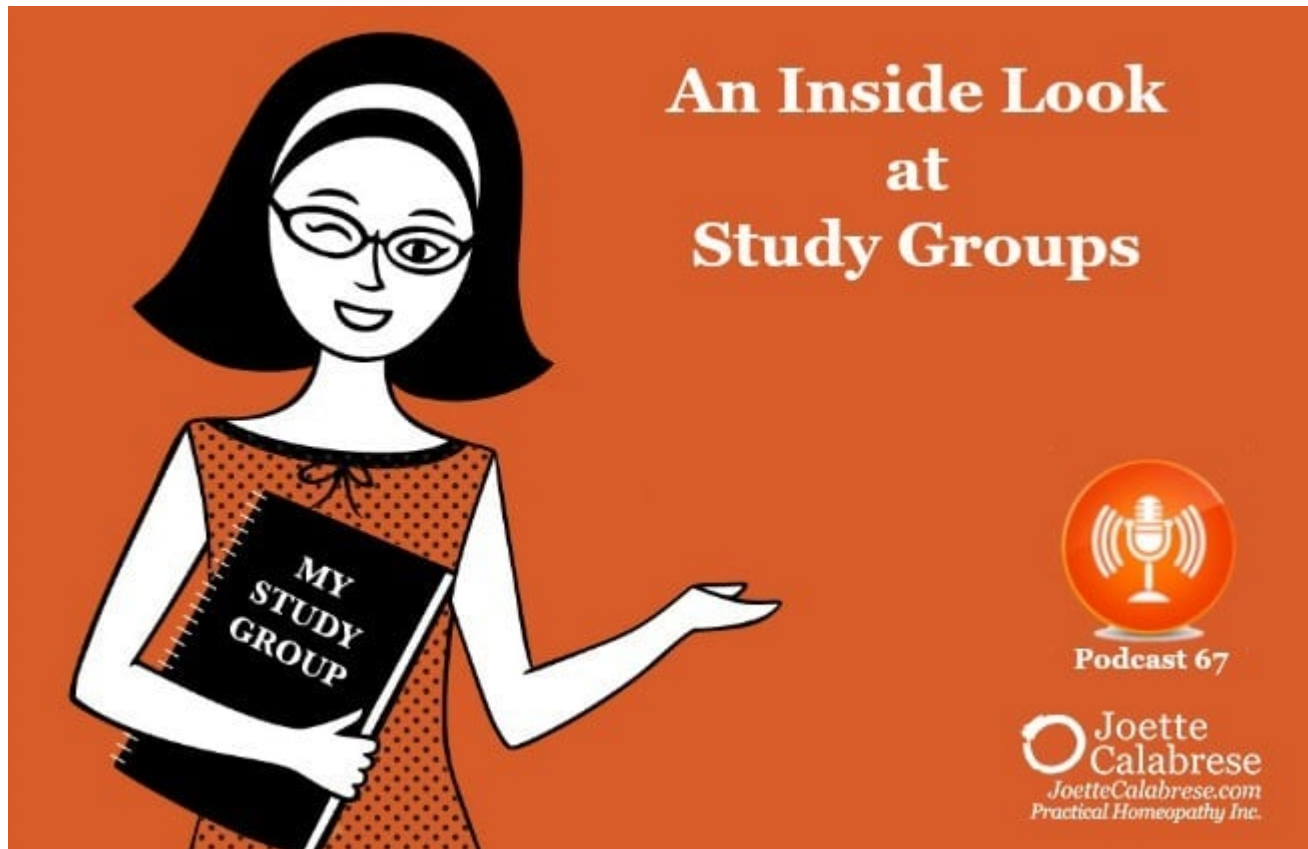
First Aid Chart

Wouldn't it be a relief to know that as quickly as an emergency arrives, you're capable to mitigate any first aid problem?

Well here is your go to chart to get you started. I offer this handy chart and urge you to stretch your ability and learn, learn, learn. The more you familiarize yourself with these methods, the more success you'll enjoy.

[Click Here To Get Your First Aid Chart](#)

Podcast 67 – An Inside Look at Study Groups



IN THIS PODCAST, WE COVER:

- 02:41 Gateway to Homeopathy
- 06:07 Starting a Study Group
- 14:44 Promoting the Study Group
- 25:23 Cost

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

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

[Podcast 62 – Dads with Audacity: A “Guys Only” Study Group](#)

[Joette’s Study Group: Find your new Study Group Friends’ Facebook page](#): how to join a study group or get one started

[Students of Joette Calabrese’s Facebook page](#) (a closed group reserved for students of Joette’s to discuss homeopathy)

[Gateway to Homeopathy II](#): Only available for purchase through your resource page, after having taken the prerequisite Gateway to Homeopathy I (referenced above)

Kate: This is the Practical Homeopathy® Podcast Episode Number 67 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.

Joette: Hi folks! Joette here, and we’re going to switch

the tables a bit. Instead of Kate interviewing me, I'm going to interview Kate!

There's a really good reason for it, not only because I like her, but also because she's been a student of homeopathy for some time and is now a teacher. She runs study groups. And I thought it would be interesting for us to talk to her about how she came to starting study groups, and how she gathers up the members for the classes, et cetera. So, I like to really delve in and get to know Kate and see how she goes about doing this.

"Da-da-dan-dan-dan-da-dan-dan-dan-dan-dan-dan."

Kate: That's the intro music.

Joette: I know.

Kate: Dancing girls!

Joette: Yeah, yeah.

Kate: Thank you for having me. It's weird being on this side of the interview. But yeah, I'm excited to talk about it because I love doing the study groups. I don't even know how many I've done now. Maybe, oh, I don't know, eight, nine, ten? Something like that.

Joette: Wow! Kate, I had no idea! So, we're talking about Gateway I, [Gateway to Homeopathy](#), which is my curriculum. We use that as a springboard for lots of folks who are interested in learning, not just about homeopathy and how to use it practically, but the protocols that I use. It introduces just enough so that folks can get up and running and start using the blog and using my books and my other courses – if they choose to go that route. So, it's a good um ... it's a good "gateway."

Kate: Right. Appropriately named, "Gateway."

Joette: Yeah. And we'll have all of the information on [how to join a Gateway or get one started](#), et cetera, down below [see above in "Links and Resources"].

Gateway to Homeopathy

Kate: Well, Joette, one of the things that I think is very interesting is a lot of people think the *Gateway to Homeopathy I* ... that it's just for people who are very new to homeopathy. That's really not true. What I find is there are many people who have studied homeopathy for years, or who have used it with their family for years, or who are professionals in the medical field, or have taken many of your courses, and they go back and they take the *Gateway to Homeopathy* study groups because they want to learn with a group of women, a group of men, whoever they may be and really build that community and learn together. So, it's surprising how many people who have a lot of experience

actually join these study groups.

Joette: But it wasn't always like that with the groups that you have organized, or has it been that way?

Kate: I think yes and no. There are a lot of people who have never studied homeopathy, who this is brand new to them. For instance, in the study group that I'm leading right now, I have some people in there whose mom said, "Hey, I want you to take this study group." And she paid for a bunch of her daughters and her daughters-in-law to join the study group. She's babysitting their children. They're starting at ground zero. Then we also have someone in this group who has been practicing homeopathy for 20 years as a classical homeopath.

Joette: Isn't that great?

Kate: So, these people are learning together. They're helping one another. They're teaching one another. They're supporting one another, and it's beautiful to watch. So, while we're doing the study group, there's actually a chat box, and these women are communicating with each other. They're saying, "Hey now, what was that remedy? What was the name of that? How do you spell it?" And the ones who have the experience, they're helping the new people. And they're helping them learn the remedy names. They're giving them tips. So, there's sort of almost this side-study group going on as we're going through the Gateway lessons.

Joette: Well, the best way to learn is to teach. There's no doubt about it. When I first began teaching homeopathy, I found that I'd better be boned-up on my history. I'd better really know how to explain things simply to be able to get the complex and be able to give it to people in a way that they can use it readily. So, it does force you – as you're teaching this as the instructor, also, for those who have been using this for a while who are helping others – it forces you to really fine-tune your understanding and be able to explain very succinctly in a very short couple of sentences exactly what it is homeopathy is.

Kate: Right. But I don't want to let that scare people because with the way the curriculum is laid out, you really can do this without having any experience. If you read the chapter, if you look at the questions and the videos ahead of time, you *can* do it. So, don't let it intimidate you just because you're new to homeopathy.

Joette: Well, and those neophyte questions I would imagine, they've come forth from people who are brand-new. Again, they help solidify the thought process of those who have been doing it for a while. I think it's all great. It's intended to be that way. We never come into the world with an equal playing field. We're supposed to be all at different levels with different experiences. So, I love this. I love that you're doing it like this.

Starting a study group

So, I think it's really interesting that you told me earlier

before we began recording that you have someone in the class who is from Finland. We have people coming in from South Africa and England and Ireland, et cetera, South America, to these groups. What's fascinating about it is that when you have this chat groups available, then they're six hours ahead, 12 hours ahead depending on where they live. Questions can be answered for others in the middle of the night perhaps, when everyone else might be sound asleep in your area of the U.S. for example.

Kate: Right. So, what you're talking about, Joette, just for clarification to those listening is that a lot of times what people do with these study groups is they will start a Facebook group for their study groups. And then everyone in the study group can join in and communicate as you said at any time of the day.

Joette: So, that's what you've done, right? Now, do you have a Facebook group for each and every one of these separate groups that you've taught? Or do you have one big group, and everyone melds together?

Kate: Yes, one big Facebook group, and everyone who's ever taking a Gateway study Group with me, they all join into that one Facebook page.

Joette: Is the reason that you're able to do this is because you've been using homeopathy for quite a while, Kate, or do you think that even someone who's a neophyte can start a study group?

Kate: Yes, as I mentioned before, I think anybody can do this because of the way that the curriculum is laid out. It's very easy to follow. All the answers are provided. So, I don't want anyone to be afraid of starting a study group.

In fact, part of the instructions of the study group curriculum is that if you are new, you can each take a turn leading a certain lesson and share the responsibility so that each of you can study certain parts of it. You can all help each other out.

Joette: That's the way we did it when we formed a study group when I first started to learn about homeopathy back in the early 80s. That's exactly what we would do. We would take turns. We would assign to each other, "Okay, you study this particular remedy and then report to us. Then someone else is going to study this particular condition and come back and report to us on how we use this or that medicine."

So, I love that idea. But what I was wondering is I thought you were talking about how easy it is for someone who is new to this to join. But you're saying also, even if you're new to homeopathy, you could actually *start* a study group without any background in it as well, right?

Kate: Right. You're going to learn as you go. You're going to learn as you do it, as you read the chapters. That will force you to do some research, and you can help each other.

Joette: Well, in the land of the blind, you know, the one-

eyed man is king. So, I don't know. In the land of the blind, the one-eyed homeopath is queen.

Kate: There are some other things that you can do to make it easier as well. You can actually assign people to read different things that are supposed to be read aloud. You can assign people to answer certain questions so that it's all laid out ahead of time. I actually ask the questions of the study group and let people take turns answering. So, you don't have to know everything.

Joette: What kind of people – I mean we touched on it for a moment – but what kind of people are generally joining? I'm sure that you have a whole slew of the whole demographic but give me an idea of who joins these kinds of groups.

Kate: Right. Moms that are new to homeopathy and have babies at home. We have nurses. We have doctors, people with medical degrees. We have naturopaths. We have classical homeopaths. We have students of yours, Joette, that have taken many of your courses. I have many people who have taken these study groups who have taken all of your courses, Joette. So now they're going, and they're taking the study groups together because they want that camaraderie. They want to take everything that you've written or taught, and they want to learn it all.

Joette: Oh, that's exciting! That's really exciting. Then, of course, there's the father's group ...

Kate: Oh, my gosh!

Joette: ...that you interviewed a few months ago that was so great. It's just dads. For those of you who haven't listened to that, you got to [make sure you listen to that podcast](#) because it's just young fathers who live up ... I think they live in Oregon. They happened to live close to each other. But that's another part of this picture is that these people can live anywhere, right? You can do it all virtually, or you can just get a group and meet in your church basement or in your living room – and some of them are in your living room, and some of them are in another part of the country. I mean this can be a whole mixture of locales. Is that right?

Kate: Right! I have people from all over the world joining in – East Coast, West Coast. So, I try to choose times that will allow for people on either coast to join into the study group, and it's not too inconvenient. It's a little difficult to get the whole gamut of all the time zones in there. But that's one suggestion that I would have is choose a time that is accessible to people from all over. It's impossible to, of course, please everyone but think about that. Keep that in mind as you plan your study groups.

The other thing, Joette, as you hinted at is you can have study groups that are all online. You can have study groups that are in your home. But what I love the most is having a combination of both. So, I love the feel of women sitting around a table and chatting. And then we have the computer screen, and we have a whole another 20-30 women that are joining via conferencing software. So, we have a melding of both usually. I find that very energizing.

Joette: Yeah and gives it depth too. Last night, I taught one of the classes, and I think four or five of the women were in Southern California. Another woman was ... I think, pretty sure ... she was in Mississippi. So, it gives a completely different flavor. The backgrounds of the people are different. Their experiences are different. I think it's just fascinating.

One of the things that really struck me one time was when another group – and I don't think it was your group – there were a large number of people in this group. It was all women. I want to say there were 99 people in this group. That number stands out for me. Across my screen, as I was coming in at the 8th class (because that's what we do ... we could talk about that in a moment), there were 99 little squares across my screen with all these people from all over the world.

One woman was on her cellphone. While we were looking at her, while she was aiming it at herself, you could see behind her was her llama. She was pulling her llama, honest to goodness, across a mountain field! She was in Bolivia. It was hysterical. I said, "Oh my gosh! That llama is going to get homeopathy. It's so great. The next time he starts spitting, she could calm him down and get his temper tantrums down to a purr instead of a full-fledged spit."

Kate: Oh, my goodness! That is hilarious!

Joette: I know. It is hilarious. It is.

We've had mothers nursing, and I've seen that many times. I've also seen lots of kids in the background running around. I loved one time, there was a woman who was in her bedroom. This mom was wondering, "I wonder what remedy would be best for my child?" As we were watching her, behind her – she was in her bedroom – behind her, there was a child running from the wall up to the bed, jumping on the bed (bounce, bounce, bounce, bounce), jump off the bed, hit the wall, BANG! Turn around. Run back to the bed (bounce, bounce, bounce, bounce), jump off the bed to the other wall, BANG! For a solid 15 minutes.

We all wondered, "Could this be a child who has hyperactivity?" You can't help but notice that kind of thing.

Many times, I'm getting off on a little tangent but many times, we as mothers don't see what our children need so readily because we're so close to it, and all the kids are like that. Maybe the mother is like that, too, and not realizing that that *is* hyperactivity. If a child can do that for 20 minutes straight – or even 30 minutes or even five minutes, for that matter – then that means there's an aspect of hyperactivity. That's helpful because you have to be able to step outside of your perspective. Others seeing that can make all the difference in the world in giving you the right perspective.

Kate: Yeah, so, these women, these men, they help each

other.

Joette: Yes, it's great. It's great. That's what this is all about.

Promoting study groups

So, Kate, how do people find out about this? You advertise this somewhere when you're going to start a group?

Kate: Well, first, I think about what's a good time to start a study group. Right? I don't want to start it right before Christmas or, you know. There are certain times where people are more apt to join study groups. All you have to do is put a notice on [Joette's Study Group: Find your new Study Group Friends' Facebook page](#). So again, that's Joette's Study Group: Find your new Study Group Friends. So, that's one place to advertise that you're starting a new study group.

Another place is on your [Students of Joette's Facebook page](#). For those who are on that page, once a week, there is a post that Natalie puts up, and anyone who is starting a new study group can reply to that post or comment on that post.

Some of the other things that I've done, Joette, is advertise in our local health food store, on our forum for our homeschoolers in the area. So, those are the main ways

that I let people know that I'm doing a study group. Oh, one more way. On my personal Facebook page, I have had people that said, "I didn't even know you did this," or "What is homeopathy?" It's kind of funny because a lot of people, as you know, think that homeopathy is an umbrella term for natural medicine. So, that's a great way to open up the conversation and tell them, "No, homeopathy is something a bit different. Let me tell you what it is."

Joette: So, Kate, have you ever had anyone join your study group, and when they finish it, they join another study group, and then another? They're starting over and over, but now with new people, to meet new people, to make sure they've really got the material down to a science. Do you ever see anything like that?

Kate: Yes, I do. I see people all the time go through the study groups with different leaders. Or they go through a study group, and then they start a study group on their own. I just want to encourage everyone out there to start a study group. Find people in your area. Find people online that want to learn about this. This is a great opportunity to tell people there is an amazing way to heal your body without allopathic drugs.

And also, Joette, I have people who take the study group over and over again. So, I always advertise when I'm doing a new study group on my Facebook page for the people who have already taken my study group. I let them know I'm going to be doing another Gateway group. If you want to join in, it's no cost. Just jump in, and I give them all the information. So, I love it that ...

Joette: No cost. I love that part: no cost.

Kate: Yeah. So, the people who have joined in before, let's all come together again, and we get to continue to build those relationships. Then they help the new people, and it's just beautiful.

Joette: Kate, do you find that there are folks who bring in their skeptical relatives or friends, or are people who join these groups already committed to homeopathy? What do you see is the most prevalent kind of person who joins in?

Kate: There is no "most prevalent" kind of person. It is every kind of person. There are people who, I think, are not sure about homeopathy. In fact – oh, this is a funny story – I have a dear friend of mine (and I know she'll listen to this podcast), she joined the study group, and the whole time, every time we met, she would ask these super in-depth, difficult questions. And I love her dearly, but it was a challenge for me in a way because she didn't believe in homeopathy when she started taking this.

So, it was funny. But by the end, I think she started to see that there is something to this. Then we joke around because her husband was asking her, "What are you doing? What are all these things coming in the mail?" And now, we call her our supplier because in our town, she has the biggest supply of homeopathy.

Joette: So, if you come with an inquiring mind, and it becomes satisfied, that's when you can move on and really fly with this. There's no doubt.

Kate: This woman is very intelligent, and she had great questions – valid questions. So, we just worked through all of those together. She heard you on the Q&A that we do on the last week. So, it was just really neat to see how she came to understand and learn about homeopathy. She's taking your courses now and moving on, and she knows a ton.

Joette: So, do you think that part of what encouraged her to move along was because it was more than just you telling her this as a friend? And that now that she was part of a group, that made a difference?

Kate: Oh, 100%. I think she heard from all of these other people about how homeopathy worked for them in their lives. She also heard from you, Joette, and then she started *using* the homeopathy. I think that was the clincher actually ... is that she had enough knowledge that she could now start to use these remedies, and she saw them make drastic changes in her family's life. She's still working through some things, but she saw them affect many people in a positive way. I think all of those things combined made her a believer in homeopathy.

Joette: So, during these meetings – I realize you're following the workbook, going page by page – but I would imagine that folks are reporting their successes. So, you're hearing, "Oh my gosh! I cured my child's ear infection. I

had no idea it was going to be that easy.” Or someone else talks about a mistake that they made, and how they corrected it. That gives everyone in the group an opportunity to hear the pros and the cons. Is that right? I would imagine that must happen.

Kate: I’m so glad that you brought that up because I feel like *that* is what gives these groups the flavor. That’s what gives the people the encouragement is that we’re all sharing about how homeopathy has worked in our lives.

In fact, I make a PowerPoint that I use for each of the weeks of the study guide. You don’t have to do this. It’s just something that I find helpful for my online study groups. I have a PowerPoint that goes right along with the book. In the PowerPoint notes, I have inserted little things like, “Tell the story of Lucas on his bike.” So, that reminds me to talk about when Lucas needed *Aconite* – or different scenarios when I’ve used it and seen major results from these different remedies that we talk about as we go through the weeks.

And then I ask other people, too, “If you have any stories that you want to share, I’d love to hear that as well.” So then, people jump in, and they talk about just like you said, how it’s helped them in their lives.

Joette: So, do you meet weekly, or do you meet monthly? How do you generally run this group?

Kate: Well, we meet once a week. I know different study groups do it different ways. One of the things that I found helpful is to have two study groups, and they meet at different times of the week. So, they're running at the same time. So, people can join in on a Monday night, or if they can't make it that Monday, they join the Wednesday.

Joette: Oh, that's great! That is great.

Kate: So, each week, they can come in on both sessions. It's the same.

Joette: Immersion. Immersion, people, immersion!

Kate: Or, if they can't make it that night, they come in on the morning class.

Joette: Oh, that's really, that's really very smart putting it together on a calendar in that fashion. That's great.

Kate: So, we follow just along with the weekly progression. And then the last week, we have a Q&A with you, Joette. I make sure to remind them in the very beginning, "We need to get this Q&A scheduled with Joette. So, please let me know if you want to do that Q&A," because I know your schedule is super tight.

So, if you're interested in doing a study group, really think about your dates and call Joette's office and get that booked right away.

Joette: Well, I'm interested in knowing the logistics of this, too. So, do you stay in touch with these folks during the week, or do you give them a calendar, or do you have a place where you post information or changes, say if a holiday comes up or something?

Kate: Everyone does this a little different. But what I do is I have an email group, and I add everyone to that group who's doing the Gateway together. So, I just have to click on one little link and send an email out each week reminding people that we have a meeting coming up and letting them know what the homework is. As many reminders as you can give people, it's helpful – because as you know, we all forget.

Joette: Right, that's right. So, you have homework. People actually follow up with the homework? I mean, I know that's the way we set this up is for folks to be able to study something during the week before the next meeting. But do you find that people get to it? I mean, most mothers have very busy lives – and grandmothers.

Kate: I feel that most people do get to the homework. They're usually pretty good about it. It's helpful to read those blogs or listen to the podcast, and it's not that hard. It's not very long. The homework doesn't take that much time. You can listen to a podcast while you're doing the dishes or driving in the car. So, I don't think it's a

burden to have the homework, but it does enhance what you're learning. So, I would encourage you to do the homework.

Joette: Yes, it's great.

Kate, do you have any groups that continue on forever? I mean, if you started one five years ago – I guess it wasn't five; it was probably two and a half to three years ago when we started these. Do you have any that keep going or they stayed together and now they're lifelong friends? Or have you seen anything like that occur?

Kate: Yes. I have as a matter of fact. A number of the people who started one of the original study groups that I did, they've melded into one Facebook group. They all encourage one another.

Joette: Oh excellent! Excellent, love it.

Kate: So, they continue to study together different things. So, yeah, it's really good.

Joette: Yeah, that is good. The group that I joined back in the 80s that I was referring to earlier, we met every Thursday night for four years. We became very close friends. One of the members of that group is also a homeopath, a professional homeopath as I am. Another one went on to become a midwife who uses homeopathy nearly exclusively. Then the others just use it for their families. So, I love

that we see people springboard from these kinds of meetings and these kinds of groups to find their way, whatever it is that they're looking for in their lives.

Cost

Well, Kate, I'm very encouraged by what you're telling me tonight. I know what's going on, and I have a basic understanding because it is connected to me very keenly. But I want folks to know about the cost because that is a factor, especially for those people who are new to homeopathy. They don't even know whether or not they want to invest in anything yet. So, can you talk a little bit about that?

Kate: Yes. I think that's one of the reasons why people start off with these Gateway groups is because the cost is relatively inexpensive to get the curriculum. Then that's it.

Some of the study group leaders will charge an additional fee because to be quite honest, it's time-consuming to put these groups together. You have to pay money for a video conferencing software. So, it's not that we're trying to make money. It's that this does take time. Some groups don't charge anything. So, you have a choice of who you want to be in a group with, and what you want to invest.

But the cost is low. So, I would say for those people just

starting out – you’re right, Joette – this is a great place for them to start without making a huge investment. And the bonus is that after they complete all the lessons for this *Gateway to Homeopathy* study group, they get a discount to purchase remedies from OHM Pharmacy in Texas. So, that’s also a huge savings. I love OHM, and I order from there about once every month or two. So, that right there is worth its weight in gold.

One of the other huge benefits to joining the study group is that after you complete the eight lessons, which some groups do in six weeks or eight weeks, it just depends. Every group is a little different. But there are eight lessons. So, once you complete that and you’ve gotten the certificate that you’ve completed the *Gateway to Homeopathy* study group, then you are eligible to participate in a group buy of your courses. So, people love that. There are people getting together all the time participating in these group buys but you have to have taken the *Gateway to Homeopathy* study group to participate in it.

Joette: Kate, talk a little bit about [Gateway II because that has been formulated because folks finished Gateway I](#), and they said, “Okay, now what?” They weren’t ready to start in full-fledged courses. So, talk about Gateway II if you don’t mind.

Kate: Sure. So, Gateway II ... how you developed it, Joette, I know was you were thinking about what do people want next? What are the questions that they’re left with after the Gateway I? What’s their next step?

So, Gateway II just sort of takes you to the next level of understanding in a deeper way about homeopathy, learning more of the protocols. So, most people go on, and they do Gateway II together either as that same group, or they join different groups. So, that's a great stepping stone.

Joette: When I was a little girl, my mother spoke just enough Italian to me for me to understand here or there. She used to say, "Arrangiati," which means "arrange yourself." It was a way of saying, "Get yourself together. Stop acting the way you're acting and get it together."

So, what I want to tell folks is this is a new year. This is it: 2019. This is the year, folks. Arrangiati. Organize your life. Arrange your life. Look for what it is you want out of life, what you want to get out of this year and put it to action. If this turns you on, by all means, join in. They can join your group for just about, well, I don't know. Can they join your group any time, Kate?

Kate: Yes. I usually do a group about three or four times a year, so sure.

Joette: Beautiful, beautiful. So, with that, I say start your year off right. God bless everyone. Thanks, Kate, for this wonderful interview.

Kate: Yes. Go and start your study group.

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.

The Danger of Getting the Answer Without the Effort

The Danger of Getting the Answer...



Last week, I was naughty and pulled a prank.

No, I'm not retiring. Far from it. I'm not finished teaching, nor have I reached my new goal of bringing homeopathy to 200,000 families by the year 2020.

However, even though I'm still here teaching and consulting, I wrote [last week's blog](#) to impress on you how imperative it is you not become dependent on me – or anyone, for that matter – and take the time to learn homeopathy for yourself.

But there is another reason you need to learn homeopathy, one I do not often discuss: There is an inherent danger of getting easy answers without actually putting in the effort to understand the medicine.

Without understanding the reason for the remedy selection, the potency, the frequency and what to watch for, you are only getting a partial glimpse into this powerful medicine.

In consulting with a classical homeopath, many times clients do not even know which remedy they have been given.

Classical homeopaths make the assumption that if the client knows which remedy was administered, he might question the choice.

And that's where classical homeopathy and I part ways.

I believe that one **MUST** know what they're taking and *ought* to study its use.

Indeed, how will you ever comprehend if you can't learn from the medicine given to you?

Confidence comes from competence!

You need to thoroughly understand this efficient medicine for yourself and realize there are no quick fixes if you want lasting results!

All too often, I see people asking for a shortcut: "What's the remedy for this?" or "What should I use for that?"

I have learned through experience if you just receive the answer without further explanation, the outcome will most likely fall flat.

I will grant you, for some acute situations, homeopathy can be simple.

For instance, if after having overexerted the body the day before, one wakes up experiencing joint pain that's worse upon first movement, that's easy! *Rhus tox* 200C twice daily until very much better.

And those are the most critical words: **"until very much better."** Once wellness ensues, the remedy should be halted and resumed only **as needed** if the condition reappears.

Now, in a situation such as this, the person may have known which remedy to use, but not when to stop!

Why?

Because they didn't know how to identify the magic markers of what "very much better" looked like in the bigger picture.

So, for those who know which medicine and potency are appropriate, but not what to expect after its use, this can cause confusion.

This is particularly so when many come to homeopathy expecting that the medicine will work within a day (such as for an acute condition) and in actuality, may potentially take months.

Prior to learning this, they often believe the medicine is simply not working. "The condition is not gone! The remedy didn't work!"

Not so.

That's because they only had one part of the whole answer; they hadn't put in the effort of learning what can be expected from a particular medicine for a specific condition, which is crucial to the long-term picture of successful homeopathy.

Otitis media? Usually over within hours or days. Strep throat? The worst is often gone in pretty short order.

But arthritis...now that can take months and while taking the medicine, it's imperative you know what signs of improvement you're watching for. Just because it's not completely gone does not mean it's not moving along.

Watch for the three magic markers (below) to know if you're on the right track.

If you want true success, the remedy "answer" is not enough. You need to understand what I like to call the [three "Magic Markers": intensity, duration and periods between events.](#) You need to be looking for subtle changes, even in satellite

conditions.

Healing is not linear; it's circuitous.

Even in The Wizard of Oz, when they began their trek down the yellow brick road, they started on the pinpoint of the tightly-wound little spiral at the very beginning.

They didn't skip that part, jump ahead and expect the same results. No! They didn't say, "We're close enough; let's just stop here."

They FOLLOWED THE YELLOW BRICK ROAD –the entire road from the very beginning – because those were their instructions.

So, too, must we follow the "homeopathic road" precisely, rather than skip steps and make assumptions.

Now, I have to admit, perhaps I have instigated this problem because I often enthusiastically share examples of how quickly homeopathy has worked in my own experience – whether it be for [my child's swimmer's ear](#) or for [a relative's angina](#).

Those are the most *memorable* cases, and ones that I use to make a point. But they are not always the norm.

And I do take great pleasure in sharing remedy cards on almost every blog and podcast. But I am trusting that you will do your homework – not take the easy way out by settling for a quick answer that you don't fully understand.

Please don't take my trust lightly.

Confidence comes from competence. And competence comes from knowledge!

Learn as much as you can. Don't be satisfied with only part of the answer. Put in the effort to understand the *whole* answer. You will never regret it; that I *can* promise!!

And, as always, be sure to pass on the good news of homeopathy!

Warmly, Joette

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

P.S. Not a funny coincidence ...

Maybe some of you noticed your comments have not been approved. You may have noticed exceptionally long times for the site to open or worse not open at all. You may have been unable to sign up for Gateway or one of my courses. It was not planned, I assure you, to coincide with the night's blog. At 7:05 p.m., Sunday, January 13, 2019, my site came under attack by Internet Bots (malicious programs). This brute force attack overwhelmed our server and shut down (slowed down) the entire site. My team has feverishly worked all last week to manually provide those services normally performed automatically. Thank you for your patience. Tonight (fingers crossed) we are migrating to a new server with resources large enough to withstand everything the dark side of the internet wants to throw at us.

P.P.S. For beginners to homeopathy, my "yellow brick road" begins with [Gateway to Homeopathy: A Guided Study Group Curriculum](#). There is no other starting point.

Once you have completed that, you may move on to [Gateway to Homeopathy II](#) and then on to other [courses for specific groups of conditions](#) (allergies, skin problems, gut issues, antibiotic fallout, etc.)

P.P.P.S I have reinstated my Facebook Live appearances on Monday nights at 8 PM (EST) on my [Joette Calabrese Facebook](#)

[page](#). I love having this opportunity to interact with you in this informal setting. If you are unable to join me live, you can watch the replays anytime [by clicking here](#).



The image shows two overlapping remedy cards for concussions. The top card is titled 'Concussions' and lists remedies: Aconitum nap. 300c, Arsenum 300c, Ledum pal. 30c, Belladonna 6c or 4c, Cuprum met. 4c. The bottom card is titled 'Concussions' and lists remedies: Aconitum immediately to deal with the shock of injury, and alternate with Arnica as needed (approx. every 15 min.). It also includes directions: 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 convulsing due to injury. Both cards feature illustrations of women and the Joette Calabrese logo.

Remedy Cards

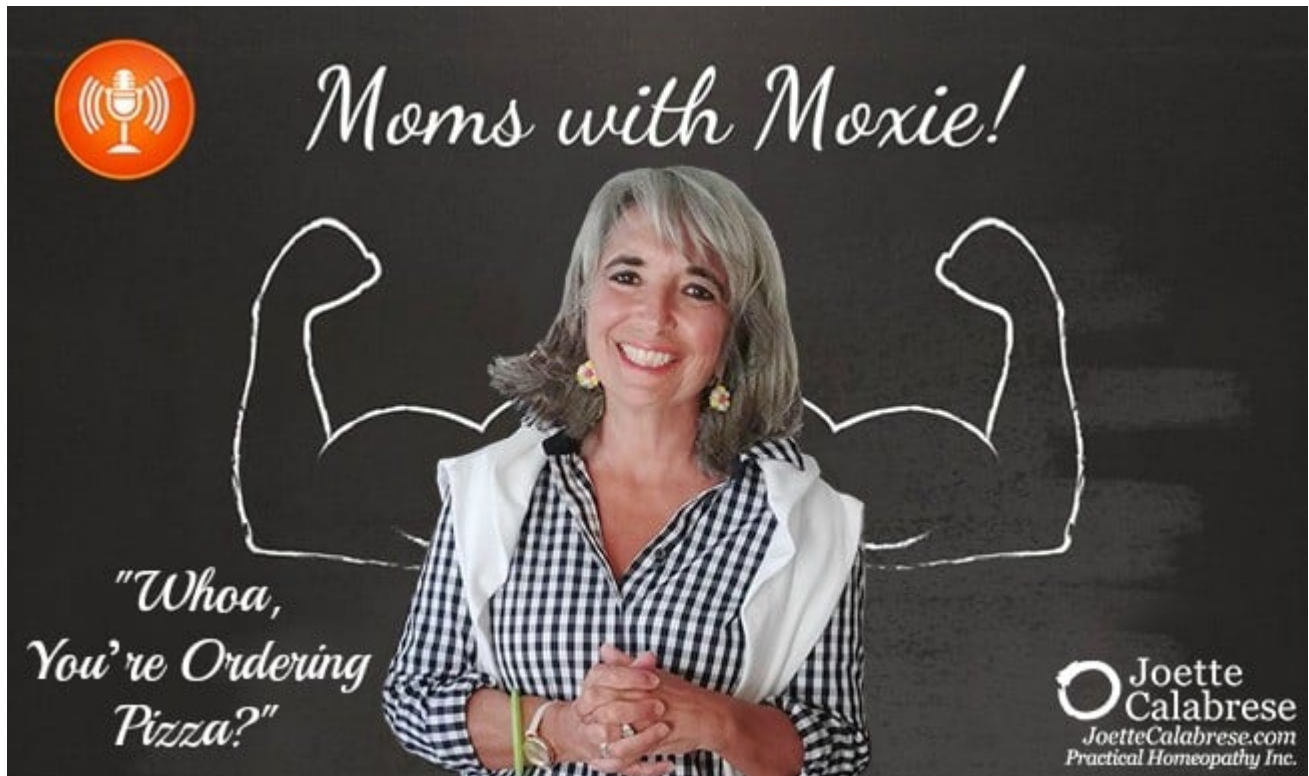
Want the important remedy picture for this blog as a pdf?

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.

[Click Here To Get Your Card](#)

Podcast 66 – Moms with Moxie: “Whoa, you’re ordering pizza?”



IN THIS PODCAST, WE COVER:

- 05:47 *Bovista* and gut issues
- 10:01 Thyroid and more gut issues
- 12:45 Success stories
- 15:12 Resources to use

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

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

[Good Gut, Bad Gut](#)

[Allergic?!](#)

[Cell Salts: The Easy Homeopathy](#)

[The Antibiotic Alternative](#)

[Gateway to Homeopathy II](#) (Only available for purchase through your resource page, after having taken the prerequisite Gateway to Homeopathy I as referenced above)

[Weston A. Price Foundation](#)

[Joette's blogs](#)

[Students of Joette Calabrese on Facebook](#) (A closed group for students only.)

Kate: This is the Practical Homeopathy Podcast Episode Number 66.

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: Today, I want to welcome Rose to the podcast. Rose has some amazing experiences to share with us about how she has used homeopathy very successfully with her family. So, welcome, Rose, to the podcast.

Rose: Thanks, Kate. I'm glad to be able to just kind of share what I've gone through in my journey.

Kate: Yeah! It sounds like you have a lot of incredible success stories with homeopathy. So, I'm looking forward to hearing them.

Let's start off first by getting a little sense for who you are, maybe where you live and your family, things like that.

Rose: We have five boys. We've been homeschooling them for about 10 ... 12 years now. I've been on a quest – really since my oldest was born – for health because he had a lot of issues medically, anaphylaxis and things like that. So, I've been into natural things.

It was about the spring or summer of 2016 when a friend of mine locally said, "Hey Rose, I found something," (because we were doing essential oils at that time). She knew I'd been doing different diets and stuff for our kids. She said, "I found something even better." She had actually found Joette first.

Kate: So, she's the one that got you pointed in the direction of homeopathy. Had you ever heard of homeopathy before that?

Rose: No, I just thought it was a generic term for home remedies. Right? So, no, I had not heard of it. Of all the digging I've been doing over almost 20 years, I couldn't believe that I never stumbled upon it before.

Kate: I know! This is such a common story that I hear over and over again ... that they've tried all different things, healing with food, with oils and herbs. Why is it that we have to find homeopathy *last*?

Rose: I don't know. I just wish that ... and believe I had to be on the journey I was to appreciate where we're at *now*. But I would have certainly taken the help 20 years ago!

Kate: Right. I know. Oh well, we're going to teach our kids.

Rose: That's right. Well, it's great because I've got little ones yet, and they are learning very quickly on what to take. So, that's fun.

Kate: Yes. So, why don't you give us a little bit of information about the courses that you've taken, or how have you come to learn more about homeopathy?

Rose: Sure. So, this friend of mine said, "I want you to take a look at this." She was doing the cell salts at that time, but we started together with about three other ladies meeting every other week over that summer in the first [Gateway I course](#). And I was hooked.

By that fall – I remember starting September 1st – I was

going to fix my thyroid. I was going to fix every single person in my house and get better and be done with the way we were living. So, I started with that class. And then the very next one I took – because I knew we had gut issues – I went right into [Good Gut, Bad Gut](#).

As soon as that one was taken care of (Renee and I chomped at the bit), and I went that next spring and took [Allergic](#) – because the boy that homeopathy helped the most took the *Allergic* class with me. He took the [cell salt class](#) with me. I did the [Antibiotic class](#) on my own. Then I've also ... I've just found other things to just continue overall learning ... just I think it's supportive.

Kate: I think some of the listeners may want to know, how did you get your son to take the class with you?

Rose: This was the trick. We homeschool, and he wasn't doing very well in Advanced Biology at home with me. I didn't like it either. I said, "Tell you what. We did one semester of the book." And I said, "If you listen to these courses with me online, and if you can start memorizing protocols and learning how remedies work and all that, we will call this Advanced Biology."

We did supplemental things. It wasn't just the book and then just listening to Joette. We did other things as well. But ultimately, that's what learning is about. I mean, schooling and learning is knowing how to take care of yourself. So, that was totally advanced biology, because how do these remedies work and how did we get to where we're at?

So, he took that, and to fulfill the rest of the semester requirement, we did the cell salt class, too.

Kate: Oh nice! That's wonderful! I also have incorporated that into schooling. I think that has been a key. So, I love that tip. Thank you for sharing.

Rose: Well, he much would rather listen to Joette than read the dry textbooks. So ...

Kate: Right. Joette's easy to listen to, for sure.

Rose: Yes.

Kate: Okay, so, you've taken the courses. You've done the *Gateway I* ... or have you done [*Gateway II*](#)?

Rose: I have not done *Gateway II*. I just hadn't made it a priority yet, but I hope to get that scheduled as well.

Kate: All right. So, I'm anxious to hear more about how you've used homeopathy with your family because you have some pretty exciting things to share. So, go ahead and tell us about your son.

***Bovista* and gut issues**

Rose: Okay, actually, the son that was doing the schooling with me and learning homeopathy, he had a vested interest. He was in sports and in football, and all the sports that he was in, they would be traveling on buses. He just can't really take *salad* with all these other football players on a school bus. He was kind of teased. He was well-respected on the team, but he was teased because of his sad, little diet. He had to just be so careful. He had so many issues. If he ate something wrong, he would just get so sick every time, and it was never worth it. But he so wanted to be a teenager, a normal teenager.

So, starting homeopathy that fall (after I took my intro course), we stayed on the diet, but we started on *Bovista*, for example, and some of the gut protocols for healing up the gut. It took from September of that fall until March of the next spring. I decided after hearing Joette once say, "How do you know if you can tolerate any more without trying it?" We decided to go for it. After six months of being on some gut healing protocols, we tried real pizza outside of the house. It was full of gluten, full of dairy, full of ... I'm just going to say "junk," and we all survived.

Kate: Wow!

Rose: It turned my husband's head, who said, "Whoa, you're ordering pizza?" (after *years* of not). So, my son (was his head turned), he's like, "Okay Mom, I didn't really get too sick." Now again, we still are dealing with the acne and

some other issues, but the fact that he didn't have significant issues after eating it – that he would have had six months prior – it was miraculous!

Kate: Wow! Yeah, that is life-changing. I want to step back just a minute. When you'd say, "We're taking the protocols for gut issues," what you're saying is that those gut issues really manifested themselves in the forms of food allergies. Is that so?

Rose: Yes. He wasn't anaphylactic, but yes, he was definitely sensitive. So, he had food intolerances such that we needed to address.

Kate: Yeah, it was affecting his life.

Rose: *Totally* affecting his life. So, our goal was to be able to eat college food on a college campus. That was our goal. I just launched him this past fall on a college campus, and he's eating their food. Now, I don't necessarily agree with the food he's eating, but he's able to eat and live a college life!

Kate: Wow!

Rose: So, I sometimes let him know, I hang it over his head. I say, "You know, you wouldn't have been able to do this had we not done homeopathy." He said, "I know mom."

Kate: In fact, you sent him to college with something.

Rose: He took a kit, kind of a prep kit to have because he was two hours away from me. I have another son in college who's only 40 minutes away. So, if he needs something, I can get to him fast. But I can't get two hours fast. Well, he took the kit, but we did have to be very specific: it had to look more like a pencil case. So, if anyone saw it, they would just think it's a pencil case!

Kate: Oh, my gosh!

Rose: It's black so it's masculine, and he keeps it in his drawer. But, I had made a little cheat sheet of note cards of what he has and what they're used for if he needs anything.

Kate: Okay. So, how did you make that cheat sheet? Just you wrote it on a piece of paper? Did you like laminate some cards?

Rose: I just took index cards and wrote them in ink and just tucked them right in there and told him what he had. I tried to walk him through it, but he was a boy, a college kid. Thinking about homeopathy, he could care less what was in the kit. But he knew that if he needed to look something up, it was laid out for him. He's been able to navigate this on his own.

Kate: Yay!

Rose: Yay!

Kate: Now, when we were talking earlier, you told me that you didn't see the changes right away, that it did take some time. So, just talk a little bit about that and tell me how did you know when to try pizza?

Rose: Well, we weren't actually seeing any change. After the eight weeks, I haven't seen any difference, and neither had he per se. But I was so new at it, too. But the reason why we decided to go for it, I thought, "Well, we know what could happen. We just need to stay close to home if we eat pizza and play it out over the next day or so." But after hearing Joette in one of the courses – I can't remember which one. I want to say *Good Gut, Bad Gut* – she had said, "You just need to try it, and you shouldn't have to stay living a restrictive life." I thought, "Well, six months has been long enough." So, I gave it a shot.

Thyroid and more gut issues

Kate: I know you have some other things to share, as well.

Rose: Yes. So, at the same time I started him on healing

his gut and helping him eat some different foods again, I started working on my thyroid, as well as my gut issues because I knew I was now sensitive to dairy and gluten, as well. So, it wasn't just my kids that had trouble with the foods. It was myself. I knew gluten was a problem, and my thyroid was a problem, and sometimes they can be linked, I think.

So, I started working on my thyroid, and I had been gluten-intolerant. So, by March when he had that pizza, I had some, too, and I didn't notice any major effects. I thought, "Okay, we're onto something for me, as well."

That spring when we started the gluten and dairy again, I had decided that I'd been on the protocols long enough for my thyroid that I was willing to start shifting down off of my thyroid medication. So, again, at about the sixth-month-mark – that's when I had started weaning myself off of my thyroid medication *very slowly* and just seeing, "Okay, am I symptomatic going down?" – I continued to be able to wean myself off. That took about nine months then, and I was able to get off all of my thyroid medications.

Kate: Yay!

Rose: Yay. Yes, *very* yay. But I still needed to go longer. I wasn't completely done yet, but I was definitely seeing improvement. So, I just kept going and looking for my markers.

Kate: Are you still taking those protocols for your thyroid?

Rose: No. I'm pretty much now just kind of in a maintenance zone of acutes that come up ... things like that. I'm eating gluten. I don't eat it every day just because I've tried to kind of follow more of a [Weston A. Price](#) diet, loosely. But if I want to go to a restaurant, we go to a restaurant.

Kate: Nice.

Rose: Yes, it is.

Kate: It sounds like your lives had a lot of restrictions before, and now you have so much more freedom.

Rose: I was spending my days preparing so much of the food to work around eating traditional foods – or not traditional but more like ... how do I say it ... today's "standard" foods. I didn't want to eat like that anyway, but there are conveniences to be able to just whip up something quickly.

Kate: Or when you go to a family event or a birthday party.

Rose: Yes, that's what's really freed me up because I was taking an entire meal for all seven of us to any family event, and my boys hated it. We were taking a big cooler

just to eat at a family event. They couldn't eat what their cousins were eating. The first time we showed up to an event without a cooler, we turned heads!

Kate: I bet.

Rose: "What did you do?" And I started telling them. But then they just like shut down; they really didn't want to know that I had done something different. Then it was almost misbelief like, "Well, maybe you guys were never sick to begin with."

Kate: Of course.

Success stories

Okay. So, you're healing; your family members are healing. What other stories would you like to share with us?

Rose: Well, something funny about the same son is that all of his brothers didn't like it that he never had to wash the egg pan because every time he did, he would hives up. They're like, "He's getting out of work, Mom!" But it was visible he would have a rash (hives) from washing the egg pan.

This boy then now? Two days ago, I made him eggs for breakfast. So, that's nothing short of miraculous as far as

I'm concerned. So, that's a pretty cool addition to him, and his brothers were happy, too.

Kate: That's all they cared about.

Rose: That's right. That's right. Again, this same boy, we just had so much healing. He had mold issues, chemical sensitivity issues. He couldn't tolerate hair sprays or gels from even me in the house, and I was not wearing high-perfumed things. Now, he's wearing his own commercial gel on his hair. So, he went from not smelling *mine* to putting it directly on his body!

Kate: Oh, my gosh!

Rose: Yeah. He would come home from basketball on a Sunday afternoon or Sunday evening just coughing and coughing and hacking and nagging. I figured out, "Oh my gosh, that's *Ipecac*: nag and gag." I would give him that one or two times as soon as he got home from basketball. So, there's something about the gym that he was going in. After three Sundays of this happening, we were done. He would come home pretty much symptom-free. We didn't need any more *Ipecac*.

Kate: Did you use *Ipecac* 30 or 200?

Rose: *Ipecac* 30, and the first time he needed it three times. The second week, I probably needed another two or three times. By the third week, it was like, "Do we even

give it? Let's see how he does."

I never at first initially thought it was nagging and gagging. Like, "Wait a minute. Yeah, that is!" So, my perception was off a little bit on what "a nag and a gag" was. But as soon as I gave it, you could clearly see his symptoms diminishing.

Kate: Wow! This kid has really had some major successes with homeopathy.

Rose: Yes. Well and I just think priming him with the good diet prior to that helped him – got him a certain point. Then homeopathy kind of cleared everything else the rest of the way. He's also had wisdom teeth under my care. From the time he came home from the oral surgery, we did only homeopathy for his recovery. So, that was huge success as well that we managed it all – all of his pain, his recovery – completely with homeopathy.

Kate: Wow! Good for you! I have a question that I wanted to ask you. How did you learn what protocols to use for your son who had all of these allergies?

Resources to use

Rose: Sure. So, [Joette's blogs](#) and the [student forum on Facebook](#) were invaluable. Then there are a couple of friends

that I met that are from the same state as me. She, in particular, had helped me in the middle of the night or whatever. Just, I kept digging and digging and kept asking and kept trying to ask a different way. I wasn't giving up. I reached out to a lot of different people. Everyone – Joette's students – were just so helpful. If they couldn't help, they said, "Well, I'll see if someone else does." Or, "Try this."

So, the forums, the blogs, and the classes ... and I had to re-listen to *Good Gut, Bad Gut*. I had to re-listen to *Allergic*. I didn't get it the first time. I just couldn't absorb it all at once.

So, as far the student and learning, you can't stop! You just have to keep going. You hear it once, and you might need to hear it again and click something else because new symptoms have arrived or something like that. So, I would say as even just words of encouragement if you're just starting out, just be patient with yourself! Just don't give up! There's an answer. You've just got to keep digging.

Kate: Yeah, that's what I like to say too. There *is* an answer; just keep searching for it.

Rose: Yes, yes, I agree.

Some other just quick successes: We've had bedwetting success. When I know somebody personally has gotten off their antidepressants. We've had the eczema clear up, the

acne clear up, bumps, bruises, that kind of normal “Mom stuff.”

The more you use it, the better you get at it.

Kate: You’ve had injuries as well.

Rose: Yes, we had. One of the football players again got really hurt on the field. We healed him up. Again, same boy, homeopathy just really worked well with him. They told him he was going to be done for the season because of what happened to his shoulder. They said, “You’re done.”

We got him back on the field two weeks *sooner* than the season over. As a captain in a Senior year, he got to play the last two games.

Kate: Oh! That just gave me chills!

Rose: Yeah. Sport meant *everything* to this boy. He was a captain. In fact, I kept giving him *Arnica* on the field. He wouldn’t go to the emergency room, because he said, “Mom, I’m a captain of this team, and I’m not leaving until my team leaves.”

So, we went to ER very late that night because he sat there, and I kept popping *Arnica* to him nonchalantly on the field.

Most boys don't let their mommas come down on the field. He did, but he was healed two weeks sooner than the doctors had even imagined.

Again, that was all homeopathy.

Kate: So, I have to ask the question. Did you use *Arnica* 200, or did you use a higher potency?

Rose: On the field, I only had 200 with me, but after we got home and got him on to ER, we used 1M. I believe I probably used *Ruta*, as well, but it definitely was *Arnica* for the swelling and the pain.

Kate: You felt like that kept it under control?

Rose: With frequent dosing, yes, because he was in a lot of pain. But he's also strong, and he handles pain pretty well, too. People have different tolerance levels.

Kate: Okay. Well, it sounds like you have really done miraculous things with homeopathy in your family. I'm really thrilled that you could share that with us because I know that there are so many people who have these food intolerances and different issues and are trying to figure out what's the best way to learn these protocols. So, you've given us some great information and great tips.

So, anything else that you want to share with us as we depart?

Rose: I don't think so. That it's just been great, and it's been life-changing. It has been a game-changer for my family. We're moving forward in seeing how else we can improve our health.

Kate: Well, thank you, Rose for being with us today. It's been a pleasure meeting you.

Rose: Yes, thanks so much, Kate.

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 p

Tennis Anyone? I'm Retired!



You already know I've moved to Florida.

Well, today, I'm announcing I'm retiring. I'm taking up tennis, quitting my work, and calling it quits.

I'm done with homeopathy.

No more study groups; no more classes; no more blogs or articles offering information on how to treat yourself and your family.

I'm not even going to take private cases anymore. I'm done.

Okay, wait.

Just kidding!

(I had ya there for a minute, didn't I?)

For those who don't use homeopathy, those who don't like me, or those who think what I teach is hooey, it wouldn't matter one bit if I retired, would it?

Some people (and organizations) might even be tickled pink if I were no longer in the market square promoting homeopathy instead of conventional drugs.

To them, it wouldn't matter what I did with the rest of my life as long as I stopped doing what I'm doing now.

But for you who have fallen in love with this heady medicine and have come to *depend* on it, it would be quite a different story.

You'd have to think twice if a source of your information were suddenly halted.

Stopped on a dime.

Just like that ... gone.

So, forgive my little practical joke, but I needed to find a way to deeply impress upon you that you *must* take this opportunity – while you can – to learn homeopathy for yourself instead of depending on me or others.

I've told you before, I'm in the empowering business, but I can only empower those of you who make the effort to take up the mantle.

I have gone through this exact scenario myself, so I know the panic of suddenly losing a trusted source of information all too well.

Long ago, after decades of allopathic treatment, I saw a homeopath who single-handedly cured me of about 40% of my near lifelong conditions: severe allergies, chemical

sensitivities, depression, chronic fatigue and much more.

I talked about my experience in more detail in a [blog I posted called, "I Want That: Confident Mothering."](#)

Over a period of a few years, I learned to depend on her for my own needs, as well as my family's.

Then suddenly, she informed me she was moving and would no longer be available to my family and me.

It scared me right into action. "Yikes!" I thought. "Now what?" I didn't want to go back to allopathic doctors as my first recourse.

It had been so many years since I had depended on them for anything. I had no interest in going backward!

You know that feeling of being consumed day and night when you're faced with a problem you're not sure how to solve? This was one of those times.

I ate: "What am I going to do?" I slept: "What if someone gets sick?" I couldn't even breathe without pondering: "Now what?"

I was suddenly on my own, and I obsessed over my perceived abandonment.

But, as it is with most problems, a solution usually presents itself – one that had been there all along and had merely gone unnoticed.

Here is the solution I came up with: I had to learn homeopathy for myself.

I had to learn it from stem to stern. From soup to nuts. From *materia medica* to repertory. I had to immerse myself in what would become the second most powerful commitment in my life (the first, of course, being the

commitment to my family).

But if you think about it, this actually WAS an extension of my commitment to my family. In fact, it was a seamless fit!

So, if I have given you a pause for thought with my mischievous little prank, consider this:

Thoroughly read my [blogs](#).

Listen to my [podcasts](#).

Download all of the remedy cards I've attached to them.

Look for [other articles I've published](#).

[Start or join a study group](#) soon. (When I meet with your study group at the end of your curriculum, you'll have an opportunity to ask me your most burning questions.)

Or even [take a course or two](#). (More advanced material is contained in my courses.)

I'm willing to bet your effort to learn homeopathy may give you the supreme satisfaction of fulfilling your commitment to your family even more deeply – the same satisfaction it gave me.

And along the way *you will* build a new confidence – believe me on this one – your life will change in wondrous ways.

Let's face it, the intellectual deliciousness of diving headlong into homeopathy sure beats retirement and tennis.

Let's both continue to pass on the good news of homeopathy!

Warmly,



P.S. Next week, we'll talk about another important reason you need to learn homeopathy for yourself: the danger of getting the answer without doing the work.

So, see you next week ... that is ... unless I'm playing tennis. (Kidding! I'm kidding!)

P.P.S. I've restarted my 8 p.m. Eastern, Monday night [Facebook Live presentations](#). About 20 minutes of my tips and methods along with a featured remedy you'll want for your toolbox. See you there!

Podcast 65 – My Sewing Machine Attacked Me



IN THIS PODCAST, WE COVER:

- 02:00** The sewing incident and St. John's Wort
- 10:35** **Eye injury**
- 12:48** Combination remedies
- 14:55** Botanicals
- 19:53** Why not just use herbs then
- 23:48** Buster and *Crataegus*

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Hypericum 200 Arsenicum 200](#): Banerji protocol to ward off infection in puncture wounds

[Ledum 200](#): for puncture wounds

[Silica in a 6X](#): debris embedded in the eye

[Optique®](#): eye allergies

Trusted homeopathic pharmacies:

[Boiron](#)

[Hyland's](#)

[Washington](#)

[OHM](#)

[Hahnemann Pharmacy](#)

[A Materia Medica: Practical Homeopathy® for Busy Families](#)

[Dr. James Tyler Kent's Materia Medica](#) (free online)

[Chamomilla 200C](#): teething, fractiousness

Kate: This is the Practical Homeopathy Podcast Episode Number 65 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 and I love hearing from you. So, consider taking a moment to share your thoughts about this podcast. For example, Ophelia wrote this comment about another podcast. She said, “I search every possible issue that comes up with my little ones and my family to find the remedy that will help. Let me tell you, Joette has everything you need in her articles, podcasts and helpful remedy cards. Thanks, Joette for helping me get on the homeopathy path.”

Thank you, Ophelia, for mentioning it.

Kate: Hi Joette. It’s good to be with you today doing another podcast.

Joette: Hi Kate. It’s always good to be with you, too.

Kate: I’m excited to hear what you have to share with us today. You always have great stories, Joette.

Joette: Well, you told me, “Okay, we got some ideas. Why don’t you see if you can come up with something?” I was thinking, my husband and I, and I have my mother with me (she lives with us now), and our dog, Buster, have all moved to Florida. We did it quite a while ago, but now we’re

totally settled in. We've got a little townhouse and things are moving along. We're not too far away from where my in-laws used to live in Florida. So, it got me thinking about spending time with mother-in-law.

The sewing incident and St. John's wort

There was a time, I'm going to say it was probably about 25 years ago, and we were visiting. We were staying with my in-laws. We had, I think ... I think we only had one son. So maybe, it was longer ago ... maybe it was 28 years ago. My mother-in-law did a lot of sewing, and I loved sewing too. So, we got out her sewing machine, and I started to sew. I was not accustomed to working on her sewing machine. But years ago, I used to actually sell sewing machines in Chicago at a fabric store.

Kate: You did?!

Joette: I did. It was called the Fabric Barn. I just loved learning about things like sewing machines because it was a big part of my life. I also did alterations and dressmaking for people back then, too. We're talking long time; we're talking 1973, folks. So, it was a long time ago.

Kate: Joette, you have a lot of hidden talents.

Joette: Oh, well, I don't know how talented I was. I was

willing, let's put it that way. So, I've done a lot of sewing, actually. (I don't know if we want to go into this.) So, I'll just tell a little bit more about sewing because it was a passion of mine. When I first learned how to sew in about seventh or eighth grade, it was part of our curriculum in public school back in Buffalo, New York. Once I learned, I just couldn't stop. I wanted to make all my clothes. It was just too much fun, and I started to make all my clothes. In high school, I made everything except – we used to call them “shells” – except the knit shell. But I would make my miniskirts and my jackets and my pants. I even covered belts. I even covered shoes with fabric. It was just too much fun! I loved doing that.

Kate: Oh, my gosh, Joette!

Joette: I used to actually go to the fabric store. I don't know if people really want to hear this story. But I used to go to the fabric store and buy three or four fabrics – all prints. In those days – back in the 60s – it was the Piccadilly look.

Kate: What's a Piccadilly look?

Joette: Piccadilly Circus, it was an area in London, England, that was putting out these kinds of fabrics that were tiny prints, very vibrant ... red with yellow flowers ... and kind of “flower power” was the look.

So, I would buy three or four fabrics and press them all,

lay them all out. And I would use one thread for all three of them, so, I made sure it was unifying color. So, if I had red with yellow, blue with yellow, and orange with yellow, I had yellow thread. I would cut them all together. I would make miniskirts. It was a ... what is that called ... an assembly line!

Kate: An assembly line, yeah.

Joette: An assembly line of skirts! And I would do this every weekend, so that I had three new skirts for the week every week.

I know.

Kate: Oh, my gosh!

Joette: It was crazy! I was so good at the zipper foot and putting my zippers in and my buttonholes. I got *really* good at it. I could hem a skirt in 20 minutes flat. So, I did this all the time, and I loved it.

But, I hadn't sewn for a long time, and I was visiting my in-laws, staying with them. We were on this sewing machine that I wasn't that familiar with. I was stitching along. I don't remember what I was making, and my thumb went under the foot, and the needle went directly into my thumb – clear through my entire thumb.

Kate: Oh, my gosh!

Joette: I mean you could see the needle from both ends, on the top of my thumb and the bottom.

Kate: Oh, my gosh!

Joette: I was impaled by this sewing machine.

Kate: Oh, yes, you were.

Joette: Of course, it freaked me ... totally freaked me out. So, I yelled out. My husband came and detached the needle from the machine because it was still attached to the machine. My thumb was attached to the sewing machine. It didn't get as far as the bone. It didn't go that deep. It went more off to the side a little bit, and it didn't touch my nail.

I was freaking, of course. In those days, my in-laws did not own a homeopathy kit. Otherwise, I would have taken *Hypericum*, *Ledum*, and I was feeling like I was going to faint so maybe even *Ignatia*. But I didn't have any of those with me.

But I did have, they did have a bottle of St. John's wort.

The reason they had this bottle of St. John's wort was because in those days, my father-in-law used to have a little difficulty sleeping, and I used to make St. John's wort for him. I used to collect it from the meadow around our home back in Colden, New York. I used to make big jugs of this stuff for him. They had some because I had given it to him for Christmas. It's made in vodka. I got the bottle, and it was not a little, tiny amber bottle. It was a whole big, fat amber bottle!

Kate: Oh, my gosh!

Joette: I just gulped.

Kate: Oh, wow!

Joette: Just anything to calm my nerves. The pain was not as severe as you might think. It was really more my nerves – just looking at it. It calmed me down right away.

My mother-in-law and father-in-law said, "You've got to take her to the hospital. You've got to go to the emergency room."

My husband said, "I'll take care of this." He said, "Where are the pliers?"

Kate: Oh, no!

Joette: I know. They weren't even needle-nose pliers! He used big, fat, honking pliers. He got the pliers, and he pulled, and I'm shaking – but actually the St. John's wort helped me a great deal.

Kate: Was it the St. John's wort or the alcohol that was...

Joette: Oh! I know. Other people have asked me that. I don't think I drank enough for it to be the alcohol. But I actually thought for a moment, "Oh, I'm just going to live like this. I'll just live with a needle impaled into my thumb for the rest of my life because I do NOT want this needle to come out. Just the thought of it having gone in, and now it's got to come out? I'm just going to live this way." But I came to my senses and realized I really had to have this thing removed from my body.

So, we pulled it, and I continued taking St. John's wort.

Now, I don't know why ... Oh! I know why I didn't have the remedies with me ... because I was actually staying with my parents as well because my parents were down here, too. I could get the remedies later on.

But meanwhile, I took that St. John's wort, and it made a huge difference in my demeanor. Now, when you get an impaled body part, you really want to take [Hypericum 200](#) (is what I

would have used had I had the homeopathic). I might also now today – knowing the Banerji Protocols – I might also have used [*Arsenicum 200*](#) along with it to protect from infection. But another great medicine – and at that time, that's what I knew to take – was [*Ledum 200*](#).

When I got back to my parent's place, I started taking *Ledum 200*. Meanwhile, the St. John's wort really acted well. I was calm – not drunk. I was calm. The pain wasn't bad. I pressed time and again on the wounds – two wounds, mind you (the wound going in and coming out) – to get blood. Thankfully, I did get blood because that is a good way to keep it somewhat clean because it releases any bacteria that the needle might have carried.

Kate: Right. Now, *Ledum* was because *Ledum* is for any type of a puncture wound.

Joette: Puncture wound, that's right. That's right.

So, I took the St. John's wort for the next several hours, and then eventually, we got to my parent's place, and I started taking *Ledum*. In that case, then I took it as I recall – it was long enough ago that I wouldn't exactly remember if – it was about every 3 hours.

Then the next day, it hurt a little bit. It really wasn't bad, surprisingly. The next day I took *Ledum* two or three times and the following day, two or three times. Then, by the end of the week, I'd gotten down to about twice a day

(over that period of a week).

Kate: Okay. So, you continued to take the *Ledum* for about a week.

Joette: Yes, I did. Just in case there was bacteria.

Kate: But did you take anything else?

Joette: No, I just took the St. John's wort from time to time. When I say I took it, the first gulp was a couple of good gulps. But after that, you draw up the pipette in a regular tincture bottle, and it automatically draws up about 15 to 20 drops. I used that – put it in water and drank that throughout the day here and there – throughout that first and second day.

Kate: I bet they couldn't believe that you weren't going to the emergency room, huh?

Joette: Well, they saw how calm I was, and that my husband was very calm about it, too. My husband is kind of a rugged guy and really into sailing long distances. He's had a lot of those kinds of experiences. So, he knows what to do. He also knows how to calm me down, "Just don't worry. Here, drink this."

Kate: Funny.

Joette: I know. I know.

Kate: You guys balance each other out well.

Joette: Yeah, we do, we do. So, that's my sewing machine. I think we're going to title this particular podcast, "My Sewing Machine Attacked Me!"

Kate: That's a good title, yes.

Eye injury

So Joette, as long as we're on the topic of injuries, what other stories about injuries do you have?

Joette: Yeah, I was just thinking about that. When there's an impalement into the body like that, we automatically think *Hypericum* 200 and *Arsenicum* 200 for the infection. And then *Ledum*, as well, which is also great for infections, but it is also great for puncture wounds.

However, when there is an injury to the eye, now it's a different remedy. Now instead of *Ledum*, we use *Aconitum*. A

lot of folks call *Aconitum* the *Arnica* for the eye. But any injury to the eye is most often it's *Aconitum*. So, whether it's a puncture wound or a punch in the eye or any kind of injury, we always think of *Aconitum*.

Kate: Now, isn't *Ledum* also really good because I've used that when someone got...

Joette: A black eye.

Kate: A black eye, yeah.

Joette: Yeah, *Ledum* is great for a "shiner," as they sometimes call them in colloquial terms. So, it's also great for any time there's a black and blue around the eye, then we would use *Ledum*.

Kate: *Aconite* is more for an injury like say ...

Joette: To the eyeball itself.

Kate: Okay, all right. Good. What if someone has something in their eye?

Joette: If there's debris in the eye, and it's stuck, now we go to *Silica* [*Silicea*] – because *Silica* automatically

sets up a suppuration to push out anything that's foreign that should not be there. We usually use [Silica in a 6X](#) or a 3X. We could take that over a couple of days. That will often push it out or, of course, just an eyewash.

Kate: Oh, I really love the eye drops by Boiron. It's called [Optique®](#).

Joette: Yes! I love those, too. They're great.

Kate: I've used them for pinkeye. I've used them for just raw, irritated eyes. They are amazing.

Joette: Yes. They can also be even for allergic situations when there's a lot of lacrimation – tearing, tearing, tearing – or they're raw and itchy and burning and rubbing from pollen, et cetera. That's a good place to start. It's not the *only* place we go, but it's a great place to start.

Combination Remedies

Speaking of that, Kate, I love combination remedies! [Boiron](#) does a *great* job; so does [Hyland's](#); so does [Washington](#); so does [OHM](#); so does [Hahnemann Pharmacy](#) out in San Francisco. I like these combination medicines that you can find often at Wal-Mart which is where they *belong*! We want remedies at Wal-Mart. We want them there. We don't want this to be exclusive to only high-end health food stores. We want

everyone to have access to these medicines.

Kate: Yeah, my friends and I, we stock up when they go on sale, whether it's online or locally. So, we love the combination remedies. It's nice to have. Especially, they make great gifts for people who don't know a lot about homeopathy. If you want to recommend to a relative or a friend who doesn't know a lot and just, "Here, keep these with you."

Joette: Yes, leg cramps or teething tablets. Now, what I tell folks is, look, if you really want to learn homeopathy, there are many different ways to "up" your knowledge. One of them that I think is great is if you use a combination medicine, and it's working nicely for you or your family member, turn it over. Turn that little bottle over and read the ingredients. Now, read those ingredients and look each one up so you understand why that medicine acted for you or your family member.

Open up your *materia medica* – [my *materia medica*](#) or go online and look at Dr. James Tyler Kent's *materia medica*. You can [find that for free online](#). It's rather extensive, and it can be a little overwhelming sometimes. But, definitely, you want to look up why did that medicine act. It will teach you your *materia medica*.

You want this knowledge because there are unifying threads that you'll find, "My goodness, look at this. This *Chamomilla* helped my baby with teething, but look at this: it also helped the baby not be irritable. So, maybe next

time the baby's just plain irritable, and there's *no* teething, maybe I should just consider *Chamomilla*." That's how you learn and extend and draw out your knowledge.

Kate: Yeah, good suggestion. Good tip.

Botanicals

Joette: We were going to talk about herbs, botanicals. I mean, since St. John's wort (harkening back to my story) was so effective, people might say, "Well, why not just use herbs?" And I say, "Sure, why not? Use herbs. Botanicals are wonderful. I believe, however ... and this is founded in my years of experience of having used herbs and making my own tinctures from scratch by harvesting the plants in my area. (Or if I didn't have those plants available to me, sometimes I would buy them in bulk and make my own tinctures.) So, it's a great idea to learn botanicals so that you can utilize that information and extend it further into your homeopathic knowledge.

But homeopathy just takes it to the next step.

Kate: Yeah, just another tool to use, but if I had to choose one, definitely homeopathy.

Joette: You bet.

Yes, homeopathy is so efficacious, and there is so much information on how to use it. Especially if you use these protocols that I teach on the blog and in my courses, it makes it so much easier. It takes the mystery out of “What potency?” “What frequency?” “How long?” “What am I watching for?”

The problem with just plain, old classical homeopathy and plain, old herbalism is that you don’t know how far to go. What’s next? “Okay, I know what medicine to use. Now, what?”

That’s what I try to take the mystery out of. That’s why we call it Practical Homeopathy®.

Kate: Practical, yes. It’s practical. That’s why it’s practical.

Joette: It’s like a recipe.

Kate: Let’s talk a little bit more about some herbs. How about when you have an abrasion, a cut? Because I think there are some herbs that we can do topically on a cut that you have talked about in the past.

Joette: Well, if it’s not a really deep cut, then I would use a tincture – because if you use a tincture on a deep cut, you could send the person through the roof because of

the pain from the alcohol. Now, there are products that you can find made by Boiron and Hyland's, et cetera (from online and also health food stores) where they make ointments, or you can make your own ointment.

I often made my own ointments which was really great. I would gather the St. John's wort flowers, for example, and calendula flowers. I actually grew my own calendula. I would put it in a double boiler and put it in some olive oil. The double boiler would have, of course, the hot water underneath so it would keep it warm. Then I would steep these plants in the olive oil. It would *not* cook it. It's not meant to be cooked. It's meant to be steeped in slightly warm – well, I shouldn't say slightly – *warm* water, pretty warm to the touch, so that they release their plant ability.

Kate: How long do you do that for?

Joette: Well, sometimes I would do it all day. I would just have it on the stovetop while I was preparing meals and taking care of my family. It would just go all day on the back of the stove.

I'm sure that those who are botanical experts might say, "No, no, no, that's too long." Or some might say, "Oh no! It should be longer than that."

That's the way I always did it.

Then I would strain the flowers at the end of the day. Sometimes I'd let them sit all night long in the olive oil. Then I would strain them and put those flowers into my compost. And then the oil that was rendered with the curative action of these plants, to that I would add beeswax. So, I would shave little bits of beeswax in there to tighten up the emulsion and make it more an ointment instead of a liquid – although you could certainly use it just like a liquid. But I often made these into Chapsticks and salves. That's right. So, I would add the beeswax until I could see that it was thickening enough to get a good ointment, or the texture and the thickness and tightness of a lip balm.

Kate: So, you still collect herbs to this day, don't you?

Joette: No, I don't do it anymore. I'm in Florida now. I haven't found any natural places yet to start digging around. But, I did up until about a year ago, yes. But I've got to find out what's around here. Now, I have something new to learn.

Kate: There are always so many fun things to learn. I think that's the fun part of life, so much to learn and know.

Joette: Oh, we want to be students forever.

Kate: Yes, and with 6,000 homeopathic medicines, we can be students of homeopathy forever.

Joette: Oh, my goodness! Yes, it's forever. No doubt about it. It's a definite forever.

Kate: I think there's more actually. And they're continually making new homeopathic medicines, right?

Joette: Yes, they are. Yeah, they're called "provings." I have a friend who works on these provings pretty regularly. She travels the world and does so. It's great because you learn how to use plants or matter, whatever it might be that they're studying in a new way and make a medicine from it.

Why not just use herbs then

Kate: So Joette, we're talking about the difference of herbs and homeopathy. If herbs are so great, why not just use only herbs and not homeopathy?

Joette: Let me give you an example. We were talking about *Chamomilla* earlier for teething for babies and children. If you have a child who is teething, and you happen to have chamomile growing in your yard – or if you don't, you can just certainly buy it (you can buy it in tincture form or in capsule form, et cetera) – you can give it to the baby, and it will help with the teething. There's no doubt about it. It will calm the child down a little bit. It will often help with the pain. You have to give it frequently. Or you could make it into a tea, because if the child's really

young, you certainly don't want to give them something that is made with alcohol. But you could make some tea, and it will work.

Now, however, get that *Chamomilla* flower and make it homeopathically. Now, we've got a medicine to reckon with.

Now, if we dilute it 200 times to the 100th power ... and it's not done by us, of course. You could do it yourself, but we count on these pharmacies – these homeopathic pharmacies – to make these for us. If we buy [*Chamomilla 200C*](#), now if you give that to your child who's teething, not only does it eliminate the fractiousness of the child (that irritability that seems so unreasonable, the sensitivity to the slightest touch, the inability to sleep, the crying out in the middle of the night because of the teeth pain) ... now when you give that to your child (for example, twice daily for a few days), you not only make the teething more comfortable for the child, but it's very likely that you may never have to give *Chamomilla* again even when the next tooth comes in. Or if you do, the sensitivity to the pain won't be as great. But if you do need to use it again, you use it every time the child needs it. Perhaps by the third tooth or the fourth tooth coming in, you won't need *Chamomilla* anymore.

Because what homeopathy does is it takes it to such a deeper level by that dilution process that it stimulates the body's ability to correct the problem. Because children should be able to teethe without pain and fractiousness and sleeplessness and screaming out in the night and kicking off of their parents when they're picked up and irritability. Teething should not be a painful condition. So, what homeopathy does is it corrects the whole condition with all of the satellite conditions related to it, not just the fact that the child is teething.

Kate: It does it in a gentle way.

Joette: Gentle because it's so highly diluted as well. Now, think of teething not just for a baby. Think of teething for molars that are coming in for a child who's a little older. Or how about teething with wisdom teeth erupting in young adults? Instead of having those wisdom teeth yanked from the gums, why not just use *Chamomilla* 200 twice a day for a few days and calm that pain down – and the fact that there's even pain in the first place.

Kate: It's also great when you get braces. That calms that pain of the teeth moving in the gums and the jaw.

Joette: Yes, absolutely. So, that's taking a beautiful, simple plant – *Chamomilla* – and making it into a homeopathic medicine shows us how the dilution process brings the curative action to the fore and makes it even more powerful.

All right, let me use Buster, my dog, as a good example of using a tincture to help him get past a condition.

Kate: Okay!

Buster and *Crataegus*

Joette: Buster, we thought was becoming super-hyper and anxious and having a lot of problems with breathing and anxiety. He was panting frequently, et cetera. I was giving him *Ignatia*, and it would help. He's an older dog. He's going to be 14 this spring. So, I figured it was the anxiety because he can't stand to have my husband away from him. When my husband leaves the house, the dog stays at the door. I know ... it's really ...

Kate: I didn't know he was so attached to Perry.

Joette: Oh! He's very attached to my husband. It's really ridiculous. So, that's what I thought was going on.

But then I realized, no, it's not working. *Ignatia* helps here and there. The panting – I just didn't know panting can mean so many things in a dog. I treat animals homeopathically pretty regularly, but I do *need* a diagnosis. I'm not a vet. I need a good diagnosis.

So, my husband took Buster to the vet, and she declared that he had congestive heart failure, and that he had probably had this for quite some time. And I agreed because this behavior that we were observing had been ongoing for ... I'm going to say ... a good two years.

So, she said to my husband, interestingly, "Homeopathy can't treat that, you know," because she knew that we were going to take the dog back and treat homeopathically.

My husband said, "She said, 'Homeopathy can't treat this.'"

I said, "Yeah. Okay, right."

I chose a couple of remedies for him, homeopathic remedies, and I won't go into because we'll be teaching this a little bit further. I will tell you the names of the remedies, but I won't tell you exactly how they're used because I don't want people to make mistakes on this. I really want to teach around this. But I used *Lachesis*, *Lycopodium*, and what we're discussing now, I used *Crataegus*.

Now, *Crataegus* is a tincture, a mother tincture. It is hawthorn berry. I put the hawthorn berry tincture – or *Crataegus* – into his water, and he drinks from it every day. So, he gets this every day. That's one of the protocols that I used for this particular condition.

Now, Buster was so bad that he would pace at night. He would wake us up through the night. It was really getting so severe which is why, of course, we took him to the vet. What is going on? Does he have asthma? This is really awful. He had also this horrible, deep bark like he was a chain smoker. And I know Buster never smoked! That's why I was thinking this might have been asthma or emphysema or something.

By starting the *Crataegus*, *Lachesis*, *Lycopodium*, Buster

turned around at least with the pacing within about four days. By the end of the week, he was no longer waking us up. By the end of ten days, the panting was gone; the coughing was gone. He started to have better bowel movements, and he became chipper. He became puppy-like and playful which we hadn't realized had been missing from his behavior for quite some time.

He's a *new dog*. He's a new poodle!! I see a completely different dog. Now, he's been on these medicines, and we will not take him off of them. He will stay on these probably for the rest of his life. Can you hear him barking in the distance?

Kate: Yes.

Joette: See how happy he is? He's happy to greet people at the door.

So, we will keep him on these homeopathic medicines and this herbal, probably, for the rest of his life. It has done *wonders* for him.

So, another thing that I want to mention that the vet had told my husband was don't let him go up and down stairs. Don't let him get into the heat. Don't let him get overexcited. And he goes up and down the stairs! (We were carrying him for a while until he started to become well again.)

Is he cured? I don't know. I would call it a cure. At least, it's a temporary cure even if it only lasted another several months. This has been going on now ... he's much improved for the last ... I'm going to say maybe it's been three months. So, what we see is a new poodle. If it just buys us or him another year out of his life, I'm delighted. But I suspect he's going to make it quite a good deal further than that.

Kate: Wow! That's so exciting.

Joette: Isn't it? Isn't it great? So now, what we're doing is we're integrating this herb – because it is part of the protocols, one of the Banerji Protocols – although everyone in homeopathy knows *Crataegus* is a very important botanical to be used for any cardiac condition.

I would have used it for tachycardia. I use it for my father for tachycardia for years, and he took it every day. This is how we integrate using these botanicals along with homeopathy. So, it's not as though homeopathy trumps all botanicals, but we use them in conjunction here and there.

Kate: This brings up a question that a lot of people have asked. That is, what is the difference between an “herbal tincture” and what we call a “mother tincture” in homeopathy?

Joette: It's the same. It's one and the same.

Kate: For those people who don't know what a mother tincture is in homeopathy, can you explain it?

Joette: Well, it means that we're still getting the original substance such as *Chamomilla*, the flowers I put into alcohol. They are kept there generally for a fortnight. After that time, the flowers are discarded. Now, you're left with a mother tincture. From that mother tincture, now the process of the homeopathic potentization is begun, which is the dilution and the potentization process.

Kate: Yeah, that's your basis of all of the other dilutions.

Joette: That's right. That's right.

Kate: Well, I think we've covered quite a lot on this podcast today, Joette.

Joette: I think we have. The message I always like to leave folks with is to clear your circuit board of the old ideas that you need drugs for every this or that. Instead, look at the alternatives. These alternatives are not only just a "potential." Homeopathy offers medicines and solutions for *all* conditions – pretty much all conditions.

It doesn't mean we never use modern medicine. I always want

to emphasize that. Surgery can be very, very valuable. I would never urge someone just to hop off of their drugs that they're already taking. They stay on those medications until an alternative can be found, and then they still stay on those medications until it's clear that the homeopathic is acting properly.

But I want people to shift that thinking from, "I *must* use a drug" to, "I wonder if there's an alternative?" Then what that offers folks – mothers, and now fathers (as evidenced by one of your podcasts with the Dads with Audacity), grandmothers, and those who don't have children but take care of animals, livestock and pets, et cetera – what this gives you is *freedom*. And there is nothing like that freedom from fear, freedom from, "Oh my gosh, what do we do now?" You'll know what to do. You want to plan ahead. You want to learn as much as you possibly can in using homeopathy and those adjunct herbs, as well.

Kate: Good words, Joette. Thank you for sharing with us today.

Joette: My pleasure.

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

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It's a New Year – Let's GET BUSY!



I've heard you. For months you've been saying, "Next year, Joette. After the holidays. In 2019, I'll buckle down and immerse myself in homeopathy."

Well, guess what?

Today is the day. It's January 1st.

No more delays. No more excuses.

And I'm right here – eager to help guide you on your path to healthcare autonomy.

I have worked at this incessantly for 35 years. Your support and loyalty have fueled me to continue teaching and developing new courses – and this year will be no different.

I have some exciting projects in the works!

What's so enticing about opening a brand new calendar? It provides a clean slate; a perfect moment to begin anew with

refreshed zeal – for all of us.

Your enthusiasm has kept me not only bolstered but also passionate about my mission to bring homeopathy to 200,000 families by the year 2020. (You may notice my goal number has changed. Even though we've already surpassed my original goal of 100,000 families, I want to shoot for the stars!)

But do the math – we only have ONE year remaining!! Thank you for what you've done, but let's keep going.

As soon as the big New Year's dinner is over, the dishes are done and your football team's fate is no longer in question, immerse yourself in homeopathy as you've promised yourself you would.

I have loads of free blog posts and podcasts to get you started.

Ask your family, neighbors and friends to join you because, as always, we must pass on the good news of homeopathy and it's easier and more expedient to learn with others.

Happy New Year!

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

P.S. I just learned that there are several Study Groups both Gateway I and II starting in the new year. Now is the time; this is the moment. Take advantage of joining a class with a seasoned leader. [Click here \(we will approve your request to join quickly\)](#) or call my office and talk with Eileen (561-537-5900). She is up on the latest.

Homeopathy for Healthier Food?



As we sit down to our family feasts during the holidays, many of us say grace, thanking God for the bounty.

Occasionally, I save a small measure of thanks for homeopathy as well.

We spend so much time in my blogs and courses discussing homeopathy's role in human health, sometimes I forget to impress upon you how very helpful homeopathy can be in animal health, too.

And I'm not just talking about Buster, the Bad Office Dog

here; I'm talking about turkeys, chickens, Cornish hens or, as 007 might say, "Birds ... Meat Birds."

A client of mine shared this success story with me:

"This year we raised our own Cornish-cross meat birds for chicken.

They're notoriously weak in the heart because of being overbred to grow super-fast. We used Arnica 200 in their water for healing some injuries early on in their lives, and when we saw how active and healthy they were, we continued with Arnica 30 in their water indefinitely. My husband butchered the birds today, and their organ meats were the healthiest we've seen in any chickens we've raised – nice, big and rich, dark red. It will now be standard to give our meat birds Arnica!"

Isn't that remarkable?

To be able to observe the internal organs of a homeopathically-treated animal is unarguably confirmation for the use of this medicine – especially when the radical difference is noted by folks who raise animals for food and who have first-hand knowledge of organs' appearance *without* homeopathy.

I have had my own experience with treating food animals homeopathically. In fact, I wrote about it for *Homeopathy Today* ([you might enjoy reading the entire article here](#)).

Years ago, I was raising chickens for eggs. One of the flock suddenly began walking funny and within three hours – after experiencing diarrhea, vomiting and tremors – she was dead!

I mistakenly assumed she must have been poisoned. (Our free-range chickens occasionally took their freedom so seriously they would wander off of our property where, unfortunately, our neighbor put out arsenic to kill barn rats.)

Two days later, another chicken died in the same way. I had given the bird the homeopathic remedy for poison ([*Arsenicum album*](#)), but it had done nothing.

It wasn't homeopathy's fault. I had given the bird the wrong remedy because my assumption had obviously been wrong.

You know all too well I now teach the importance of diagnosis when treating anyone (or anything) with homeopathic medicines.

So, I called a veterinarian friend who told me it sounded like fowl cholera – a devastating disease to a flock, as it carries with it roughly a 50% mortality rate and those chickens who survived often stop laying eggs.

My heart sank as two more birds became ill.

They were not only important to us for the food they provided, but they were also little members of our family.

This disease was fast-moving, and I knew these two birds, Gloria and Gladys, had very little time. I quickly looked up cholera in my repertory (human cholera, because there was no time to find a specific remedy for fowl cholera).

[*Cuprum metallicum 30C*](#) was the standout choice because one of its hallmarks is stiffness of the extremities. (Remember I mentioned they began walking funny before the more severe symptoms set in?)

I administered the *Cuprum* right into each of the ladies' little beaks.

Within three minutes, Gloria was sitting up again.

Within five minutes, she was walking. Gladys was pecking at the floor (an encouraging sign for chickens ... although probably not a good thing if you observe it in a human patient).

They both made a full recovery.

Realizing this was likely an epidemic, I gave the entire flock [Cuprum metallicum](#) prophylactically, administering the medicine to each bird individually –beak by beak.

I certainly could have put one dose into the water in the coop, thereby delivering it to them all at once.

But truth be told, it felt more consoling to treat each one while reassuring them (and myself) everything would be just fine.

We have not lost another chicken to disease since then.

So, having experienced that in my own life, I completely believed my client's success with her Cornish-cross meat birds even before learning their internal organs proved homeopathy's benefit.

But this story can be convincing evidence for any skeptics around your holiday table (although I am sure any mother worth her salt would insist discussing the butchering of the meal is decidedly *not* appropriate “table-talk”).

So, as soon as dinner is over, pass on the good news of homeopathy!

Warmly,

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

P.S. As we embark on a new year, this is the perfect time to resolve to take your family's health into your own hands by taking my [Gateway to Homeopathy: A Guided Study Group Curriculum](#).

It is an inexpensive yet invaluable way to begin your journey into homeopathy.

Gain the freedom and the empowerment to care for your family – and your animals – when they need you. And build a network of like-minded moms (and dads) to share your successes, grow your experience, knowledge, competence, and confidence.

After all, I'm in the empowering and confidence-building business!

And there's no better time to get started than right now – as a bright, shiny new year begins.



Condition: Concussions
Remedies: Arnica 30C, Belladonna 30C, Cuprum 30C
Details/Directions: Arnica immediately to deal with the shock of injury. Add Belladonna for blow to the head and if there's a black eye, then Arnica. Add Cuprum 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/boys-concussions-and-broken-furniture/>

Joette Calabrese
Homeopathic Nurse Practitioner

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Merry Christmas 2018



I am at once both gratified and inspired as I recognize the homeopathy knowledge you have mastered and the confidence you have gained this year as you have learned to care for yourself and your family.

Family is everything ... especially at this time of year.

For those of us who are Christian, let us – together with our families and those we hold dear – spend today in remembrance of Jesus' birthday as a celebration of our faith.

For the others among us, with equal regard, I wish you a meaningful season of joy and giving with your loved ones.

Wishing you a joyful, loving, beautiful Merry Christmas – from my family to yours.

Warmly,

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

P.S. My office will be closed this week on both Christmas Eve and Christmas Day. The following week, my team and I will be in the office until noon (Eastern) on New Year's Eve and then closed again on New Year's Day.