

Podcast 38 – Study Group Questions for Joette



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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.

Kate: It's Podcast Number 38 at joettecalabrese.com. Here's what we have coming up:

I'm Kate. Today, I'm excited to share with you a discussion I recently had with Joette and Lara. On this podcast, we discussed the benefits of joining a study group and how a study group can bring about a change in thinking for those people in your life who may be skeptical of homeopathy. We also answered a question that is often asked by many of you. If I'm allergic to a substance, can I take a homeopathic medicine that is made from that substance? Finally, we talked about what to expect when using homeopathy for colds and flus and how to be prepared for when an illness occurs. Now, let's get started.

Hey Joette! It's great to be with you here today. I'm in Wisconsin and you are in Canada, right?

Joette: Ontario! Yes, I'm in Ontario, and ...

Kate: And Lara, she's joining us today as a special guest. Welcome, Lara. Lara is Joette's course manager. So, Lara, where are you at?

Lara: I'm in New York. Thank you, Kate.

Kate: We're glad that you could be with us today. We're excited to be able to talk homeopathy together. There is so much good stuff that we have for you guys today. We're excited to share it with you. So, welcome you guys. Thanks for being here.

Joette: Oh, this is fun.

Lara: Thank you.

Kate: Today, we're going to be talking about study groups and some of the common questions that you guys ask when you're [taking the study group](#). Some of the questions that come up over and over again in the courses and just in general, right Joette? People write to you with questions?

Joette: On the blog, they come in to the office, absolutely, yes.

Kate: So, let's get started and let's talk a little bit about study groups in general. I know that we covered this in [Podcast Number 18](#). So, if you guys want some more information on that, you can go ahead and refer to that podcast and review Joette's history about how she started her study group and then how the Gateway to Homeopathy course developed.

Study group and its importance

Joette: Yes, let's talk about it, because I'll just tell briefly that the way that I started in homeopathy was to start my own study group back in the 80's. I gathered a group of friends and we met every Thursday night for four years. It was our ladies' night out essentially, although we didn't really go anywhere. We went into each other's living rooms. At one point, we brought a teacher in and she helped us learn. But other times, the teacher wasn't available, so we went on – on our own.

What it did was a number of things. It built a community. That's really important. If you've got someone you can count on to ask questions who may be a little ahead of you or even if that person's a little behind you in understanding, the value of having other people around you who are of like mind is paramount. Because when you're stuck at 8 o'clock at night and somebody in your family is really sick with the

flu or a cold and you can't think straight because you're coming down with it as well – isn't it nice to have someone you can contact and say, "Oh my gosh, So-and-So, can you tell me what did you use that time that helped your family so much?" So, there is that.

There is also your increasing your understanding of cases. Homeopathy is not just understanding the basics of homeopathy, the fundamentals, and then the materia medica, (understanding some of the medicines that are used and also the potencies and frequencies). But, it's also understanding case-taking, and how soon you give the next dose. How frequently you give it. When you stop, et cetera. And when you hear case after case after case – which is exactly what would be happening by listening to other people's rendition of their own condition and their family's conditions – that's when you learn.

So, I remember when I was in homeopathy school, one of our teachers said, "You will never become a homeopath – truly become a homeopath – until you go into practice. The reason that was so clearly stated – and I couldn't agree more – was that it's because you got to see different cases than what you're accustomed to in your own family. You want to see what people who have one child suffer. We want to see what people who have three dogs and what their dogs suffer. Therefore, what we want to do is get all of those incongruent aspects of homeopathy and pull them altogether. That's what makes homeopathy much more unified, so that it starts making sense. So, you have those *aha moments*: "Oh, my gosh. She used *Pulsatilla* for her child's stomachache, and I use *Pulsatilla* for my child's ear infection. And look at these similarities." That's when we learn. That's when we learn exponentially. It ups our knowledge, and the pace is really picked up in your understanding of how to use this for your family and self.

Kate: Right, exactly. I know that you see a lot of people

that take the Antibiotic course or the [Allergic course](#) or the [Good Gut, Bad Gut course](#) and then on top of that, they still join a study group because they have that core of group of people that they can continue that relationship with. Oftentimes, those groups go on and they take courses together and continue learning together. So, [the study group](#), although it's a great first place to plug in and learn, it's not necessarily the only way that you can do this. You can do study groups after you've taken courses and I see that many times.

Joette: One other thing I just have to add to this is that if you have a mother-in-law or a sister or a husband who is a skeptic of homeopathy, instead of you trying to convince that person who is important in your life, if they join a study group (even if they just come to one meeting) and they hear everyone else talking about it – they're in! More often than not, they hop in because now it's a different voice. It's not your voice repetitively to your sister, to your husband, over and over and over again, "Homeopathy is great. Look how great it is." No. Now, they hear different voices, and then it starts to come together instead of it just being you. So, it's a great opportunity to bring in people who are significant in your life into your world ... so that you can study and learn together or – at least if nothing else – they're not an impediment. Because sometimes a husband who doesn't agree can be an impediment. You want him onboard. You want to be at the same place together. That's really critical.

Lara: I think people joined the study groups for a lot of different reasons. There isn't just necessarily one way that you have to do it: where you take the study group first and then you graduate on to a course. We've seen people who take the courses first, like Kate mentioned, and then join a study group. I think a part of human nature is once you have some learning, you get excited about wanting to share that

learning. Sometimes people take a course – and the course is a more individual thing, you know, people do it at their own pace ...

Joette: They're alone.

Lara: Yes, exactly. They are learning maybe alone in their living room in front of the computer. Then there's a desire to get with a group of people and talk about all the things you learned. And study group is great for that.

Joette: Yes.

Kate: Exactly. Last night, we were doing a study group together. One of the people in the study group actually had some friends over to her house and she said, "Hey, can they listen in for just a little bit?" And they did. Then afterwards she said, "Hey, they want to take the study group. They want to take Joette's Gateway to Homeopathy." So, just that little bit of excitement in listening to those people share their stories, their success stories with homeopathy and learn just that little bit really excited them about homeopathy. So, it's a great way. Even if you think you are past that point of learning, it's a great way to step back, take that course, and just bring some friends into it and take it with them.

Joette: Then we have lots of questions that come from these study groups. I mean you're like a study group guru, right Kate?

Kate: I have taught the study group many times, yes. Every time, my students are the same way. They take the courses over and over again. They take the study groups over and over again. And because we're always learning something new from each other and just really reviewing that information – you can never review too much.

Joette, I hear these questions so often and I know you do,

too. One of the foundational questions that people ask is “Hey, I’m allergic to poison ivy. Can I still take the homeopathic remedy *Rhus tox* which is actually made from poison ivy?” What do you have to say to those people?

Joette talks about poison, toxicity, and curative aspect

Joette: Well, there are very few people who aren’t allergic to poison ivy. So, let’s start with that. Poison ivy is indeed a poison. What’s lovely about homeopathy is that it is often made from poisons. The beauty of it is that the poison does not remain. What remains is the curative aspect.

So, by diluting poison ivy 200 times for example to the 100th power, which would mean *Rhus tox* 200C, what we’re doing is eliminating the toxic aspect of the poison ivy by all of those dilutions. (This is all pharmacologically done and all regulated by the Food and Drug Administration, parenthetically.) It’s a method of diluting so far that it gets to the point where it comes back round again and becomes curative. How that happens is by reducing the toxicity and bringing it down by all of this dilution process. It simultaneously reduces the toxicity and brings forth the curative aspect of that plant.

Now, all plants – every substance on earth – has a curative aspect to it, but sometimes we can’t use it in gross form because, of course, you would break out in pustules and itching and restlessness, et cetera. Just that’s what would happen with poison ivy. But we have found – not I, this is what Dr. Samuel Hahnemann discovered back in the 1700s and all his followers after that – that if you dilute a very poisonous substance, that by doing so, you are now bringing forth its curative aspect at a certain point.

So, what point is that? Well, in homeopathy, we know it’s usually a 3X or a 3C, 6X, 6C. I don’t want to get too deeply into all this because it’s really basically a whole course

in learning how to do this – or learning, understanding how this all comes together. But, we're diluting it three times to the 10th power, that's 3X. Three times to the 100th power, that's 3C. And we keep going up. So, it matters not that you are allergic or you respond to *Rhus tox*, or for example *Sulphur*. Because I know that was the second part of this question was: "What if I'm allergic to *Sulphur*, sulfa drugs, et cetera, antibiotics?" That would mean, generally speaking, that *Sulphur* 30C, 200C might indeed be the perfect medicine for you because it's been diluted to the point where now it becomes the medicine for those who suffer from such.

Kate: Exactly. That really helps to clear it up in my mind because I know many people ask that. Even if we don't necessarily have the right answer for it, we know in our minds that it's not going to hurt us but we don't know how to articulate that. So, thank you for helping us to articulate that to our friends and our family members who might have those concerns.

Joette: Yes. Let me also mention this. That in botanicals – herbalism – the herbalists have a beautiful array of materia medica, lots of medicines from which to choose: Chamomilla, and St John's wort, and all of those beautiful medicines that they can use. They can pick them. Make them into tinctures. Pick them, make them into poultices, et cetera, and teas, and oils, et cetera. Beautiful stuff, but they're limited. In homeopathy, we use those same herbs and botanicals, but we get to use the poisons. The poisons are actually – in my estimation – the most valuable of all the medicines because the poison causes a condition in its gross form, but, in the highly diluted potentised level of homeopathy diluted 200 times to the 100th power, *now* we've got a medicine that can uproot what that poison would have caused. It's gorgeous.

So, we use lead: *Plumbum*. We use arsenic: *Arsenicum album*. We use *Hyoscyamus*. We use *Belladonna*, *Nux vomica*. Basically, in their original form ... They have *Strychninum*, et cetera. So, what we're doing with these homeopathic pharmacies – again, regulated by the Food and Drug Administration as medicines, mind you – we are now diluting or *they* are diluting it down to the point where the toxicity is removed and the curative aspect is brought to the fore. What a brilliant way of using botanicals or toxic substances found on earth and pharmacology and math. It gets the essence of many sciences and pulls them into one, and makes them into the medicine of choice.

Kate: And it's gentle, right?

Joette: Yes, because it's so highly diluted. There's so little left that sometimes it's even questioned whether or not there's anything left. The point is there's just enough to be able to gently, efficaciously stimulate the body's ability to do this. This is what homeopathy does: bring the person back to wholeness. How does it do that? It stimulates that natural ability that we know the body has the ability, for the most part, to be able to do.

Kate: Well, thank you for clearing that up for us. What are the other questions, Joette that come up? I know that right now, we are in the throes of cold and flu season. So, can you give us some ideas of some realistic expectations when we are using the remedies? For instance, we learn in our study groups or in the courses to treat the cold and flu viruses. What are some expectations that we can have as far as how quickly these remedies are going to act, and how quickly we're going to see results?

When would we see results

Joette: I've seen the whole gamut. But as I fine-tune my knowledge in homeopathy – and I've been using homeopathy for

over 30 years – I’m still always learning another homeopathic medicine that could be even tighter than the last one. I find that if you get the right medicine, it can be jaw dropping. It’s so fast. Often people tell me, “Oh my gosh, I felt really sick. I felt like I was coming down with bronchitis. I know that feeling because I’ve had it in the past. But I took that *Aconitum* and *Bryonia*. My gosh! I’m going to say two hours, I could feel my energy come back again.” So, sometimes we see that.

Other times, we see that it lingers for a while. The reason it’s lingering in my estimation is you just haven’t gotten the right medicine. Because when you get the right medicine especially for an acute – remember, this is an acute we’re talking – this is not a chronic illness. For an acute, generally speaking, we see it turn around within a few hours or a day or two. Now, if it’s been established and the illness is gone for a while and we see relentless vomiting. For example, my son just had a terrible stomach flu. It started out in the morning. He was pretty uncomfortable, a lot of nausea and vomiting for about an hour. He never contacted me. He figured he could do it himself. He actually did do it himself. The vomiting stopped after taking the fourth dose of the medicine which was great. He actually used *Ipecac*. Then the nausea persisted a little bit longer. Now, it was about two in the afternoon. This all started early in the morning. He still had nausea. He couldn’t eat. He didn’t feel well. He couldn’t talk for very long because the nausea persisted. He kept taking it every, I think he was taking it about every three hours or so. By about 5 o’clock that night, he was able to eat.

Now, is that the right amount of time? I think it’s perfect to be honest. If you can miss one day of school or one day of work for a stomach flu when you see your friends and neighbors, et cetera, going on for three and four days, and then when they’re finished, they still are not 100% – I

would say that's pretty darn good use of medicine. The following day, I followed up and I texted him. "How are you doing today?" He says, "I'm fine. I'm back at school." *That's what we're talking about! That's the way we wanted to go.*

Now, had he chosen the wrong medicine – even the “wrong” medicine – you can still do a lot of good. A lot of good ... because even if you choose the wrong one, by choosing the wrong medicine, the symptoms that you need to really pay attention to will come to the fore. So, if you've taken the wrong medicine, and now we started to get diarrhea or pain in the stomach – now we have to look at a medicine that's specific for diarrhea and pain in a flu, stomach flu for example. That will give us more hints.

Lara: Isn't it also possible that different medicines can work to a different extent?

Joette: Yes. But I have to caution folks – unless you have something in mind, Lara, I don't have anything in mind like that – but we have to caution folks into thinking that the medicine can only do so much, when really if we have the right medicine it will do plenty.

Lara: My understanding is that for example, like with the Banerji Protocols, sometimes there will be several medicines given. Sometimes with a disease, there might be the perfect remedy which will do everything but another remedy might do a lot even if it's not the perfect choice. I'm trying to think of a specific example.

Joette: I think I know what you're saying, and here's my baseline answer. We have 6,000 homeopathic medicines from which to choose. Which one is it? So, the Banerjis have graciously given me their information – which all makes sense anyway, because their medicines make so much sense even if you're using classical homeopathy. But, it doesn't

mean it's going to work for absolutely everyone. I use the Banerji Protocols perhaps, or I use an old protocol that I've used in the past, or I might use cell salts. There are so many ways to skin a cat that you're looking at many options. I don't want people to get too confused and think that there's only one way to do it. There is one *good* way to do it. When I'm teaching Banerji Protocols, then by all means, I'm going to urge you especially as a new student to start out with that if at all possible. If you can start with that and then test it out and see if it doesn't act, then we go onward.

Lara: I guess I have an example. Let's say it's UTI and somebody's using *Cantharis* or *Sarsaparilla*. Is that how you pronounce it, *Sarsaparilla*?

Joette: Yes.

Lara: It takes care of the UTI pretty well but it comes back again. The next time they start with *Cantharis* and it's working, but it's not working great. They introduce *Medorrhinum* and all of a sudden, that's it!

Joette: Beautiful, yes. So, what that means is that you could have probably started out with *Medorrhinum* in the first place as well as *Cantharis*, or *Sarsaparilla* and *Medorrhinum*, or et cetera, et cetera. We got lots of possibilities here. But I try to give those possibilities that are the most commonly used as our first line of defense. But yes, you're right. You're right.

Kate: Can you give us some ideas as far as dosage because I know your son, you said, took *Ipecac* for instance. Do you think he took *Ipecac* 30C?

Joette: Yes, he used *Ipecac* 30C because I have taught him that I think that *Ipecac* 30C is a very good medicine for nausea. Then he also was taking *Nux vomica*. I didn't tell him to do that because he was vomiting. I believe that

probably the *Nux vomica*, now that I think back on it, was probably what stopped the vomiting and *Ipecac* helped with the chronic relentless nausea. So, he was using both. He used *Nux vomica* in a 200 and *Ipecac* in the 30. He was alternating them approximately every couple of hours. I actually think in the beginning, when it was really a difficult couple of hours, he could have taken them each one every 15 minutes if it was very severe.

Kate: Right. Joette, do you want to know an interesting fact?

Joette: Sure.

Kate: Our kids, they haven't had the stomach flu in, I think, over six years. I give homeopathy – and God, of course – the credit for that, because before homeopathy, about once a year, they would come down with a stomach flu because as it goes around, you know, the season usually brings on those viruses. Isn't that an amazing thing?

Joette: Yes, it is amazing because it does go around like wildfire. It's almost impossible not to get these kinds of things unless you're doing something rather active.

Kate: Exactly.

Lara: Joette, that's a testament to what you talk about: how homeopathy has the ability to so deeply uproot something that it doesn't come back.

Joette: Yes. So that if my son for example, let's go back to that. He got the stomach flu and he had this nausea and vomiting. If it goes around again this year, or in the spring, or next year, now he's girded. He's held up by the fact that the remedy, back now in October 2017, has corrected the condition, to a certain degree. Now, does it mean it's going to protect him forever and ever? Sometimes yes, and sometimes no. But if it doesn't, then the next time

he gets it, it's very likely it'll be a milder version. Meaning it won't be as intense. It might even finish off a little bit sooner while using *Ipecac* 30 and *Nux vomica* 200.

Kate: Right. So, we have your son's example, a recent example of when he had the stomach flu. And then six months ago, one of my kids woke me up in the middle of the night saying that they were not feeling well. They felt nauseous, maybe a little bit of a tummy ache. I gave them *Arsenicum album* 200C. Just one dose of that and within an hour I would say, an hour and a half, they were feeling better and they went back to sleep. But before homeopathy, the "BH" days, I can see that that stomachache – your kid waking you up in the middle of the night with a stomach ache – usually it's going to end up in some diarrhea or throwing up or something.

Joette: You're up the rest of the night until the morning with that child... now, the child misses school the next day and then the other commitments you or the child may have.

Kate: Exactly. You're exhausted. The family is exhausted. Then it goes on to the other family members. So really, you're not just talking a day even, you're talking about a week or more.

Joette: That's right. I remember when I was sick. I'm sorry Lara. I do want you to get in here because I want your opinion on this, too. But when I was sick when I was a little girl, I remember never being sick for anything less than two weeks, anytime I got a cold, anytime I got a fever, sore throat, ear infection. That was back in the 50s. Two weeks. That was just the way it was. We just expected it.

Lara: I feel like mothers are like farmers in this sense. You know how they say, Joette and Kate, that farmers are ... kind of like ... they're the ground zero or the frontline when it comes to things like nutrition and vitamins and stuff

because they're always thinking about the bottom line? They're thinking about, "What do I need to keep my cows healthy enough that they will reproduce successfully, and that they will give enough milk so I make a profit?" and all that kind of stuff. So, doctors – I think, human doctors – get away with a lot that farmers don't get away with because they always have to find *practically* what is working.

I was thinking about when you and Kate were talking about kids because I think mothers are like that, too. Like *practically* you can tell what makes a difference in terms of how many times the kids are getting sick, how long they're getting sick for, how severe the illnesses are for. You see the repercussions when things don't work because they're missing more school; you're getting less sleep as a family, all that kind of stuff.

Joette: Yes, so that you know "your herd." Basically, you know exactly how your child normally reacts and now how your child reacts when you give the homeopathic medicines.

Lara: And it ties in to what you're saying about how mothers and grandmothers: They're the ones who really know. I mean like we can depend on our scientists and our doctors for a lot, but the bottom line is who's observing that child and that family day to day.

Joette: Mothers know there's nothing like the watchful eye of a mother. I don't mean necessarily it even has to be a mother with a human child. It can be a woman or even a man. But more often it's a woman who is raising puppies or who has animals that they're raising on the fields and lambs and cows, et cetera. When you are in charge, when you have a charge over another living being, you pay attention and you pay attention closely. It becomes your focus. A mother to have this focus – it's just natural.

Kate: I don't want to give people a wrong impression either

about how easy it is.

Joette: Yes, yes, I'm glad you brought that up.

Kate: Sometimes it is hard. I gave that great example of my child with the stomachache and how quickly it went away. But there have been times, Joette, when – and I know mothers can relate – when my kid has a cough and a cold and it is days, and we are struggling and they are coughing. Granted, I think it's not as severe as it would have been without homeopathy *for sure*, and there's relief. Whereas without homeopathy, I didn't see the relief. Where now, you can give some homeopathic remedies to help the cough. And even though they still have the cold for three or four days, the cold isn't as severe and the cough isn't ... you know, you can go for hours without that bothersome cough. And then they need the remedy again. So, talk a little bit about when it doesn't act that quickly.

When it's not acting as quickly

Joette: Well, when it doesn't act that quickly, you need to reassess what you've given. I always say four doses – up to about four doses and about four hours apart. Now, that is a very basic structure – a skeletal structure. If someone is, again, vomiting relentlessly, you're not going to wait four hours to give the medicine. You're going to wait ... maybe 15 minutes. But, you know you're not going to wait a week! So that I'm trying to give a basic structure of how often to use it. Four hours is kind of – you can go every 15 minutes if it's very severe, or if it's not so severe then maybe every two hours – if it's really rather mild, you might use it every four hours. So, when you see that after about four doses (and it's very severe and you've given that medicine every 15 minutes or every hour, et cetera), and you've given four doses and you see *no change* whatsoever – now that's the key. We should talk about what change means. But if you've seen no change at all after about four doses, maybe five,

again that's just a benchmark, then it's time to reassess and stop what you're using. Now, look at what's presenting now.

So, if the child is or the person is vomiting relentlessly and they stopped vomiting but now they're coughing, are you going to give that vomiting medicine? Are you going to give that? It's for the gastrointestinal condition? If the primary concern now is a cough, no. Now you have to go to a medicine that is specific for the cough. Have you lost it? Have you lost the case by doing this? No, the case is evolving. It's very likely that had you not given the homeopathic medicine, this would start out with vomiting and nausea and turn into coughing but you're shortening that duration. So, you're always looking to see what is happening now. What am I observing now?

When we look at, for example, is this person improving? If the person stops vomiting or let's say they continue vomiting and they're very nauseous, yet, now they're smiling. Now, they're not freezing anymore. Now, they're not frightened anymore. That's some improvement because if the person even if it's your husband who's freezing cold; he's vomiting horribly; you can see that he's panicking; he's feeling really uncomfortable, really sick and he continues to vomit but his demeanor changes and it becomes more positive – you better stay with that medicine because you're doing some good. That's how you know. The vomiting may still continue but you're looking for the overall wellness of the person or here's another great indicator: the person falls asleep.

Here you are on the bathroom floor with your loved one, and they're vomiting and suddenly they fall asleep. Beautiful, cover him up. Keep him warm. Have a hot water bottle close by. Make sure they're really comfortable. Clean up the bathroom as best as you can and let them sleep. Now, if they wake up and it comes back again, most parents don't realize

that what has happened was positive and it meant that the medicine was acting. They're thinking, "Oh no, it's back again. They just got a little rest, but they lucked out." No, no, no, no. This means the medicine is working. Sleep for a situation like this indicates that the medicine is correct. Now, what do you do? There's that remedy again? You reintroduce it. You give it again. It needs another stimulus, and you'd start again.

Lara: It's so important to look at the big picture like you're saying Joette, because if somebody brags, "I never get a cold," but they're constantly tired; they're weak; they don't have the energy to do stuff. Well maybe, you're not getting a cold because your immune system doesn't have the strength to ward off infection. It's like when people talk about fevers. It's very important to have the vitality to actually mount a fever. It's a weak person who never gets a fever because their body isn't capable. Symptoms can be good. They can be a sign that the body is functioning well.

Joette: You bet. And also, sometimes the more virulent the response – like you said with the fever – if they can mount a fever, that's very positive when it's a child. Now, adult is a little different, but children are supposed to get fevers when they get sick. If they can do that, then you're going in the right direction.

Lara: If they still have say a runny nose and they sneeze, but they feel more energy, they feel happier, what's that a sign of?

Joette: It's a sign of improvement because there's nothing wrong with having runny nose because you're clearing out the mucosa, or the cough remains but it's not a gagging or a croupy cough. Now, it's a clearing cough. It's liquidy. Good, that's very good. But that child now can go back to school. The child is sleeping properly. He can start drinking his bone stock. He can start having his kefir or

whatever else he's eating or drinking. Yet, he still has a cough that's clearing out his chest. Keep him low. You always want to keep people low, children low, when they've had respiratory infections especially in the chest. But that cough that's still clearing out even days, even a week later – as long as the vitality is good and the cough is liquidy and not keeping the child from living his life such as sleeping and eating, et cetera – then we're moving in the right direction.

Kate: That's what I look for. My daughter tends to get coughs frequently. So, it's beautiful when I know I'm in the right direction – just like you said – when she actually perks up and now, she wants to interact with us. So, she's smiling and she gets up out of bed. She's walking around and wanting to do things. So, that to me is a sign that yes, the remedy is working. She is still coughing like you said and it may be a while, but that's not necessarily a bad thing. As long as her vitality is going in the right direction and it's positive then that's okay, right?

Joette: Yes. You have to assess. You have to know when to fold. You have to know when to say okay, this is bigger than me. I need to get to a doctor. There is that aspect of this as well. Because we don't want somebody to get pneumonia because you thought you could handle it. Until you feel really, really confident with homeopathy, I'm going to encourage you to always be on the fence. Just in case, let's see how far I can go with this. Let's see what I can do. If you can cure your family member, your husband, your child of something that's an impending long infection before it gets that bad, you really got a handle on your life. You really got some reins to hold. It's a beautiful thing. There's nothing more heady than being able to cure someone you love. I mean I can't think of anything better. Curing someone you love! Holy cow, that's amazing!

Kate: It is. It's such a great feeling. Joette, you often

say, too – you recommend to people – drive to the hospitals. Sit in the parking lot. Get some blankets and some games or whatever, some snacks. Sit there if you're not confident and just wait. Give the homeopathic medicines and just see what unfolds. That way, you're close. You're there if you need to be there.

Joette: You're even closer than sometimes being in the hospital and getting into the emergency room. Being on like the 7th floor of the Gastroenterology Department or something and then you need emergency care, by the time they get a gurney and bring you back down all the way to the emergency room, who knows how long that will be! But you're right there. You have your legs and your child, and you can carry your child or walk in with your husband if you need be. So, I think that all emergency room parking lots should have like big screen TVs ... like an outdoor show or something ... and popcorn ... some bone stocks sold on the side.

Kate: Wouldn't that be amazing?

Joette: Yes.

Kate: So, we've talked about quite a number of things. If I'm still stuck and I'm needing to figure out better method of helping my kids, and learn more remedies, and how to help them get through those colds and flus, what do you recommend Joette? What would be a next step for people?

Homeopathic resources available

Joette: Well, here's the thing. Put together what makes the most sense for you and your family. If your finances are limited then you might want to go with the study group which is [Gateway to Homeopathy](#). I think it's under \$60, and it's several classes together with these other folks. If you want to jump into a bigger course then by all means, [How to Raise a Drug-free Family](#) is a great way to go. But, I don't

believe that it *has* to be that way.

If you're new to homeopathy or even if you're not, use my blog. It's totally, completely free. I've been authoring this blog with my homeopathy tips and methods for 10 years. Every single week, we put out information. And often, we'd put out information twice a week. The whole idea of this blog is for you to be able to utilize this for your family at no cost whatsoever.

But I do urge you to get a kit, a homeopathy kit, or at least if you have a Whole Foods nearby or a health foods store, and even Wal-Mart carries homeopathy, even Walgreens carries homeopathy. Make sure you know where these remedies are so that you don't get stuck at say 10 o'clock at night and say, "Oh, I know exactly what to give," and then you don't own it. So, own as many homeopathic medicines as you can and get started that way.

Kate: That is key, I think is to have the tools because you can have the knowledge, and you don't have the tools and then you're stuck. I say to my students all the time. There is so much information that Joette has available on her blogs and her podcasts. Dig into that. Dive into it. Learn as much as you can. Be prepared for when those things occur. Don't wait until your kid has a cold or a stomach flu to learn these things.

Joette: Well, I just want to add, I'm not the only one out there. There are a lot of homeopaths with lots of great information. So, don't think that it's just me. I give protocols to make it super easy. But there are lots of great homeopaths out there. So, don't just read me. Read lots and lots and lots of other ways to approach this as well.

Lara: But even if they just do read your blog, Joette, I think that's like a course in and of itself. All those different articles spanning such a long time have so much

information.

Joette: Yes, that's what I hope to present to the world.

Kate: Your mission is what, Joette?

Joette: 100,000 homes by 2020. Reaching 100,000 homes, so that each of these homes has got homeopathy as the mainstay of their medicine or at least simultaneous.

Kate: All of your listeners were a part of that, right? We're a team.

Joette: You bet, you bet. It's great. Let's get this out everyone.

Kate: Well, thank you so much for having this conversation today. Lara, thanks for joining us.

Lara: Thank you.

Kate: It was really great to be able to talk to you guys today and to discuss some of these things that weigh heavily on our listeners' minds.

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.

How Homeopathy Deals with Diagnoses, Part One



“My throat hurts!!! What remedy should I choose?”

Whoa! Not so fast. You need a bit more information before you can make an informed decision. First, you need a diagnosis. In fact, the method that I teach actually *requires* a diagnosis.

In my work as an educator, mother, and homeopath, I choose each remedy by deciding which best fits the answers to all three of these questions:

- 1) What disease do you have?
- 2) Which organ is affected?

3) How do your symptoms present?

By answering these three questions at home, you can choose the correct homeopathic medicine to uproot you or your loved one's condition.

This week, let's examine question number one: What disease do you have?

Do you always have to go to a doctor to get the diagnosis? No, not always. If you have a clear understanding of what is going on – for instance, say with common breast pain, an ear infection, or eczema – then many times you can make the diagnosis yourself. But, if you are perplexed in any way, it is quite useful to get a diagnosis from a medical professional.

Of course, we have to be intelligent, prudent, and responsible and seek help when we need it. As I've said before, we don't ignore important signs! But, let's not be so acquiescent that we can't make our own decisions.

For example, let me tell you about a mom who has five kids. Years ago, her firstborn was very sick with a severe sore throat. Being cautious, the mom scooped him up and took him to a pediatrician. The doctor took a culture and diagnosed it as strep throat.

The second time he fell ill, she suspected strep throat again but wanted to be sure. So, she repeated the same steps: doctor – culture – diagnosis of strep throat But ... this mother was observant. She happened to notice that both times he had been diagnosed with strep throat, there had been an odor to her child's breath; his tonsils had been red with white spots; he had been lethargic leading up to the illness.

So, what happened the third time he became sick? Did she need the doctor? No! She was confident in her observations

and her own diagnosis. She knew it was strep throat. And, she treated it accordingly.

Now, carrying that knowledge forward, she doesn't need to run to the doctor for any of her younger four children's strep throats. She's become qualified to diagnose it accurately because of her observations and experience.

By the way, during each of her children's brushes with strep, she used [*Hepar sulphuris calcareum* 200](#) (or *Hepar sulph* for short) twice a day until they were better. And each time, it worked. Every time. Period.

Please know, however, that there are other important remedies to know when *Hepar sulph* doesn't act for strep throat. [*Belladonna* 30](#), [*Mercurius sol* 30](#), etc., should also be considered based on symptoms that we'll discuss next week, so stay tuned.

It takes guts, spunk, and moxie to make your own diagnoses. Just keep in mind you have to know when you've hit that tipping point – that point at which you just don't know what's going on and need help from a medical professional. (You might find some helpful information in my podcast, [When to Use a Doctor; When to Trust Yourself](#).)

Next, I want to discuss the other two questions:

The importance of pinpointing the organ affected and concentrating on how the symptoms present.

But I know how busy you are with your family. So, rather than get too long-winded, please join me right here on my blog site next week, when we will continue our discussion on how homeopathy deals with diagnoses to choose the correct remedy.

Until then ...

Warmly,



P.S. Some thoughts on my new *materia medica* ...

Any time you're working to choose the remedy that will do the best work, it's always dependent on having just the right amount of information. Not too little as to leave you with too little direction and not too much as to muddle your thinking.

I am so pleased to announce that my spiral-bound book, [*A Materia Medica: Practical Homeopathy® for Busy Families.*](#) is available for sale.

I've done my best to write in everyday language: concise, fast, modern, and easy to understand. But most importantly, to give you what you need, for practical use. I sincerely believe it will be helpful as you become self-sufficient and confident.

Below is a comment on FB that I responded to. It might help you make the decision to either buy my book or not. For those who are on the fence, I hope this helps, one way or another.

Question: For those that have Joette's earlier materia medica from her "How to Raise a Drug-Free Family" course: do you think there is enough info about each remedy? While I would love to have her mm, as a newbie with only Boericki mm, would it be better to spend a little more money and get a larger more comprehensive one like Morrison or Murphy, or is hers the perfect one for someone in my position? Hers looks like it really focuses on the main uses of each remedy versus a description of every aspect of a proving.

My answer: One of the problems with using a *materia medica* written for classical use is that there are so many details and is so voluminous that it's easy to become lost and confused.

The whole idea of my works is to make homeopathy practical, straightforward and everyday-usable, instead of theoretical and for professionals.

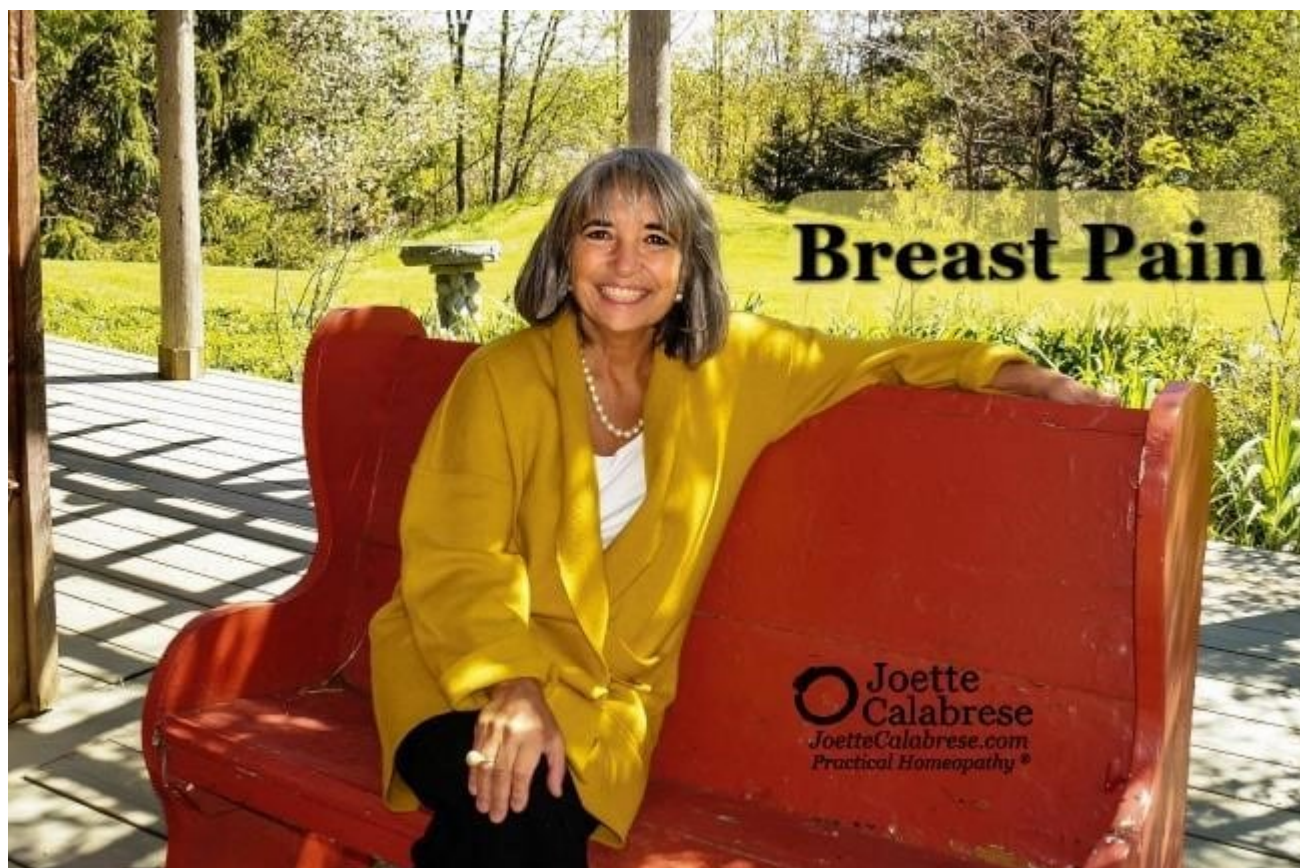
Because homeopathy is such a vast subject, finding the everyday simple solution can sometimes be like looking for a needle in a haystack.

How do you parse out the superfluous? That's what I believe I've done for my readers.

Remember this is a *materia medica* ... a reference book to help you make your final decision on which remedy once you've narrowed it down to a few. This is particularly valuable when you either don't know the exact protocol or when you must choose between a couple of different ones.

Having said this, I hope you'll plan to invest in more than one *materia medica* through the years. I own 34. Each author offers a different perspective. As a beginner, owning 2-3 is a good number to move you along nicely to the next stage of learning.

Breast Pain: When Even Hugs Hurt



Woman-to-woman, let me ask you: Have you ever avoided a nice, warm hug from a loved one simply because your breasts were too tender? Would it have sounded scary if a traditional doctor had diagnosed you with mastalgia?

To most, medical terms like these induce a natural feeling of fright. In actuality, mastalgia is just a fifty-cent word for breast pain – the Greek root *mastos*- meaning breast and *-algia* meaning pain.

And who among us hasn't had sore, tender or downright painful breasts during our lives?

Mastalgia can be the result of many conditions: breast development during puberty, PMS, pregnancy, nursing, hormonal shifts during menopause, or even injury.

I want to say right here at the outset of our conversation that if breast pain is severe or odd, a therapeutic

diagnosis would be prudent. We certainly don't ignore important signs.

However, I'm suggesting the pyramid be flipped – before running off to the doctor, it's often smart to consider the inexpensive, self-directed approach of homeopathy.

Indeed, a diagnosis can actually help pinpoint the most precise homeopathic remedy to choose. (I plan to talk more about how homeopathy uses diagnoses in next week's blog, so stay tuned!)

If mastalgia presents as tenderness, perhaps from menses, pregnancy or nursing, [*Bryonia 30*](#) twice a day is an effective SOS. And you know what I mean by an SOS, right?

An SOS remedy is used only until the pain is gone, then stopped after that.

So, is this like popping an Advil every month when you have pain?

NO! Homeopathy is not simply a symptom reliever; it works more deeply than that. To explain, let's look at exactly how Jean R. uprooted her breast pain – for good.

Without fail, Jean's menses was always ushered in by breast tenderness.

Her mastalgia was like her own personal bat signal! She used to just ignore it. (When breasts are just slightly tender, there is no need to treat.)

But as the years went by, the pain had become disruptive. It was disturbing her sleep and made it too difficult to work out as she normally did.

Jean chose [*Bryonia 30*](#) and within a few days, her breast pain was back down to a simmer rather than a full boil. The following month, she used *Bryonia* again, and the pain was

much less. By the next month, it was gone. For good. *Bryonia* had uprooted the cause of her breast pain, and it no longer bothered her.

That is the beauty of homeopathy.

But let's say the breast pain is resulting from an injury – perhaps a seatbelt injury from a car accident. (This happens to women much more often than we realize.) In that situation, I would use [*Bellis perennis* 200](#) every 3-12 hours as determined by the severity of pain. (Don't forget to scroll to the bottom of this post to download your free Remedy Card. And this week, I'll give you two!)

However, if the pain is from an infection, then it is most likely mastitis. (Once again, *mastos-* meaning breast and *-itis* meaning inflammation. (See? Medical terms need not be intimidating!) In this case, refer to my previous blog: [3 Homeopathic Remedies for Mastitis](#) in which I discuss mastitis more fully.

I've been asked, "How do I know if the pain is from an infection?" That's easy. If the breast is red, hot, and swollen (especially if it is only *one* breast that is affected), or if accompanied by fever and chills, then it is most likely an infection. Mastitis also most often occurs during nursing, so the timing would be another big clue in your diagnosis.

Ladies, we don't have to stoically "grin and bear it," but can instead take control of our health and uproot our issues with homeopathy – returning us to our happy and pain-free selves as we resume our delightfully busy lives of taking care of our families.

Warmly,



P.S. Should you be interested in learning more about female health conditions, consider my course [*Feminopathy*](#) where I discuss homeopathic strategies for many of our unique health issues.

Podcast 37 – New (and Not So New) to Homeopathy Part III



In this podcast, we cover:

02:18 How often to use homeopathy

04:32 **Planning ahead**

12:23 Appreciating classical homeopathy

16:33 To follow or not to follow a diet

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.

Paola: It's podcast number 37 at joettecalabrese.com. Here's what we have coming up. So, today's podcast is what we're calling Part 3 of our Newbies Series. I'm your host today, Paola Brown. Part 1 of this series can be found on Joette's website under [Podcast Number 17](#). Part 2 was [Podcast Number 33](#). So, today's podcast is a follow up to those first two. If you have someone who's interested in starting homeopathy and they're not sure where to go, maybe you could send them these three podcasts. Also, another great place is to send them to Joette's quick start guide, which you can find on her homepage under the heading "New to Homeopathy."

So, today we're going to talk about what makes you prepared with homeopathy, as far as remedies go. Joette talks about how you can be minimally prepared. If you are already minimally prepared, she talks about how you can advance to being super prepared. We also look at how homeopathy should be used. Do you use it for every little fear and sniffle that comes by or not? So, let's take it from the top with Joette.

I'm so happy to be here with you, Joette. Hi. How are you?

Joette: Hi. I'm well. This is always great.

Paola: This is Part 3 of the little podcast series that we're doing. We're focusing on newbies to homeopathy, newcomers. The very first podcast for newbies is [Podcast Number 17](#). That's one that you recorded back with Jendi. It talks about what is homeopathy, the very foundational questions. Then we had a second podcast, [Part 2](#), and this is Part 3. So, we have a few more questions that we received from some of your listeners and your newcomers to homeopathy. I was hoping you would answer them with me today.

Joette: Yes, let's go.

Paola: Some new moms to homeopathy are wondering do we

treat every little runny nose or cold symptoms or do we sometimes let it run its course. So, they're trying to know how often to use homeopathy and when to let the illness do its thing. Like sometimes mucous is okay. It's getting rid of foreign bodies and germs that are in the bodies. So, can you use homeopathy too much or too little?

How often to use homeopathy

Joette: I love that question. I'm glad someone asked that because I believe that when someone is enthusiastic about homeopathy, they see results and more results and more results. They can't wait to get at the next illness in the family. They sometimes get too excited and over-treat. I agree. I think it can be used too often.

I think it's important to let a lot of illnesses just fall to the wayside. Let the colds just be unless they're *really* debilitating. Let the child get a fever unless it's *really* debilitating. In fact, I have an article. If you Google it: [Get Your Kids High](#). It's all about allowing a child to get a fever. It is part of their education. I am concerned with the education of the immune system.

It's important that children get illnesses. If it becomes trying, or they're in a lot of pain, let's say it's otitis media; or their eyes are quite swollen, they have conjunctivitis; or the throat that's a little painful is clearly becoming more like strep because you can smell it and see it, etc.; okay now, it's time to treat.

I don't treat every little thing. It's hard to keep yourself from doing that when you're fresh at this because it's so much fun because suddenly you have all these power in your hands. But I think it's best to keep it to a purr instead of a roar.

Paola: Both of our friend, Tricia (she's one of the gals

that helps us edit these podcasts), I remember when she got her first homeopathy kit, she said, “I just kind of sit around waiting for one of my kids to get sick.”

Joette: Right, for the shoe to fall, yes, that’s right.

Paola: Like, “Oh good, let me go get my kit.” Sage advice.

Joette: Yes. I also think that you learn faster and better when you’re treating many, so the larger your family, the better. The more livestock you have, the more house pets you have, the more wildlife you treat, you’ll learn a lot faster. You’ll be able to discern what is worthy of treatment, what is worthy of not treatment, and also, what is worthy of getting to the hospital or doctor for.

Paola: Right. We have a [great podcast on discernment that you can look up and listen to](#). I think that falls under this too, very good.

So, here’s another question. A lot of newbies that are sold and they want to come ... and they want to plan ahead. They want to know what is your advice on what it means to plan ahead as far as homeopathy goes. [Right away own a kit, the Top 100 Remedy Kit](#).

Planning ahead

Joette: At least one kit, at least that one. As soon as you can afford another one that’s a 200-potency kit, we sell them here in the office. We give discounts for people who buy two at a time. The larger kit that’s 30th potency and the smaller kit that’s just 200th potency. Yes, you have to start with that.

If you don’t have any homeopathy remedies and you’re learning how to use homeopathy and you’ve come up with a medicine, and it’s now Saturday night at 11 o’clock and your

child is screaming with an ear infection; you know absolutely you should be giving *Chamomilla* and you don't own it – what good is that? You might as well just give the child pain reliever. These pharmacies that manufacture them [the remedy kits] know exactly what you need for most everyday conditions. That's what you'll find in those kits.

Now having said that parenthetically, there are 6000, at last counting that I've heard, homeopathic medicines available. So, this is only 100 of them in this kit. So, it's not going to have everything, but it will be a very good start.

Paola: Would you say that someone who owns just one kit, the Top 100 Remedy Kit, it's the red kit from Washington Homeopathic that you sell, they're *minimally* prepared?

Joette: Yes, it's a minimal, absolutely.

Paola: Then if they own the second kit, the 200 kit, that would be more helpful?

Joette: That helps too. She who has the most remedies, in the end, wins.

Paola: I love that. So then, what's the next step? So, let's say you own the Top 100 in mostly 30C, then you own the Top 50 in 200C, those are the two kits you were talking about that you give a discount if they buy them together ... then what?

Joette: Well, it depends on where you are in your life. If you absolutely can't afford anything, or if you can afford and you just don't want to make a huge commitment yet to taking a course or buying books, etc., just go to my blog. Everything is free. All my information is free. I've been authoring this blog for nine years. In the last five to six years, I give you precisely the condition, what the homeopathic medicines are. If you happen not to own it, you

can click on it. It will take you to Amazon or to Boiron. I don't get any kickbacks on this. This is just strictly for the convenience of my viewers. You'll get the medicine sent to you in short order or hopefully, you've got it in your kit.

What you do is you put in the search bar what the condition is. Be aware that at this point, we're in the process of revamping the website for I think the third time. Now, we're going to make it a little bit more user friendly so that you don't need to come up with synonyms. So, if you put in "otitis media," if it doesn't show up, then you personally must know to put in "ear infections," currently. But at some point, it should be able to do that for you. So, at this point, you might have to come up with a synonym.

Paola: Here's a great, little exercise that you actually taught me, Joette, that I'm going to bring up. Sit down and make a list of all the stuff that you, your family members, your children have suffered from. Then make a list of all the stuff that could happen to them that you fear for, you know, the stepping on a rusty nail. I don't know, all those things. Then go to Joette's blog and research those subjects and start seeing if you own the remedies that it takes to treat those.

Joette: Yes, treat those conditions.

Paola: Then you fill in the gaps and order the single remedies that might be missing.

Joette: That's what you've done, isn't it, Paola?

Paola: Oh yes! When I got our cow and our chickens – I mean I did that for my kids – but when I got our cow and our chickens, I went through the cow book. (I have this cow book about how to take care of them and chickens.) I started seeing all these things.

Joette: It's what we spend our money on.

Paola: It is.

Joette: You know what I mean? It's not about manicures. It's not about dinners out. It's not about a hot, new outfit. That's what I love about this. It's about something that is intellectually delicious, as I say and allows us to give back to our family in a very intellectual but heartfelt way as well. It puts the power back into mothering. That's what I loved about it, probably most of all. I became the decision maker.

Now, there were certainly times when my children were young that I wasn't so sure. I might call a friend, which by the way I might mention folks ought to strongly consider joining a study group that we promote through the blog. Because now, you've got a little community of likeminded mothers/grandmothers who are interested in learning right along with you. They will come to the table with conditions that their families suffer. Then you'll come to the table with the conditions your family suffers from. So, with that, now you're fleshing out and covering many, many conditions and helping and teaching each other.

Paola: Well, I think that's absolutely right. So, planning ahead isn't just owning remedies but it's having a band of mothers who are like-minded who can support you. My son had an ear infection earlier this month. Boy, it was terrible. I have this friend, Joette, that stayed up with me until 1:30 in the morning. She lives in Dallas. She's not even close to me, texting me on my phone, helping me figure things out because I was on zero sleep for two nights now. I could not think straight. I mean, that's what I'm talking about, having friends.

Joette: And you're going to be willing to do that for her when the tables are turned.

Paola: Oh yes, absolutely, yes. That's right.

Joette: Yes. So, then the next place you go to after that is just take courses. I have a lot of courses. I have CDs and downloads. I mean that is what I'm all about. My mission is to educate. So, we have plenty of information besides the podcast. You don't even need to stay on the website. If you just Google "Joette Calabrese" and the name of the condition, I've written for many other blogs. I'm published in Weston A. Price Foundation's quarterly journal for the last nine years. You will find lots of information all over the internet on this particular subject that I've written and others have written as well.

Paola: Joette, your blog, and your presence online is *such* a huge help. I mean can you imagine if you had that when you were starting out?

Joette: Oh my gosh. I would have died for having someone like me. Really, I had a wonderful teacher and she retired. That was the end of that. Actually, she moved out of the area when my children were young. I had counted on her. She was a great homeopath. She helped me tremendously. She helped bring my health back around again in very short order. In those days, we were taught that you only meet physically with your homeopath.

Paola: Right, not on the phone.

Joette: Not on the phone, not on Skype. Now, I meet with all of my clients on Skype or phone. I never meet anyone in my office any longer. But in those days, we were taught that that's what you had to do because you had to shake their hand, you had to see if they had an odor. You were experiencing the person so that you can get a better choice of remedy. Now, with this method that I use, that's really very much unnecessary.

But at any rate, when she moved out of the area, "Oh my

gosh! Now what am I going to do? I'm doomed." It took a few days of processing it and complaining about it. "What am I going to do? How am I going to handle this? Who will I find? I need to find someone else." I knew that there wasn't anyone else in my area. This was back in the 80s. So, it dawned on me one day, "Oh my gosh. I think *I* have to know how to do this, I mean *really* know how to do this. This is up to me. It's my family. It's my job! So, I should learn how to do this."

Paola: I hate to break it to you, however, even though you have this wonderful web presence, I think everyone who follows you, Joette, is a little bit sick to their stomach that you will ever retire.

Joette: My husband and I talked about that the other day. He was saying, "I don't know. I think you'll be able to work for a long, long time," because I do love it. I love teaching. I love taking cases. I'll just maybe slow it down quite a bit as I age, but I'm not slowing down now. I'm still revving up.

Paola: Good. Okay, right, good girl. Keep taking your homeopathic then.

Joette: Yes, it's because of these medicines that I'm able to stay as well as I am at 65.

Paola: That's right. Okay, Joette. Here's another great question. What is the value of classical homeopathy if the protocols are easier and more reliable shortcuts?

Appreciating classical homeopathy

Joette: Well, for those who are neophytes to this, they may not know the difference between classical and the protocols that I use.

Paola: That's true.

Joette: These practical methods that I use, but just bear with us then. You might be able to pick up a little bit from this. But for those who know what classical homeopathy is, I was a dyed-in-the-wool classical homeopath for decades. I even taught the first classical homeopathy course that was ever credit-bearing in a college setting in New York State. So, I believed down to my toes the value of classical homeopathy.

But I don't use it much at all anymore, overtly. I believe, however, that because I had so much training in it and I studied it so thoroughly for so many years, that I think in the back of my head I do have a little classical left in there that is my basic foundation. For anyone who really wants to take homeopathy seriously – even enough to say become a practitioner at some point – I would never urge them to do it without going to classical homeopathy school. You really need that background to fully understand because many cases will come across your desk that you will not be able to necessarily understand thoroughly without that background.

Having said that, however, the Banerji Protocols as well as a few of my own methods here and there – mostly Banerji Protocols – are really based on classical. But it's trimmed down the fat and made it so tight that it's much, much easier to use. So, you may find as someone who's treating your family consistently, you will not need to study or use classical homeopathy. In fact, it may even confuse or confound you from time to time.

Paola: Right. And in study groups: the study group curriculum, "Gateway to Homeopathy," (the first half of that), we do talk about classical homeopathy because classical homeopathy helps us understand the foundation of homeopathy, what it means, how it works, the basic theory of homeopathy.

Now, we do have a podcast, Joette, that I want to remind your listeners here, [Podcast Number 24, Topics That Bear Repeating](#), where you and I discussed the protocol form of homeopathy versus classical homeopathy a little bit more in depth. So, if this subject kind of sparks your interest, I think that's a good podcast to listen to. But I do want to say with my son, that ear infection that I was just talking about, I did start with the homeopathic protocol for ear infections that you taught from the Banerjis. And it did not act on him.

Joette: Yes, so you need to go further. You need to go to the second protocol. If that doesn't act, you need to go to a third protocol. If there are no more protocols after that –an the sometimes there are and sometimes there aren't – that's when classical, yes, indeed can be useful.

Paola: That's exactly where I was. He had a very unique ear infection. Actually, the exterior ear was swollen and sticking out like little elephant ear off to the side. The protocols did not work, at least in the way that I use them. I thought I was using them correctly. So, that's where my friend, Sherry, we were talking until one in the morning. We found out that he needed *Aconitum napellus* at that time. We did *Chamomilla* 200 and *Belladonna* 200, which is still slightly part of the protocol, but that *Aconitum napellus* was really a big difference for him. So, I feel a little bit naked if I don't know a little bit of classical homeopathy. Because, what if the Banerji Protocol does not work, or what if I don't own the remedies in the Banerji Protocol? Well, I have a little bit of backup.

Joette: Yes, yes. Listen, you can never get too much education. Oh, wait a minute, I take that back.

Paola: What do you mean?

Joette: I take it back because I'm making fun of the

universities these days. There's a lot of gobbledygook education in American universities these days. So, there's a lot of stuff that becomes superfluous and without focus. But, *self-education* is what I mean. That's where I put the emphasis. Everyone should be constantly educating themselves, whether it's homeopathy or otherwise.

Paola: I love my homeopathy library. I love all the books. I have tons of your books, Joette. I have more books. I love it. I think that's what you're talking about.

Joette: Yes.

Paola: So, my last question for the newbies that we're getting is: What role does diet have in homeopathy?

To follow or not to follow a diet

Joette: People ask me this all the time. And, I hope I don't sound inconsistent but in terms of a condition, a disease, not as much as you would think.

Paola: Interesting.

Joette: I'm on the board, the honorary board of Weston A. Price Foundation. I am a true believer in the whole nutrient-dense, homemade foods that are sourced from good sources. I believe in Dr. Weston Price's works and all those who are peripherally around him. But, I have found through the years that depending on foods alone has been a disappointment, not only in my own health but in other folks' health, in my clients and students, etc.

Sometimes we get lucky and people report to me that by getting off of gluten, they don't have any more joint pain. But if they wait long enough, my experience so far has shown me that stay away from gluten for a while and then a couple of years later, they find out, oh. it's kind of coming back again. Now, they have to get off of dairy. Then wait a

little longer and then now, they have to get off of eggs. Then eggs are related to chicken. It doesn't correct the problem. Abstinence of food does not correct the problem in my experience. It's *management*.

Now, I'm not going to tell you it never works because I think that for some people, it can. If it is a food condition in the first place, then yes, I suppose that's very possible. But I don't get those folks. The people I get are those who have been through GAPS diets and Weston Price and FODMAPs. I can go through many more names than that of diets.

If you'll listen to this a couple of years from the time we're recording this today, there are going to be more diets. They are going to declare that this is *the* diet that cures. Well, I started back in the 1980s with Dr. William Crook's book on "The Yeast Connection." I thought I had found the answer and followed that. It helped for a while, but it wasn't until I got to homeopathy that it really got to the true correction.

Paola: I see.

Joette: So having said that, it's not necessary to change the diet when you're using homeopathy. If you already found that you *can't* eat dairy and that you'll get diarrhea and brain fog, so of course, you don't eat it. Don't go ahead and do it. You already know that that would be imprudent. So, you stay with the diet that you've been following. And you add the homeopathic, and then slowly you start adding in some of the foods that were a problem before.

That is what we're looking for is the freedom of being able to eat anything. I always tell folks. I want everyone to be able to eat at McDonald's. Not that I expect you to eat at McDonald's, but I want you to have the freedom to be able to do so. If I were bold enough to come into your home and open

up your refrigerator, I would certainly hope that I would find high quality foods in there. But, if you're on a long trip with your family, and you ran out of food, and it's now one in the morning, you're in the middle of a snowstorm, and the kids are waking up, and they're hungry, and the only thing that's around is a McDonald's – I'd like you to be able to go to McDonald's. Or even less severe a situation than that.

So, true health is freedom. And the freedom to be able to eat whatever you have available to you is what we're looking for. Now, also the other side of that coin is we have to be intelligent about our food choices.

So, it's unnecessary – that's really what I'm distilling this down to – for someone to get better by using homeopathy and having to go on a strict diet in addition to that.

Paola: I see. So, what you're saying is – and I think you taught this in the [Good Gut, Bad Gut course](#) – that the Banerjis in India, they don't prescribe a homeopathic protocol to their clients and then also prescribe a specific diet.

Joette: No. They tell all the patients, eat your traditional foods. Now, it's different there because they do have traditional foods. A lot of us, at least in the US and North America don't have traditional foods anymore. Our grandparents or great-great grandparents, or great-great-great came here so long ago that many of the foods have been lost, or they've been bastardized. You have to be careful with that. That's why I like Weston A. Price, because it is traditional and it's mostly based on European foods. That's where most of us hail in this country. So, that makes perfect sense to me. But, when you look at the traditional foods in Calcutta, it depends on the religion. There are many different religions. They're very traditional people in their traditional garb, and their lifestyles, etc., etc. So,

you can't possibly broach that subject and get away with it.

Paola: A lot of vegetarianism and things like that.

Joette: Well, there's vegetarianism. Many of them don't have access to the kinds of foods that we have access to, if they live in villages or if they live in the big city. They have what they have.

Paola: Right. That is right. Very good. I know that part of your logo used to say where nutrient meets homeopathy. So, it wasn't necessarily that you needed to have the diet for homeopathy to do its thing. Really, I think your goal is to say it's where diet has left off in the healing process, homeopathy can complete.

Joette: Yes, picks up. Picks up and carries on. You don't have to do the diet first and then homeopathy second. You can certainly start on a decent, clean diet and not worry too much about it, and use the homeopathy simultaneously.

Paola: Right, very good.

Joette: Well, it's like anything in life. That anything that is wholesome and lofty and authentic, of course, you want that. I always tell people, if they're stressed or – many conditions can be attributed to stress – I tell people, listen to good quality music. Don't watch the news so much. Only read quality books. Don't expose yourself to the lower end of society. Find the lofty and concentrate on it. That automatically lifts us out of aspects of life that can drag us down too deeply.

Paola: Right. Weed out the toxic friendships or relationships. For me, I think it's something big this year. It's focusing on gratitude. That's a very good thing too.

Joette: Yes, absolutely. So, St. Catherine of Sienna said, "If you are what you should be, you will set the whole world

on fire.” That is a big part of my motto. This is what I should be doing. I want to hand this over to you. If it is what you should be doing, then I hope that you’ll set your world on fire as well.

Paola: Well, I know you’ve set my world on fire. I mean, truly Joette. I mean, this is one of my last podcast with you for a little while.

Joette: I know.

Paola: It’s so sad. It’s been such a hard thing. We live on a homestead. I’m so busy with young kids and homeschooling.

Joette: You have a very rich life, Paola. It’s a good thing. It’s very good.

Paola: I am so thankful. But I have to say, Joette, you *really* have changed my life. I’ll still be around. I’ll still help out, I’m sure, here and there with the podcast or in the course or however you need me to. But, I just feel so privileged to have been part of this and to be a little piece in your group.

Joette: It’s been my pleasure as well having you. It’s been great working with you.

Paola: Thank you.

Joette: It’s natural. We bounce off of each other well.

Paola: The gal who’s going to be helping out with the podcast, Kate, many of you already know her. She is a Mom with Moxie. She has the story where the horse landed on her arm and shattered her arm into a million pieces. My favorite part of that story is where she was at the hospital, and she wasn’t taking any painkillers. They wouldn’t release her. So, she finally said, “Okay, give me a Tylenol. Okay, that helps sooooo much. I feel so much better,” because she’s been using lots of homeopathy. So, she’ll be a great

addition here.

Joette: Oh yes, I think so too.

Paola: So you guys can look forward to her. Well, thank you so much, Joette.

Joette: It's my pleasure, Paola. As always, it's been great.

Paola: 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 healthy 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.

It's Halloween! Let's Talk About Bones



The decorative skeletons I've been seeing everywhere got me thinking ... what better time than now to talk about *our* bones?

Wouldn't it be great if, like those Halloween decorations, we could actually see our skeletons to determine our bone health?

We can't exactly squeeze our arms and feel brittle bones, right? And waiting around to see if a bone breaks doesn't sound very effective.

Yes, yes. I know we can see our bones through x-rays, and we can certainly undergo bone density tests.

But do those tests really show us the entire picture? I've long wondered about the accuracy of bone density scans and [recently ran across some research in support of this skepticism.](#)

That research, through two studies, determined that body size – meaning your height and weight – can skew the results of bone density tests.

Put more simply, the bone density tests of petite women may show they have lower bone density than they actually do!

These are theories.

And you know how it is with theories: There are those that indicate inaccuracy in bone density testing and still others that contradict them.

But, in light of these conflicting theories, I propose that we need to err on the side of caution – take a second (or third) look at the tests themselves and the accuracy of the conclusions drawn from them.

The rationale behind a bone density scan is that one can observe how thick the inner workings of the bone is.

But, I wonder if there is more to it? The human body is infinitely more complex and sophisticated than what is sometimes assumed.

I like to compare the perceived accuracy of bone density scans to the outward appearance of different styles of bridges. Just because a bridge may not *appear* to be strong, does not necessarily mean that it's weak.



Think about stone bridges that were built before the turn of the last century and the modern, more spindle-like ones that we build today.

The thin, sinuous ones are just as safe and sturdy as the bulky, thick ones. The components of the bridge may *look* different, but the effective functionality is still there – a safe and supportive structure.

And so it may be with our bones.

I'm not saying that bone density tests are of no value. But, in light of studies that now imply inaccuracy, particularly depending on body type, I'd like to keep an open mind.

If we can't be 100% positive about the accuracy of bone density testing, then what *should* we do?

Super simple. Nutrient-dense meals. I've shared the recipe for my No-Nonsense Bone Broth in a previous blog. If you missed it before, [click here](#).

In addition to nutrition, we can also take care of our bones with homeopathy – of course!

It bears repeating that [Calc phos 6 \(Calcareo phosphorica\)](#) is the premier remedy for improving bone density. While homeopathic remedies are not supplements, *Calc phos 6* can be taken to increase the strength of bones when they're weak.

If there is truly a pathology – say, breaking bones too frequently or easily – [Symphytum 200](#) may also be added to the schedule.

But again, *Symphytum 200* is used *only* if there is a true pathology.

We ALL need to take care of our bones every day ... That way, we won't need to depend on the accuracy of assessment tools or bone density tests. We'll already be one step ahead!

If you would like to learn more about bone density, osteoporosis, and other issues that affect women, I invite you to consider my course, [Feminopathy](#).

Meanwhile, get cooking, keep your pot full of bones, and smile at the seasonal skeletons – knowing you've been taking care of your bones all year!

Podcast 36 – Moms with Moxie: Strep Throat, Note-taking and a Disney World Miracle



In this podcast, we cover:

- 05:22** **The Secret Spoonfuls: Confessions of a Sneaky Mom Story**
- 10:02** **Herbalism and Natural Medicine**
- 19:40** **Note-taking**
- 21:14** **Homeopathic treatment of strep throat, food poisoning, coughs, and canker sores**
- 32:03** **Disney World miracle story**

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.

Paola: It's podcast number 36 at joettecalabrese.com. Today, we've got a new episode for the *Moms with Moxie* miniseries.

Joette: All the way from my desk in New York, I get to see how homeopathy is transforming lives all over the globe. 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 and they're glorious and powerful. I can't keep your successes a secret any longer. So, with help from my roving reporter, Paola, we bring you this mini podcast series that I call "Moms with Moxie." It's actually grandmoms, too but it's Moms with Moxie. See how regular mothers and others, average people who want to cure those around them have gone from freaking to fabulous with homeopathy.

Paola: I am so excited to be doing another *Moms with Moxie* interview. This time, I actually have a friend of mine. Now, I have to say that all of the other Moms with Moxie I've interviewed have not been personal people that I've known before, but Mindy is a gal that I met. She was actually in one of the earlier pilot study groups that we were doing before we released [study groups](#). So, that was fun to get to know her.

Mindy is a mom of four. She got her undergraduate in Elementary Ed. She taught a little bit before she got married and started having kids and stayed at home with them. What I really like about Mindy though is that she came from a background where she actually studied a lot of

herbalism and wildcrafting – kind of reminds me of Joette who did a lot of that before she found homeopathy. So, let's just talk about your journey Mindy and how you started and how you ended up with homeopathy. So, welcome.

Mindy: Great. Thanks so much. I'm so excited to be here and talking with you.

Paola: Okay Mindy. So, you told me earlier that you were not born or raised with alternative medicine.

Mindy: Yes, not at all. I went to the doctor just like anybody else for well-checkups, for vaccinations, for all the good stuff. There was never any, "Hey, maybe we could deal with these ourselves." So, it was trust the system, trust what the mainstream is doing. I didn't really think much more of it than that. Then I had a certain specific event that happened to my life that changed. When I left home and I went to college, I had the greatest privilege and honor to meet a lady who I called Mumsie. She kind of became my adopted grandma. She just blew me away with her knowledge of natural medicine. I think maybe I had always wondered before, but I never really have done anything about it. She was a student herself at the age of 70 learning about herbal remedies. She would just be throwing stuff at my husband and me, "Oh, you're sick. Here, take this. I made this special concoction just for you."

Paola: Cute.

Mindy: I remember the first time I smelled this remedy that she gave, this herbal salt that she gave to us (that now I use it all the time) but I remember thinking, "This stuff stinks. What is this witch doctor stuff?"

Paola: That is so funny, especially being like an older lady. She kind of has that little quirky profile.

Mindy: She truly was like a witch doctor in my mind. But I

really admired her, the way she walked to the beat of a round drum kind of a thing. She was so passionate about it and just instilled in me a lot of new ideas such as anti-vaccination. She didn't eat certain foods and especially... there's just a funny story about my brother who was over there with me. We were eating some of these healthy cookies because every meal was beautifully healthy. He goes to say, "Hey, do you have any ...?" And he was going to say milk but he turns and looks at her bookcase. There is this book front and center that says "Milk, The Deadly Poison." Then we were just like, it's like, "I guess you don't have any of that."

Paola: Until recently with the advent of Weston A. Price, the healthy diet was kind of that more vegan, vegetarian.

Mindy: Yes. She did eat meat but the idea that milk was not created for us. A lot of times, it would just make people so stuffy and full of crud in their sinuses. That was the answer to that, to just stay away from that cloggy, mucous stuff. So, that made sense to me. I'm like, "Okay, well." I stopped drinking milk. I started eating a lot better, looking at health better, looking at alternative stuff.

Paola: I remember when we were in study groups. We were talking about homeopathy so much. We didn't talk a lot about diet. But little things I said, and little things you said as we both realized we eat very different diets. So, I remember telling you. Go get [Joette's CD, "A Secret Spoonful,"](#) I think it's something ... "A Sneaky Mom ... Secret Spoonful of a Sneaky Mom." So, you listened to this audio CD with your family in the car.

Mindy: Yes.

Paola: So, tell us what happened. I mean this is hilarious.

The Secret Spoonful: Confessions of a Sneaky Mom Story

Mindy: So, we're listening to this. She starts talking

about milk and how milk is actually really good for the body and it needs to be raw. My kids are looking at me with this horrified look on their face. They're like, "What!" She is speaking like blasphemy. They put their fingers in their ears and go like, "La, la, la, la." They just did not want to hear that because heretofore, I mean my oldest at this point was like 10. For the last 10 years, I had been telling them that milk was a bad thing. We never had milk in our house ever. We would have soy and maybe some almond, but we just stayed away from it.

Paola: I remember you told me that like the lard, spoonfuls of lard for her kids or like the bacon and the breakfast.

Mindy: I was kind of hyperventilating myself because I went to Paola and I said, "Okay, okay, look. We've got a problem here. I love this homeopathy stuff, but bacon and lard and milk, I don't know what's going on."

Paola: That seems too much. But I remember the thing that really piqued your interest was you were saying about cavities, that you guys have dealt with cavities. For me, a lot of my dental problem stopped cold turkey almost when I really incorporated bone broth into my diet and those fats and everything.

Mindy: Yes. That's really fascinating because we had horrific dental problems. Because I didn't give my kids milk so I decided to give them 100% juice. Anyway, that's another whole story that's bad. But lately, we drink a lot of raw milk. I have to say that dentist's appointments are looking pretty good, just saying.

Paola: Oh good. Good to know, very good. That's kind of the side note, I think with Joette and her mission. She used to focus a lot about nutrition and homeopathy together but now, she's kind of lasered into homeopathy. But that's great. I love the la, la, la, mommy, turn it off.

What I like about you Mindy, is that you figured out for yourself that you didn't want to go to well-checkups anymore. Because I needed Joette's permission. I mean it was finding Joette and hearing her talk about the well checkups, that that wasn't really serving me. That's when I stopped doing those. But for you, you kind of snapped to it before you even heard about Joette.

Mindy: I did. What happened in my life, along with my Grandma Mumsie, was we moved here to Texas and started a family. My husband went into business for himself. Insurance for self-employed people is really horrible. One visit to the doctor is at least \$100. We didn't have \$5. I realized really quickly that I needed to incorporate all those things I had heard Mumsie talking about and quickly. Then I was like, "Well, why do I need to take them to a doctor if they are well?" They look healthy and happy and beautiful. I don't need someone to tell me that. I just know. I'm like I'm not paying 100 bucks for someone to tell me my baby is well. No, thank you, next.

Paola: Yes. That's just such great independent thinking that you gave yourself the permission to do that. I really, now, today, try and think outside of the box. But it's like until you try to, you don't and you're stuck.

Mindy: I realized I was a little fringy with that. People would look at me weird. I just stopped talking about it with people because I think it made them uncomfortable that I didn't take my baby to well-checkups. It was like, not validating their actions. So, there are a lot of things I just kept to myself like I didn't vaccinate my children. I just don't talk about that with mainstream people because it makes them upset, and so same with not taking my kids to the doctor. There are some people I know I can talk with that about and others – not.

Paola: Now that I think about it, that's exactly why I

never intentionally stopped taking my youngest especially, so I call her my golden child because I did everything right. But with my youngest, I didn't intentionally say okay, "Well, I'm not doing well-checkups anymore because they're worthless or whatever." I didn't think that. Every time I went to think about making an appointment, I'm like, "Well, I'm just going to be yelled at so I'm not going to go this week. I'll think about it next week." Then just one thing led to another and then it was a year later ... a year and a half later.

Mindy: Exactly, exactly.

Paola: Let's talk about your experience with natural healing. So, you studied and went to school for understanding herbs and that stuff.

Herbalism and Natural Medicine

Mindy: I did. I decided because I was going to not vaccinate my children that I needed to be responsible about that decision. If I was going to be responsible then I needed to know how to help my children be healthy.

Paola: Interesting.

Mindy: So, that's where I studied a lot about diet. Then I studied the herbal medicines. So, I went to Dr. Christopher's School of Natural Healing. I took online courses. Then he had a student who started his own school. I took a lot of his classes. I attended his school.

Paola: Dr. Christopher, he's mostly like herbs, tinctures.

Mindy: Yes. He's 100% herbs, yes, making tinctures and salves and teas and lots of enemas.

Paola: Yes, interesting.

Mindy: Up until my story starts with homeopathy, I have

been able to really treat my children with herbs. Now, I wasn't always 100% as far as like not doing antibiotics. I think my second son got pneumonia. You take him to the doctor and they're like, "Oh my goodness. We need to take him to the hospital immediately." The scare tactic worked on me. So, we gave him an antibiotic for that and some steroids. But I can probably count on maybe less than two hands the amount of times I've ever given my kids antibiotics. Probably one hand – out of all four of my children, because I was just able to treat my kids with my herbs and my natural ways that way.

Paola: Which is great, that is great.

Mindy: So, that was really exciting. But then life threw me a curve ball, which it always does to all of us. I came up upon something I could not treat naturally. I got strep throat four times in six months. It just knocked me on my bum. I threw everything I knew at it. I threw herbs at it. I never really did the oils – the On Guard or whatever, the Breathe. I'm just trying. Whatever I had, I'm trying. I tried enemas.

Paola: Did you try cayenne pepper?

Mindy: Yes.

Paola: And the apple cider vinegar. I love it when people, "Well, did you try ...?" I'm like, "Hey! I tried it all."

Mindy: Exactly. That's exactly what was going on. I was trying everything. I just couldn't kick it. It kept coming back. I was scared. For the first time in a long time, I was really scared. Because I'll go to doctors ... the last lady I went to, she's like, "Are you kidding me that you don't have your tonsils out already?" She's like, "This often? They need to be out. I can make the appointment for you now." I'm like, "Oh my goodness!" I pushed my chair up. I'm like, "Thank you for your time," after she'd already given me tons

of antibiotics. I was like I have to find something else. Because you know what? After those four rounds of antibiotics, I know this sounds weird – but I could feel my health declining. I was getting sick all the time even in between those strep throats. I was getting sick with other stuff. I felt horrible.

I met a friend. It was like one of those tender mercies. Your friend comes up to the door. I'd been praying and just hoping that I would be able to find the right thing. I knew that there had to be something. I knew it. So, she says, "I want to share something with you." She says, "I'm going to a class from my friend. And I treated my daughter with strep throat." Then what was really interesting is I had a friend named Jen, who come to find out is your friend, and had strep throat four times in six months too concurrently with me. Except her last time, she went to you and had you treat it homeopathically. She's like, "Mindy, it worked." I'm like okay. Okay, folks. We got to check that out.

Paola: But technically, I didn't treat it. I educated her, and she took care of it herself. But yes, that's right. I had a very, very, very scary experience with strep throat where if you take my study group class, I tell the whole story in detail. But it was not good. So now, I feel like I know so much about strep throat and treating it. It can be tricky. I remember even Jen, our friend Jen who had it, it was a little tricky too to address hers. But we did it. There's something to say for herbs and Joette says this. There's nothing wrong with having other modalities like herbals and tinctures and whatnot in your kit. But what we're going to get to here is that homeopathy really does. If you're going to hierarchy this stuff, homeopathy is at the top for sure.

Mindy: Oh it is. It absolutely is. I'm coming from my background of herbs and loving herbs. Homeopathy takes the cake.

Paola: Right.

Mindy: I went to Paola's study group, which thankfully was just about to start. It was the perfect timing. What was also interesting is that – I think it was the first class, right, Paola – where I talked to you about my daughter?

Paola: Yes. Your daughter had been dealing with the flu.

Mindy: It wasn't actually quite the flu. It was more like she just had a fever that wouldn't go away for 10 days. I was freaking out. So, she had had a fever for a couple of days when I first took your class.

Paola: Yes, it was at the beginning. We both felt like, "Well, it will probably just resolve itself because fevers usually do." Then the next week, seven days later, we were like, "She is not doing good." Then we were like, "Oh."

Mindy: We were texting back and forth. You were so great. You were like, "Mindy, trust this remedy," because I gave her a certain remedy. I'm trying to even remember what it was. I was like okay, well, she's sleeping now. You're like, "That's good. That's good." I mean you helped me so much through that time. It's so great to have somebody in your court that can help you.

Paola: Which is really the purpose of [study groups](#). People who are probably listening to this will go like, "I need a friend that knows a lot of stuff." First of all, I haven't been doing homeopathy for very long, Mindy. I feel like you haven't been doing it for a very long. The amount, the net gain you can gain in the short amount of time of just listening to Joette's [podcasts](#) and reading her [blog](#) alone is incredible. But I really believe in study groups because it allows you to create a community, even if you meet online with people. There is this cute group in Canada that I'm going to interview. They did study groups. They were all just people in the same Weston A. Price chapter. They like

messaged through the group, “Hey, let’s start this study group. Who wants?” And then randomly, six of them got together. They all met online. Now, they’re all in the same regional area of Canada. But they didn’t know each other and they just started it. The support that they get from each other is phenomenal.

Mindy: It’s huge.

Paola: So, I think we ended up giving your daughter *Belladonna* in the end which we probably should have used that right away, but – oops. Sorry about that.

Mindy: You’re right. It was *Belladonna*. That’s right.

Paola: I remember she had glassy eyes, very glassy eyes and that high fever.

Mindy: Yes. That was great. So, success number 1 to start a plethora of successes.

Paola: Then, I remember one time in study group – and this is an important lesson. We have a podcast that talks about not running around like a chicken with its head cut off. I think we all have to experience learning not to do that. So, talk about that in study group.

Mindy: Yes. So, this was a funny experience. Well, it wasn’t funny at that time, not at all actually. My son who’s four got an acute ear infection. Actually, I’m driving home from the study group. My husband is like you need to get here quick because Rocky has a really bad ear infection. I get there and he’s screaming bloody murder. Now, what’s good to know about Rocky – which would have been helpful to help me pick my remedy – is he’s just 100% in whatever he’s doing. He’s just very emotional. So, I come at it with *Pulsatilla* because that’s the first thing I’m thinking. I gave it to him and like he’s still screaming bloody murder. So, I’m like, “Oh my goodness. It’s not working.” Okay, it

had been five minutes. So, then I'm like, "Oh, I got to try something else." So, I gave him something else. Then like five minutes later then, "Okay it's not working."

Paola: So then you picked the third new remedy.

Mindy: Third remedy, actually, if I'm honest, I think that's just four remedies and not three.

Paola: I find out about this later. I was like, "Oh Mindy, no. That's not how it works." You were so cute. You were so nice. I gave you a hard time. But that's how you learn. You've got to make mistakes to learn and get to the other side. So now, looking back what should you have done?

Mindy: I should have absolutely kept with *Pulsatilla* because – just for his mentals, too, – like he was screaming *Pulsatilla*. I just have to say it's really hard when you've got littles that are screaming. He was really screaming. So, that was a hard situation.

Paola: Well really, the point is if you pick *Pulsatilla* at the beginning ...

Mindy: And I stick with it.

Paola: And this is before you had a protocol because the Banerji Protocol for ear infection, there are a couple but the one that I can think of right now is *Pulsatilla* twice a day and then *Chamomilla* every 30 minutes as needed, SOS for pain. So, either you could have done a protocol or if you didn't have a protocol and you were going to just approach it by symptoms, kind of a little bit more classically, you would pick the remedy and commit to it for three to five doses-ish.

Mindy: Yes. Because it was SOS, I could have given it to him more often and it probably would have worked by the third dose, if I would have just stuck ... but I didn't give

it a chance. I really didn't.

Paola: But it's such a good lesson.

Mindy: Yes, it was. It really was.

Paola: Let's go through a few more experiences. Tell us how you keep track of all your homeopathy notes.

Note-taking

Mindy: Yes, I'm so glad you asked that because I think I have found the end-all-be-all for me. But I have all my file folders with all my kids' names. I have my 20 notebooks around my house. I would write on each notebook, and then I would lose it. Because I love how Joette teaches that we need to keep track and write, so, I really took that to heart and I did that every time. But then I can't find my papers to tell my success stories or to remember like, "What was it that I gave?"

So anyway, I found this app. It's called OneNote. You can download it for free. It will give you folders. Within the folders, it has tabs. So, I have my homeopathy folder. In my folder, I have each of my children's name plus my husband's name and my name. I go through and I just write the date. I write the exact time. I write the symptoms. I write what I gave them. And then I follow up. Then at the end, I'll just put like little asterisks and I'll be like okay, this is how it went down. This is how it wrapped up. It's just this running list on my tab. So, I can just go back to each individual and it's wonderful. I keep track. It's just great.

Paola: I am going to download that, really I am because I almost keep track of things through my email. Like I'll email myself like blah, blah, blah. That's terrible. They're all over the place then. So, OneNote, it's just an app on your phone, O-N-E-N-O-T-E.

Mindy: Yes. Yes. Download it and do it.

Paola: Okay, cool.

Mindy: It's great.

Paola: So, as you scroll through your app, what kind of experiences do you find there?

Homeopathic treatment of strep throat, food poisoning, coughs, and canker sores

Mindy: I've got a couple of great ones that I love. Just so you all know, it's been a year and three months since I've had strep throat last. Within that year and three months, I have felt my strep throat come on about three to four times.

Paola: Yes, because it kind of turned into a chronic problem after you take an antibiotic so many times.

Mindy: Yes. We went on a vacation up to Utah. Both my son and I – because my oldest son came down with strep with me one of those times and got it twice with me. We were doing this together. We went from Texas to Utah. By the time we got up there and you know how it is with vacations, you're working hard before. You're kind of stressed. Then you get there and there's a lot going on, right? I could feel it coming on. I could feel it deep in my throat. I knew but I had all my remedies with me. I took that *Hepar sulph* 200 is what I took. I, no joke, by the third dose, it was going away. Then my son comes up to me about a day later, after I'm like, "Mine's successfully going away." Because it's quiet because we're with lots of family, and he's like, "I don't want to tell anyone but I think I'm getting strep."

Paola: Oh no.

Mindy: It's like, "Okay. This is what we're going to take. We're not going to tell anyone. We're just going to take our stuff." So, we take it and bam. I mean it's done. It doesn't

even advance past that like that sharp, sticky ... like a stick in your throat, deep in there. It's gone.

Paola: That's actually how they describe it in the materia medica for *Hepar sulph*. There feels like a splinter in your throat.

Mindy: Yes. That is like a huge success. I want to scream it from the rooftops. I want to write Joette 100 thank you notes and Paola for teaching me this because it truly changed my life. I'm so, so, so grateful.

Paola: It's all Joette, girl. Yes, just because the way she teaches it to you and how passionate she is, it makes you feel dumb if you don't do it which is a good thing. You need to be pushed.

Mindy: Joette, I have to tell her that I feel like I'm in this grassroots effort with her. Because she is so awesome the way she gives out all these ... the podcasts, all the blogs. It's just all this free information right there at our fingertips. That's how I'm learning. I have one of her "[Good Gut, Bad Gut](#)" classes, but that's it. That's all I have so far. I've had all these successes, because she has shared out of the kindness of her heart and out of her mission. She's getting this word out there. I am so, so grateful. So, let me tell you just a few more little stories about awesome success stories.

I woke up once in the middle of the night and it was just all of a sudden and I'm shaking violently. It's coming out one end, about to come out the other. It feels like food poisoning.

Paola: So, vomiting and diarrhea. Oh no.

Mindy: Yes. So, I ordered the red kit and then got all of her cool ...

Paola: Oh yes, that's true. If you ordered Joette's top 100 remedy kit in 30C, at this time at least, she gives a bunch of free materials with that.

Mindy: It was that. I love everything that came with that. So, I was reading through that and I knew *Arsenicum album*, that's what I need right now. So, I wake up my husband and he's like, "Okay. You're freaking me out with how weird sick you look." I'm like, "Just get me the *Arsenicum album*." I take it. I'm not lying. Like less than 10 minutes later, I am back in my bed. I have fallen fast asleep. My husband is left like scratching his head like, "What just happened here? How was that possible?"

Paola: That's amazing.

Mindy: It was so crazy. Not everything happens like that. It's not like an in-day thing. So, then we have other stories with chronic coughs. My husband gets these coughs twice a year that last for like three or four months. They start with just the regular coughy, coldy stuff. Then they'll just last forever. He had one earlier this year in January. I was treating it with actually a different remedy that I don't have in front of me right now. So, kind of the main cold left, but he was left with this cough. The cough was the forefront remedy.

Paola: That's pretty typical for him. He tends to at the end of a cold have this lingering cough.

Mindy: Yes. So, I had done my research. He was going out of town. I sent him with these remedies. He calls me in the middle of the night like two in the morning, "What do I take?" He's coughing. I said take the *Phosphorus*. I really think that the *Phosphorus* is going to work. So, he takes it. He tells me later, I mean, it stops the cough right away. He had like more of a wet cough. So, it stops that cough right then within five minutes. It's done. He can go back to

sleep. It happened to him in the morning. He took *Phosphorus* again. It stopped it in its tracks. He got a little bit better. I think he maybe took it maybe once or twice in the next few days. That was awesome.

Then I get a cough a couple of months later. But mine looks completely different than his. It's more of this dry gagging. There's no productivity to this cough. It's just completely dry. I had to do some digging. I tried one. It helped me feel better but the cough, the gaggy cough was still there. So, after looking through my materia medicas and I always go on Google. I type in "gagging cough, homeopathy, Joette Calabrese." That's my go-to, right? So then, I decided on *Ipecac* and *Ipecac 30* did the same thing for my dry, gaggy cough that *Phosphorus* did for my husband's wet cough.

Paola: That's amazing. So, I like that you said that this isn't typical. It doesn't always work that quick. I think if you get into this, and you start using your remedy kit, you will see that sometimes it does work that quick – not always –and that's just awesome.

Mindy: Yes.

Paola: I wish it always worked that way, but ...

Mindy: I know. I do too. But there are a lot of times that it really does work pretty quick if you pick the right remedy. It's not hard. If you'll just take the time to say, "You know what? I want to learn this." I've shared this with a lot of my friends. There are some people that are like, "Well, I just want you to tell me what to take." I'm kind of like, "No." I want you to learn this because it's so empowering. I've listened to a lot of your podcasts. I feel the same exact way as all these other moms, that it's just, it's empowering and freeing.

Paola: I think that is why Joette says if you don't have

moxie – that’s why this is called “Moms with Moxie” – if you don’t have moxie, if you don’t want to do it yourself then this may not be the right thing for you. Maybe you do need to just stick with the doctor or whatever. So, another one that kind of acted quickly was for hiccups, right?

Mindy: Yes, okay everybody, if you don’t like hiccups as much as I do not like hiccups, *Mag phos* 6X. I’ve tried this twice now. I’ve actually tried to give myself hiccups so I can try it again. But I’ve tried it with two of my kids too and it works. By the time I put it under my tongue, by the time it has dissolved, the hiccups are gone.

Paola: That’s just awesome.

Mindy: It makes me giggle. It’s so amazing.

Paola: It is. It’s so amazing. They don’t bother me that much but you must get them kind of awful.

Mindy: For some reason, they really bug me. I hate them.

Paola: Well good. Keep that *Mag phos* with you. And then you did canker sores.

Mindy: I don’t get them very often but I got one a couple of months ago. Joette has a great blog on that actually.

Paola: She does.

Mindy: Where she talks about her son being like Mr. Smarty Pants, being like he can just eat whatever he wants and cures canker sores.

Paola: Right. Canker sores are often like a food intolerance a little bit.

Mindy: I loved in that podcast where she talked about her son knowing. It really inspired me to make sure my kids know – these are the remedies for this. I used *Merc sol* 200 for

the canker sore, and it was just gone. I think it was gone within less than a day.

Paola: Yes.

Mindy: It was really, really awesome.

Paola: Do you have time, Mindy? I mean I'm loving these stories. Can you tell us a couple more or one more?

Mindy: I could go on and on forever. So, yes, I'll tell you I've got two more great stories that I love. My youngest, he is my accident-prone guy. Homeopathy is probably going to save his life by the time it's all said and done. But he got sand in his eye. He was just playing out and he's like, "Oh mom I got some sand." Like little kids do, he's rubbing it, rubbing it, rubbing it. The first thing I thought of was *Aconite*. He seemed to be good the rest of the day. But the next morning, he woke up and he was just in a lot of pain. He's like I can't keep my eye open. He's crying, crying, crying. So, I opened my trusty materia medica. I'm looking up remedies. Actually, I think that this one was also in one of those extra books from Joette where she talked about eye remedies. It's *Euphrasia* 30.

Paola: I think *Euphrasia*, is it called Eyebright?

Mindy: Yes, Eyebright. What's interesting is I have an herbal tincture called Eyebright. So, I was having him kind of swish his eye with this eyecup I have with that tincture. But he's like, "Ah." He doesn't want to do it. It's kind of messy. So, I'm giving him that remedy. I give it to him a couple of times that day because he's in some pretty good pain. He just has to keep his eye closed. We got this eye patch on him. For a six-year old, that's kind of hard for him. So, it was really amazing. By about 24 hours from when I started that remedy, it was drastically better. It wasn't all the way better. It probably was a good 48 hours before he could keep his eye open and it wasn't red anymore. Then I

kind of gave it to him maybe just like once on the third day or something. But I was also doing Echinacea and Goldenseal on the outside. I made a tea of the Echinacea and Goldenseal and like rubbed it on with a cotton ball. So, it was kind of doing it internally with the homeopathy and externally with some herbs. That was cool to have both. But I know that that *Euphrasia* really helped him on that.

Paola: That's amazing. I like to tell people because this is just a fun, little nerdy homeopathy fact that *Aconite* is also the *Arnica* of the eye. I think you did use *Aconite* right up front.

Mindy: Yes. It seemed that helped. I thought the issue was done. I thought like we were good to go. We didn't complain about it the rest of the night. Then he woke up and it was like, "Oh, okay."

Paola: So tell us your last story because this one just makes me – I mean it's not funny but it's so funny ...

Disney World miracle story

Mindy: I know. I call this my Disney World miracle story because I was so excited. Obviously, Disney World is a big deal. We drove out there from Texas to Florida. I am sick on the drive. I've got all my books out. I'm kind of like cold sick. It kind of felt at first like this is what happens on my vacations. I feel like I'm getting strep throat because of the stress of getting everything ready. So, I took the *Hepar sulph*. It moved from my throat more into my head. So, by the time I get to Disney World, we're at this pool and I am miserable. I'm not in the pool. I'm sitting on the sidelines. I am sick with this good deep cold. My nose is totally stopped up. My head is heavy. I am on my phone texting Paola.

Paola: Yes, you were.

Mindy: Paola, help me. I am at Disney World. I am sick, and I need you. She texted me back and she says ... because you asked me a question, right?

Paola: Yes, because you sounded like you have this terrible mucousy situation. I wanted to know is it more like a head cold or is it more like a chest bronchial cough cold?

Mindy: Yes.

Paola: I didn't know which direction to go. Like what was bothering you the most.

Mindy: Right. So, she said, "Okay, if it is more the head cold/sinuses, you want the *Sanguinaria* 200 combined with the *Hepar sulph* 200 mixed together, and then the *Bryonia* 200 with the *Aconite* 200 mixed together." When I saw that text and I said, "Well it's the head cold." And you said, "Okay, well it's the *Sanguinaria* mix." And I was like, "Score!" Because those were the two I had. I didn't have the other one. So, I went back to my camper. I took that remedy. I went to sleep. When I woke up, I wasn't 100%, but I could breathe. My head didn't hurt. I could function. I could totally do Disney World that day.

Paola: That's so awesome.

Mindy: From that time, I definitely needed that next dose, because I took it twice a day. So, then I was so grateful that I could just take that dose. The next morning, I felt a little bit better. So, it wasn't the night and day. It wasn't like better from zero-to-a-hundred-better. But it was enough. For me, it was my Disney World miracle. So again, homeopathy, I love you!

Paola: Yes. That's wonderful. So, I just want to review this protocol. Joette has this blog. It's called "[My Solution for Colds and Cough: Homeopathically, of Course.](#)" In the blog, she talks about *Bryonia* 200 mixed with the

Aconitum when there's a cold that's generalized, but also affecting the coughy chest area. But then also if you look in the comments, someone says, "Now I thought *Hepar sulph* 200 mixed with *Sanguinaria* was for colds." And Joette responds, "Yes. But that's good for a cold that attacks the sinuses and the postnasal drip and the nose areas."

Well, Mindy, you are so awesome. Thank you for having Moxie. Thank you for taking time to meet with us. You are just a delight to talk to.

Mindy: Thanks so much.

Joette: Are you or someone you know a Mom with Moxie? Well, we're on the hunt for you. And of course, we don't want to hear just from moms but from anyone who uses and loves homeopathy. Reach out to my podcast team and let us know why you're a Mom with Moxie. For more information, contact podcast@joettecalabrese.com.

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.

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

Recurring UTIs and Antibiotics: Stop the Cycle



Last week, I mentioned that one of the problems I see repeatedly is antibiotic use leading to recurring infections.

This week, I focus on a recurring infection that is all too familiar to many women: The UTI-from-Hell that keeps coming back time after time.

Jean started getting recurring urinary tract infections in her twenties, soon after she got married, and she seemed to get another one almost every two months.

Over the first 6 months, the antibiotics cleared them up quickly. But, after three or four UTIs, the “mild” antibiotics stopped working and Jean had to resort to stronger drugs such as Cipro and Levaquin.

However, those antibiotics come with serious warnings from the FDA.

Within about a year, Jean developed pain in her legs and

feet. It took years before she made the connection, even after meeting with her OBGYN, that this was called neuropathy and tendonitis.

If Jean (or her doctor) had read the warning labels on the insert, she (they) might have understood the cause of these conditions, but Jean trusted her doctor and his assumed attention to detail.

After all, these were the tools of his trade.

Fatigue, bloating, and yeast infections were merely the first conditions she suffered during that initial year and in fact, when she looked back, she concluded she hadn't been well since her original UTI.

But her conclusion that it was the infection that set her up for chronic illness was wrong. She hadn't been well since the *treatment* of that primary UTI. This is a common mistake when folks try to figure out what happened to their health.

But the thing that bothered Jean the most was the weight gain! She had always been naturally slim and never had to watch what she ate. After her repeated infections (and subsequent antibiotic use), she had to avoid many foods that caused uncomfortable bloating and a growing girth.

Plus, despite the fact that she was eating much less than she used to, she was gaining weight! And she couldn't exercise much because of the tendon and nerve pain.

She felt old.

She felt gypped.

Her weight gain made her feel ashamed of her body.

At that point, although Jean and her husband were hoping to start a family, she wasn't sure she wanted to try for pregnancy because she was afraid she wouldn't be able to

handle being a mother due to the severity of her fatigue.

Jean's health and emotional state were a mess.

Because of antibiotics.

If only Jean had been aware of natural, effective homeopathic medicines that have been known for centuries for their ability to uproot urinary tract infections without side effects and antibiotic fallout!

As I have said before, reserve the use of antibiotics for truly life-threatening conditions. (That is, if you don't know what to do homeopathically.) And this isn't just my opinion.

Read this:

"... Serious side effects associated with fluoroquinolone antibacterial drugs generally outweigh the benefits for patients with acute sinusitis, acute bronchitis, and uncomplicated urinary tract infections who have *other treatment options*. For patients with these conditions, fluoroquinolones should be reserved for those who do not have alternative treatment options."

Who said that?

The FDA!

For those who are not from the U.S., this is the ever powerful, Federal Food and Drug Administration.

That's right ... that quote is not from some alternative health site that the mainstream medical community might label as an outlier.

No. That statement was made by the FDA as they began to recognize that with strong antibiotics – such as Cipro and Levaquin that are regularly prescribed for UTIs – the risk

of harm often outweighs the good.

Read their entire warning yourself:
<https://www.fda.gov/Drugs/DrugSafety/ucm500143.htm>

Stunning, isn't it?

But this is not new to homeopaths. We've known for over two centuries that drugs do harm. That at best, they kick the can down the road and at worst (and most commonly), cause new, unintended chronic illness.

This means there is a trade-off that is not only unintended but undisclosed, long-term, and even potentially life-altering.

As the words "alternative treatment options" from that article reverberate in our heads, you may be wondering how have I uprooted recurring UTIs without resorting to antibiotics?

Well, my favorite method is the Banerji protocol of *Medorrhinum* 200C, twice a day (in severe cases, every three hours). If there is a fever present, I add [*Pyrogenium* 200C](#), once a day. And unlike with antibiotics, that protocol comes with no risk of ruptured tendons, neuropathy, muscle pain, or fatigue.

As is common in teaching these protocols, I must make it clear that this particular protocol is not the only one I use. There are others, which depend on the symptoms and circumstances. For example, if Jean had repeated UTIs as the result of intimate relations, we'd have to consider [*Staphysagria* 200CK](#). Without the presence of fever, we'd likely add [*Cantharis* 30C](#).

You get the idea. There's a little more to this than just the remedies listed here. Which is why, of course, it requires a course for a more in-depth understanding of how

to effectively address and treat the issue.

When concerned that an acute UTI may be more complicated or serious than you feel capable of handling, and as I have recommended repeatedly (including in podcasts), you can always drive to your local emergency room and sit in the parking lot while you wait for the remedy to act.

Bring a pack of cards or a good book along with your remedies, and relax. Listen to some music. You'll have the peace of mind knowing you can allow the remedy to take effect while staying close to traditional medical assistance if needed.

P.S. I want nothing more than for you to be educated about "alternative treatment options" for many different infections. And that's exactly what my new course, [The Antibiotic Alternative](#), is designed to do. If you're eager for me to teach you how to avoid antibiotic fallout for other infections by giving you practical, proven homeopathic protocols, please [click here!](#)

Owning this information might be one of the most important things you do for yourself and your family; for infections, as they present as well as protection from ubiquitous antibiotic fallout.



Remedy Cards

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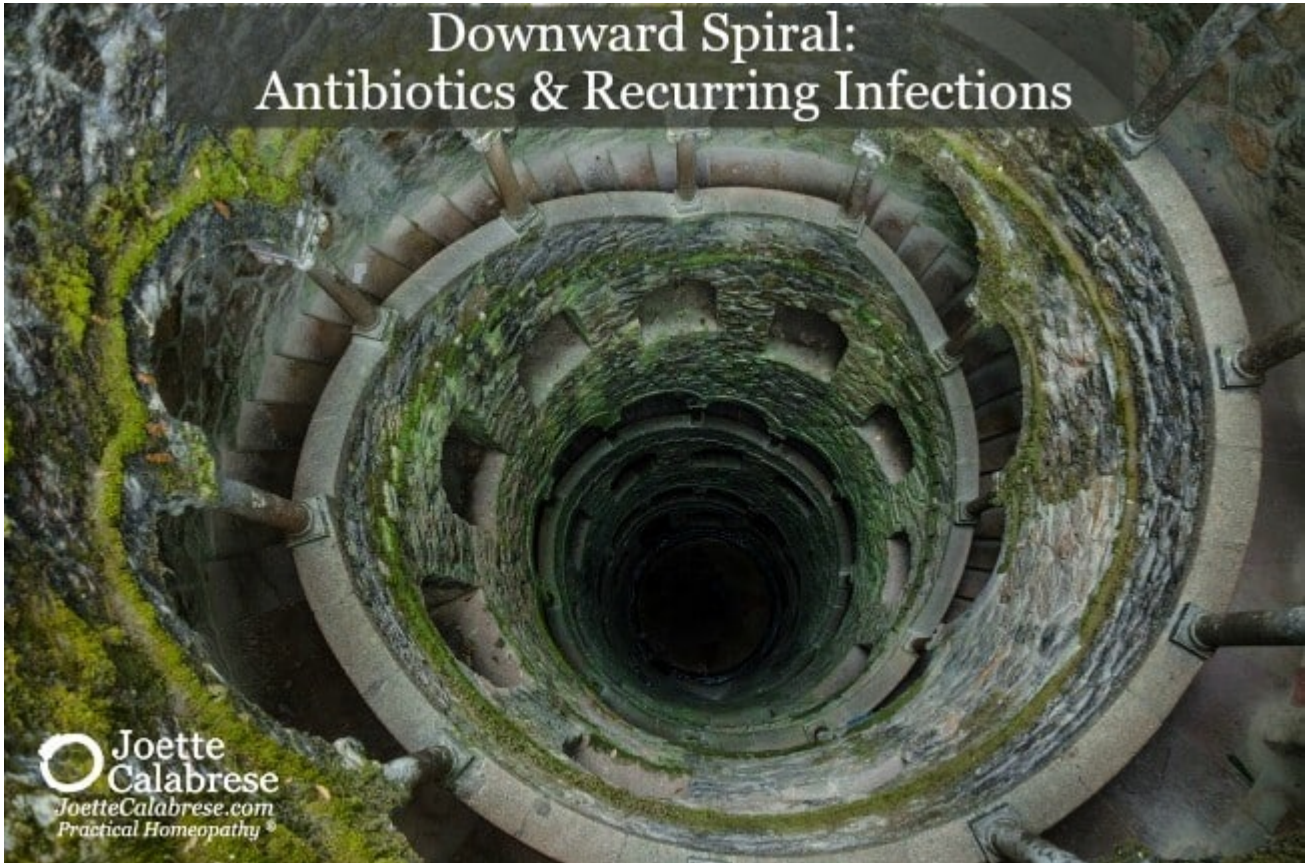
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The Downward Spiral: Antibiotics and Recurring Infections

Downward Spiral: Antibiotics & Recurring Infections



There is nothing more frustrating than being stuck in a downward spiral of illness.

One problem that I see over and over again is recurring infections caused by antibiotic use.

Unfortunately, you or a loved one probably know these types of problems all too well: ear infections that come back to plague kids like clockwork every month, repetitive bouts of strep throat, or sinus infections that come back every year (sometimes several times a year).

Are these just a normal part of life? Why are some of us prone to these persistent trials?

It turns out that antibiotics may be the root of the problem.

Believe it or not, antibiotic use sets us up for recurrent infections. According to the Guardian newspaper, "Antibiotics leave children 'more likely to contract drug-

resistant infections.’ Public health official warns children’s risk of drug-resistant infections 12 times higher in months following course of antibiotics.”

And, it’s not only recurrent bacterial infections that we have to worry about. Antibiotics also set us up for fungal overgrowths, leading to recurring fungal infections.

Here’s an all-too-common scenario of how antibiotic use and recurrent infections wreak havoc with our future health.

Let me introduce you to a toddler named Joey.

Joey had his first ear infection. His bright red face and obvious pain put his mother into a panic, and although she didn’t want to, she felt she needed to get to the doctor to get a course of antibiotics for him.

The antibiotics worked great and cleared up the infection. But, a month later, Joey got another ear infection – even worse than the first. Another course of antibiotics followed. And then another ear infection.

Soon Joey became one of those kids “who are just prone to ear infections.” The doctor has tried writing scripts for stronger and stronger antibiotics but is now recommending having tubes put into Joey’s ears!

Many scientists now believe that the first three years of life are the most crucial for establishing a healthy gut microbiome.

According to a study published in the journal *Microbial Ecology in Health and Disease*, “This is the period when the intestinal microbiota, a vital asset for health and neurodevelopment, is established and its alteration during this period has the potential to profoundly affect host health and development.”[\[1\]](#)

Ramnik Xavier, MD, PhD, chief of the MGH Gastrointestinal

Unit states that, “One of the key motivations of microbiome research is that the microbial population of early childhood appears to be critical to human health, in that decreased diversity of the gut microbiome has been implicated in a number of allergic and autoimmune diseases”[\[2\]](#).

Disrupting the gut microbiome can have long term consequences

This means that disrupting gut flora with antibiotics can have particularly severe and long-term consequences during those early years when a child’s internal biome is still in a fragile state.

Disrupting the gut microbiome leads to gut problems, and because gut health is directly linked to immune health, immunity also suffers!

Diminished immunity leads to recurring infections, autoimmune conditions and poor health in general.

Poor health and lowered immunity usually mean more antibiotics, and, before you know it, you or your child is caught up in a vicious downward spiral.

And that’s exactly what Joey’s mother now faces.

The many courses of antibiotics that Joey had during his “terrible twos” likely disrupted his natural, healthy gut flora and set off a host of auto-immune problems such as allergic reactions to dust and cats.

Now, he can’t have gluten anymore without breaking out into eczema and hives. Dairy is making his tummy hurt. And then there is the constipation.

Poor Joey is having a real tough time with potty-training because of it, so his pediatrician recommends Miralax.

Dr. Kaayla Daniel pointed out in a guest blog post here on

my site that Miralax is a chemical that is also used as a toilet bowl cleaner. ([Read "The Poop on Miralax" here.](#)) Why add something else into the mix that comes with its own complications to exacerbate the downward spiral?

So – if antibiotics are the root of the problem, what does it take to *uproot* the problem?

Well, homeopathy of course!

For Joey's ear infections, especially because they initially happened every time one of his teeth came in and also because he was sooooo irritable, Joey's mother could have given him [Chamomilla 200](#) every 6 hours. That would have been a safe alternative to antibiotics and uprooted his ear problems.

There are other good choices for ear infections such as *Hepar sulph* and *Pulsatilla*, but if we can decode outstanding keynotes of the condition, we can better zero in on the remedy choice.

The good news is now Joey's mom has discovered homeopathy and learned more about how immunity is directly influenced by gut health. She's taken my course [Good Gut, Bad Gut](#) to learn how to reverse the antibiotic fallout that Joey is suffering from.

For instance, she has decided to address Joey's food intolerances by using [Calcareo carbonicum 200](#) every other day. *Calc carb* is also great for improving immunity (when the immunity is clearly down), as well as helping with teething, so this is a win-win-win remedy for little Joey's situation.

Plus, she might also consider *Bovista 200* every other day, as it will also address his gluten and dairy intolerances over time.

Joey's mom is empowered

Joey's mom feels much more empowered because homeopathy has given her more control over the health of her child now by addressing not only his infections when they recur but by also addressing the damage that has been done.

Dealing with a sick little one can certainly be very stressful for a mom, so when she gives him the *Calc carb*, she gives herself [*Ignatia 200*](#), and while she's at it ... she gives her pediatrician the boot! And begins to look for one who is not a throwback from 1970.

What if you can help your family avoid experiencing that whole cycle of antibiotic fallout in the first place by employing homeopathy instead of antibiotics? Well, that's precisely what my newest course is designed to help you do. It's called [*The Antibiotic Alternative: Practical, Proven Homeopathic Protocols*](#). I encourage you to learn more about it by [clicking here](#) – before you or your family get stuck in that downward spiral of recurrent infections.

[1] Rodríguez JM, Murphy K, Stanton C, et al. The composition of the gut microbiota throughout life, with an emphasis on early life. *Microbial Ecology in Health and Disease*. 2015;26:10.3402/mehd.v26.26050. doi:10.3402/mehd.v26.26050.

[2] Massachusetts General Hospital. (2016, June 15). Impact of antibiotic treatment on infant gut microbiome revealed: Antibiotic treatment reduces stability, diversity of microbial population in the first 3 years of life. *ScienceDaily*. Retrieved October 4, 2017 from www.sciencedaily.com/releases/2016/06/160615151708.htm



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Antibiotic Fallout



I talk to a lot of sick people every day. In fact, I've talked to a lot of sick people almost every day for 20-odd years now.

If you were to ask me,

- "What do most of your clients have in common?
- What caused their chronic health issues?
- Is it genetics?
- Poor diet?
- Pollution and environmental toxins?"

I'd tell you, "For the majority of people, the first stepping stone on the path to chronic health issues is pharmaceutical antibiotics."

Most of us started taking antibiotics at a very young age. And most of us have taken them repeatedly, over many years. Doctors and researchers are now starting to understand – this is a recipe for disaster.

In fact, everyone is talking about it. Just Google "antibiotics" and "news," and you'll see the headlines.

There are a few different issues that are scaring health professionals today. Collectively, I refer to these dangers as "antibiotic fallout." But, let me address the top three scariest problems:

Scary problem #1

Health professionals are predicting a world without antibiotics in the near future.

Why? One reason is antibiotic-resistant "superbugs." Because of antibiotic-resistance (due in part to their overuse), we may have plenty of antibiotic drugs on the shelves of our pharmacies, but they just won't work.

They'll be useless!

We're already seeing this. How many of us know someone who has been on course after course of antibiotics for a UTI, for example, only to have their urine culture keep coming back positive?

Meanwhile, doctors keep writing *more* prescriptions for *different* antibiotics in hopes of finding one that works.

Scary problem #2

Antibiotic side-effects. Have you seen the news stories about FDA warnings on common antibiotics such as Cipro or Levaquin?

It's pretty scary stuff! They're throwing around words such as "tendon rupture," "detached retina," "kidney failure," and even "brain damage."

Are these risks we want to take with our children?

Our elderly parents?

These particular antibiotics (and some others) have been linked to brain fog, personality changes, memory loss, fibromyalgia-like symptoms, and Myasthenia gravis, among other ailments.

Scary problem #3

Antibiotic after-effects. So, let's say we take several courses of antibiotics over a few years and are lucky enough to escape serious side-effects.

That's great. However, it's quite likely that we may still suffer from their negative *after*-effects.

Antibiotic-resistance means that antibiotics leave us more likely to contract subsequent *drug-resistant* infections. This sets us firmly on the conveyor belt that leads to more infections, more antibiotics, and chronic health problems

down the line.

Yeast infections, gut dysbiosis, digestion problems, food intolerances, allergies, asthma, eczema, obesity, and autoimmune ailments are all linked to the health of our gut and our immune systems – the first two victims of antibiotic fallout.

Sadly, this describes the majority of clients I talk to every day. (Keep an eye out for my next two blog articles, in which I'll address recurring infections and UTIs.)

For those of you who want to correct chronic gut issues already caused by antibiotics, check out my course [Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.](#)

But, what if we could keep our children from getting on that conveyor belt in the first place, while also protecting their natural immunity and gut health? Yes, there is an alternative to these chilling problems, and for me, that alternative is homeopathy.

Yes, there is an alternative to these chilling problems, and for me, that alternative is homeopathy.

Unlike antibiotics, homeopathy aims to uproot the condition and eliminate the propensity toward recurrence. The right homeopathic will quickly restore health without damaging the body *and* make it less likely that the illness will come back again. It works.

I've previously written about homeopathic alternatives for the most common ailments for which babies are prescribed their first courses of antibiotics: [ear infections](#), [colds](#), [sore throats](#), and [coughs](#). When in need, please refer to those articles by clicking on the ailment's name.

But, you know that I like to give a remedy tip with every

blog article, so, here's my favorite protocol for bronchitis. At the first sign of symptoms: [Aconitum 200C](#) mixed with [Bryonia 200C](#), twice a day. This is a Banerji Protocol, and it has yet to fail me.

If the infection is really, *really* severe, I increase the frequency to every 5 hours. But be prudent! Everyone thinks their illness is really, *really* severe.

Try to be objective and not just impatient because of your discomfort. In my experience, this protocol uproots the illness and makes it less likely the infection will recur.

If I can encourage mothers to utilize these methods with their children from birth, think of all the suffering we can potentially avoid down the road!

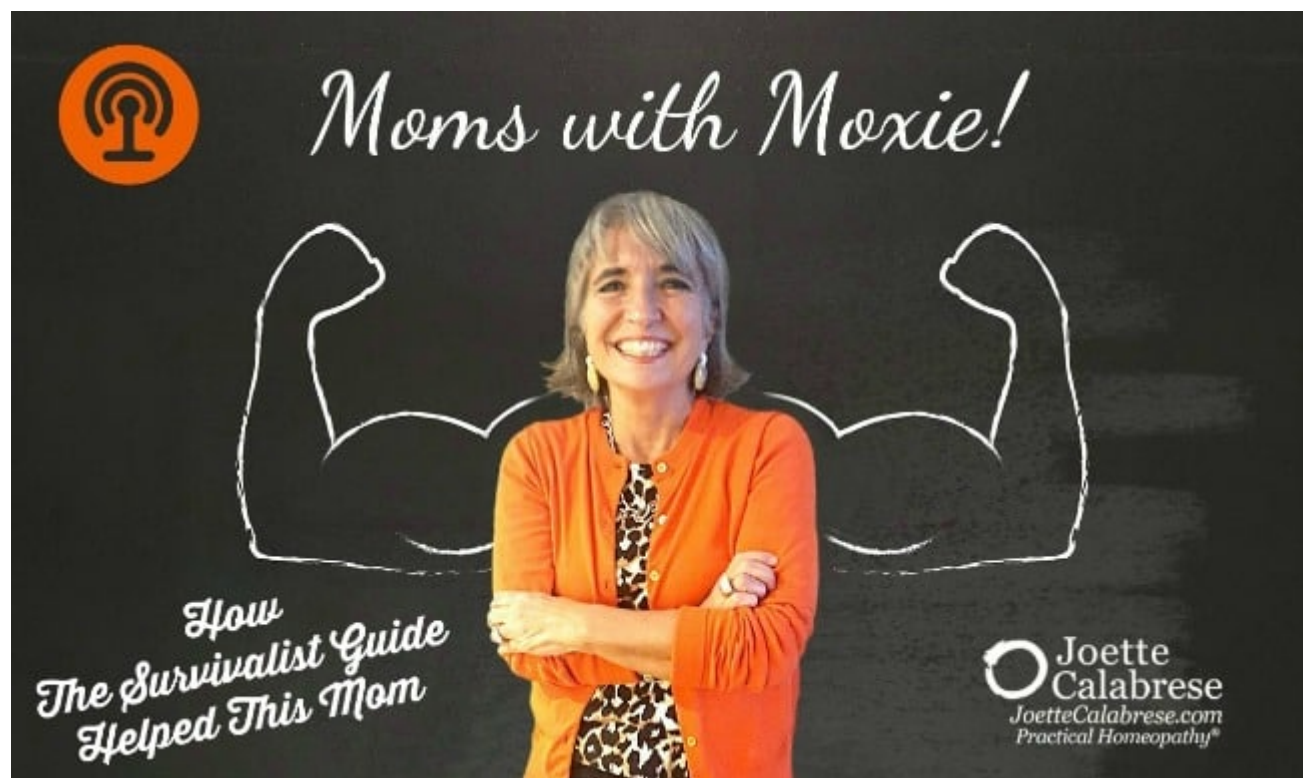
That's what my newest course aims to do: Teach how to address infections the homeopathic way and avoid pharmaceutical antibiotics as much as possible.

The course is called [***The Antibiotic Alternative: Practical, Proven Homeopathic Protocols.***](#)

I feel confident that this education will help give our children the best possible start in life and help the rest of us improve and protect our health as well.

Watch your inboxes this coming week for more information.

Podcast 35 – Moms with Moxie: How The Survivalist Guide Helped This Mom



In this podcast, we cover:

- 04:45** Life before Joette and homeopathy
- 14:03** **The Survivalist Guide: carbon monoxide poisoning**
- 23:42** *Apis* for wound puncture
- 28:03** Hip issues and *Rhus tox*

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.

Paola: It's another podcast at JoetteCalabrese.com. Today, we've got a new episode for the Moms with Moxie miniseries.

Joette: All the way from my desk in New York, I get to see how homeopathy is transforming lives all over the globe. 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 your successes a secret any longer. So, with help from my roving reporter, Paola, we bring you this mini podcast series that I call Moms with Moxie. It's actually grandmoms, too. But it's Moms with Moxie. See how regular mothers and others, average people who want to cure those around them have gone from freaking to fabulous with homeopathy.

Paola: I am here with Shannon Gunther. I am so excited to be with you today, Shannon. We've gotten to know each other a little bit on the phone and through email. We have a really great podcast for Joette's listeners.

Shannon: I am so excited to be here. Thank you.

Paola: Shannon, tell me where you're from, where you're living, what state or whatever.

Shannon: I am in Northern California. We're up in the mountains. I am a homeschooling mama with seven kids and of course, a husband. Just getting ready to graduate my third child, so pretty exciting.

Paola: Awesome, graduate your third child. So, you're a little bit ahead of me. I have to say you look just as young as you sound. That is so fun that you can just be so young to enjoy your family.

Shannon: Yes, thank you.

Paola: Do you have grandkids or anything yet? Are any of your kids ...?

Shannon: No grandkids, yes. My oldest is going to be 20 and he's like, "Mom, not yet, stop."

Paola: So, your oldest is 20.

Shannon: Well, it's pretty cute.

Paola: Shannon, the first question I like to ask Moms with Moxie like you is why do you love homeopathy.

Shannon: Well honestly, when I found it, it completely gave me my life back. I was suffering from some chronic illness and I was at the end of my rope. I've tried everything and homeopathy was it. It completely gave me my life back.

Paola: Do you feel like you have perfect health now?

Shannon: I don't have perfect health but improvement in my life, just I can function again. It's going to be a longer journey. I was diagnosed with hypothyroidism and adrenal fatigue. But I'd tell you, within that first month of starting remedies, I felt like a new person.

Paola: So you mean, you've been diagnosed with adrenal fatigue by a traditional doctor?

Shannon: A naturopath.

Paola: A naturopath, okay.

Shannon: Of course, there were lots of tests involved and can we for sure be sure.

Paola: Right, right.

Shannon: But it all was pointing to that with extreme exhaustion and what not.

Paola: I'm trying to remember where I read this. It was a homeopathic practitioner (who might have been Joette, I don't know). They say that your hormones are a three-legged stool.

Shannon: Yes.

Paola: Your adrenals, your thyroid, and then the other stuff – the progesterone and all that pituitary stuff – and when one of them goes out, the other two were close behind.

Shannon: Exactly. It's just so linked and one will try to help the other and then of course get weakened. So, it's just like this complex stuff. But I found homeopathy, so it simplified it completely.

Paola: You feel like you're living a robust life and that's the thing. That's the key. Joette says it. You're not going to have perfect health. That doesn't exist.

Shannon: Exactly. Yes, I have my bad days. I have days where I'm definitely more tired. But I can get out of bed. I can feel not as overtaxed. I emotionally am stable. That was just a huge blessing.

Paola: That is huge. You're right. I know. I feel like I also don't have perfect health, but when I look at what I can accomplish in a week, it's okay. I'm working on it. We got it. It's okay.

Shannon: Exactly.

Paola: Well, let's talk about ... what was your life like before Joette? Let's go into some more details.

Life before Joette and homeopathy

Shannon: I had my first child in my 20s and really got into herbs, really loved herbs. They helped with colds that little toddlers get. So, I was just a huge fan. I was into

eating really healthy. Then we discovered Weston A. Price, loved that. So, I fell into herbs and the clean eating. That definitely assisted with health. That was great.

But fast forward to right after I had my 7th baby. I was right around 30. That's when all the chronic stuff popped up. So, I found, I went to a naturopathic doctor, got on Nature Throid. That's all good. I was taking a lot of stuff. I mean it's great supplement. I believed in it. But it never quite got me over the hills. So, it was a constant few steps. Climb up a bit this mountain and slip down. Climb up and we're never reaching the top and getting over that.

I remember – I know I told you earlier – that here I was at my dining room table and I had 12 to 15 supplements in front of me. I had to make a schedule of when to take them; this before eating, this during eating. It was so overwhelming, I just started bawling. I'm like, "I can't do this anymore." This had been probably eight years into my illness. It was this roller coaster. My body would respond a little bit to the supplements and then slip back down to the bottom. So, it was actually my naturopath at that point who said, "We should maybe bring in a homeopath just to assist."

Paola: Wow! Good for him.

Shannon: I know. So, that was really incredible, that just willing to do that.

Paola: It is so discouraging when you have improvements and then it stops working. I mean it's one thing to have a step forward, a step back, and a step forward but to have it stop working, oh my gosh. It's like you feel like you're losing everything.

Shannon: To just go on this rollercoaster up and down for eight years, it was just so discouraging. It was like I actually can't mentally do this anymore. So that brought me

to the end of the rope. It was like okay, homeopathy is left. It's not like I didn't believe in it but I just didn't know. I didn't know about it fully.

Paola: So, your naturopath brought in the homeopath, just like a classical or what?

Shannon: No, it was actually, she gave that up to me. So, I had known about Joette, had been kind of following her blog. My Weston A. Price group had brought her to our little town for a two-day intensive. Here I was in the front just eating it up. So, I had had the experience of hearing her and seeing her and just loved everything she said. But there was just little time. Then I was like, I want to go to Joette. That's the one. So here, my husband was like, "Yes. Whatever it takes." I gave her office a little call. Pulling back tears in the whole conversation because she actually gave me hope again. She's like, "Oh, hypothyroidism, we can address that. Adrenal fatigue, no problem; emotions, I got that."

Paola: Wow.

Shannon: So nobody had said that to me in my eight years to that point of we can help you out.

Paola: With that confidence.

Shannon: That was wonderful.

Paola: Yes. Yes.

Shannon: Like I said before, really my body just, of course, just responded so well right away.

Paola: Then tell me about before Joette then, as far as being a mom, what was that like?

Shannon: I was again just into herbs. That was before the chronic. So, that's what I would just assist our bodies with, the herbs and the eating healthy, kind of Weston A.

Price, because at that point when I had little kids, I didn't have the chronic.

Paola: I see, which is interesting because it sounds like you're doing everything right and then the chronic stuff came which is a little bit scary. That's not supposed to happen.

Shannon: I know. I know. Genetics!

Paola: Yes, that's true. Then you did have a lot of kids which is sometimes more stressful on some women. Some women, every time they give birth, it's like they get thinner and their hair gets thicker.

Shannon: Exactly. You know, I can look back. When you do your timeline, Joette suggests this timeline, I had antibiotics as a kid. I had some vaccinations. Then of course, there's a strong family history of hypothyroidism. I just think of those like Joette talks about that sleeping giant. It just made sense just as far as the chronics.

Paola: Yes, that's true. Yes. You could have been much worse off. I'm sure, obviously, right? So, that's good that you were wise and just from the beginning avoiding what she calls – what is it she calls it – avoiding medicines of commerce, so very good. I remember, you also told me something about how Joette transformed your perspective on illness in general.

Shannon: She did. Just having a bunch of little kids, and they'd get sick and bring home a cold, the flu. It just seemed really stressful because there is a lot of them. I'd be like, "Oh man. We're going to be sick again." Of course, the herbs, they assisted definitely, probably shortened the illness that I saw. But what I loved just learning from Joette, she said that sickness and the suffering with it, especially like chicken pox or the measles is actually a good thing for kids. It's okay to have some suffering.

That's how your body can respond afterwards if they were having trouble reading or riding their bike. That just really was neat for me, just to go, "Oh! Okay. I just need to really relax about this."

Paola: Yes.

Shannon: So, I just love that.

Paola: Something that you even mentioned the chicken pox. I don't know where she got it from, but my daughter got the chicken pox. She has it literally right now. I posted on Facebook like, "Stay away or whatever, if you want to stay away," just kind of public warning, public health warning that she's got chicken pox. The responses I got from my friends that do homeopathy and my friends that don't do homeopathy were night and day. So, my friends who know homeopathy and do homeopathy were like, "Oh, you got this." Just like oh, rite of passage, very even-keeled, calm about it. My other friends that don't do any sort of natural homeopathy or even natural medicine, "We will pray for you. I am so sorry." I appreciate that. That's so nice of them. Thanks. We always need prayers, I guess. But there is a fear and a lack of empowerment and understanding there that I'm so glad I don't have.

Shannon: That is so true. Even when I was doing herbs primarily, I had this book. It actually had different things in there addressing to help with measles and the mumps and the chicken pox. That's just, as a mom, empowering like, "Oh! We can do this." Now, homeopathy just was all the more ... as far as feeling confident and especially just with Joette teaching those Banerji Protocols.

Paola: I know it.

Shannon: Oh man, that is just huge amount of confidence. Yes, got that. Oh yes, we got this. So that's just wonderful.

Paola: Yes, you're right. That's the difference between fear is having information and preparation and that gives you the confidence.

Shannon: Yes.

Paola: So tell us. Speaking of getting that information, have you taken any of Joette's courses? If so, which ones?

Shannon: Yes. I've taken all of them, as many as I can. I think the Skin course was my first. Then I did the Survivalist, Good Gut, Bad Gut, Allergies, just finished Feminopathy. I just got it. I need to carve out that time to sit down and listen to that. So, I'm super excited. With four girls ... I'm just super excited about it.

Paola: Awesome. So, this is a practical question. But how did you save up for all those courses? What did you do? Like no Christmas anymore, just homeopathy.

Shannon: Exactly. It was birthdays, Christmas. Just can I set aside a little money for this? It was just really neat. My husband, he is all about just the natural and healthy way of living. It was just neat for everybody that's in this family what homeopathy did for my chronic. So, he's just like, "Yes. Let's just try to figure that out."

Paola: Yes. Let's keep learning and doing it.

Shannon: Exactly.

Paola: Which of the courses so far in what you've experienced has had the most impact for you?

The Survivalist Guide: carbon monoxide poisoning

Shannon: In my experience, and especially with seven kiddos here, [Survivalist](#). Mainly because it's so practical, and you get a syllabus with it. So, that chapter on first aid is well worn. I run in to it! The kids know the book. They're

like, "Get Mama's syllabus here." In fact, I will say it paid for itself because it saved us two emergency room visits. So right there, paid.

Paola: For some people on the low end, that copay is just 100 bucks. So, it goes up from there. So yes, I want to hear the stories. Tell us about an experience where you felt like the Survivalist Guide was awesome.

Shannon: This is kind of my biggest story to date. It's about my daughter who is 12 years old. It was this last summer. We had been splitting wood with gas motor log splitter and stacking wood.

Paola: I see.

Shannon: I had come in, I think to make lunch for everybody. I had to walk to the back of the house where the laundry room was, and found her just sitting there kind of in a state of collapse. I said, "Oh no, what's going on?" I very soon realized that she was in a state of confusion as well. She was crying just kind of gently, "It's my head." Her head hurts but very rapidly, the symptoms were increasing very fast. She cannot talk clearly. So, it was kind of babbling.

Paola: She could just babble and not form coherent words?

Shannon: Yes, correct. Of course, that freaked me out.

Paola: Oh my gosh, yes.

Shannon: I'm like, "Oh my goodness." So, I called. I had one of the kids get my husband. I called the older kids just to help us. I was having people get the homeopathy kit, the syllabus, the Survivalist syllabus.

Paola: I can just see it. Was it like, "Go get the kit. Go get the book. Go get your dad. Everybody go!"

Shannon: Exact, mobilize.

Paola: I love it.

Shannon: It was great. So, I'm thinking anaphylactic shock. I'm thinking she got stung by a bee. She's reacting.

Paola: Oh yes.

Shannon: We're having a lot of trouble with these bees in the late summer. They were just crazy and angry.

Paola: Oh no.

Shannon: So, we wait. Husband came in. We're looking over for a bee sting. He got on his phone and Googled her symptoms. He saw it's coming up carbon monoxide poisoning. I'm, "Oh no!" He's all, "No, really, look." I'm like, "What?" We're out in the fresh air with log splitting and all. Sure enough, it totally matched. So, I quickly looked up carbon monoxide poisoning in the Survivalist syllabus.

Paola: Real quick, your husband is sensitive to carbon monoxide too?

Shannon: He is, so, yes. Yes, I'm glad you reminded me. We knew he was sensitive to that. She is just very much like him, so kind of prone to that as well.

Paola: That helped that he was kind of aware what that feels like or something.

Shannon: Absolutely, yes. So then, it was like ... it just seemed so doubtful. It could be carbon monoxide, but with that history and then the description in the Survivalist syllabus matched exactly. I'm like, "Wow."

Paola: And I can't ... like it was really in there. Carbon Monoxide poisoning ...

Shannon: Yes, it really is in there. I love it.

Paola: That's awesome.

Shannon: I'm like okay. So of course, her daddy is holding her. We opened a door, fresh air. She's real sensitive and she gets very distressed when she's ill. So, she's very distressed. She actually knew that she couldn't form her words. She was trying to communicate. So that freaked her out all the more. It was just bad. So, looked up, there are several different remedies for carbon monoxide, but she fit *Gelsemium* alternating with *Belladonna*. I would dose her and I'd watch. Literally. Before our eyes, her body calmed.

Paola: Wow.

Shannon: That's actually, I knew how to dose. And then the intensity of her ... and her words would come back. She could form her words because we'd ask her questions and all that. Even her eyelids were kind of half open, and she had a little bluish on her eyelids. It's so faint that probably just a mom could tell. I could watch that go away and then I'd watch it come back.

Paola: What does that mean blue on the eyelid? Is it lack of air?

Shannon: I'm not sure. That was just something I noticed because it would go away. In the description that fit these remedies for her, it did talk about the eyelids kind of being half open. So that was just something I was aware of and just caught. I'm just not really completely ... I knew ... up to that point, I had no idea about carbon monoxide poisoning.

Paola: Right, yes. It doesn't matter. It was something blue. It wasn't supposed to be. It was coming and going. You wanted it gone. Right.

Shannon: Yes, exactly.

Paola: I have an important question. What about that situation, why weren't you guys jumping in the car driving to the emergency room? What's that discernment like? Sometimes in the moment, you're just doing what feels right, but can you walk us through that real quick?

Shannon: I did during this episode here. I would look at my husband and I'd say, "Do you think we should go to the emergency room?" I'm so glad he was there. He just totally confirmed my confidence as far as no, let's just keep going because what would happen is when I would dose, there would be improvement. So, we saw the improvement by watching her body. Literally, you could just watch this calm come over her body. But I had to dose every three minutes for about an hour actually. I know that's usually not typical, but I would just watch the symptoms come back. So, we did that for the first hour and then she wanted to go to sleep. She was calm. She could speak. And so, I love, love that when a remedy is working then they want to sleep. That's a neat sign. That's a sign that I look for.

Paola: Okay. So deep down, that kind of scares me though because I'm like what if she falls asleep and doesn't get up again. You know what I mean?

Shannon: I know, exactly.

Paola: So what did you do?

Shannon: Because she wanted to sleep, I had her laid down on the couch and I sat with her. Then I dosed every 30 minutes for the next hour or two. Then from thereon out, I dosed every hour to the end of the day. Then I just had her sleep in my room because I just wanted to watch her and observe and just make sure nothing was coming back.

Paola: Right. Yes, that's very, very wise. I like that. You said earlier that your husband – while you were dosing her during that very first hour – he was online trying to find

the emergency rooms, just kind of lining your ducks up in a row. And yet, because she just consistently was improving and improving, you felt like, "We've got this."

Shannon: Yes, exactly. Of course, we would jump in that car. I love what Joette says. You jump in the car and you start driving, but you're dosing on the way. We would totally do that. But because we just saw that instant improvement after we would dose, that just really gave us the confidence that so far, so good. But of course, we always have that in the back of our mind that we would do that ... head to the emergency room.

Paola: One little side note that I thought was really interesting about this experience is – you kind of said it earlier, but I want to make sure the listeners catch this – is your daughter is a little bit prone to being *Gelsemium*-ish with anxiety a little bit here and there. That was interesting that when she had the carbon monoxide poisoning that it was the remedy that she needed. You know what I mean? That doesn't always happen but it's kind of interesting that we pick up on these little patterns with our kids as we use homeopathy more and familiarize yourselves with your kid and remedies that help them.

For my son, every time he would get sick with something, I'd look up remedies, look up remedies. Oh, *Pulsatilla* and then I'd write it down my book. Then six months later, look up remedies for this new illness, oh *Pulsatilla*. It seems to always be *Pulsatilla* for him.

Shannon: Exactly. I think, don't you think that is just why having a materia medica and just familiarizing yourself with these remedies then your brain has that connection, like, "Oh!" So that's for me, definitely when her symptoms did fit that *Gelsemium* for carbon monoxide, I was like, "Oh yes, that remedy works well on her."

Paola: Yes, exactly. That's exactly the time to say, "Yes, this remedy historically has been great for her." That helps confirm things, if you work through the case.

Shannon: Definitely.

Paola: Not that I wouldn't use any other remedies other than *Pulsatilla* on my son obviously or a protocol or whatever. But it's just an interesting familiarity and intimacy used for gaining with your kids and the remedies.

Shannon: Definitely.

Paola: Tell us another survivalist one that you wanted to share.

***Apis* for puncture wound**

Shannon: So, this actually happened before the carbon monoxide episode. We were fixing up a little house. My youngest daughter, 10, was helping us out. She came inside and again, here I was in the kitchen, busy, busy making lunch. She goes, "Mom, a nail poked my hand." I go, "Oh! Okay well, go wash it and stick some tea tree on it." Because I was just busy, I was not thinking. So later, I kicked myself here. Shoot. Live and learn. That night she's like, "My hand hurts, mom." Here, the site on her hand is it's hot. It's red. It's hard. There's a very faint line but very faint. I'm like, "Oh no. Really?" I should have known better. I kind of see – I don't know – is it dirt, rust? Who knows? I go grab my book, the Survivalist syllabus here and looked up puncture wounds. In the back of my mind, I was thinking *Ledum*. But what matched up to her symptoms is *Apis* just like a bee sting. It was hot, hard, and red. So, I went, "Well, it matches." I dosed her with that. Again, it was really neat to watch. I actually could feel the heat go down.

Paola: Did you use a 200 or a 30 just because I'm curious.

Shannon: I used a 200. I thought it was enough of an emergency. I was like hey, let's just go for it. We actually watched the swelling go down, the heat go down, the little redness go down. That's when I knew how to dose her. So, probably about four doses about 15 minutes apart and then I could lessen them. Again, Dad's on the couch. We're watching it. We're looking at each other, emergency room or not?

Paola: Looking it up again.

Shannon: Exactly. This time it was late at night, of course. But just to watch those symptoms go down was so neat. It's such a blessing to confirm we were on the right path. We had chosen the right remedy and went down. She went to sleep. I checked her in the morning. Probably gave her one more dose and we're good. I was just like unbelievable. I mean it is believable but it's just so neat to watch it work.

Paola: Yes. It is unbelievable because no matter, it's not an issue of whether or not I believe in homeopathy, because I do. It's just it never ceases to amaze you.

Shannon: Yes.

Paola: It's always just so wonderful. I think of like, Mother Theresa. Every time I read a quote from her or something from her life experience, it just never ceases to amaze me how special she was. It is similar with homeopathy.

Shannon: That's so true.

Paola: It keeps impressing me. I love those stories. I'm glad everybody turned out okay. I'm glad that you got your money's worth of the Survivalist Guide.

Shannon: Isn't that great?

Paola: Yes, absolutely.

Shannon: But having these experiences as a mom – no, we don't want our kids to get hurt – but talk about the information, and just being able to share with people if they have this. I just feel like those experiences were great. I gained more confidence, more information for that. I always write things down, make notes.

Paola: Yes, it's true. If I was at home listening to you tell the story, I would feel like, "Oh my gosh. I could never do that." But here's the thing. One day you'll wake up and the situation smacks you in the face. You're going to have to deal with it.

Shannon: Yes.

Paola: If you're prepared, you do.

Shannon: Yes. On a side note, with the carbon monoxide poisoning, it was pretty stressful as a mom. So, I grabbed my bottle of *Ignatia*. Take that for stress for mom.

Paola: Good for you. I know. Think clearly please.

Shannon: Exactly.

Paola: Very good. New topic, you were telling me that you've also had some hip trouble for yourself, right?

Shannon: Yes.

Paola: I think it somehow affected the knee or you tell me about it.

Hip issues and *Rhus tox*

Shannon: Well, it probably started a year and a half ago with chiropractor adjustment. So, new thing for me, never really had trouble with that. Probably seven pregnancies, probably getting older. Who knows? But what it would do when it would come out, it would twist my leg to where my knee

would be twisted out of alignment as well. The knee just swelled up like crazy. There was just a lot of pain. It just prevented me from even sleeping.

Paola: That's interesting. It's like the hip being out had a domino effect and impacted the knee?

Shannon: It did. Yes, that's what my chiropractor said. So, with the swelling ... actually the first time it happened, I was on vacation. I actually brought my *Arnica* 1M, took that. The pain was really intense and my knee was huge

Paola: Oh wow.

Shannon: It was awful. That took away a lot of the pain and the swelling. So, at least I could make it the next few days and get home and then get to the chiropractor.

Paola: Right.

Shannon: But this kept happening. I thought, "Gosh, I don't want to live for having to go to the chiropractor all the time. I love the chiropractor but I don't want to go every week. I travel. I don't want to rely on that. I checked in with the chiropractor. Can you give me some strengthening exercises and what not? Well, I happened to be on an end of a consult with Joette. I just mentioned. I said, "Joette, there's got to be something to help this." So, she suggested *Rhus tox* 1M. I'm like, "Oh, okay." I could tell when it would start to come out of alignment. There'd be a lot of pain, kind of burning pain in the hip.

Paola: Interesting. So, tell me, what was the frequency you were having to go in for adjustments? Was it like once a week or what?

Shannon: So when it would come out, I'd probably have to go two to three times just get it to calm down because everything was just all kind of mad and twisted up and

angry. It just needed to kind of relax. Then of course, I'd probably overwork it or do something. Then I have to go back in in another couple of weeks and then have two or three appointments.

Paola: Oh wow. So, it was two or three appointments.

Shannon: I'm like, "Gosh."

Paola: Then there's a three-week break then two or three more appointments. That's kind of a lot.

Shannon: Yes, exactly. So, I thought "Well, I can't do this." There's got to be something, right? So *Rhus tox* was and is amazing. I'll start to, usually at the end of the day, feel the pain. I take that at night right before bed, one dose, one little pill, and gone. It has lengthened the chiropractor appointments to six months in between. So, it has kept it in alignment. That was just huge for me. So, it was just amazing.

Paola: So, it's not that the chiropractor didn't need to do the adjustments. It's like it helped glue it in place to last longer. That's amazing.

Shannon: Exactly. So, I don't know how it does it but it works.

Paola: Yes. I have to tell the listeners, *Rhus tox* 1M is not something that you should just willy-nilly use. This is a pretty significant situation with the swelling and the frequency of it.

Shannon: Yes. I don't think I would have even thought that had not Joette told me how to do it.

Paola: Maybe you would have done like a 30 or 200 or something.

Shannon: Exactly, exactly.

Paola: And you checked the materia medica, it was better from heat, better from movement, worse from overuse which is very *Rhus tox*.

Shannon: Yes. That just again, using the materia medica just confirmed that we're on the right track. With any remedy, I always like to look that up and just confirm, if you have time. Obviously, for emergency or first aid, you may not have time but I love that for that reason.

Paola: Exactly, very good. Those are some pretty awesome experiences. You definitely have moxie, I've decided.

Shannon: Thank you.

Paola: You're welcome. You've earned it, girl. That is just so wonderful. Then just do you have any closing thoughts for people who might be new to homeopathy or what you wish you would have known at the beginning of your journey?

Shannon: Yes. I really wished I had known about homeopathy from the beginning. I feel like a lot of us take this – maybe not for everybody, but a lot of us – take this journey of ... we try everything else and our last resort is homeopathy. I would just encourage everybody if you're new, try it first. As moms, there is just so much confidence just being able to raise your kids without drugs and running to the pediatrician. There's a good place for that, for sure. But it really has just empowered me as a mom. I mean, Joette says that all the time. I just love that. It's a hobby for me, learning about it. I just want to know as much as possible. I want to be able to pass it down to my girls and even my boys. I got a boy going to Mexico on a mission's trip. He's like "Mom, tell me what I gotta take." I love that.

Paola: Absolutely. I think that's really good advice. Try this first. You're right. It does. It literally makes you a better mother because the skills you need in homeopathy,

listening, observing, caring – those are things that we can always hone as moms.

Shannon: Absolutely.

Paola: Very good. Well, thank you for joining us Shannon. It has been delightful. I love your peppy personality and your passion for homeopathy. I really think that this podcast is going to help a lot of people. So, thanks for taking the time out to be with me.

Shannon: Oh yes, thank you, Paola.

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