

Podcast 41 – Joette's Holiday Traditions and Remedy Tips



In this podcast, we cover:

01:16 Joette talks about Christmas traditions

- 12:09 Little tips from Joette
- 20:14 Being relevant in your kids' life
- 26:24 To take or not to take remedies

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[My Solution for Colds and Coughs: Homeopathically, of Course!](#)

[Joette's Bone Stock Recipe](#)

[Aconitum 200](#) mixed with [Bryonia 30](#)

[Coldcalm by Boiron](#)

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

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Kate: It's Podcast Number 41 at joettecalabrese.com. Today,

we get to listen in as Joette shares with us some of her family's holiday traditions. In addition, we get to hear how our suffering may not be so different after all! Finally, Joette shares a recent experience she had helping her son with a cold virus, and how to know when it might be pertinent to employ homeopathy and when to let a virus take its course. Now, let's get started.

It's Kate. I'm here today with Joette. We're excited to bring you another podcast. Joette, welcome.

Joette: Thanks for doing this, Kate, as always.

Kate: It's the holiday season, and I'd like to know from you Joette, what are some of your family traditions?

Joette talks about Christmas traditions

Joette: You told me you were going to ask me this question, and I had to really think about it because I don't think there's anything really that unusual about our family traditions. We just all get together – my sons and my parents. My father, unfortunately, just passed away a couple of months ago. But, it would have been with my parents, and my brother and an occasional stray cousin. Now, it's everyone the same – minus my beloved father.

I might add, it just so happens the day we're recording this (it's not when this is going to be running), but today

happens to be the first day of Hanukkah. So, shalom to those who are celebrating the Hanukkah holiday. But, for you and me, it's Christmas.

My holidays ... my Christmas is not that much different, but I do remember when Christmas was different. My father came from a very large family. There were 14 children. My father was the second youngest. When I was growing up, we used to get together on Christmas Eve, all of us. When I mean all of us, there were probably close to 100 people. All it was was food, and fun, and playing, and staying up until really late. We got to stay up until we fell. We went to midnight mass. Then we'd come back to my aunt and uncle's house. They had five kids. There must have been – oh, I don't know – maybe 50 kids. They were all my cousins. Some of them were first cousins. Some of them were second cousins. It didn't matter after a while. You kind of lose track. It was an absolute blast. We did this every year, my entire growing up years.

For me, especially having just lost my father – and he was the last one in the 14 children including all of their spouses – it's a different kind of a Christmas. It's a reflective Christmas. I will be spending time with some of my cousins who I'm still very close to. Most of them, of course, have their own families. So, it's not like they're going to be coming to visit us necessarily, but I will see them during the season. So, they'll stop by, and we'll eat, and we'll hug. We'll all cry, because we've had a couple of deaths besides my father in our family this year. It's always hard to say goodbye to those that we loved so much.

So, that's my Christmas this year. It's still going to be a

good one. I have my beautiful sons, and my wonderful husband, and my mother, and brother. That will all work together. I think it will still be a pretty nice tapestry of a celebration.

Kate: That sounds really nice. I know it's probably a sad holiday this year, maybe more than others for you, but it is so nice to still have family get together. I think that's one of the things that brings us comfort is having family together during those times.

Joette: We couldn't do it without them. I couldn't do it without them. Just being with my cousins over the last couple of months, not only the wake and funeral, but we hang out together. We go to dinner together. They come over and stopover. We're always calling each other. I have so many cousins I can actually get to pick and choose.

Kate: Wow! That's great that they all live so close to you!

Joette: Oh yes, it's great.

Kate: I don't think that happens very much in families these days.

Joette: No, it doesn't. And even for those who are in other states, we still stay in touch and they come in. Now, with Facebook and of that business, we all stay more in touch – even in today's world.

Kate: So, New Year's Eve, where did you usually go? Because with 100 people in your family, where would you stay?

Joette: Well, we would just sleep on the floor. Wherever you ended up, you just slept there. There were mattresses all over the place for the event. There were lots of blankets. My parents would bring pajamas (we'd be in our nice ... our good clothes ... that was Christmas Eve). We went to midnight mass. Then, when we got back from midnight mass – depending on our age, of course – then my parents would bring our pajamas. A lot of the kids would put their pajamas on, and then we just hang out and play all night. It was such a blast. It was so great until we just dropped ... from all the fun, and all the food, and cookies and stuff that we normally wouldn't eat as much of.

Kate: And pasta.

Joette: Pasta and meatballs and braciole. I mean you name it, we had it all. Cardoons that were made – that were picked in the spring and saved for then. You name it, we had it all. Eel! Eel is a very big thing in Sicilian ... I know you're making a funny face ... I love eel, actually. We eat eel on Christmas Eve. That's a Sicilian tradition. So, sometimes there'd be eel (sometimes there wouldn't), and the kids would go, "Eeeew, eeeeeel, yuck." But, since that time as an adult, I've made eel on Christmas Eve because I want my kids to hold on to some of those traditions: the food, the religious and the family traditions. I think it's important.

Kate: So, how do you purchase eel? You go to the grocery store and you say, "Can I have one eel please?"

Joette: Yes. You go to the eel store.

Kate: I was trying to imagine where you buy an eel.

Joette: Well, listen. In Buffalo, New York where I live, there are a lot of Sicilians. So, there are certain stores there who cater to specific ethnic groups. So, I go to the store where they cater to Italian and Sicilian. And, then you find chestnuts – that's a big thing in Sicilian families. Chestnuts – and you roast them on the fire, that kind of thing. There are lots of nuts, lots of almonds. Lots and lots and lots of almonds everywhere. There are almond shells all over the place. Gosh, they're such a mess. So, that's a big part of it, too. I'm trying to think of what else we do. There's always fish on Christmas Eve, and eel is probably one of the most important.

Kate: That does not sound very appealing. I'm sorry, but it doesn't sound really great. But, probably how you cook it, it is good.

Joette: Oh, it's absolutely delicious. I will tell you that I love foods like that. I like the strange stuff. I like sweetbreads. I like Rocky Mountain oysters. I like liver. I like kidney stew. I love those kinds of foods. As far as I'm

concerned, I don't get enough of them. I love tripe. That's also very Italian.

Kate: Have you ever had blood soup?

Joette: Yes, duck blood soup. That's Polish.

Kate: Yes, it is. I'm Polish, and that's what my family grew up with. But, you tell people that, and they sort of freak out.

Joette: Oh, yeah, yeah, yeah, yeah. You guys just eat your Twinkies, okay. You put them in your microwave, and then hit the diet soda. Then meanwhile, I'm going to eat my duck blood soup and be hearty, and strong and reproductive.

Kate: Right. So, do you make any New Year's resolutions?

Joette: It's always about eating. I've got to stop the chocolate. Most often, that's my New Year's resolution. Then by March, it's dead.

Kate: Well, three months is pretty good.

Joette: Yes, it is. Actually, it's pretty good. So, it's either chocolate, or I love sweets. It's just one of my

downfalls. I don't eat junky sweets. I make them myself. I make cannoli from scratch. I mean that means you're getting the little dough – I make my dough – roll it out; wrap it around little rollers. I make sfingi which are little donuts, little Italian donuts. I make everything from scratch. So, it's hard to resist, when I'm making that for my family to stay away from that. Once I trigger that desire for those sweets then it's very hard to stop. I can't just eat them Christmas Eve and Christmas Day. And, then I have a son who makes a Yule log from scratch every year. He uses mascarpone cheese. I mean it's just heaven!

Kate: Wow! That sounds amazing. I know your son's cook, don't they?

Joette: They do. They do. They all live together, and they cook meals every night – at least that's the last I heard a couple of weeks ago. They've been telling me they're still doing that. They make chili and stock. They make roasts and roast chicken. Everything is from scratch. I have one son who loves to make pastries. He's the one who makes the Yule log. He makes everything from scratch, no mixes. There he is, whipping away. When I used to homeschool our kids, when he finished his day of work, he would go into the kitchen and whip up like challah bread or something like that. My kids are really into cooking. I think it's my fault.

Kate: Wow! That's amazing. That's great.

Joette: Yes, it is great.

Kate: It's a wonderful thing to pass on to your children.

Joette: Yes. Well, unless they all turn fat. Then we're in trouble.

Kate: They're young boys.

Joette: Which could happen. At this point, they're pretty lucky – but it could happen.

Kate: So today, I was meeting with a friend. We were watching our children as they rehearse for a choir concert. We were talking about homeopathy. She was saying how her daughter had come down with another cold-fever type thing. Every year during the choir concert season, she always gets a cold and virus. Something goes around their family. So, she said, "Boy, I was so glad that I had taken the [Gateway to Homeopathy](#) last year. I had kept excellent notes of what we did exactly last year during the choir concert when they came down with something. Because now, this year, I just went back to my notes and I was able to figure out what I gave her and what helped. So, this year, I didn't have to think about it!"

Joette: Exactly. You don't have to look it up again. You go back to your daughter's notes. You go into her file and look it up. There it is.

Kate: So, I think that's really important. We all get lazy, right? We stop writing things down. Then, later on, we have someone ask us, "Well, what can I do for the same condition?" Now, you don't have notes. It would have been so easy, but now you have to go and do the research again.

Joette: Yes, don't reinvent the wheel. Just jot it down. You don't have to write copious notes. In fact, copious notes is what I discourage people from doing. Because if they do – if they write too much – now it's like a quagmire they have to get through. Just simple: the date, what the main condition was, what remedy you used, what potency, what frequency. Then come back after it's done and say okay: within five hours; within three days; (and these are acutes I'm talking about, of course) very much better; only partially better; or then you went to the next one because the diarrhea then stopped, but now we've got fatigue; so now, we go to the next remedy. Those are very simple. Keep it really, really simple because otherwise, you'll be discouraged from wanting to go through all that reading again.

Little tips from Joette

Kate: What are the common things that you see from your students or your clients that you wished that you could say, "Here's what you can do in a different way, or maybe to help yourself and your family?" You know what I mean? Are there maybe little things like that: tips that you want to give us, things that you see over and over again that people could do just a little bit differently, and it could really help them.

Joette: Well, one thing that I hear frequently – and I think it's human nature to a certain degree – is that whenever someone is sick (particularly when it's a chronic illness, but a lot of times when people are sick) they think they're the only ones who get sick like that. They feel as though they're very unusual. The reason they feel that they're unusual is – I don't believe – it's self-absorption. I believe that it has to do with they look around, they're suffering and no one else looks like they're suffering. So, they conclude that, well, it must be because everyone else is well, and I am not. So, I have an unusual case.

So, when I tell them for example that a particular protocol works for approximately 80% to 85% of the population, the first thing people say when I say that (or what I know that they're thinking because later on, they share it with me) is that, "Oh I must be part of that 20%. What if I'm part of that 15%? Then I won't be helped!" So, because they're thinking like Eeyore, "Well, I guess life just stinks." And, that's the way we feel when we're sick. You know what I mean? We do feel that way.

We have to remember that we're much more alike than we are different. We live in a society that has emphasized our differences. I tend to disagree. We're really very alike in many, many ways, even across other societies, other parts of the world. Generally speaking – the cultures can be quite different – but human experience, human suffering is across the board, and so are fears and anxiety, et cetera. The fear of suffering can also be universal. Some people are more fearful than others. Sometimes, it's because they've become shopworn, I guess, or maybe gun-shy is a better way to put

it. They've had so many illnesses, one after another. They've had so many failures with drugs and efforts that they've put into it, and they've still come up short, that they believe *that* is the evidence that indicates that they indeed are a difficult case. When really what it is, is they just haven't employed homeopathy.

Unfortunately, homeopathy is the last place people go in the Western world, especially in North America. We've got it all backwards.

People go first to get the colonoscopy. Wait a minute. There's nothing wrong with you. Why are you going for a colonoscopy? Why would you do that? Why would you subject yourself to that— if nothing other than the inhumane way you get that kind of a test? For crying out loud, who's willing to do that?

Well, somehow, this marketing has taught them, "No, this is what you do when you're 40 years old plus." No, no, no, you save that colonoscopy for when there's something really wrong. Now, we use technology, and general anesthesia, and drugs to find out what's going on. Even then I would say if you've got some time, you use something else. You use homeopathy or change your nutrition before you go. We've got the pyramid upside down.

Kate: Joette, what about those people that say, "But there is a history in my family of colon cancer," or things like that. What do you say to them?

Joette: Oh, well, if you want to list histories, you've got everything in your family! We've got colon cancer in my

family. We've got diabetes. We've got breast cancer. I mean I've got a long list just like anybody else. But, if I followed that list, all I would do is spend time in waiting rooms and go for testing. For me, that's not a way to live. I would much rather be hanging out with my husband. I'd much rather be hanging out with my kids, traveling. I'd much rather be walking on the beach or making a meal, not sitting in a waiting room to be manhandled.

And excuse me, I mean I know that there is a time for that. So, don't get me wrong. I don't think it's always wrong, but it's grossly overused – these tests, grossly. Mammograms. Really? Mash the most sensitive area of a woman's body so that it then hurts to find out if she's got breast cancer? So, how about just palpating? There's an idea. What do you know? They used to use that. Were the doctors stupid then, and now they're smarter? No, they just have machines now. How about just using thermogram, thermography? How about just assuming that life is good and stop *digging* for an illness?

Stop trying to *find* illness. If you keep searching, you'll find something. You'll find a polyp. You'll find a precancerous ... you'll find something if you dig hard enough. That is a prescription for a life of angst. A life of angst is not a good life.

Kate: I think what happens is we see people, whether it's friends or family members and we see them going through whether it's cancer or things like that, and then we start to fear those same things, right? And, we start to wonder, "Well, what if this cough or this feeling, this pain that I've had, what if that's cancer or something else?" Then we

go down that path. Recently, I've been thinking a lot about just being positive. Just trying not to worry and go down those paths. I know we're talking about homeopathy, but I also think that it's important like you said, we always think that we're that 20% or that 1%. Let's just try ... I think if we try to be more positive that we're going to feel better.

Joette: Someone told me the other day that they had a condition, and the doctor had told them that it's a 40% chance that it's cancer. I said, "No, no, no, no, no. It's a 60% chance that it's *not* cancer!" You've got to turn it around. If you're saying, "stay positive," I think that the real way to do that is to do useful work. Do purposeful work. Make a meal for your family. Go to a neighbor's house and help someone who's sick. Take soup. I've got a friend whose father is sick right now and she's tending to him. I'm bringing soup over there tonight. Go to church. Go to temple. Be active. Do good work on a day-to-day basis. The less you do, the more your brain goes cockeyed. So, be active.

Listen, I don't have to tell most of the people who follow me, because I know what kind of people follow me. They are the "doers" in the world. I know them because they've become my clients. They've become my students. I hear them, and I see how hardworking they are. Many of them are homeschooling moms – and fathers, too – but mostly it's mothers. I see how hard people work where they have ranches or they have farms, and they are tending to livestock. These are not the people who are sitting back and letting someone else take care of them. These are the people who are the underpinnings of society. This is what girds our society, is people like that.

So, I'm kind of preaching to the choir. But, the point is that if you have a *moment* of that in your life: fill it with something. Fill it with something lofty. I always say fill it with prayer work. Fill it with reading your Bible, your Catechism, your Torah. That's what you fill with. Fill it with beautiful music by Mendelssohn and Beethoven. That's how you fill it. Fill it with loftiness. Forget the stupid television shows that are on.

Kate: Right.

Joette: They just bring us down. They're immoral, and they just bring us down.

Being relevant in your kids' life

Kate: So, let's dive into the mind of Joette Calabrese for a moment, and let's hear ...

Joette: Oh, God, that's not very deep. I hope you like shallow water!

Kate: Joette, you're so fun to be with because you're funny and you're passionate. So no, it is fun to dig into your mind. But, let's talk a little bit about a case and see how you processed it. You said a little bit about your son, how he got ...

Joette: Oh, yes, even before he started that because I knew I've talked about this so many times in the past, but it is definitely worth repeating. I always say make sure you're relevant. Get relevant now. As a mother of children who I homeschooled, and the last day when I finished homeschooling, I cried like a baby as I closed up the cabinet and started giving the books away. My kids were laughing at me. But, I was crying. I was like a blubbering idiot crying because it was over! The whole thing was over. My son was going to college. It was all done. I'm thinking to myself, "Who am I to them now? I'm no longer their teacher?" I mean, obviously, I'm their mother but the point is that you vest so much into them to just say, "Okay, off you go now." No, that's not my style. I want to be relevant in their lives. I've said this before, and excuse me for being repetitive, but a good way to be relevant is to have the stuff they want.

Kate: Not just the food, right?

Joette: Not just the food – although food is important, too – but you got to have the stuff they want. What do they want? "Mom, I don't feel well." Now, you tell them exactly what to use. Of course, they've got their own remedies. I make sure they've got the kits, and they own as many remedies as we can stuff into their medicine cabinet. But, I've got the *answers*. That's what we all want to have for our children. We want to be able to give our children answers even though they're adults. My children are adults.

Not more than half an hour ago before you and I started this

podcast, my oldest son who is 31 – he’s a pilot – Skyped me. He Skypes me almost every day, which is great. He said, “Mom, I’ve got this chest cold that’s coming on.” Now, he knows some of the medicines, but he wasn’t so sure about this one. So, I got to talk to him for 15 minutes. Not just about his chest, but about, “Okay, when is your next flight?” “Oh, I’m leaving tonight.” “What are you doing now?” “Oh, I’m making my dinner so I can take it on the flight.” So, I get to be a part of his life. Meanwhile, I’ve just given him the name of the medicine and how to use it. So, I told him [Aconitum 200](#) mixed with [Bryonia 30](#), and to take it every 3 to 12 hours depending on how severe it is. And, get into bed, please. Get into bed when you get home from that flight. Drink some Kombucha and maybe [some bone stock](#), and you’ll probably be fine by tomorrow. So, I get to be close to him. I told him I was going to talk about this today on the podcast.

Kate: Oh, what did he say?

Joette: “Yes. You still have us, don’t you?” I said, “You bet. I’m going to do whatever it takes. I want you part of my life.” Listen, when he gets married and has kids – which I’m waiting for – my guess is they’re going to be even more a part of my life. Because that’s what happens when kids get married and have their own children, then they become closer to their parents. But meanwhile, while they’re still single, I don’t want to lose those years. I want them close by. It’s a great strategy. It’s a mothering strategy. So, we’re imparting our wisdom.

Look, you don’t have to be an expert in homeopathy, although it doesn’t take too long to get that way – especially if

you're just using my blog. Really, it's all free! Remember folks, just use that blog. I mean, what I just gave to my son is right on my blog. So, you don't have to be an expert. You don't have to be good every time or be correct every time. But, if you can hit it 80 – let's go back to 80% again – 80% of the time, those are good numbers.

So, how did I think it through? It's this simple: chest. Had he said "cold" like cold in his nose or sinuses, I would have said [Coldcalm](#) by Boiron. Super easy. Or maybe some [Ferrum phos](#), or maybe some [Sanguinaria](#) and [Belladonna](#). If it was painful, we might use *Sanguinaria* 200 with *Belladonna* 3. That's a Banerji Protocol. They use that. And so is the *Aconitum* and *Bryonia*, a Banerji Protocol for that matter. But, because he said *chest* and *cough*, I immediately went to *Aconitum*, *Bryonia*.

Kate: Had this just started with him?

Joette: Yes, last night he said it started.

Kate: Okay.

Joette: I'm not looking for them to say, "Oh my gosh, I'm sick. Call Mom." I don't want someone hanging on my apron strings. I want someone who says, "Oh, I'll just go bed and see how it goes. Maybe I'll just take a bath or something, an Epsom salt bath, and see how I feel in the morning." But, he knew he had a flight today. My gosh, they're exposed to all kinds of things in those flights.

Kate: Right. But I have found that the quicker that you can get the homeopathy in, the better your chances are of really aborting an illness.

Joette: Yes, yes. It's the same thing if you use Vitamin C. The faster you get that Vitamin C in, or the faster you use that ... some people use Alka-Seltzer Gold or whatever ... it's true for everything. If you catch something in its infancy stage, you're more likely to be able to abort it in its center stage.

Kate: So, Joette, you've talked before about just sometimes they're colds. Our bodies ... it's a way that we can flush out toxins. We're going to get colds, and just letting them ride out. I know I struggle, and I imagine some of our listeners struggle ... how often to just jump right in with the *Aconitum* and *Bryonia*, and when do we just let it ride? So, maybe help us think through that picture a little.

To take or not to take remedies

Joette: Yes. Well, it's for him because he had to work. I mean, he doesn't *have* to. He could certainly take a sick day, but he prides himself in never taking sick days. I know how he feels about that. He was like that his whole life. So, it would be nice if he could take it easy, but he can't or he won't. So, I know he won't. So, it's better that we give him something now than to let it ride itself out.

Plus, the chest is a different area, of course. If you're getting a sinus infection or a little dripping in the post nasal and it's causing a little sore throat, that's a little different than something going to the chest. Lungs matter, obviously. So, little conjunctivitis or a little cough or cold that's on the upper end of the respiratory, then I'm not so worried about.

But, what I like to caution folks about is to not freak. Because children – now he's not a child – but, children get sick, and they're supposed to get sick. That's part of their education! I mean, there's controversy about this and I'm sorry – I believe they're supposed to get sick. The way that I came to this had nothing to do with what I read but rather what I experienced in my children.

What I often found was that, for example, my other son was having difficulty riding a bike at one point when he was a youngster. I can't remember exactly how old that was. He just couldn't do it. Then he couldn't do it ... he couldn't do it. He's very frustrated. Everybody else was riding their bike, but he just couldn't do it. Then he got sick. He got an ear infection. After the ear infection, *literally* right after the infection was gone, a couple of days later, he felt well enough to go back outside and play. He got on his bike and rode it. He was on his two-wheeler.

So, Rudolf Steiner, who many people follow his work, he was from the turn of the last century in Germany. He believed that it was important – not that I follow necessarily all of his works – but, he believed that it was part of their education. And, that there's a growth spurt that is a natural growth spurt.

I've seen the same thing with another child who was having difficulty reading. He couldn't read ... he couldn't read. He could read a sentence, but he couldn't read two sentences. He got sick. It's almost like they're going to push through the eye of a needle. Once they get to the other side, they've cleared it. He couldn't read ... he couldn't read. Got sick, had a sore throat, on the other side of the sore throat – *bam*, able to read.

So, it's like a psychological connection or a mental connection to a physical experience. To me, that makes a lot of sense. If you've not seen that, if you're not a mother and you've never watched that, you might question it. But, I've seen it too many times to question whether or not there's a reason for these colds. It is a good thing – completing their education. We're building their immunities so that as an adult they're not getting chicken pox. As an adult, they don't get these colds and flu. They get them as children as they're supposed to do ... as has been done through the ages.

Kate: So, if it's just a minor cold, sniffles, a little bit of a sore throat, maybe let it go for kids. But now, if you have someone that has a history of pneumonia, and they're coming down and it seems a little heavier, then ...

Joette: Oh, you do it, absolutely treat them. Absolutely. Even if it's just a little sore throat and minor cold, you might just take Coldcalm. I love that medicine. It's Coldcalm, C-A-L-M is the second word by Boiron. It's excellent.

Kate: Right. I know a lot of my friends have been using that this season and loving it.

Joette: Yes. Also, [Oscillococcinum](#) made by Boiron. That's another good one. There are a lot of great remedies. Listen, folks, I always tell people, make sure that you're getting those combination medicines. Buy them all. Buy everything Boiron owns as a combination. Buy everything that Hyland's owns, all of those combination medicines. They are really smart. It takes a lot less intelligence or study – maybe not intelligence is the word – but study to use those than it does to try to figure out exactly the medicine, because they figured it out for you. If it acts, you go back and look at the ingredients and say, "Hah, no wonder why I got rid of that fatigue. [Gelsemium](#) is in there." Or if you don't know that, you'll look up in your *materia medica* every one of those medicines and learn them. That's how you learn this. You just investigate, investigate and be curious.

Kate: And, you'll be glad you have them if you're sick, your family is sick, you can't think straight. You don't know what to give them. You just reach for those and say, "Hey, go take one of those combinations." And, it's simple, right?

Joette: Well, when I get sick, my mind turns to mush. I'm useless. I mean really, I can't even think of what I'm experiencing. So, I know what that's like for folks. Then I turn to my husband who doesn't know an awful lot of homeopathy, but he knows enough about me to be able to figure out somewhat what I should be taking.

Kate: Nice. Well, thank you so much for taking the time to talk to us today. I'm excited for the listeners to get to hear a little bit more about what goes on in your brain as you think about cases. So, thank you, Joette.

Joette: Yes, it's always fun, Kate, looking forward to next time.

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

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Blessed Christmas



During this blessed season, I want to step away from my usual weekly blog post and homeopathic teachings to share a quiet moment with you.

I am deeply moved by Nativity scenes. The Holy Family – a family who has impacted the entire world – began in a stable. Denied any comforts of the time, they relied on each other to give birth to a sacred child.

The beautiful image of the Holy Family inspires me to not only think about our Savior and the importance of our faith but also, in a more practical way, each of our *own* blessed families.

When I first began studying homeopathy, I felt somewhat alone in my quest to take care of my family's health independent of the myriad mainstream influences still present today.

Yes, I had a small group of friends who were doing the same (small being the operative word), but a sense of

estrangement still lingered. At that time, there were only five other families I knew personally who were struggling along with me.

Now, because of you, I truly feel I am not alone. You are taking charge and taking care of your families with confidence and independence, too! You have touched my life in many wondrous ways, and I am so grateful that you travel this road alongside me.

As I have told you before, my goal is to reach 100,000 families with the message of homeopathy by the year 2020. *You* continue to play a vital role in achieving that goal.

Your encouragement of me – and of each other – is an inspiration. I speak to study groups every week and hear your enthusiasm. I look on Facebook and see you exchanging success stories, sharing ideas, and leaning on each other during times of need.

From my family to yours, we pray for genuine health and the miracle of faith throughout the coming year. Indeed, it is our underlying devotion that gives us the stamina to take on this kind of familial commitment.

Wishing you all a Holy Christmas,

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

Holiday Travel? Call AAA!



The holidays are almost upon us, a time when many of us travel to visit family and friends. Travel is so important right now that even those who fear flying are willing to try whatever it takes to be able to get on that plane – hopefully, without causing a scene at the airport!

There are certainly many tips and tricks for overcoming travel anxiety, but homeopathy has a remedy! What more do you need?

Years ago, when I was first studying homeopathy, my teacher (who had studied in England) taught us to be strict with our classical training – only use one remedy at a time.

However, she taught us a combination of three remedies that could be taken together. During that time, I was under the impression this was the only exception to the rule. (My, how my thinking has changed!)

This combination was specifically used for anxiety in air travel: fear of heights, fear of flying or fear of being closed up in the small confines of a plane. It can be used for other anxieties as well, but it most precisely suits the fears that one generally associates with air travel.

My teacher instructed that these three remedies were to be taken simultaneously (mixed together):

[Ambra grisea 30](#)

[Anacardium 30](#)

[Argentum nitricum 30](#)

Now, fast forward to a few months ago:

A client of mine from England mentioned to me that she was afraid of flying. So, I told her about those three remedies. She said, “Oh my gosh, I forgot all about it! That’s called Triple-A!”

What??

Yes. Turns out that years ago, a pharmacy in England came up with a prepared combination of those remedies to sell over-the-counter and called it AAA.

You can easily buy that combination of remedies as a commercial product from many pharmacies and grocery stores in England. (We in the United States can order it from Helios in England at this link: [AAA](#).)

Isn’t that an easy remedy name to remember? Many of us in the United States already associate that very same acronym with travel – the American Automobile Association. Now we have one more reason to turn to AAA when we travel.

As soon as that angst about upcoming travel appears (even if it is a few days before the trip), AAA is taken twice a day. On the day of travel, as anxiety mounts, it is used as often as every three hours – stopping, of course, when the anxiety is no longer a concern and resumed as needed.

So, rest assured, if you are traveling this week for Christmas or New Years, homeopathy will be there to bolster you as you board your flight. AAA to the rescue.

Warmly,

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

P.S. This Christmas, consider giving the gift of homeopathy to someone you love. You'll be providing for your loved ones' health and well-being. Whether it be a [study group guide](#), a [materia medica](#), [remedy kit](#), [educational book or CD](#), or a [particular course](#) they are interested in, your gift could be the most practical gift they receive.

Surgery: Answering Your Questions



Time certainly flies, doesn't it?

It's hard to believe it was way back in 2012 I wrote the blog post entitled, "[Anticipating Surgery? Homeopathy Can Help.](#)" However, even though it has been five years, that surgical protocol can still be quite helpful to you.

Over time, you've also sent me other questions as well, both in the comment sections of my blogs and also on social media.

So, I would like to take a moment to answer some of them. Of course, I am not your doctor nor am I there with you, so I can't address questions about specific cases. But, I am happy to help clarify any confusion you may have as you further your homeopathic education. Last week, [we covered whether Arnica is safe to use before or after surgical procedures](#) (I told you about plastic surgeons who recommend the SinEcch™ brand of *Arnica* to their post-surgical patients.)

Here are four other questions I hear time and again:

1. What is the preferred remedy for post-anesthesia issues?

My [earlier blog post](#) mentions [Phosphorus](#) and [Nux vomica](#) to counteract ill effects from anesthesia, such as headaches and nausea. However, I also want to mention *Camphor* 200 – one dose/one day. This is a powerful medicine to help clear the slate of the ill effects of anesthesia (as well as the myriad drugs one is given before, during, and after surgery).

(I teach more about *Camphor* on the blog [“Stop It! How to Antidote a Bad Drug Reaction.”](#))

2. Is there a special homeopathic method to address a sore throat that occurs after intubation?

A sore throat resulting from intubation is not your typical sore throat – it’s an injury! As such, there are certain remedies traditionally used for injuries; specifically, [Arnica 30](#), a few times per day. When the pain recurs, it’s time to take another dose. For instance, if it recurs within three hours, then that’s when it’s time for the next dose. Frequency is generally based on specific needs as dictated by pain or other presenting symptoms.

Additionally, because [Ferrum phosphoricum](#) addresses inflammation in tender areas, [Ferrum phos 6](#) is taken in the same manner (alternating with the *Arnica* 30). (Remember to scroll down to download your free remedy card.)

3. What if I have emergency surgery and am not able to prepare for it homeopathically?

I urge folks to start where they can. Granted, yes, the protocol is generally designed to start the night before surgery. But for instance, 25 years ago I had a completely unexpected emergency surgery. I certainly didn’t have the

luxury of starting the protocol the night before.

That's why I was sure to take my kit with me to the hospital! I started where I was. Once I knew I would have the surgery in the next hour or so, I started with my first dose of *Arnica* right then. Also, my husband came into the recovery room to administer the next dose as soon as he could get to me.

4. And what about the anxiety before surgery?

I didn't do it at the time, but I could have taken [Gelsemium 6 or 30](#), which would have helped defend against potential anxiety of the forthcoming event. I actually just didn't think to take it. My brain had turned to mush, as is wont to happen to most of us in a situation like that.

I relish receiving your questions, but sadly, there's not enough time in the day to answer every single one (although I try). Rest assured your questions don't go unnoticed, and I hope to do more of these Q&A blogs from time to time. Plus, I also want to share another surgical protocol with you – after the New Year. So, as always, stay tuned!

Warmly,

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

P.S. I hope the information in my blogs and podcasts help to educate you as you endeavor to provide healthcare to your own family.

I know though, for me at least, I learned so much more efficiently and effectively in a study group atmosphere. Plus, it was a lot more fun to learn! Should you be interested, I offer a guided study group curriculum called [Gateway to Homeopathy,](#)

Learn more about homeopathy with your friends and family in the relaxed environment of your homes or online. My curriculum takes you by the hand each step of the way.

There are quite a few study groups starting after the holidays that you can join – or start your own! What better time to commit to learning more about homeopathy? Make it your New Year's Resolution.

Podcast 40 – Moms with Moxie: Don't Panic!



IN THIS PODCAST, WE COVER:

03:51 Courtney's story: being an herbalist, using remedies for breech birth, and being a doula

11:40 Bursitis, arthritis, food allergies and their remedies

22:19 Nola's story with the vole: Ledum and HyperArs for an animal bite

27:30 Reacting versus responding: Don't panic

LINKS AND RESOURCES MENTIONED IN THIS PODCAST:

[Birthing Series Part One: Turning a Breech Baby](#)

[Ditch the Gatorade and Make My Son's Homeopathic Electrolyte Drink](#)

[Surviving Infections on the farm with Homeopathy](#)

[Podcast 34 – Dads with Audacity: These Fathers Know Best!](#)

[The Secret Life of a Colicky Baby](#)

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

Courtney: The moment you start panicking, you're freaking out and thinking of all the things you have to do and making that mental list. You know, take a deep breath and just realize that the best thing to do is nothing. Just wait. Just wait until you can make that choice rationally.

Kate: You are listening to Podcast Number 40 at joettecalabrese.com.

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. Your successes inspire me. They're glorious and powerful. 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, we have a very special guest joining us. I'm excited to welcome Courtney here with me today. We're going to be talking about how homeopathy has really changed her life and her family's life. She's going to share with us a lot of stories that she has about how she uses homeopathy with her family, everything from animal bites to bursitis, arthritis, and birthing those babies. Courtney, thanks for

joining us today.

Courtney: Thanks. It's great to be here, Kate.

Kate: We're excited to hear about your story and get to know you a little bit. Because it's always, I think, fun for people to get to know some of the people that work with Joette behind the scenes. I'm excited for people to get to meet you and to hear about your story. So, Courtney, where are you from?

Courtney: I'm from New York. I live probably about an hour and a half south of Buffalo.

Kate: So, you live sort of near Joette?

Courtney: Yes, I don't live far from Joette. Joette lives just outside of Buffalo as well.

Kate: You've gotten to know Joette by working with her. How many years have you worked with Joette now?

Courtney: I've worked with Joette for about six years now. I assist in marketing. So, I've done Joette's social media. So, a lot of people who have taken Joette's classes and are on her student forum page – because Joette, if you've taken her class, you can join the online student forum which is hosted off Facebook. I moderate that group along with another girl. So, a lot of her students will probably recognize who I am because I'm often posting on there or commenting on posts or answering questions, that kind of a thing. Also, anytime Joette has a new course that we're launching, I help launch it, and I take out advertising for it and that sort of thing.

Kate: A lot of people probably hear from you but they don't know that they're hearing from you.

Courtney: Yes. Now, they get to hear my voice. They see my picture. They've heard of me that way but now they get to

know a little more about Courtney.

Kate: Exactly, exactly. I think that's really fun.

It's interesting. When we were talking, you told me a little bit about yourself as far as your background in natural medicine. You have some pretty interesting things. You're pretty wise, I think. I look forward to learning from you, because you are a certified herbalist, right?

Courtney's story: being an herbalist, using remedies for breech birth, and being a doula

Courtney: Yes, that's right. Before I came to homeopathy, I was actually really interested in herbs and did a lot of wildcrafting. We live out in the country. So, I would find herbs and make tinctures out of them, and use that as medicine for myself. That was probably right before I had kids. So, I wasn't really using herbs a lot with my kids. Now, we mostly use homeopathy and have been. Homeopathy is our family's main source of medicine. It has been for a good five or six years. I found it right before I started working with Joette. We've had some really good results – especially with little kids. I have three little kids. I don't feel like herbs are always the best choice. They can be harmful. Homeopathy is gentle. It has been really good for us in the last six years when I've been pregnant or my babies are really little. I never think twice about using homeopathy.

Kate: One of the reasons you liked homeopathy is that when you were pregnant, you didn't have to worry about using homeopathy. But herbs, it was a little tricky – which ones to use during a pregnancy or not. So, that was probably a selling point – one of them for homeopathy for you, right?

Courtney: That's exactly right. Herbs, you have to be careful. There are things that you can't have when you're pregnant; obviously, can't give it to your newborn baby. So, homeopathy is a perfect fit for that time, the childbearing

years. It's such a nice thing to have a kit when you're pregnant so that if you come down with the flu or even if you're having like, sciatic issues, you don't have to worry about resorting to allopathic medicine. Herbs – the solution isn't always herbal because herbs can be too harsh to take when you're pregnant. So yes, that was a big turning point for me, honestly. It's just when we started having a family, I needed something that I could use for my babies and use on myself. Homeopathy was the ticket.

Kate: Courtney, I think that is a really good point because a lot of people ask. They want to know: Can you use homeopathy when you're pregnant? And say you have a baby or a young child, they're concerned about are there cautions for using homeopathy with young children or when you're pregnant? I know there are a couple of things. So, maybe we can talk about that for just a minute.

Courtney: Definitely, that's a good point. There are some remedies that Joette advises that people be careful about using or just avoid during pregnancy. The ones to be aware of when you're pregnant are *Pulsatilla*, *Apis* and *Sepia*. I will say that during my last pregnancy, I was using *Pulsatilla*. So, I don't really think that it's a matter of something like dangerous – avoid them. But, like it's not something you want to use in excess. Like if you really need *Pulsatilla*, you could probably talk to a homeopath and find out what the safe way to use it is. I just think that sometimes we make blanket statements like, "Be careful around these remedies." Because you don't want just anybody to come and read a blog about it, and start taking big doses or high potencies and possibly get themselves into trouble.

Pulsatilla is one that's actually used to turn babies. So, you can use that in pregnancy. Actually, the reason I used it was to turn my baby. Because I think it was 34, 35 weeks at least, Avery, my last baby that I was pregnant with was breech – completely breech, like head up and not even

transverse. He was straight up breech. I was planning to birth him at home. So, all of my babies have been born at home. My midwife, I came in for my appointment and she was like, "Oh my goodness. He's breach." I was like, "Oh, what does that mean?" She said, "Well, you might not be able to have him at home," which was really kind of scary for me. So, I talked to Joette, and she told me [Pulsatilla](#). I think I only took two doses of it. It works very quickly.

Kate: That's amazing.

Courtney: I had, previous to that, tried things like there's [*An incorrect website is mentioned in the podcast. The correct website is [spinningbabies.com](#)*], I think that's the website. But, it was very overwhelming to me, Kate. I didn't have that much time to kind of get things moving. When you're that far along and your baby's breach, even the homebirth midwives were like, "Yes, Courtney. You need to do something." I felt like, "Oh my gosh, I have to hurry up and act. I have to do something." So, I first tried this website. When you go to that website, it gives you all these factors like hundreds of things you have to do. It was very overwhelming to me.

The nice thing was as soon as I was thinking clearly, I messaged Joette. She was like, "Yes, that's an easy one, take *Pulsatilla*." It just seems so simple, compared to what I would have to go through laying on an ironing board upside down and moving this way, that way, and doing all this stuff. I was just like, "Oh my gosh, that is so easy. Take a little tablet and you're done." You know what I mean? It was so beautiful to know that that's all that I would have to do, and it honestly worked. It was amazing.

Kate: Wow. That's so awesome. And I know [Joette, I think, has written about that in her blog](#). She has some information on that too. So, you actually have helped people deliver babies, right?

Courtney: Yes. Before I worked with Joette, I was certified as a doula. A doula is a support person during birth. It's very different from a midwife. You don't deliver babies, but you actually just support the mom through labor. For many years, I did that. I had a natural childbirth course that I wrote, and I taught that. So, I had lots of people come through that with me. I had all my babies at home, so I really understood that. I went to a lot of home births with a couple of the local midwives here.

Kate: I imagine that you probably used homeopathy, did you when you were attending some of these births and helping the moms?

Courtney: Oh, definitely. [Gelsemium 30](#) is one that I've used many times for exhaustion in labor, especially with first-time moms. It's very common for birth to take a long time. My first birth was 36 hours. I know Joette talks about her first birth being long. *Gelsemium* is a great remedy to have because obviously labor is the hardest work we do. It's so tiring. So, I've used it many times with women in labor. I've also used [Joette's Gatorade recipe](#). I don't know if you know that one, Kate, with the cell salts.

Kate: Yes, I do.

Courtney: That's a great tonic for getting the electrolytes and just boosting energy when you're not only working outside and it's hot, but when you're giving birth.

Kate: That's a great idea. I never thought of using that with birth, but that is really good.

Courtney: If you go to Joette's page in the upper right corner, there's a search bar. If you enter Gatorade or "Ditch the Gatorade" which is the actual title of it, it will definitely bring it up.

Kate: Tell us a little bit about your family. I know you've

used homeopathy with your children and even your husband. We heard, actually, from your husband in another podcast. But people probably don't know this. But your husband was on one of the ["Dads with Audacity" podcasts](#), wasn't he?

Bursitis, arthritis, food allergies and their remedies

Courtney: Yes, he's Mark in that podcast. Mark is he's very athletic. He likes to run. He has a lot of sports-related injuries. We joke in our family that *Symphytum* is Mark's spirit animal, because he's had a lot of good relationship with that remedy. It has helped him a lot. Bursitis is one that we dealt with, that includes *Symphytum*. Bursitis is like inflammation in the knee. Mark used to have repeated bouts of bursitis. I think that seems to be the case from what I've heard is that it tends to come and go and flare up. It's that kind of infection type thing. The protocol for that that I got from Joette is [Symphytum 200](#) mixed with [Rhus tox 30](#). You just take it twice a day.

Kate: Then how long does it usually take before you see some change in his symptoms?

Courtney: For Mark – and actually my little boy, he had it one time too. I was so nervous because he came down with it the night before we were going to get on an airplane and travel. I was like, "Oh no." He's getting this knee thing. It was hot to the touch. It was painful. Previous to that experience, Mark had had a flare up. For Mark, it doesn't last too long. It's maybe, like with this protocol, three days to a week. Then he can kind of stop taking it.

For other people, if it's happened for a long time, they have to take it probably longer. Usually what happens is they'll have another flare up after that they will be less severe, and maybe go away quicker. There even may be another flare up after that but then, they eventually, if you employ this protocol, you never have it again. Like, that's kind of

the trend which is usually the trend with homeopathy. It sort of roots it out completely.

Kate: Right, that's what I love about homeopathy that we don't get with many other natural medicine options. I mean sometimes, but homeopathy really gets to the root of the cause. I know for instance my daughter and her asthma, we're really seeing a change using homeopathy where before it was just managing the symptoms.

Courtney: Yes. You're not managing the symptoms. You are actually rooting it out. That is also different from allopathic medicine, but also herbs, a lot of times, it's just managing symptoms. They have to keep taking the turmeric or whatever it is you're taking over and over again.

Kate: Right. So, I think people need to remember that a well-chosen remedy can really make a change, not only in just the symptoms but for the long term – that eventually, that whatever, bursitis, hopefully, Mark won't have it in the future.

Courtney: He hasn't either. It has been a year, and I want to say three –maybe a year and six months. So, we have not had any sign of it. It's pretty awesome.

Kate: Prior to that, how often did he use to get it?

Courtney: Prior to that, he would get it possibly twice a year at least. So, we're having a good run of it right now, definitely.

Kate: Your mom, too, she also had some good success with homeopathy.

Courtney: Yes, definitely. So, my mom, she has had hip replacement surgeries on both of her hips. I think she's currently up for another hip replacement. She's trying to

kind of stave herself off for a while so she can get through and just pushing it into the future a little bit. So, last she visited, let's see, I'm trying to think. It was last month. So, a little over a month ago, she came for a visit. She was having a lot of pain. It's hard for her to sit still for a long time. So, if we're on a car ride or something like that, she can get achy because she has arthritis.

I started to give her *Rhus tox*. A lot of times when my family is in town, I'll start to just give them homeopathy if something's going on, somebody's got a stomachache or whatever. I gave her *Rhus tox*, twice a day while she was with us. I just gave her *Rhus tox* 200 because that's what I had. But I probably gave it to her for like four, five days, I don't know, something like that. So then, she went home and I kind of like, "Well, I might not hear from her about this. But if it helps, I'm sure she'll get a hold of me." Lo and behold, a couple of days after she got back home, she was like, "What did you give me?" I had her order *Rhus tox* off the internet. I sent her a link. I messaged her a link right to where she could order it with the right potency so that there wouldn't be any confusion at all. She could just have it sent right to her house.

Kate: Great. So right now, she's kind of holding steady putting off that hip replacement surgery, right?

Courtney: Yes, so far so good. We're hoping to get her through some more months as long as we possibly can. Because hip replacement surgery is like a lot of surgeries, they don't last forever. She's already had her hip replacements done, and she wants to make sure she can kind of put it off as far into the future as she can.

Kate: Let's talk a little bit about your son. You have – how many children you have and tell us a little bit about your children.

Courtney: So yes, I have three children. My oldest is 9. I have a middle girl and she is 6. My youngest son is 3.

Kate: So, one of your children, you used a remedy with them, because I think I remember you telling me that they were really colicky.

Courtney: Yes. My first born was very colicky. I didn't really understand what was going on. I mean I felt like I was in a daze for several months after I had him. Like, "Oh my gosh, what's going on?" I didn't know the difference between him and other babies, like, what was normal. But it ended up the symptoms became very, very clear. It was every single evening for four or five hours at least. He was just inconsolable. I actually had this routine where I would sit on a big exercise ball, and I would bounce him and at the same time kind of pat his back while I was bouncing him. That's the only thing that would really soothe him.

Kate: Oh my gosh.

Courtney: I would do that for hours.

Kate: Oh my gosh, you are so bringing these memories back that I had with my daughter. I had an exercise ball, and we would do the same thing. I didn't know about homeopathy when she was first born. Oh, my goodness, I wish I had.

Courtney: I believe he ended up having food allergies. The first thing I did was eliminate food from my diet to just kind of test and see, truly, if this was the issue. It ended up being that way. Like I ended up realizing that almost everything was causing him pain. It was just really frustrating. I didn't have coffee at that time. I really liked coffee. Chocolate bothered him. He was like the meanest baby ever, I swear. I couldn't eat anything that I liked to eat. I couldn't have milk. I couldn't have sweets.

Ultimately, what we realized is that he had an allergy. The

biggest one was wheat. So, of course, I've taken all of Joette's courses. I took the [Good Gut, Bad Gut course](#). I immediately realized he needed to be on [Bovista](#). I started giving him *Bovista*, and his sensitivities have pretty much, I mean, he can pretty much eat anything. We are very careful still with wheat. We don't go overboard. But, I will tell you right now. He's on a bagel kick. It's probably been for like two weeks now. He has a bagel, a big, wheat-filled, crusty, delicious bagel every single day – and has not had an issue. If I've done this a couple of years ago even, he would have had diarrhea. It would have been horrible! So, we've had so much progress with *Bovista* with him. It's amazing.

Kate: Also, what do you give him for the diarrhea then?

Courtney: For diarrhea, we were giving him [Nux vomica 30](#), twice a day. If he had eaten wheat and got diarrhea, we would start the *Nux vomica*, or just continue him on it if we were already doing it. We don't give him *Nux vomica* anymore because he doesn't have diarrhea the way he used to have. He's much better. He just, right now, is taking the *Bovista*, but I'm pretty sure I'm going to start weaning him off that even.

Kate: We found *Nux vomica* to be helpful as well with when kids have tummy aches kind of regularly, and I think it's something that they ate. It's been very helpful for us as well. What did you use for your son when he was colicky? Why don't you tell us about that?

Courtney: [When he was colicky](#), I gave him [Colocynthis](#). I think I just gave him a 30 dose on that because, at that time when he was a little baby, all I had was the 100-remedy kit.

Kate: Which is a great kit, I mean that's a perfect kit to start off with.

Courtney: Absolutely. That's the perfect gift to get any expectant mom. Instead of coming to the baby shower and bringing some diapers and an outfit, give her a homeopathy kit. Or get a couple of people together and put in for homeopathy kit. That's a lifesaver. To know that you've got something when your baby is upset or something happens, that's the best gift that a mom could have.

Kate: I agree. It's been a lifesaver, literally, for us.

So, your daughter, you had an interesting experience with your daughter that I want to hear about. Go ahead and tell us about Nola.

Nola's story with the vole: Ledum and HyperArs for animal bite

Courtney: So, Nola's six. Last summer, this story, it really kind of summarizes her personality completely. Every time I think of it, I'm like, "Of course, this happened to her." We live in the country. We have goats. We have a little farm. My kids are always running around outside. We have a cat. The cat actually got a hold of a vole. So, the whole family got to learn what a vole is and the difference between a vole and little mouse. Because at first, I thought it was a mouse. But it wasn't, it was a vole.

Kate: Are you talking about a vole, V-O-L-E, not M-O-L-E, right?

Courtney: That's right, a vole. A vole looks like a mouse. If you actually Google it, you'll see a picture. It's just a little bit different. So, anyway, the cat was playing with it. It wasn't dead. Nola saw the cat playing with this vole and saw how cute it was, and she could not help herself. I was sitting right on the porch with her. I couldn't really figure out what was going on. But, she ran off to the cat and she's like, "Oh my gosh, so cute, so cute." I think she's talking about the cat, but she's talking about the

vole. She goes to grab the vole, and it literally latches onto her finger. She's like trying to shake it off of her finger – like throwing her hand around and stuff and screaming at the top of her lungs.

I'm running off the porch like, "What is going on?" I see this thing. I take her hand and pulling it really hard one time and the thing goes flying. Of course, I'm just ... oh my gosh. My mind just started to run. It was just like what is this now? I have to deal with this. She can have rabies. What do I do? What do I do? I'm like I need to call the pediatrician. I need to call the disease control people. I need to get her rabies shot. I don't know what is going to happen here. This is a kid that's never gotten a vaccination at all nor had any antibiotics. I am just losing my mind.

Lo and behold, this is a piece of advice I've heard Joette actually give people before. And, I don't remember where I heard it; it might have been in one of the courses. But she said, in the moment of an emergency, your first response – especially as a mom – is to lose it and freak out, and think of all the things you need to do. For some, like, "Hydrogen peroxide, let's clean this out. Let's go!" Or whatever. I remember her saying, "Actually, the best thing to do is nothing." Just don't. Because usually our first responses aren't the best response because there's a difference between reacting and responding. I think that I was totally *reacting* in that moment. I was like, "Oh my gosh, what do I do?" I called my husband. I called everybody.

I sent Joette this email. I still laugh at it today because literally I keep every single email and question that I've ever asked her in a file. This one is hilarious. The subject line has like asterisk and it's like, "EMERGENCY." If you read this email, it sounds like I'm a crazy person. I'm like, "Nola just got bit by a vole." I don't think at the time we even knew it was a vole. We ended up touching it, and we weren't sure if we needed to have it to test it or

whatever. We ended up touching it and putting it in this little box. Then we could actually release it later because we didn't have to worry about rabies.

I did talk to someone from CDC or something – the health department, that's who I talked to. I talked to someone from the health department and they were like, "Okay, ma'am, you do not need to bring her in for rabies shot. You do not need to worry about rabies. If it was a bat, that would be different. But, an animal like a mouse (that is so tiny like this), if it did indeed get bit by another animal that had rabies, it would have died. It wouldn't have made it through that attack. So, the chances are so low that you would actually be putting her through worse things if you took her to get rabies shots."

But, I didn't really worry about that so much anyway because there's a protocol for rabies. I mean I just feel like I'm pretty lucky to be able to work for Joette. I can take her courses. I know homeopathy so well now. I am just grateful, so grateful for it. So, I had the remedies I needed. I emailed Joette. She messaged me back. She said take [*Hypericum 200*](#) mixed with [*Arsenicum 200*](#) twice a day. That's the typical infection kind of protocol. Then I also did give her [*Ledum 200*](#), twice a day for one week because the bite is a puncture wound. *Ledum* is what you want to give any time there's that kind of a wound.

Reacting versus responding: Don't panic

Kate: Great thinking. So, good, okay, what a scary story. I think I would have done the same thing. Courtney, that's what I love about talking to you – is that your message, I feel like as a mom and as a doula and all the things that you've learned working with Joette and your experiences, you've learned not to panic. Even if you do, then you think about it a little bit and think, "Okay, I can just really take some time and think about these things before I have to

react.” Then you can actually, like, not react but ...

Courtney: Respond.

Kate: Respond, yes. Good, I couldn’t think of the word.

Courtney: That’s how I like to think of it, responding versus reacting. There’s such a big difference.

Kate: Yes. You talked a little bit about that, too, even with birthing and everything. Just how when things like that happen, an emergency like you went through, you feel like, “Oh my gosh, oh my gosh, I got to do something right now!” We can think, “No, just calm down. I have some time. I’m just going to think clearly about this.” But, I think that’s hard for moms, don’t you think?

Courtney: Absolutely. That brings in full circle because that was a lesson I learned early on as a doula. In the hospital setting especially, that’s one of the worse things. When you bring a first-time mom into the labor room – and one of the things that almost any doula will tell you, is that you never bring a mom in when she’s in early labor. You got to set up your little tricks at home, to kind of get her through the early stages of labor. Because the longer she’s there at the hospital, the more likely that the doctors – and I don’t mean that these doctors are like out to get people, it’s just a part of what their procedure is – but, the more likely it is that they’re going to have an intervention, whatever it’s going to be. It’s going to be an IV, a drug, a C-section. You definitely want to wait it out as long as you can, so that that’s less likely to happen.

But lo and behold, there are many times when Mom decides she wants to go in absolutely without a doubt early. Or something goes down and the doctors are going to put that forward that, “Hey, we need to make a decision on this right now. You need to have C-section. This is what we think.” The pressure is on. It is incredibly hard to get through those

moments, because you do feel like you're in an emergency. They know what they are doing. I remember early on using that technique of, "Actually you don't own this time. We get to make the decisions here." When you are able to stay in your power about it, you get to dictate the courses, what's going to happen.

So, that's a trick that I learned is to say, "Well actually, we need about 10 minutes to talk alone." If you don't tell them that you want to be alone in the room, they'll stand there and watch you talk. Asking them to leave is very important and to have that time. Because literally, 5 or 10 minutes can be the difference between a C-section or not a C-section. You sit there and you talk to the mom and give her the options. Discuss what her plan is, and remind her of her intentions and that kind of thing. It can really make the difference in a situation like birth. So, it's a nice thing to start learning when you're pregnant or early on, to not freak out. The freak out moment really doesn't help anything – even though we all do it. That's what kids do to us. They tend to push the buttons just the right way so that we can get upset about things.

Kate: I think that happens even when our kids have come down with the bad flu or cold or something. They get a really high fever or they're in a lot of pain. We start to panic, right, and feel like, "Oh my gosh!"

Courtney: Yes, definitely. I think that every family has their trigger. If your family was dealing with an ear infection and it was really freaking you out, I would just be like, "Oh yes, no. I'll take an ear infection any day. That's fine. We've gone through multiple ear infections with homeopathy." Strep throat, that might really freak a lot of people out. You always get the ones you don't expect. So, it's easy to theoretically talk about, "Oh yes, we'll do this and whatever." But when it comes down to it, it's usually not the easy one that you get. I never expected to

have to deal with rabies. I'm prepared for strep throat, not that. That really was ridiculous.

Kate: That again just leads to what we were talking about, *don't panic*. You have time. You can think about things. Just take your time.

Courtney: That's right. If you can instill that into your head that the moment you start panicking, you're freaking out and thinking of all the things you have to do and making that mental list – take a deep breath and just realize that the best thing to do is nothing. Just wait. Just wait until you can make that choice rationally. Then if you've got the information from Joette's blogs, you're one step ahead. You can just go on and do a search and help yourself out. You don't have to go into the panic mode. So, homeopathy is like, when you've got that in the bag, it's so nice to just be able to do something that you feel good about.

Kate: Right. And, that doesn't have side effects.

Courtney: Exactly.

Kate: Things happen. So, I don't know. People laugh at me. But when I go anywhere, I take a lot of homeopathic remedies. And when I travel, oh my gosh, one suitcase is usually half-filled with homeopathy. I remember people teasing me like my husband or whatever. I'm like you're going to thank me if something happens and I have the right remedy. Do you know what? It has happened. Emergencies have happened. I've had the right remedy. Otherwise, it would have been a trip to the doctor.

Courtney: I'm the same way. I have a whole cupboard at home of remedies and things. I have a habit of buying remedies. I have many kits, you know, keep them around. You have remedies lying around or whatever in places that you think you're going to need them. Almost anytime I go to Wegmans, I buy *Arnica* and *Pulsatilla*, because I just know those are

popular ones in our family and might as well have it. I've got a little travel kit that always comes everywhere. I just keep fresh ones in there every time. There are certain ones that I feel like we definitely go through. That's the beauty of homeopathy, too, because it's not expensive. So, paying 5 to 10 bucks for one remedy that's literally going to get you through a moment is super inexpensive.

Kate: I know. Courtney, thank you so much for sharing all of your knowledge with us and giving us some of the examples of how you've used homeopathy. Because I think the more we can share our stories, it's just so helpful for other people to be able to hear about how we used homeopathy. It gives us more confidence.

Courtney: I think that's what's given me more confidence, too, is hearing other moms deal with the same things, and that they used homeopathy and everything was okay. So, that is really what it takes. I agree. And, thank you for having me. It's been really fun to talk! cx

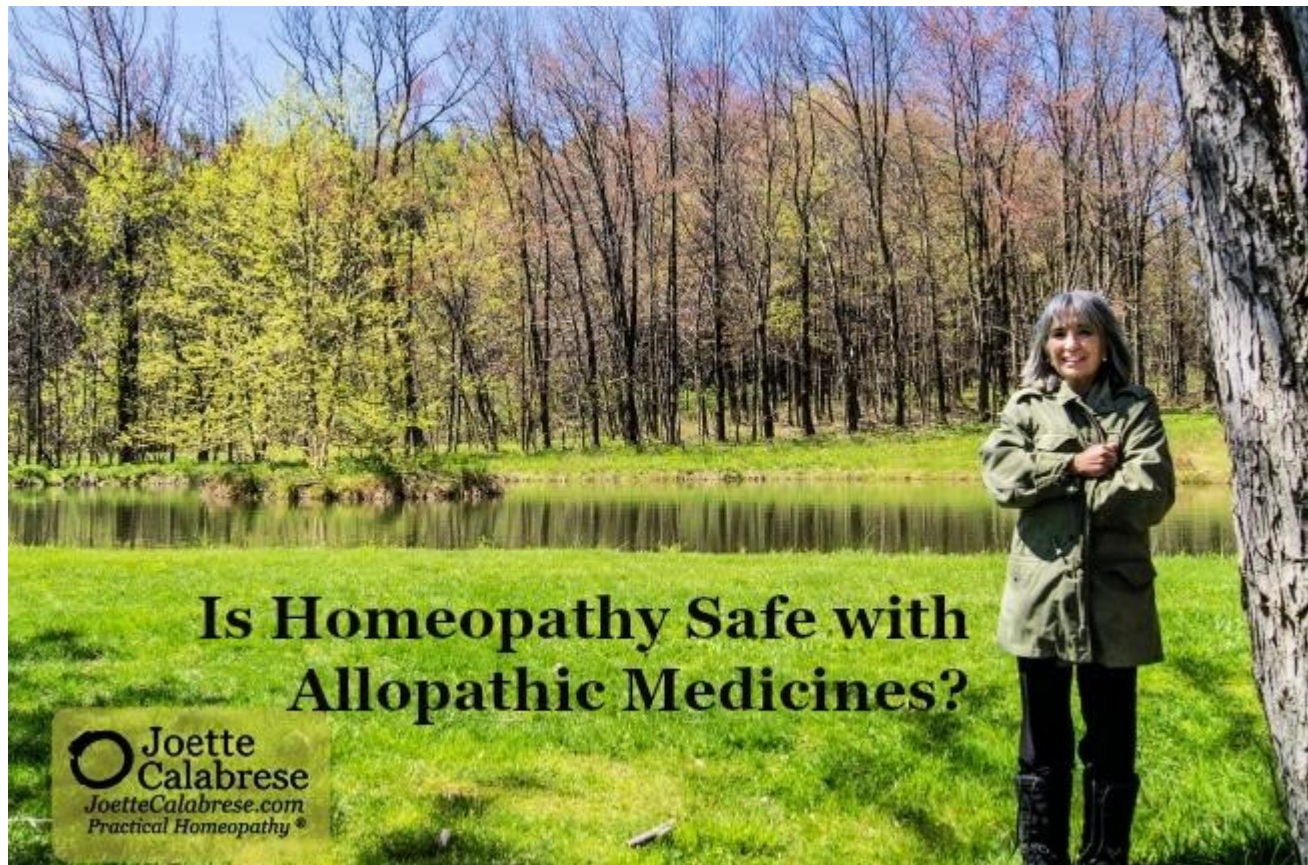
Kate: You just listened to a podcast by joettecalabrese.com where nationally certified homeopath, public speaker, and author, Joette Calabrese shared her passion for helping families stay strong through homeopathy and nutrient-dense nutrition. Joette's podcasts are available on iTunes, Google Play, Blueberry,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

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit [joettecalabrese.com](https://www.joettecalabrese.com).

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

**Sound effects obtained from <https://www.zapsplat.com>*

Is Homeopathy Safe with Allopathic Medicines?



“Are we there yet? Are we there yet?”

If you are a parent, I’m sure you are all-too-familiar with repetitive questions.

Yes, some of them can definitely get annoying.

But, *some* of them help to determine what subjects may not be understood well enough. Such is the case with the repetitive questions I receive from you ... on our Facebook page and in the comments of our blog posts.

One I get quite often is, “Is homeopathy safe to use with allopathic medicines?”

Please understand, I cannot give you a definitive answer because I am not there with you, and I am *not* your doctor!

But, in my experience, I find that they work nicely together. It does seem that many doctors and uninitiated family members are afraid of using them concurrently because they don't understand homeopathy.

Let me give you an example. Let's say you want to use *Arnica montana* after a surgical procedure to reduce bruising and swelling. Your well-meaning doctor or family member might look up *Arnica* on the internet and warn you to hold your horses – *Arnica* can cause bleeding!

Well, it can – in its original, *gross* form.

However, if you understand homeopathy, you know that the reaction a substance causes in its gross form will be *resolved* by manufacturing a homeopathy medicine out of it (through dilution and succussion).

So, your family member might be unnecessarily cautious because they don't quite grasp homeopathy. They are only looking at the very tip of the homeopathic iceberg. You're not planning to eat the arnica flower, but these concerned advisors are simply considering the original plant, without understanding the rest of the homeopathic formula.

The hallmark of homeopathy is the potentization process. That is what homeopathy *IS*! We are not using a substance as an herb or as its original material. No. It is transformed. There is a pharmacological, mathematical, scientific process that is carefully followed (and FDA regulated) to make medicine from a potential toxin.

For instance, there is a product made by [Alpine](#)

[Pharmaceuticals called SinEcch™](#). It has been used for many years by plastic surgeons to control swelling and bruising. (*Sine* is the Latin term meaning “without,” and *ecchymosis* is the medical term meaning bruising. Hence, SinEcch™.)

It was developed by Michael Quinn, a conventionally-trained pharmacist, who started Hahnemann Laboratories, Inc. in 1985 in California. You might think of it as a “dressed-up” *Arnica*, and the reason so many plastic surgeons swear by SinEcch™ is that he *taught* them how to use it. Those doctors now understand the safety and efficacy of this homeopathic medicine and have no concern about prescribing it concurrently with surgery and general anesthesia.

If you have reticent doctors or family members, I empathize with you. I understand how hard it is to bring the naysayers around. It takes guts, spunk, and moxie!

So, let me just say this, and perhaps it will help you appeal to them: A scientific mind is one that is not closed. In my opinion, doctors, as scientists, should remain open! I don't mean that they have to study homeopathy, but they at least have to be open to the notion that a long-proven medicine could be effective. At the very least, they should look into it – as a scientist.

Getting back to my original point about questions, I have collected quite a few others you have asked me regarding homeopathy and surgery. So, join me here on my blog page next week, and I will address some of your most often asked queries.

Warmly,



P.S. I'm sure you've already tried your best to introduce everyone you know to homeopathy. But unfortunately, sometimes a lone voice can be unconvincing. ["Gateway to Homeopathy"](#) is a guided study group curriculum that I'm convinced is emphatically more productive than studying alone – because you share vibrant conversation, swap success stories, and answer your mutual questions *together*.

By including a skeptic or two in your study group, you can allow the simple-to-follow curriculum to demonstrate that this is not just *your* narrative. In fact, those in the class who come with enthusiasm will do the convincing for you.

Each week as members report their successes, I guarantee your skeptical friends will become more intrigued. Meanwhile, their skepticism helps round out your own critical thinking ... a skill we all need to embrace.

An Astounding Autism Story



Every rare once in a while, I simply *must* share a client's success story with you. Of course, the success stories I hear are myriad ... but some just stand out above the rest.

This is one such case: A little boy with severe autism who is now showing marked improvement and receiving mystified raves from his teachers.

This is what I like to call a “clean case,” which is rare. There were no meds or supplements to muddy the results. There was no nutritionist, so he followed no special diet. Being able to eliminate other influences from his treatment enabled us to recognize this result was achieved with *just homeopathy*.

Let me give you some background first, and as Jack Webb used to say in Dragnet, “Only the names have been changed, to protect the innocent.” (I’m just not comfortable sharing clients’ names, even when I have their permission.)

Cindy’s beautiful son Paul developed normally. He had bright eyes, walked early, and was cute-as-a-button. But, starting at about six months old, he was plagued with almost constant ear infections. He was sick, sick, sick!

As many moms do when trying to do the right thing, Cindy made an almost weekly trek to the pediatrician. (She had an

older son, so she knew this was different.) It seemed that once a month, little Paul was put on antibiotics – different types each time. He was given a flu shot at 12 months old. And soon, the pediatrician advised tubes be put in Paul's ears.

That brought on "the moment" – the exact moment when things markedly changed. When Paul woke up from anesthesia, Cindy noticed he was different. He was very quiet and didn't exhibit any facial expressions. The doctor advised the change was likely because Paul's hearing was different post-surgery – little Paul was hearing new sounds and having to relearn his reactions to them, said the surgeon.

But Cindy knew something was wrong. And it never went away. "We lost him," Cindy said sadly.

The next year was filled with sickness, more antibiotics, another surgery to remove his adenoids, and anxiety. Lots and lots of anxiety. (And lots and lots of sleepless nights.)

Paul had withdrawn. He didn't talk. He couldn't maintain eye contact. He wouldn't eat normal food. Food, in fact, disgusted him. He would only eat dry, packaged, crispy things. He spent his entire day spinning things, such as the covers of Cindy's kitchen pots. Spinning. Spinning. Spinning. Little Paul was lost.

Paul couldn't communicate and had no other way to express himself except for violent tantrums. Cindy tried everything. Her attentiveness to Paul was truly admirable. When her family moved to New York, he was diagnosed with severe autism. Paul went through hundreds of hours of therapy. He worked so hard just to be able to say "Mom."

Then he came down with a case of croup. Normally, croup is not what I would consider to be a blessing – but in this case, it may very well have been.

Cindy called the local health food store to see what they recommended. She now admits she must've sounded desperate, because the lady at the health food store took a special interest in her, advising her to check out my website.

After reading the [blogs](#) and [testimonials](#), Cindy decided to call my office to schedule a consult. Today, she says – to my humble honor – she felt I had a certain “confidence” that enabled her to trust (and dare try) the homeopathic process.

So, we set to work addressing his croup. Normally, when Paul would have bad attacks, he would not be able to breathe. Panic would set in, making the situation worse. Cindy would carry him from his bed to outside in the cold. It would help – a little – at least enough where she felt comfortable placing him back in bed.

But, that pattern would soon become routine. Carrying him from the bed to the outside was taxing. Nobody got any sleep. However, once her homeopathic remedies arrived and Cindy gave Paul [Aconitum](#), he calmed down. Thirty minutes later, he fell asleep – and he never had to leave his bed in the middle of the night again.

And with that, she was sold on homeopathy. “This is not a placebo!” Cindy exclaimed.

So, with this newfound confidence of her own, we began implementing other remedies to address Paul's autism. At 3 $\frac{1}{2}$ years old, shortly after our efforts began, Paul looked at Cindy one day – right in the eyes. It was as though a veil had been lifted, however brief it may have been. At that moment, Cindy said “a little bit of Paul” came back.

Unfortunately, Cindy had to give up her appointments with me for quite a while. Yet, she was unable to tweak the remedies by herself, and they started aggravating.

Paul got an ear infection again, though Cindy was determined

not to allow antibiotics back into her home. She saw a local classical homeopath who tried three or four different remedies for almost a year, but they just didn't solve the problem.

At this point, she returned to consultations with me. That low-level ear infection was stubborn, but after two months, it began to disappear.

Plus, we also returned to addressing Paul's autism.

Now, as you know, I take joy in offering my readers particular homeopathics for specific conditions, but autism is a little different. I have a couple of protocols that I've used, but there's more to it than one or two remedies for this condition.

Subtle symptoms can make all the difference in the remedy choice.

Hence, I am forgoing mentioning the autism medicines I taught Cindy to use, and am instead including those recommended for his food intolerances and severe allergies, and appetite (or lack thereof).

These are important because autism is so closely associated with gut conditions:

- [Bovista 200](#) – allergies and food intolerances
- *Tuberculinum* 200 – allergies, growth, and appetite

(Remember to scroll down to download the free remedy cards naming these remedies.)

When Cindy and I first began our consultations, Paul was in special education classes. He was nonverbal. He couldn't initiate a conversation. He was known to throw desks or chairs at school during his tantrums. He even slapped a teacher!

But now, in a very short amount of time (about four consecutive consultations held every two months), Cindy has begun to see increased improvement. Paul's teachers are blown away. In fact – in a moment that certainly left an impression on me – one teacher actually took the time to text Cindy her amazement.

His teachers say he is no longer autistic.

Paul's language is blossoming; his personality is flourishing.

He maintains eye contact. He is eating more foods and is more open to variety.

Now in second grade, he's been mainstreamed from special education into a regular class; something Cindy never thought possible! He's had no further ear infections and doesn't get sick nearly as often as before.

Paul is also able to handle change more smoothly. In fact, Cindy and her family have moved into a new house, and at the same time, Paul changed teachers! Normally, that would have thrown him completely. But this time, it did not.

One of the most precious changes is that Paul has developed empathy! For instance, Paul had a brief setback at school and in his frustration, pushed another student. But, unlike in the past, he immediately apologized, cried, and began caring for the little girl with great concern for her comfort. Those of you familiar with autism will recognize this as an especially amazing achievement.

And, Paul now has a sense of humor!! He and Cindy have been working on math flashcards and recently, when walking to the bus, she quizzed him. "What is $7 + 2$?" Paul answered "ZERO!"

Before Cindy could react with hidden concern, she noticed he had a cute little look on his face as though he had pulled a

very clever joke – and Paul corrected his answer to, “Nine.” It was a beautiful moment for Cindy.

It’s difficult not to use one superlative after the other because some of these achievements seem miraculous. However, Cindy is quick to point out that you can drive yourself mad trying to eradicate all traces of autism completely. But, what Paul has achieved is no less than amazing – in her words, it is a “tremendous difference.”

There are still a couple of veils between Paul and the world, but the veils are more transparent. “We can see him there now,” she says. He’s popping out of his shell. He’s moved up the spectrum toward Asperger’s and is hitting his developmental marks – a bit late, but he *is* hitting them.

He taught himself to ride a bike. He swims now. As Cindy says, “We have Paul with us!” She is confident he will grow up to live on his own, go to college, and have a job. Before homeopathy? She would have told you there wasn’t a chance for any of that.

I have to commend Cindy. She is a very specific type of mother, designed perfectly for working through such a severe issue with the use of homeopathy.

She is attentive, yet not hyper-focused. She never seems to freak out. If it were me, I must admit, I might just freak out. She is different. She is careful and cautious, yet not neurotic nor insecure. She is pragmatic; her emotions don’t dictate her responses to life’s many challenges. She is a good model for all of us who are mothers.

And here (paraphrased), is what Cindy advises other mothers do in similar situations:

“Health is work. Roll up your sleeves and *work* for it. Never sit. You *can* win back control. It is worth the money and the effort. Be competitive – don’t give up. Is it immediate

gratification? No. Homeopathy can take some time, but when it works you can say, 'I *healed* them!' And there is no greater gratification than that."

Warmly,

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

P.S. If you would like to learn more about raising your family *without* drugs that could potentially trigger autism, my course [How to Raise a Drug-Free Family](#) is an excellent starting point. If taking one of my courses is beyond your means, simply use my blog. For nearly a decade, I have covered many conditions with simple protocols that are available to aid you in your journey, just like this one. And to make it even easier to track and save the particulars, just download the remedy card at the end.

By the way, my blog is free to use and share and is not commercial. This means there are no advertisers, and when I direct you to purchase a homeopathic at Boiron or Amazon, I don't accept any affiliate payments. So, when I say it's free, I mean it!



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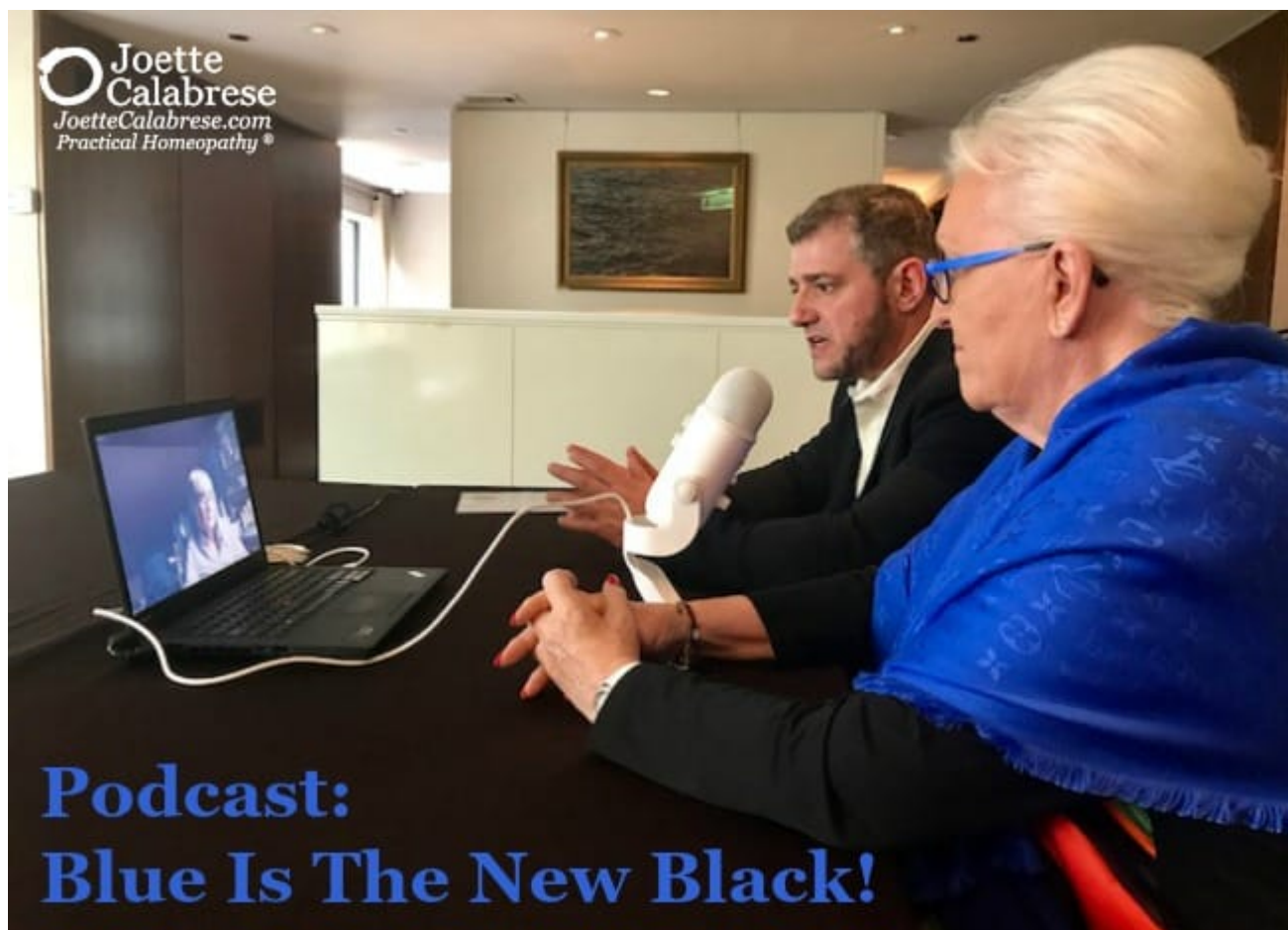
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Podcast 39 – Blue Is The New Black!



In this podcast, we cover:

- 01:08** Introducing Michèle and Christophe
- 08:34** Homeopathy in France and the US
- 14:54** Boiron's role in the growth of homeopathy
- 20:50** Boiron in India

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

Joette: Hi Folks! Today's podcast is going to be a complete

turnaround for me. Normally, I'm interviewed, but this time, I'll be the one interviewing my two special guests. The reason I've decided to do this is multifold. Once you understand who these folks are, it will become clear to you why I wanted to do this so much. So, whether you're new to homeopathy or an old pro, you'll appreciate what you'll learn today because we're going to be interviewing two key people in the world of global homeopathy.

So, let me start with this: You know those little blue bottles of homeopathic medicines that you see at your local supermarket, or health food store, or at your local conventional pharmacy and online? Well, they're made by Boiron. There is a fascinating and, perhaps to you, an untold story that needs to be revealed here in the US. *That* is my goal today. I want to start with two super important people, as I said, at Boiron.

Introducing Michèle and Christophe

First, we have Michèle Boiron. In case you haven't made the connection yet, she carries the family name of Boiron which makes her super important in the story that she and we are about to tell. So, Michèle Boiron is a pharmacist since 1969. She practiced her profession with passion behind the counter until 2005 – in both homeopathic and allopathic pharmacies. That makes her a little special, folks, especially in the US. Since then, Michèle has traveled the world sharing her experiences with fellow pharmacists in countries such as Brazil, Russia, Tunisia, Poland, the Czech Republic, and Polynesia. Now, of course, she's in North America. She's probably done this many times. But, this is a really fascinating thing is that she was made knight of the Legion of Honour by the French Minister of Health in 2008.

Now, before we start talking to her, let me also introduce to you, Christophe Merville. Christophe, who is a Doctor of Pharmacology, is the Director of Education and Pharmacy

Development at Boiron. In his position, he creates training programs both online and in print for pharmacists and retailers on homeopathic medicines used to treat common health conditions. Before his 20-year career with Boiron, Christophe was a university hospital pharmacist in France, Loire Valley where he obtained three years of clinical experience. He was, of course, born in France. He completed his pharmacy doctorate in Nantes in 1985. He also co-authored several published works and has presented homeopathic topics at scientific meetings.

So, I welcome you both. This is really exciting for me and I hope for our listeners as well.

If you don't mind, let's start with you Michèle. I just have to ask you this question if you don't mind. I've heard you have a reputation for being a troublemaker. I love troublemakers.

Michèle: That's right.

Joette: I tell people, they need to have guts, spunk, and moxie. I want to know what the reason is for this reputation. I heard you speak on it recently. So, I'd love to have you share that with us. Why are you such a troublemaker?

Michèle: Yes, I am really. I was a troublemaker because I was never satisfied with what I had. I began my story in the family pharmacy in Lyon. In that pharmacy, there were only homeopathic medicines. So, I was not so well with that because as a young pharmacist, I felt there were many other medicines very effective and important. So, I stayed there 10 years and I said, "No, I have to go on my own." I went and I bought a small pharmacy in this suburb of Lyon, only allopathic drugs and not a single pellet tube. I was happy to say, "I'm going to do what I want."

Joette: I love it. That's the goal for all of us. Can you

tell me a little bit of the legacy of your parents as pharmacists and how that all fit into your life and what Boiron is today?

Michèle: You know? I wanted to be an English teacher. You can't imagine that today, huh? But we had family values. My father was pharmacist. My mother was pharmacist. So, I became a pharmacist. Then I began with my mother in her pharmacy. Afterwards, I had my own pharmacy. I introduced homeopathy in the allopathic pharmacy. Then I came back to the family pharmacy, and there I put conventional medicine in the homeopathic pharmacy. That's why I am a troublemaker, you know, because I need to get all the medicines and not only a part of that. They always teach me to do what I really wanted to do. So, that's very important. My father was so much passionate by homeopathy. So, I lived with that. He transmitted that to us, I think. Us three, my two brothers and I are still working in the field of homeopathy.

Joette: Yes. So, you're the bridge to the two paradigms of medicine: allopathy and homeopathy.

Michèle: Yes, that's true because we have wonderful medicines. The only thing is to use them in the right way. And, first of all, not to take your hammer to kill a mosquito. So, at the first beginning of a story of a disease, you have to try first – for me – homeopathic medicine because they are effective and without side effects. If ever it's not working for one reason or another, okay, we have time to take another medicine. So first of all, it can be used alone. And also, now, more and more, it's used as a complementary medicine. Of course, also in case that people cannot take conventional medicine. So, you have so many ways to use homeopathy. For me, it's important to know it. That's why I'm going around the world to share my experience with homeopathy with pharmacists.

Joette: Yes, yes. But there's a uniqueness in that message.

Is that ... maybe it's because of the French pharmacies and the patient pharmacist exchange? Perhaps that has something to do with it. I believe that's very unusual. We don't see a tight exchange here in North America between the pharmacist and the patient. The pharmacist in the US is kind of the go-between. I love that it's done this way in France. I would love you to expound on that if you don't mind.

Michèle: Yes. It is true that it is very different exercise in France than in the US. But I can tell you, it is changing all around the world. The role of the pharmacist is increasing and becoming a more advisory role everywhere, in Russia, in Tunisia, in Italy, and everywhere in the world. I think it's coming here, too, because people need to have somebody to ask questions as soon as it comes. Of course, otherwise, they have to be aware of many things themselves. It's very difficult.

Joette: It's a lot of work. You're absolutely right. I've actually advised people that if their pharmacist is too busy during the day, that they should call in the middle of the night those pharmacies that are open 24 hours – and get the lonely pharmacist when he or she is all alone and in need of company and wouldn't mind some questions coming in at the dark hours of 3 AM. But maybe that will change in the US. That would be great. I'd love to see that happen.

Michèle: I think it's going to change.

Joette: So there's a wide appeal of homeopathic medicines in France, much different than what we see in North America. Yes?

Homeopathy in France and the US

Michèle: Yes, of course. In France, more than 50% of the people over 18 years old have used already homeopathic medicines. That means without counting children. So, that's very important. Here, it's not exactly the same, a little

bit less. But we are on a wave at that moment where people are willing more natural and less aggressive therapeutics. It is the same for the food. It is the same for everything. They want more natural things. Homeopathy fits quite well with this new way of life. So, I think it will be more and more.

Joette: It is a tidy fit. I agree with you. I think it has a lot to do with perhaps the politics of the world today, perhaps the internet having the ability to look things up on their own. There's a movement, I think, throughout the world as you said for cleaner environments and better food and accountability and what these medications can or cannot do. I agree with you.

So, Christophe, if you don't mind, I'd love to bring you into this. Tell us about how your medicines are made. I don't want to get too deep into this. I don't want to get into potencies, et cetera, et cetera. But a little bit about the rules and regulations with those folks who tend to believe that homeopathy is running by the seat of its pants – when in fact, it is nothing like that? Could you dispel that for us?

Christophe: The first thing to know important is that in the US, homeopathic medicines have been defined as drugs since 1938. For everybody, that means that the level of control in the manufacturing and distribution of these medicines is very high, much higher than with herbs and supplements. So, for example, during the manufacturing process, you have dozens of controls that are happening to control exactly that each medicine is the same. One thing that role has been very, very instrumental in the world of homeopathic manufacturing is establishing guidelines that have been accepted, integrated to the French Pharmacopoeia and some of them to the US Pharmacopoeia (homeopathy pharmacopoeia, of course, in the US) to provide medicine that's very reliable. You can count on it. With Boiron, we

start always with fresh plants, for example. Every time we can, it's a fresh plant. The level of control here also is very high. For example, on each homeopathic, from each Boiron homeopathic medicine, you have a little lot number. If you give me that lot number, I can call France, and they can tell me what was the weather like.

Joette: Oh, come on!

Christophe: Yes, because we need to.

Joette: Oh, how impressive!

Christophe: When the plant was harvested because we need to gather the plants when it's not rainy, otherwise, there is too much water in the plant, and so on and so forth. So, those are just a few examples of the level of control we care. Not talking about dilutions in detail, but when we manufacture homeopathic dilution, it is done in an environment where the air is extremely pure. It's even purer than the air on top of Mt. Everest. And, all that is validated and controlled and so on. So, homeopathic medicines are not made in the corner of a kitchen table. It's a highly controlled process. Therefore, each physician, each pharmacy, each patient to receive, or to distribute, or to dispense the medicine of the highest quality and reliability.

Joette: So Christophe, are you saying that this is unique to Boiron?

Christophe: I would say yes. No question. I worked with other pharmacist. We – the company, Boiron company – has a fast pharmacist control, and especially in domain of homeopathy where tradition and modernism work together. This is really unique. To not to criticize, but for example, the dynamization process – you can do it by hand, of course. That's how Hahnemann described it. But we keep the same spirit, but we use a dynamizer which is the same in every

Boiron plant and is calibrated to vibrate at the same speed and doing the same length. So, each dynamization is *always* made the same way.

Joette: Consistency.

Christophe: Consistency in order to eliminate from the patient and the physician or the pharmacist the doubt that, "Oh, I don't see the same effect with the medicine because of the medicine." No, if you don't see the same effect, it comes from the patient. So, that's very important.

Joette: Yes, that eliminates one factor that could be very important.

Christophe: We don't know to what extent the dynamization must be: 10 seconds, 12 seconds, 5 seconds. All that needs to be ascertained. I'm sure it will be in the near future. However, consistency at this point is important. You know it works well when you do it that way. You keep doing it that way. It's as simple as that.

Joette: Beautiful. It's beautiful. So obviously, what happens when you run a company for many decades and it grows exponentially – not just in the home country from which it began but then to the next country and the next and the next and then goes across the pond to the other side of the world – there's a reason for that. That has a lot to do with the consistency and the quality and etcetera. So, I believe – even before I knew anyone at Boiron – that Boiron has something unique. And, not only because of the blue tubes. (I must say parenthetically, Michèle has a blue jacket on and blue eyeglasses on. They're very beautiful. I wish you could see her. I'm totally enjoying the view I have right now.) But also, because there's a new role occurring for Boiron. I mean it's not that new ... you've been in the US for what, 40 years?

Christophe: Since 1983.

Joette: '83, okay. What is the role of Boiron in the role of growth of homeopathy throughout the world?

Boiron's role in the growth of homeopathy

Michèle: It is our aim to make homeopathy well-known everywhere in the world. Our aim is not to make a special medicine so that we can gain much money. Of course, it's good, but that's not the point. The point is we really want homeopathy to be known everywhere, so that people are able to choose the way of curing them. To choose, you have to know it before. It's the same for people than for all the healthcare professional. So, it's important that we go everywhere in the world to promote homeopathy.

Christophe: May I just add something?

Joette: Please.

Christophe: It's very simple. If you go on the Boiron website, you will see that goal clearly written. It's about, for us I think, establishing a trustful relationship with the pharmacists, physicians, or customers. I think that is strong. People recognize it. They talk about it. That's how it grows very organically. It's not so much an exponential growth. It's an organic growth. Mothers talk to their daughters, to their neighbors.

Joette: Yes!

Christophe: When they want information, we give them coherent and consistent information. We try to give as clear and transparent as possible. That is really helping people to choose something they're trusting, as opposed that something they're fearing. That I think plays a role.

Joette: Yes, I couldn't agree with you more. A big aspect of my message is that this needs to be in the hands of families. That usually means mothers and grandmothers.

Although, I see fathers more and more interested in this. But the mothers are the ones who are generally up with the children in the middle of the night. The grandmothers are the ones who are advising their daughters and daughter-in-laws, et cetera. So, I believe what this is, is a movement towards family. Family doesn't have to be with children. Family can be with cats. A family can be with livestock. A family can be with having two poodles and a German shepherd. That's still family, because we can't help but want to take care of those we love and that is a big part of this. So, I say "family" and "mother" and "grandmother" with a little bit broader understanding of it. But, I also understand that there are pharmacy schools in the US. Tell me about these schools, and are you teaching there, Christophe? Tell me about that a little bit.

Christophe: Yes, I was very pleased and honored to be invited to speak at several schools of pharmacy and two of them on a very regular basis for seven years now. Our goal is to go there with a visual of information. We are not there to promote Boiron or even promote homeopathy. It's as much as saying those are drugs. You cannot ignore it. We think we are the best people to explain in detail and answer all your questions. We expose the facts. We expose the research.

At the beginning, I was very surprised to see how – from a level of knowledge that was almost zero – at the end of the two hours, they say, "Well, we are very comfortable now answering questions." For pharmacists or future pharmacists, this is so important. Because if they appear not to know something, the customer will go elsewhere – and God knows where sometimes – and not receive the same good advice. So, at least in the US, that's my experience. I'm sure in France, situation is not the same, but homeopathy is more integrated. We have other types of questions. But in general, pharmacists, when they start to know homeopathy,

have a keen interest into it.

Joette: Well, interestingly, I find that when I teach homeopathy and I get pharmacists in my classes ... they get it. Once they flip that switch, and they move just a tiny degree over, it all fits. Because that's what homeopathy is – is pharmacology.

Christophe: May I share with you just a quick number? We were involved in a process of sponsoring continued education program. One of the questions that was asked, before the program was launched, is to pharmacist, "Are you interested in being educated in homeopathy?" Guess what the percentage was? 400 pharmacists answered.

Joette: I have no idea. I like to think it's high.

Christophe: 96%.

Joette: Oh, come on! That's excellent!

Christophe: Can we say they are open-minded?

Joette: They're looking for the alternatives. I think that's how we have all come to homeopathy – perhaps not Michèle so much, because she grew up in a family with it. But for those of us who were on the allopathic trail for so many years and then we're cured (or diseases were resolved for myself, et cetera, my family), it becomes a passion like no other passion. Now, I love food and I love preparing food. I love travel. There are many things that I love. I love Italian opera. But *nothing has turned me on* like this. Talking about a switch being flipped ... once mine was flipped, there was no turning back. I see that, and I keep waiting for it to happen in others. I am observing this in so many people because of our goal in teaching families time and time again. So, it is a very exciting movement. I do believe that it is a movement. Would you say, Michèle, that this is a movement?

Michèle: Yes, of course, this is a movement. I'm very happy of that. I'm proud to help it. So, as long as I can do that and it will be really a big chance for me.

Joette: Yes. So now, I also understand that you're looking to India, and you've broken into the Indian market ... is that right?

Boiron in India

Michèle: It is our last subsidiary. We went to India before, and then we moved. But today, we have the will to be back to India. We are in India, since one year. In this country, homeopathy is an official medicine. You have plenty of people using already homeopathic medicines.

Joette: Yes.

Michèle: So, we hope to do a good job there.

Joette: Yes, yes. I think it's an excellent idea. I don't know that they have the steps that other countries in Europe and the US have in terms of regulations. I don't know how deep their regulations go. So, it would be good to have something that was universally regulated. I love that idea. Generally, I'm not for universality but when it comes to this – I'm all in.

Christophe: Joette, I know that in India, they are looking to the homeopathic pharmacopeia of the US as a provider of clean and reliable guidelines. That's a very good sign.

Joette: Guidelines, yes, guidelines.

Christophe: Normalization.

Joette: Yes, it's needed because I work with people from all over the world. It's hard to get them some medicine sometimes because I don't know the pharmacies in those parts of the world. To be able to send them to Boiron in remote

places would certainly make it a lot easier for many of my students, et cetera. Yes, it would be great.

So Michèle, you said – and please correct me if I'm wrong – something to the effect that it's not one product that you have in mind; it's something other than that. Could you just expound on that just for one more minute? I just want to make sure I understand.

Michèle: The aim is to give some people a chance to be cured when they can't be cured by conventional medicine. That is to say a woman who has hot flushes who has a risk of breast cancer – she will not be able to take hormonals. So, what can she do?

Joette: Excellent example.

Michèle: Except homeopathy, you don't have any solution. And then you have also all the palliative care we can accompany – not, of course, replace – chemotherapy and radiotherapy.

Joette: Surgery and diagnostics, et cetera, yes.

Michèle: Only to mitigate the side effects of the chemotherapy. So, it helps a lot and it helps so many people. So, that's our way of thinking.

Joette: Yes, yes. Well, on the other hand, there is one product that Boiron is so well-known for. And it's [Oscillococcinum](#). What's really fascinating about this story is that I have a picture of your dog in front of me.

Michèle: Yes.

Joette: Tell these listeners about how those two bridged together?

Michèle: Her name was Oscillo, that's why.

Joette: Oscillo, very sweet. So, it only goes to show how important one medicine can be in one family.

Michèle: She lived five years more than all her siblings because she was cured with homeopathy, so good for pets.

Joette: Is there anything else that I should be asking you folks that I have not asked, or anything you would like to comment on for our listeners that you believe would be valuable?

Michèle: Not to discuss perhaps, but to say that homeopathic medicines are good from the first day of the life until the last day of the life. They are for everybody. Everybody can take those medicines without any risk. That would be my message – dare to try –because you don't have any risk. It is so important to dare to try.

Joette: I love it, guts, spunk, and moxie – So, thank you very much both Christophe and Michèle. It's been wonderful. I totally enjoyed it.

Michèle: Thank you.

Christophe: Thank you.

Joette: Bye now.

Michèle: Bye.

Christophe: Bye-bye.

Joette: There you have it, folks, straight from the experts. Many thanks to Michèle Boiron and Christophe Merville and Boiron for this inspirational interview.

Thank you for listening to this podcast with Joette Calabrese. If you liked it, please share it with your friends. To learn more and find out if homeopathy is a good fit in your health strategy, visit joettecalabrese.com.

Thanksgiving Traditions



Some things never change.

Thanksgiving has been around a long time, having sustained its treasured place in our hearts through long-established familial traditions.

All who celebrate Thanksgiving in the U.S. know it always takes place near the end of November. It's always on a Thursday. The meal is always the centerpiece of the celebration. And the meal *always* consists of the same traditional foods.

Thanksgiving is steadfast, consistent, and reliable. Thanksgiving never lets me down.

And neither does homeopathy.

I was thinking of that fact about a week or so ago when I felt like I'd come down with a little stomach flu.

The nausea came on strong, so I grabbed my trusty and reliable homeopathy kit which, by the way, is 30 years old (though the plastic box has yellowed a bit)!

In fact, the kit is so old, the company that manufactured it was purchased by *another* company some 25 years ago. The remedy bottles are plastic with no glass lining:

How's that for lasting medicine? I took one dose of [*Ipecac 30*](#) and in less than an hour, my nausea was gone.

I even have bottles of remedies from 1918, and I know they work because I've *used* them!

Now, of course, pharmacies provide dating guidelines because they certainly can't be responsible for a remedy from 1918. But in *my* experience, these medicines maintain their efficacy; that's one of the best parts of homeopathy.

By the way, two days later, my husband thought he was coming down with the stomach flu that had flirted with me. I handed him that same old, reliable bottle of *Ipecac 30* and as we've come to expect – it did its good work again.

Like I said, some things never change.

With tradition comes confidence. In 1798, if a child had a sore throat, Dr. Hahnemann (the Father of homeopathy) would administer perhaps *Hepar sulph* or *Mercurius viv*. In 2017 – 219 years later – if a child has a sore throat, we do the same and use [*Hepar sulph*](#) or [*Mercurius*](#). It's the same. There's nothing capricious here. None of our medicines are yanked from the market by the FDA nor slither away in shame for having caused harm.

Homeopathy is steadfast, consistent, and always reliable.

Just like Thanksgiving.

We know what to expect.

Speaking of which, if you “accidentally” happen to enjoy too much of your yummy Thanksgiving meal and feel nausea coming on – not from stomach flu as I described above, but rather from too much turkey and pie – please refer back to my previous Halloween [blog on overindulgence](#) and have some [Nux vomica](#) on hand.

Here’s to our traditions. Wishing you a warm, happy, delicious Thanksgiving with your loved ones.

*And keep your kit handy just in case, even IF it is a little yellowed with age!

How Homeopathy Deals with Diagnoses, Part Two

Homeopathy and Diagnoses Part 2



A triangle can't exist without three sides, right?

Well, in the homeopathic method that I teach, the correct remedy can't be selected without answering three questions:

- 1) What is the disease?
- 2) Which organ is affected?
- 3) How do the symptoms present?

These three questions are each *equally* important – just as important as the three sides of a triangle.

[Last week in part one of this series,](#) we discussed question number one – the necessity of a diagnosis from either your own experience and education or, when you're unsure, from a medical professional. So now, let's complete your ability to choose a remedy by looking at how to answer the final two questions.

Let's say a young mother determined what disease she was

dealing with (as we discussed last week), and chose a remedy solely based on the disease alone. If the remedy she chose was not successful, then should she throw up her hands and say, “It didn’t work!”?

No.

It’s not that the remedy didn’t work, it’s that she chose the *wrong remedy*. There are a few variables that come into play when choosing a homeopathic. And if they are not clarified and used accordingly, success will not ensue. For example, perhaps she wasn’t treating the correct organ. And that’s why question number two is so important.

Follow me here ... let’s say our young mother was addressing a vaginal yeast infection. Some people assume that if the yeast is presenting vaginally, then it must also be systemic. Well, perhaps – but the treatments would not be the same! Why? Because the *organs* are not the same!

Here we focus on the organ that is affected!

So, in this case, she would choose the remedy for *vaginal* yeast, rather than a remedy for *systemic* yeast. And, hopefully, she found helpful information in my previous blog post, [Vaginal Yeast Gone with Homeopathy](#).

But what if after successful treatment of the vaginal yeast infection, she still feels a yeast overgrowth remains elsewhere? It is still not a time for her to say, “Oh, NO! It didn’t work!”

Yes. Yes, it did.

The remedy worked just fine on the organ for which it was intended. But now is a great opportunity to dig deeper – to uproot the systemic yeast issue – by choosing a different remedy more precisely targeted to another affected organ or targeted systemically.

Do you see how this pattern works?

What I'm trying to tell you is that sometimes homeopathy can be like pulling weeds. You may initially get rid of the annoying part of the weed that is visible on the surface.

Yet you may have to try a few times to get to the deeper, underlying root. But that's the beauty of homeopathy. Eventually, by choosing the correct medicine for each particular instance, you'll likely uproot the condition.

Okay. You're confident with the determination of your disease and the organ affected. But, do *not* forget the importance of question number three: How do the symptoms present?

This step is where people can easily go off track. So now is when I often say, "Just the facts, Ma'am." Don't intellectualize. No suppositions. No assumptions. Don't fall down a convoluted rabbit hole, trying to figure out an esoteric, mysterious "why?" Over-intellectualizing only serves as fodder for sleepless nights.

All you need are the facts. Just. The. Facts.

The easiest clients I have are the ones who simply say, for instance, "My hip hurts with movement." They don't intellectualize it by tracing back that it must hurt because of inflammation ... and the inflammation must be from dairy ... and the dairy intolerance must be as a result of the MTHFR gene ... and ... and ... and.

STOP!!!!

It's hip pain that's worse with any movement.

That's it.

That's all we need to choose the correct remedy: [Symphytum 200](#) toggled with [Bryonia 200](#) twice daily. (Toggled means two

remedies taken along with each other at staggered times, not mixed together and taken simultaneously.) *Symphytum* is for sinuous matter, joints, and muscles, and *Bryonia* is for pain made worse by movement.

Parenthetically, *Bryonia* is chosen when the condition is worse from ongoing movement...not worse from 1st movement that is minimized after limbering up. If it is worse from 1st movement but improved from stretching, etc., the medicine is more likely a better fit with *Rhus tox*. Do you see how important symptoms can be?

Homeopathy is our path to self-reliance. And education is our path to a better and better practice of homeopathy. Whether you choose to take my courses or listen to podcasts or read all of the free material on my blog,

I hope you will continue to learn as much as you can so that you can answer these three key questions more quickly and precisely when you or your loved ones are in need.

Warmly,

A handwritten signature in cursive script, appearing to read "Jette". The signature is fluid and elegant, with a large loop at the end.

P.S. In my work as an educator, mother, and homeopath, over the years I have accumulated a rich collection of *materia medicas* for my library. Some are in-depth and complicated and would be difficult for those new to homeopathy to follow.

I am so excited to announce that I have written what I hope you'll find to be a valuable resource for your homeopathic

library: [*A Materia Medica: Practical Homeopathy® for Busy Families*](#). I've done my best to write in *simple* language: concise, swift, modern, and most importantly, practical.

I sincerely believe it will help you become truly self-sufficient and confident in taking care of your family's health.