

Podcast 15 – You Must Fail

In this podcast, we cover:

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This is my favorite subject: how to defeat failure.

It helps to know when somebody else can (or has) overcome something, no matter how big or small, because only then can you start to believe you are capable of doing so, too.

Failure is not a shameful word. In fact, we **must** fail in order to find the right path to success. Stopping or giving up before you reach success is what separates the mediocre from the mighty.

I invite you to listen to/read my story and hopefully gain some inspiration from it.

Here's the Banerji Protocol take- away from today's podcast:

Lycopodium 200 mixed with Arsenicum 3, twice daily for bloating and a belly that's distended.

Warmly,

Joette

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.

Jendi: This is Jendi and I'm here with Joette Calabrese from JoetteCalabrese.com. And today, our topic is on failure and how to get out of a rut of failure especially pertaining to curing your family. Hello, Joette! How are you?

Joette: Hi, Jendi! I'm doing pretty well. Thanks!

Jendi: Are you ready to talk about failure?

Joette: Yes, yes! This is one of my favorite subjects, yeah, how to defeat failure. I love this subject.

Joette failed 17 times on a real estate exam

Jendi: So of course, the first thing we want to know is if you have ever failed, and can you tell us about that?

Joette: Oh, never. I've never failed. That's always interesting, isn't it? It's fun to know who's failed and who hasn't, and it makes our shortcomings seem a little more tolerable, I think.

Jendi: Yes, it does. And it helps to know if somebody else can overcome something, then I can, too.

Joette: Yeah, yeah. Well, let me tell you about a

failure that I experienced years ago. It was back when I was in my 20s and I lived in Arlington, Virginia just outside of DC, and I absolutely adored Washington, DC. It was vibrant. It was a great city. It was cosmopolitan, chic. It was so cool. At the time, I lived in these [Murphy – 00:01:34] apartments that looked like World War II barracks and so much wanted to live in the great city of DC. So I made the decision that I wanted to become a real estate agent to be a part of that excitement of DC. And it was going to fulfill two issues and that was one, to get out of this little apartment that I didn't like, and also to be able to be a part of what was going on in that vibrant city. So this was back in about 1975. And if anyone was around during that time, any of our listeners, they might remember that there was a real estate boom in Washington, DC that was absolutely over the moon. So I wanted to be involved in that.

So I studied first for the Virginia Real Estate Exam because, of course, I was living there, and I passed the exam right away. No problem. And then because Maryland State is adjacent to DC also on the other side, I studied and sat for that exam as well, and I passed that right away. But what I wanted more than anything was to practice real estate in DC. But I had been advised to take the other state exams first. I wondered why this would happen. I asked, "Why would that matter?" Well, they gave me the example of the brokers for whom I was about to work for. Because the DC exam was particularly difficult and I might not pass it the first time. So to get

started on my new career, I decided I should at least be able to sell in Virginia and Maryland. So indeed, I got hired by a real estate company and I set my sight on that exam, on procuring that coveted DC real estate exam.

So I took the exam and I failed it. "No problem," I thought. "I'll take it again when it comes around in a few months." I decided to do that again. So I did it again. But then, when I took it the second time, I failed it again, and then again, and again. Now, allow me to set the stage a little, perhaps to soothe my frazzling ego at the time. This exam was understandably tricky because there was such a boom market in DC. And I mean, contracts were being flipped within days, and even sometimes hours before going to closing while selling the contract two and three times. It was super intense. And that's how hot it was at that time. People were making huge profits, agents were not excluded, and so the word in the real estate market was that the DC board wanted no more agents to be licensed.

So they made the exams irregularly challenging. And I mean irregular, but nonetheless. The wording in the exams was strange and it was difficult to decode and I don't really know whether that was the case or not because I knew people who were also indeed passing their exam but for some reason, I just couldn't get the hang of this thing. I took it so many times, I was beginning to think there was something wrong with me. I had made the dean's list for many semesters at college at the University of

Buffalo and other schools that I non-matriculated back to. And I didn't consider myself extraordinary but it wasn't as though I was incapable. So I took the exam repeatedly.

Jendi: My husband took a real estate exam before we had our first child and he had to pay a fee. So did you have a fee then? And did you have a choice how often you could take it?

Joette: Well, I actually don't remember the cost, but for a young person in her early 20s, it seemed like a lot of money. And no, the exams were not given very often. I think it was every few months or so. It was a long time ago so I don't fully recall. But see if you can guess, Jendi, how many times I took that exam. Let's see if you can figure it out from what I've told you.

Jendi: At the most, I would guess like four or five.

Joette: Yeah, well, you're being kind. You know, Jendi, I took that odious exam – get this – 18 times. I failed it 17 times, and not until I took the 18th try did I pass it. Can you imagine? I mean, it was insanity.

Jendi: I can't imagine going back 18 times. You must have really, really wanted it.

Joette: It was really important to me. There's no doubt about it. Actually, it was more than important. It became an obsession. I studied, I cried, I was embarrassed, I kept paying, I was furious with myself and with the City Board of

Realtors. I was a failure. We even went to a shrink because I thought only a sick-in-the-head person could fail time after time. I mean, why could others pass this exam and not me? Why could I pass the state exams of Virginia and Maryland and then later New York State but could not pass this stupid DC city exam? No amount of rationalization soothed my mutilated, and I mean mutilated, ego.

Jendi: Did the psychiatrist come up with anything?

Joette: Well, I actually don't remember. All I remember was the feeling of defeat. For crying out loud, it wasn't the law boards, for goodness sakes.

Jendi: But on the 18th time, you did pass it.

Joette: Yes, I did. I finally passed it. And what happened then changed things for me. At the age of only 24, something like that, I became a real estate hotshot. I don't mean to be so bold, but I listed, I negotiated, I loved every minute of real estate sales. I popped out of bed at 4:30 in the morning like a piece of toast from a toaster, and I was in my office often by 5:30 in the morning. I had the key to the office because I was the only one who would start that early. I was so grateful for having that darned license that I took my work more seriously, I think, than anyone else in the office. I studied, I focused. I never allowed myself a diversion. It was complete immersion. And I became more successful at this new craft than I ever imagined. I worked myself like a workhorse and it was a blast.

Jendi: Sounds like it was worth all those tries then, and you really loved it.

Don't eat defeat

Joette: Yeah, I did. I really loved it. But I think a big part of it was the number of failures I had racked up. I think it was the fact that I decided that I was not going to eat defeat. And my determination was so embedded in me that I couldn't stop. Even if I had to take it 38 times, not 18, I was not going to be conquered.

Jendi: This reminds me of how you told me you learned homeopathy when your kids were little.

Joette: Well, in a way, it really is not unlike that. I don't know if this single experience or my consistent ability to fail did it or if it was in my genes. My father was a professional musician. He played jazz trumpet for many decades. And when I was a teenager, he decided that he was going to learn to play flute. And I always emulated my father. He took lessons for flute and he practiced for a few hours daily in spite of owning and running his own business. And I remember that when I was a teenager, not more than 10 years before this event of the failures in DC, he'd pick me up from school and on the front seat of the car, his silver flute would be nestled in its open case and at every red light we approached, he'd pick up his flute and play a few scales or a particularly difficult lick and parts of pieces he was trying to conquer for his next performance. He was obsessed.

Jendi: Very committed.

Joette: He was. He was committed. And I believe that this is what it takes. We have to become obsessed. We have to become committed. The only way to accomplish what you want to accomplish in your corner of the world is to bite in, sink your teeth in as deeply as you can and not let go. Anything less, in my estimation, will produce less than satisfactory results. In fact, it's perfectly proportioned. You know the old saying, "Garbage in, garbage out"? Well, I think it's, "Garbage in, garbage stays." I don't think it goes out. Once it comes in, it's there. So the inverse, in the way that I look at it is, "Quality in, quality remains." And so quality has to do with commitment.

Jendi: And of course, we can apply this to committing ourselves to studying homeopathy even when at a stoplight.

Joette: Right. Why not? Only you can decide how far you want to go. But when you lead a charmed life with no problems or no ills and your kids are not sick, it's not compelling to figure out what you can do to change things. But if you've had a life of one medical problem after another that your child has, or your husband, or someone in your family, you get to the point of deciding that you must take things into your own hands. So I fully understand. I don't want to get this wrong. I understand that mothers and grandmothers have busy lives. But I got to remind you, so did my father. And as I said, he had a business to run, a family to provide for, but he

had a desire. And that's what it takes, a deep, boiling desire. And remember, he used his driving time to his advantage. That's what I did when learning homeopathy, too. And to be honest, it's also how I studied for that darn exam back in 1975 or whenever it was.

Jendi: So did you have podcasts or audio CDs available for you to learn homeopathy?

Joette: Well, of course, there were no podcasts back when I was learning homeopathy in the '80s. When I was learning this as a student, I'd go to my classes in Toronto and New Jersey and New York and I'd take notes. And when the kids were in bed, I'd read these notes into a tape recorder. That kind of gives you an idea of how long ago this was. And then I'd listen to them in my car. So I was listening to my notes and my own voice over and over again while I was making meals, while I was making bread, whatever I was doing, laundry. Not only did I benefit but my kids did, too, by listening to this. So not unlike my father's passion rubbing off on me, my passion then, in turn, rubbed off on my kids. They not only learned some homeopathy, which is an important enough tool, but they learned time management and the importance of diving into what you love and taking it seriously. So it gave me a chance to teach them three levels.

Jendi: And you demonstrated the importance of continually gaining knowledge.

Joette: Yeah. That's very important. It should never

stop. Who doesn't love learning and stretching your brain? There's more pleasure in that than most activities in life.

Perseverance and commitment in treating your family

Jendi: So we heard about perseverance in real estate exams and in playing music. Can you tell us about perseverance in relation to homeopathy and in treating our family?

Joette: Okay, let's see. I'll give you one example that caused me a great deal of concern when my kids were little. One of my children was a bad sleeper. He would keep me up at night. Night after night, I'd walk him and then after a while, my husband helped me and we would take turns walking him all night in two-hour shifts, not unlike a night watch on a boat while on their way. It was pretty tough.

Jendi: Yeah, it sounds tough. Do you know what was wrong with him or what was keeping him up?

Joette: Well, at the time, I didn't know, probably for two reasons. One was that I was not seasoned in homeopathy and the other was that I was so sleep deprived and overwhelmed that I didn't put two and two together.

Jendi: But now you know what the problem was?

Joette: Well, sure. In hindsight, it always offers clarity.

Jendi: Yeah, and you've learned a lot since then and

practiced and trained.

Joette: Yeah. When you see this in other children, after a while, it becomes pretty focused on what the deal is. And that's what I want to impart to our listeners and readers tonight. My experience is not unlike what many mothers suffer with their children. It took me a very long time to figure out that my baby had gastrointestinal problems even though it was glaring me in the face from nearly day one. His belly was tympanic and he had a very small appetite. And I finally gave him [Lycopodium 200](#) twice a day for a few months and his belly took on kind of a better profile. It wasn't as swollen. And his sleep was improved. It had restored somewhat. But then I was afraid because I didn't know enough about homeopathy at that time to know what to do next. So I stopped giving it to him because I was afraid I was going to use it too frequently. Now I know better. Now I know we do need to continue with it for sometimes many months. And so within a month of having stopped it, it all started again, and the sleep, and the swollen belly, and the low appetite. So I began using [Lycopodium 200](#) twice a day again for another several months. Years before this, I would not have known to repeat this if the condition returned or even how to do so.

Jendi: So how did you decide which remedy to use and how much to give him and how long? That's the big thing with me. You spit out so many different remedies and I go, "I don't know what to use."

Joette: Well, you're right. That's right.

Determining the correct remedy can be hard enough without having to decide on the potency, and the frequency, and for how long, and what to look for, and even how to interpret what you're witnessing. So back in those days, I employed classical homeopathy. But today, I've changed that. Now, what I use is what I call practical homeopathy based on Doctors Banerji protocols. They're called the Banerji protocols, which I talk about a lot on my blog. And this is why I love teaching this practical method. Because it takes all the guesswork out of it. The Banerjis have ironed out the kinks and they've handed it all over to us. They've handed it to me on a silver platter. In fact, on my course called [Good Gut, Bad Gut](#), I teach how to use [Lycopodium 200](#), but the Banerjis mix it with [Arsenicum 3](#) twice daily. And that's for bloating and a belly that's distended, and I've used that now for several years and I find it's even better than just plain, old Lycopodium. Because Lycopodium helped my son, but knowing what I know now over the last few years, I believe it would have worked much more thoroughly, and maybe even faster, had I employed it as per the Banerjis' protocol, mixing it with Arsenicum. Then I also would have added [Bovista](#) for my son's food intolerances because I assume that's what was going on and his low appetite that I was actually unaware of at the time. And a Banerji protocol that I would use today for my son had I known about this many years ago would have been [Coffea 200](#) to help him sleep. So that's what I wish I had known back at that time.

Jendi: So then you were just treating the effect. But to add these other things, you'd be treating the cause as well as the effect.

Joette: Yes. That's the best way to approach this. And in many kinds of cases such as this, that is the best approach. Since this occurred over 20 years ago, I've worked with thousands of students and clients across the world, and this has become a specialty of sorts of mine.

Jendi: You mean, dealing with the children who don't sleep?

Joette: Actually, no – children and adults who have problems that seem unrelated to the main issue which is actually a gut problem in the long run.

Antibiotics and why we should avoid them

Jendi: And I keep hearing that these days in a lot of different things. It's kind of like the buzzword, that it's a gut problem.

Joette: Right. Well, I agree. And I blame it not only on the foods that are eaten but more importantly, much more importantly in my estimation, on the drugs that are taken. Antibiotics cause long-term illness, and they're handed out like candy. And the new way of dispensing antibiotics is for the pediatrician to now say something like this – I've heard this; the pediatricians haven't told me themselves, of course, but the mothers relay this to me – the pediatrician says, "I know. I agree. Antibiotics are bad. But this one I'm giving you for

your child's ear infection is different. This is a mild one." So they're catching on to this fact that mothers have caught on that the jig is up, basically. So I call this sugar-coated drug deal. I'm sorry, but an antibiotic is an antibiotic. Listen, if it kills bacteria, it kills bacteria. It's like saying, "This pesticide is a mild pesticide. It only kills gently with rainbows and flowers and things." It's all malarkey. The next thing they'll try to sell you is the hottest new vaccine to protect your sexually active 2-year-old.

Jendi: Oh, my. And when is it going to stop?

Joette: It never stops. It doesn't. It's not going to. Why would it? If you're willing to buy once from this kind of thinking, then the pattern has been developed. And then the expectation is that you're willing to buy again. So upsells are profitable at a pediatric practice. I know because I know marketing and I know upsells. Upsell such as vaccine sales if properly utilized can represent a large percentage of profits for an otherwise not very profitable practice. In case you don't know, pediatricians represent the lowest incomes in the medical world. They make less than most accountants.

Jendi: I did not know that. But I'm also interested into why would that matter to mothers? Because doesn't that mean the pediatrician isn't as worried about money and would make his advice more pure?

Joette: I don't agree. I don't think so. I think it makes him more worried about finances. He, or it

could be a she, has spent approximately as much time in medical school as the cardiologist or the surgeon has, maybe a year less. Spent just as much in tuition and has less to show for it now. It matters that mothers know what drive their experts. We should know this, what drives your car salesman, your real estate agent, so that you can discern what part of what they say is benevolence and which part is self-driven.

Jendi: It makes them sound like very selfish animals.

Joette: Well, they're really not though. It's just the reality of the world. This is my take on it. Live your life and think the way you want, but I believe that it's time that mothers come to realize that no one except your family is out there protecting you and your child. No one. Not the government, not the food industry, not the education system, not the doctors. As soon as you recognize this simple but important fact of life, you'll be able to step back and make much, much better decisions about your health and your family's health.

Jendi: And that's why you want to get your message out to mothers to learn how to take care of their families themselves.

Joette: You bet. And I offer no apologies, Jendi. If you decide to purchase my courses, certainly, I make a profit. I do, indeed, have fixed cost and a number of staff members but I also offer other information

for free on this blog and this podcast. And if our listeners do nothing but use these resources, buy a few books, they'll be far, far ahead of where I was when I began my journey treating my kids, my family, myself some 29 or 30 years ago. So I tell folks all the time, "Don't buy anything from me. It's okay. Just pass this on from one mother to another, from one grandmother to another, from one neighbor to another." I know it's cliché but I want to change the world one family at a time. And I know that sounds goofy but it really is the truth.

Jendi: So let's get back to the subject at hand about how failure is not an excuse.

Joette: That's why I need you, Jendi, to keep me in line, to keep me straight here now. Okay, so let's get back to the idea of what we're talking about. So the way to succeed is not just to persevere but to do so with your eyes wide open and learn to play the game better than anyone. It took me years to pass that real estate exam but once I got it, I was unstoppable. And I wasn't deluded into believing that it was owed me or that others were there to help me pass it. There wasn't anyone there to help me pass it. They wanted me to not pass it. Instead, I learned early in that career that the goal of the industry was to keep me out of the loop. But if you break down the issues or the aspect of what you want to learn into small parts, manageable parts, it's of course, more doable. So as I say, it's a free blog, it's a free podcast, inexpensive CDs, downloads, more involved courses, and all of that. And all of

that can be broken down and you use each piece as you need it. And if you don't want to go any further, that's fine. Unfortunately, the goal of keeping mothers and others out of the loop is not so much for modern medicine but especially pediatrics.

Jendi: So I'm getting the impression that you really don't like pediatrics.

Joette: Sorry to say, Jendi, but yes. I'm cross that they have stripped young mothers of their mothering dignity. I believe they teach mothers that they don't know how to take care of their children without running to the doc for every sniffle and sore throat. I don't like that they upsell drugs. I don't like that they dole out antibiotics at every turn. I don't like that they put little boys on Ritalin. They act too boyish. They don't want to sit still in school. And they put little girls on birth control pills if they get acne. I don't like that they send the mothers out of the examining room while they entice, and I mean, yes, entice girls to take birth control pills. I've heard far too many stories. I don't like the whole racket.

Jendi: Previously, you have said that to understand how to approach taking your child to the doctor, you need to think of it like a game of chess. Can you elaborate on that?

Joette: Yes, sure. Well, you don't put your queen out on the middle of the board and remove your hand from her. You look around. What will happen next once you make that move? What will your opponent's

posture be? What will they do after you lift your hands from that precious queen? Then what will you do after that? You have to know that. What are you going to do next? You must know the game, and that includes the players, the motives, discerning your goals, and how to move forward.

Jendi: So do you intend for us to look at the doctor as an opponent?

Joette: What it means is that if you take your child to a doctor for an ear infection, you need to know what he will do about it. If you don't agree with that move, then why make the first move?

Jendi: How do you know what he'll do?

Joette: Well, to be honest, it's fundamentally the same for everyone. That's the way I see it. If there's an infection, you get an antibiotic. If it's viral in origin, antibiotics are still administered, just in case it turns into a bacterial infection. There seems to be a casual regard about these drugs. If you have an allergic reaction, you give a steroid. If it's on the skin, it's smeared. If it's in the lungs, it's inhaled. If your child has a cough, it's suppressed with a suppressant. If it's a behavioral problem, it's also suppressed but this time, with psychotropic drugs to numb down the behavior. If it's a combination of all of these, the child gets all the drugs. But if he doesn't know what it is, he'll send you to someone else.

There you have it. That's it in a nutshell. I can't

tell you how many times people tell me they have this inflammation on their skin and they go to the dermatologist and he tells them, "You have dermatitis." Well, *-itis* means inflammation of, and *derma-* means skin. You already know that. That's why you went there. Why did you need to ask someone else about what it is? He's just giving you the same words back again but it sounds so, I don't know, clinical. People are too easily impressed. And if you're going there just to find out whether there's an ear infection or a sore throat or not, I'd think, "Hmm, really? You mean, you didn't know that already?"

It's not difficult to determine if there's an ear infection, or a urinary tract infection, or a rash, or a fever. If you know what it is and you know that you'll not submit to an antibiotic and steroids, then why would you go? You can do this yourself. Now, I'm not saying you can just do this yourself without preparation. And I also am not saying you should always avoid the doctor. I want to get that straight. But after a while, it comes into focus that this just isn't that difficult to figure out yourself for most common childhood illnesses. It's a matter of a learned skill.

Change your way of thinking when it comes to treating common diseases

If you agree with that thinking, then carry on. But if you don't, it's time to make the change and use your head. You learn the top three homeopathic medicines for ear infection. Just know them. Look

them up. Look them up on my website, look them up online. Know those top three homeopathic remedies and have them on hand. And then if your child is prone to rashes, then you learn and have the top three homeopathic remedies for rashes. This is not complex. And you learn how to put it all together. It's a matter of some fascinating reading that you'll never regret having read and of taking your life on yourself. Not compromising, because compromising always has the potential of bringing you to your mediocre side.

Jendi: Can you give us a specific example?

Joette: Yes. Let me give you an example of strep throat. Pediatricians believe that strep throat is an automatic call for antibiotics. Why? Because they call to our attention that they can cause rheumatic heart disease. But when you lay their argument alongside the one for not using antibiotics, it begins to break down. Antibiotic use, particularly repetitive use, but sometimes not even repetitive, has been demonstrably shown to cause not just a little bellyache that some little probiotic would remedy, but often causes long-term chronic illness such as eczema, asthma, behavioral issues, even neurological conditions. Really, to fend off strep infection? More importantly, it all sounds like strep is serious. And indeed, it has the potential of being serious. But if you know what to use homeopathically for strep infection, it's a slam dunk. It is not difficult to treat strep infections with the correct homeopathic medicines. So you see,

you need willpower to withstand this kind of thinking, and then have a solution in the wings. You can't do one without the other. But once this step is taken, the hardest work is done, the kind of self-discipline you will need to stay the course and learn for yourself.

Jendi: So how do you see that this fits into our failure theme today? Do you think we all tend to do the mediocre?

Joette: Yeah. I think accepting failure is not only somewhat innate in humans but it's reinforced further with this kind of medicine, for example. What else can we do? We've got to accept the antibiotics, do this or that, or know that's what kids get. So what do you expect? So I guess you just have to do it. Well, my answer is that I expect a medicine to make my family and me, well, not short-term more comfortable only to slam us in the long run for years, if not a lifetime. I'm in this for the long haul. So are you. So are all our listeners. Mothering is a lifelong commitment. My kids are adults now. I'm still just as committed now as I used to be when they were little.

Actually, I've come to expect that my medicine has a reputation for being curative and it leaves my family in a better stead than when we started. I don't want something that's going to beat them up in the long run and is going to cause long-term illness. The human body is equipped with the ability to repair and defend itself against most infections. All it needs is the proper stimulation to activate

self-healing. And concurrently, the human will is equipped with the ability to withstand defeat. All it needs is the proper motivation to activate self-mastery.

Jendi: So are those your parting words of encouragement for us today?

Joette: Now, now, Jendi, you're always trying to rush me. One last thought. I want to tell you that fail you must. We all must. But to not continue until success is reached is what separates mediocre medicine from mighty medicine, and further, a mediocre mother from a mighty mother.

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 and schedule a free 15-minute conversation.

Podcast 14 – Question, Defy, Compartmentalize

In this podcast, we cover:

0:59 Question, challenge, defy accepted ideas and practices

6:55 The mother's role in her child's life

17:54 Convincing your spouse on the wisdom of using homeopathy

19:48 Joette becoming accomplished in homeopathy

23:17 Arm yourself with knowledge to decide for yourself what's best for you and your family

I realize I am going to receive some staunch differences of opinion regarding this blog for the position I take and the philosophy I espouse, but I offer no apologies.

This week I talk about a lifestyle change; one that takes courage. I personally have a set of rules, and have found that if I abide by them, they rarely fail me.

Listen to learn about the sense of self-satisfaction you will experience once you understand how to take charge of your family's health and well-being.

With this podcast, I will be introducing a new feature; a **full** transcription providing more reasons than ever to listen, learn and pass on to others.

Warmly,

Joette

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.

Jendi: Hello, this is Jendi and I'm here once again with Joette Calabrese. Today, we are going to talk about being a mighty mom and grandmom. And I personally love that idea, and I imagine that you, Joette, are not going to be discussing mothers working out and getting rippling muscles, right?

Joette: Well, yes and no. And I don't mean physically working out but I do mean muscles. We're talking about learning to flex the brain muscle and more importantly, the muscle of the will.

Jendi: You mean willpower?

Question, challenge, defy accepted ideas and practices

Joette: Yeah, but it sounds a little trite, that term willpower. I want to talk about having guts, spunk, and moxie. And I've said this before but I'll say it again and again, that living this kind of lifestyle takes courage. But I have some rules, and I found that if I abide by them, they rarely fail me. So let me give you some rules. We must defy the practices of our peers. This doesn't mean you become their foil. It doesn't mean you forget polite society and bash them down with your ideas. It means you find a way to speak pleasantly and with respect and then direct yourself in your own path.

And the second rule is you must question, even challenge, every idea that impacts your family's health. This most often comes from pediatricians, other doctors, media, and of course, the rest of society that has profited from these ideas emanating from these sources. So this group might come in the form of in-laws and neighbors, too. And then the third rule that I adhere to and I urge others to do is at least question, usually challenge, and in many instances, downright defy. The world is filled with assumptions that

are false and it's up to you to tether your sails and set your family off on a different tack. So the upshot is that you must, and I mean must, set yourself on a path that is directly in conflict with what you see around you. The more you see an idea around you, the more you should resist it.

Jendi: That seems a little bit counterintuitive.

Joette: Well, the reason that I say this is because I believe most ideas are wrong, or at least, need refining. For example, read the billboards in your locale and whatever they say, do the opposite. Common horse sense is not found on billboards, in magazines, in doctors' offices, on TV. Instead, those are marketing tools for an entity, either an industry or a government program trying to convince you of something.

Jendi: And there is no doubt that the internet has opened up our knowledge base and we can find out several sides of an issue through the internet.

Joette: Yes, yes, we can. But it's useless unless you put it to good use. I know I've said this again and again and I'll do until I have barnacles hanging on me. You must do your homework. You must look up every drug and procedure that a doctor recommends and I guarantee, he has not done this. But you, my friends, will do this because before you put a fragment of any stuff that is derived from an industry in your or your child's mouth, you must do your homework, or you must submit to a test that is unnecessary. So there's no doubt that we're smarter now, we mothers. There it is, all the information we'd ever need, and yet, most people don't even think about using it to its capacity, I mean, the internet. Not you though. You do your homework. And how do I know this? And I'm not talking just to Jendi. I'm talking to those who are listening. Because I speak to those who follow me every single day.

Jendi: And the internet is a wonderful research tool.

Joette: Yes, but without the master behind the tools, nothing is possible. So remember, the internet is only a marketing tool for big industry and government. So you must sniff out the answers in coy ways, because we as mothers and grandmothers and those who care for others are the masters of our and our family's lives, and that takes a certain posture. You have to make a decision. Like if you decide you want to become a lawyer, you have to commit to taking the LSATs and commit to going to law school. I mean, it's pretty simple. If you decide you want to become a concert pianist, you must pledge to practicing piano for hours daily. It's that simple. Whatever you want to do, whatever you want to accomplish, it must be chosen, focused upon, and gone after myopically without even a glance back, regardless of others' opinions.

Jendi: And that's how we all move forward and learn things in any pursuit.

Joette: Well, that's right. And the question always is, "Are we comfortable allowing the current to take us along, or are we made of the stuff that pushes us in the direction we know we ought to follow?"

Jendi: I think we all agree that we ought to sometimes buck the system but that can be hard to do when you're a mom, especially of a little baby or a new mom, and when the doctor tells you to take an antibiotic or something and you don't know what to do for sure. You might be scared for your child and you just simply do it knowing that the antibiotic is not going to do any better than the last one but not knowing what else to do.

Joette: Yes, but you know, it's only hard to buck the system if you've not educated yourself. Once you know better because you've done your homework, that gives you

confidence. The more you learn, the more confidence you acquire, the firmer your footing, and so on. And more importantly, once you learn how to treat that illness with homeopathy instead of the drug, you gain indelible confidence one illness at a time. Then you become the expert.

Jendi: That can be a daunting feat.

Joette: Well, Jendi, you and I have these discussions every week, don't we? But the most satisfying and most important, the reason you've become a mother has nothing, and I mean nothing, to do with compliancy and everything to do with your legacy, responsibility, and integrity.

The mother's role in her child's life

Jendi: Yes. And of course, sometimes doing what you personally think is best can be difficult, especially if your family doesn't agree, like your in-laws, your friends, or even your spouse.

Joette: Okay. Well, let's talk about spouses. This is a concept that I've taken on through the years and I've espoused to younger women. It's most important that your spouse and you share the same philosophy. In fact, it should have been discussed before marriage. The problem is that most marriages occur outside of ill health and it's often when a sick child comes along that inspires the move to take this on your own. That's when the spouses must begin a different kind of a journey.

Jendi: It's like no one gives a thought about the kind of healthcare the family is going to practice until something happens. And age comes into play, too, right?

Joette: Yes, I believe that's right. I have a philosophy about parenting and marriage and I see the opposite of this philosophy played out every day, and it's this. This is my

philosophy. Marriage is like a corporation. There are department heads for each division. And each division has its specialty of capabilities – the marketing department, the finance department, the personnel department. They all have their responsibilities and specialties. And each department head is expected to know their craft inside and out to keep up with their craft so that they are always on top of their game. They're the experts.

So let me give you an example. When I worked at a TV station years ago, we had a comptroller who used to hang around the marketing and sales department way too much. I was in marketing and sales. Granted, we were more fun than the pencil pushers in her department, but when she came in for her daily visit, she'd often put her two cents into the way our department was run. What became obvious in no time was that she was out of her element. Her suggestions were off-kilter because she wasn't a marketing or salesperson. She was a number cruncher. She didn't live the life daily. She hadn't read a single book on the subject, nor had she gone to college for it, nor taken a weekend seminar on it. She had nothing but an opinion. Her expertise was in accounting. Now, that was something she could sink her teeth into. Her entire life was spent studying and accruing knowledge on that subject.

Jendi: And probably equally as important is the fact that when she was nosing around in your department, she was inadvertently neglecting her own work.

Joette: Well, that's right. It took our department head to finally put a stop to this less-than-welcome daily interference.

Jendi: So I think I might know where you're heading with this with spouses.

Joette: Well, if you know, then our listeners will also

know, too, I hope. So marriage, yes, of course, is the same. When a woman gets pregnant, everything in her life turns to that, everything she eats, lives, and breathes, everything there is about the baby. She reads constantly. She ponders. She daydreams. She researches about babies' health, what's good, what's bad, what kind of food, supplements, exercise is important. She talks incessantly about it with her friends who have children. She deliberates with her mother and her neighbors, and everyone offers advice and she soaks it all in. She researches all about the baby – birth, wellness, etc., on the internet. She's consumed by the baby and its wellbeing.

What does the father do? He takes on the protective responsibility for his forthcoming family. He works harder to make certain that the finances are in place. He makes certain that the investments he makes have longevity. He gets the house repairs in order, make sure the car is safe, asks his buddies about insurance, then starts researching the best way to protect his new family. It all makes sense. Each parent takes on their roles and often with alacrity and aplomb. And once the baby comes, mom is literally attached to the baby with nursing, staying up at night with every sound. And during her waking hours, she generally is reading or at least, referring to books and sites that will teach her to become a better mom. Dad's at work making sure the family is provided for.

Now, I know we're going to get rebuttals to this on the blog about how women are perfectly capable of making a living and men are perfectly capable of taking care of children, but I offer no apologies. What I'm describing here is the way it more often falls together than any other. No matter how capable the woman was before the baby, she could be the comptroller of a Fortune 500 corporation, once that baby arrives, she changes in a profound way. It's pure biology. She wants to be with her child as much as possible, all day,

all night. And suddenly, the career she strove for for decades seems trite. Am I describing all women? No, but I believe it's the majority of them. And this is one of my major complaints with Western lifestyles that women rarely factor in marriage and babies into their plans. It becomes a distant event that isn't in the least bit focused upon in their teens and 20s and, of course, in college. But I divert here. This pet peeve of mine is something that is a subject for another blog.

Jendi: I hadn't thought about that much before now but I think colleges don't really talk about marriage or motherhood, the two big M words.

Joette: Right, yeah. It's approached like a side dish of scalloped potatoes or something instead of the main dish of pot roast that actually is in many a woman's life. So let's get back to marriage as a corporation theory. So when the roof leaks, the dad usually swings into gear and talks to his buddies. He checks out roof products online. He decides what kind of tiles he should replace them with. Or he calls around for contractors. He's the buildings and grounds department head. When the mortgage rates go down, it's usually the dad who has done his research to find out if a better rate can be secured and then goes at it. He becomes the buildings and ground department head and the comptroller.

So when baby gets an ear infection and mom wants to use essential oils, homeopathy, or whatever and not subject the baby to an antibiotic because she has studied the possibilities for many months, if not years, she has made herself into an expert, just like the dad making him into the family expert on his subjects. So even if she has not researched, her hormones dictate in most cases she's best suited for taking care of the ills of the children – the food they eat, the nutrition they take in daily, and the nightly care. After all, who does the grocery shopping?

Who's preparing the meals? In most cases, she's best suited for the job as he is for his. And so mom becomes the personnel department and health and welfare.

Jendi: And that's a very traditional position to put out on the internet and I think it's a good position but I'm sure you're going to get some disagreements in your comments on the blog.

Joette: Oh, I couldn't care less. Being politically correct is not only not my concern but it's so passé. I call it ever so '90s. And this is 2015, for crying out loud. We have learned something since then. Society needs to get with the program as far as I'm concerned. This is not your women study class here. This is biology, something that's been conspicuously missing from those angry classes in the first place. I remember those women studies classes. I took them back in the '70s, and nothing has changed. This is the real world. When was the last time you met a lactating father, for crying out loud?

Jendi: I don't think I ever met one and I don't think I ever will.

Joette: I hope not. So when dad spends hours researching the roof tile and decides to take time with his buddies in the industry or his father about vapor barriers and he concludes that he'll do this or that with the roof, and then if mom chimes in and says, "Hmm, I don't think that's what we ought to do," she's sticking her nose into the buildings and grounds department's decision without the requisite research, inclination, and effort it takes to make a good decision. And if she gets too involved, then her health and welfare department suffers, too.

Jendi: Yes. And I think an argument would be that the child does belong to both of them. Doesn't the father have the right to ask questions?

Joette: Well, certainly. If his understanding is unclear though, if it hasn't been fleshed out by his own research and study, then it's terribly inefficient and undermines the ability of the health and welfare department's confidence. And certainly, both can study together. But asking both to do the same work twice seems a little bit of a waste of precious time, and time is of the essence. It's an important commodity in a family. And when you're running a corporation, or more importantly, a family, productivity, effectiveness, and efficiency matters. For if not there, then where else would it matter? It all starts with the family. In fact, everything starts with the family. Family is the team. And an extra quarterback is not only superfluous, it's conflicting to the success of that team.

Jendi: So you were actually using nice words to say that the father should just butt out.

Joette: Well, not actually butt out but he needs to trust his wife. Isn't that why he married her, because he trusts her and holds her in high regard? Well, of course, all bets are off that this is not the state of the marriage, but it certainly is the goal of a good marriage.

Jendi: So basically, what you're saying is that when the mom spends hours, weeks, years learning how to treat a fever without drugs, or how to implement her knowledge in using homeopathy or any other method for that matter, the dad ought to step back and trust her.

Joette: Well, yes, unless she's incompetent, completely incompetent. He needs to bow to her knowledge and dedication. That leaves him to pursue his areas of expertise. And that's what makes a marriage whole and efficient, as far as I'm concerned.

Jendi: Can it be the other way around? Can the father take over the healthcare role?

Joette: Well, certainly. And after teaching homeopathy for 30 years to thousands of students, I have to admit, however, that in my recollection, I've had maybe five men join in my classes. Online, we have tens of thousands of social media correspondences and the same holds true there as well. I've learned that women are more interested in taking this job seriously and are better at nurturing while men are generally better at protecting. And yes, it's certainly a generalization but I don't for a minute think that it's our culture to blame. Instead, I see, as I said earlier, that it's human biology. That's why I believe this pattern spans across the globe.

Convincing your spouse on the wisdom of using homeopathy

Jendi: What about if the father is worried, really worried about counting on homeopathy or nutrition or essential oils?

Joette: Well, I have an answer that includes two parts of this. The first part is that if it is a concern, he needs to do his own homework then, like what his wife did, and to the same extent. He needs to spend hours daily thinking about it, looking up solutions, calling friends, just like what she did, taking the kids to the chiropractor or the doctor, talking to school administrators, asking his mother and grandmother for advice.

Jendi: So do you have much faith in this happening?

Joette: No, I haven't. I can pretty much guarantee that that's not going to happen. I mean, it does occasionally, but generally speaking, not to the same degree. In my experience, the best way for men to catch up with enough information so that they can let go and let their wives do the job at hand, instead of asking them to read books, I've learned through the years that they won't do it, so the alternative, the fastest way to get him up to enough speed that he gets what the mom wants him to get, is for the mom

to amass videos on the subject, then you barter with them. So from one mother to another, I'll let you in on a little secret. You make a big batch of popcorn, whisper sweet nothings in his ear, and promise him the world if he'll sit through the video and the subject at hand, a video of, say, the value of homeopathy, the importance of nutrition. That is the way to get men to learn.

Jendi: That sounds like a big project.

Joette: Yeah. And what in life has any value that doesn't have a big commitment attached to it? I can think of nothing that comes easy in life that's of any value. It takes a vow to be the best we can be.

Jendi: And also, if he has a long commute, he might be interested in listening to some podcasts.

Joette: That's right. And why not this one?

Joette becoming accomplished in homeopathy

Jendi: So can you give us a peek into how you became accomplished in homeopathy?

Joette: Well, I'm an accomplishment freak. I want to learn more. I always want to know more. I want to experience more. At first, when my first child was an infant, I already knew how to make many foods from scratch. It was my interest since my early 20s. But then, I wanted to know how to find wild foods on my property, how to make herbal medicines, how to find the most nutrient dense foods available for the least amount of money. It was like a game. It became a compulsion, kind of an inner competition. And my pregnancies and births thrust me forward into an even higher gear. So then, once I learned of the power of homeopathy, I wanted to know how to treat every little problem my baby might suffer. I wanted to know how to treat first aid with homeopathy, infections with homeopathy, emotional and mental conditions

with homeopathy. I wanted to be the expert. I did not want a condescending pediatrician telling me what to do. I kicked my mothering act up a notch. So I want to know every homeopathic medicine for every ill. That's why even today with my kids grown and out of our home and now in my '60s, I travel to India where homeopathy is used as a mainstay of medicine. In fact, I'm going there again in about a month and a half.

Jendi: And I think this is what many of us mothers think but we wonder how to get it all done. Like for me, I have a book on it and I know stuff on your website and then it's just hard to cram it in to my schedule. And also, I wonder what others are going to think about this.

Joette: Right. Well, when you become a mother, and even if you never do, and you're taking care of others, animals, livestock, etc., but most importantly when you become the caregiver, you must not care what others think. That's the first thing. I decided a while ago that I don't care about what kind of an opinion others have about me. Some women say this happens in menopause or after menopause. I actually think it happened even earlier in my life. So if you don't agree with my position on medicine or traditional values about how to take care of a family, the importance of a mother being at home to take care of her children, about the importance of going to church or synagogue, I couldn't care less. And I don't mind if that causes us to part ways. In fact, it's even better that way. Each person needs to find their path.

But my posture is arrow pointed in one direction – the importance of the family and of the mother being the nucleus of the child's and family's healthcare. And accomplishing that goal is after all I've examined can't be done fully if you depend on large companies to make decisions for you, and a reminder that that's what using drugs is all about. It's a fierce and mighty instinct in me and in all of us. I'm not

alone. Most mothers and grandmothers come equipped with it naturally, but they need to beware because there are factions that are perfectly happy allowing mothering and grandparenting to become a spectator's sport, of allowing mothering to take on a mediocre hue.

Jendi: It sounds like you would like to change the world.

Joette: Well, a girl can dream, I guess.

Jendi: Lots of food for thought there. I guess this is across the board with many industries, right?

Arm yourself with knowledge to decide for yourself what's best for you and your family

Joette: Well, when we follow the road of least resistance and we just say, "Well, I don't have time and I can't do this," then we're just going to follow along with an industry that calls us something in particular – customers for an industry, whichever industry is behind it, the education industry, the medical industry, the food industry. Don't think, folks, for a minute that someone hasn't thought through every decision you make for your family and self and determine the best way to get you to comply to their ways of persuasion. That's what Madison Avenue is all about. I know because I've been in the world of marketing. And how often you get your child a flu shot is orchestrated down to the month – what the doctor says if you don't comply, the demeanor he takes on, the nurse's attitudes when you resist. It's orchestrated. And by the way, it's orchestrated using human emotions. Guilt and fear are the most powerful emotions when it comes to parenting. Watch carefully. Observe. Once you discover this, you'll see it being used again and again.

Jendi: If we think about it, we all know that this is the way things are. Do you really think this is the essence of how humans behave?

Joette: Well, we must understand that rarely are people and entities out there protecting your interest. People can be nice but they're protecting their own interests. So as soon as I hear that this or that is for the sake of "the children", I prick up my ears. The words "the children" are used in marketing campaigns and educational schemes that have nothing whatsoever to do with the welfare of children.

Jendi: So if we hear the word children, we naturally kind of join in the empathy?

Joette: Yeah. You can't help yourself. It's a powerful word. I'll never forget a friend reporting to me years ago that when she was in labor with her first child, and she was in labor for several hours, that her smarmy doctor was pressuring her to allow him to chemically induce her, and she was resisting it. Finally, he said, "Do you want this baby or not?" What? What kind of a thing is that to say to a mother in labor? What possible meaning was behind that? Guilt for not wanting the baby to be born? This was the guy that all my friends went to for their births. They all thought he was the bee's knees. Can anyone imagine that? That is beyond depressing.

Jendi: And if I were a paranoid person, I'd say it almost sounds like a conspiracy.

Joette: No. I'll be honest, Jendi. I don't believe it's a conspiracy. I might add that this has nothing to do with capitalism, too, and everything to do with human nature at its worst. The same behavior is witnessed, only to even a worse degree, in Cuba – I've said this before – and the Soviet Union and China. Don't think for a single minute that it's better somewhere else. Government officials are usually worse in these situations than those in the free market because they don't need to satisfy customers. And with government rules and mandates, we haven't any choices. You can, however, decline to take the antibiotic or whatever is

being encouraged or sold to you.

Jendi: So to wrap up this podcast, can you give us maybe some encouragement?

Joette: Yes. I don't want to leave us on a down because it sounds a little sad. Instead, I want to encourage everyone. Allow me to share information that I've gleaned by being in full-time practice for 20 years, and from studying homeopathy for 29, and from traveling all over the US and Canada and to India to build my knowledge base. I offer a lot of information on homeopathy and how to use it for free. And yes, I also sell courses for those who want to delve deeper. But I urge you to take advantage of my free information as often as you need it on this blog.

So my closing words are this: Don't engage in average anything – mediocre movies, mediocre literature, unexceptional magazines, one-of-the-mill medicine, unremarkable food, conformist conduct. Low-level anything is an act of compliancy, compliancy with our innate laziness which, by the way, we all possess, compliancy with our low-level anything. Instead, pursue the good. And I want to read this in our final words here, the great words found in Philippians. It says, "Finally, brethren, whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report, if there be any virtue and if there be any praise, think on these things."

Jendi: And those words are great words to live by. Thank you so much, Joette.

Joette: My thanks to you, too, Jendi.

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 and schedule a free 15-minute conversation.

Mother's Day 2016 Special

Interested in learning more practical, proven protocols for women's health? Well, you are in luck! My popular course, *Feminopathy: How you Can Correct Female Ailments Using Save, Inexpensive and Effective Homeopathy*, is ON SALE through Mother's Day! Order now and get additional freebies: <http://feminopathy.joettecalabrese.com/mothers-day/>

5 Reasons to Own a Homeopathy Kit (and My Favorite Remedy for Soft Tissue Infections)



In one of my most recent blogs, I told the story of a late-night drive to my son's when he called on me for help.

When the call came, I quickly gathered my red Top 100 Remedy kit, a couple of my homeopathy books, a Ball canning jar of my bone broth and off I went.

After administering a few different remedies from my kit, I finally fell asleep in the chair by his bed.

The reason I could fall asleep was that, after six hours, a few missteps and finally the correct remedy, my son, was enough improved that he, too, fell asleep and the worst of his illness was over.

It should be noted that I was able to try a few different remedies because I had my kit.

There is nothing like having healing at your arm's length.

It was my kit, my son, and me. (A few prayers too.)

I'll be honest, homeopathy requires some practice and patience, my friends.

But the ONLY way to develop that skilled hand is by practicing, and you can only practice if you have the right tool — a remedy kit and a course of books from which to refer.

So, to answer the oft-asked question, "Why do I need a remedy kit?" consider these reasons:

1. Having a kit in your house is convenient.

Illness never comes at convenient times, and emergencies, by definition, are unexpected. Having to wait 4-5 days until the needed remedy arrives from the pharmacy will feel like an eternity!

Make your life easier by having a kit safely placed in your linen closet, ready to help your family.

2. Owning a kit is not worth its weight in gold ... it's worth more.

Whether you're traveling, moving to a new place, or perhaps it's just the survivalist in you wanting to be ready for anything life throws at you, having a kit empowers you to come to the rescue in the blink of an eye.

Homeopathy is not supplementary or complementary. It is THE medicine to have at your fingertips.

3. Having a kit saves you money.

Purchasing remedies a la carte at a health food store can run around \$9 per remedy, (already a super bargain) and to order online with shipping included is easily \$16 (still a bargain). However, when you invest (and I don't use this word loosely) in a 100-remedy kit, the cost is under \$3.00 per bottle! (The ultimate bargain.)

4. A homeopathy kit is a lifelong investment.

Those of you who have been reading my blog will remember my remedy kit from 1918 – and the fact that I can still use it!

Homeopathic medicines do **not** expire when you care for them properly.

A homeopathy kit is an investment that sticks. No more cleaning out your medicine cabinets and finding expired Tylenol – and a list of side effects down the drain! (Watch out for water wildlife!)

Your kit will become a prized possession.

5. Having a kit allows you to bless the lives of others.

Having a kit allows you to help others who aren't prepared.

Consider the story of my student whose neighbor's daughter was stung by a bee while at a play date. Her neighbor came knocking, and this mother was able to administer [Apis mellifica 30](#), every few minutes which eased the little girl's pain and decreased swelling at the site of the sting.

To have a kit and use it to bless the lives of others is charity personified.

A Final Word

Let me explain why you need a kit to handle acute issues. Chronic illness often originates from health problems that were inappropriately treated acute conditions. Inappropriate treatment usually means the use of drugs.

Should you be interested, take a look at my online course and hefty reference book, [How to Raise a Drug-Free Family](#).

Know how to treat those acute (short-term) illnesses such as ear infections, strep throat and injuries and you'll not subject your children to steroids, antibiotics and analgesics.

Become the ambassador for your family's health.

Up your pledge to this powerful medicine.

5 Reasons and 5 Homeo-tips

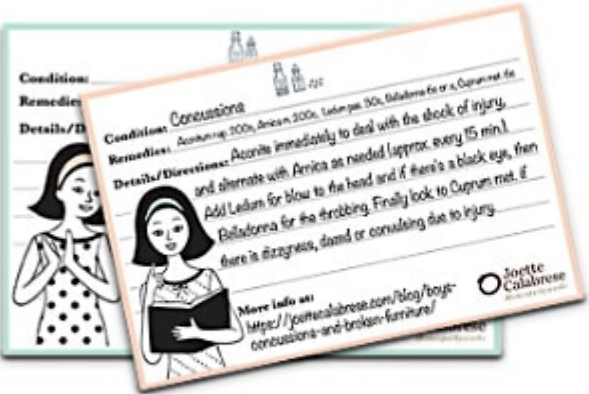
Because I don't like to leave you without a tip to fast forward the use of your remedies, here's this week's tip:

Hepar sulph in 6, 30 or 200 is one of my all-time favorite remedies for soft tissue infections. Here are some examples:



1. Dental abscess? [Hepar sulph 6](#), twice daily, until better
2. Sore throat? [Hepar sulph 30](#) every 3 hours, until better
3. Ear infection? [Hepar sulph 6](#), every 3 hours, until better
4. Conjunctivitis? [Hepar sulph 30](#), every 3-6 hours, until better
5. Swollen lymph nodes? [Hepar sulph 200](#), twice daily until better

Now stay home and cure your family.



Remedy Cards

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

Build your homeopathic library as searchable files on your computer.

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

[Click Here To Get Your Card](#)

I'm Getting a Cold. Grab the Aconite!



When you open most homeopathic remedy kits, the very first remedy in the box is usually [Aconitum Napellus 200C](#), or *Aconite* for short.

It is such an easy remedy to learn that those who know very little about homeopathic remedies will at least know their *Aconite*.

I wasn't surprised when a student told me about how her husband – who devotes little to no time to learning remedies – knows how and when to use *Aconite*.

"I think I'm coming down with something," he suddenly announced after feeling great during an otherwise uneventful day,

"... so get [Aconite](#), right?"

Yes, he's probably right. The remedy probably is *Aconite*.

Let me tell you why ...

The body presents a need for *Aconite* when the symptoms manifest themselves quickly, and with little prior warning. So, if you felt fine at bedtime, but woke up the next morning with a sudden aching in the ear, you would think of *Aconite* as a possible remedy because there was a quick onset of symptoms; a shock to the system, so to speak.

If after taking the remedy your symptoms improve, you could say that you had an *Aconite* ear infection because your body was 'jolted' into an illness. If any other illness comes on sudden and strong like this, be it a bladder infection, a sore throat, or a burn to the finger, you would consider *Aconite* as a possible remedy, again because of how the symptoms manifested.

Because of its "shocking" nature, [Aconitum napellus](#) is particularly useful in situations involving fright.

For example, if you witnessed an unexpected and frightening car accident, this lovely remedy would be excellent medicine

to help ease and resolve any feelings of shock and fear you might experience.

This means it can also be used in place of *Arnica* for an injury. For those times when one minute, all is well, then WHAM!

You have a broken bone and contusions.

Again, we are looking at the circumstances surrounding *how* the illness/injury occurred, not just at its pathology.

The only caveat to *Aconite* is that typically, it is only useful during the first 24-48 hours of the illness. However, this rule mostly applies to colds, flu, ear infections, and other infectious diseases – not injuries.

After these first hours, you need to abandon this remedy and pursue another one if necessary. This is one of the rules of *Aconite* – that if well-chosen, it is only effective for the first 24 hours of a typical acute illness.

There are always exceptions but for now, since we are merely introducing the remedy, consider this the basics of *Aconitum napellus*.

As a “for instance,” consider Maria, a woman who was in a severe earthquake that left her in a complete state of panic for decades. In her particular case, *Aconite* would have been the ideal remedy for her if taken just after the time of the quake.

But by taking [*Aconitum Napellus 200C*](#) twice daily for a few weeks, even years later, she was able to regain enough composure and a sense of calm to get on with her life without the use of anti-anxiety drugs.

Another example is what I refer to as “the case of the

phantom-sting:"

My student's kids were playing at the park in some tall grass when some sort of unidentified flying insect with a large stinger dashed out and stung one of the boys in the leg.

Yowzers! I think the child in question would agree that being stung was indeed a shock to his system! [*Ledum palustre* 30C](#) or [*200C*](#) would have helped in this situation, but mom hadn't brought her kit to the park.

So, what did she administer immediately instead? You guessed it: *Aconitum Napellus*.

The child's symptoms improved instantly and it sustained healing until she could get home and give her son *Ledum*. Meanwhile, the angst and fear of the moment had lessened, alleviating the added anxiety that could have likely accompanied the initial incident.

This story illustrates that because *Aconite* is so useful at the beginning of a condition, I recommend that you carry it around with you in your purse or book bag at all times.

Clearly, you want *Aconite* nearby in the event you may need it!

To help you remember today's spotlight on *Aconite*, I urge you to commit this verse to memory. I hope it serves to inspire the way you react the next time you need it:

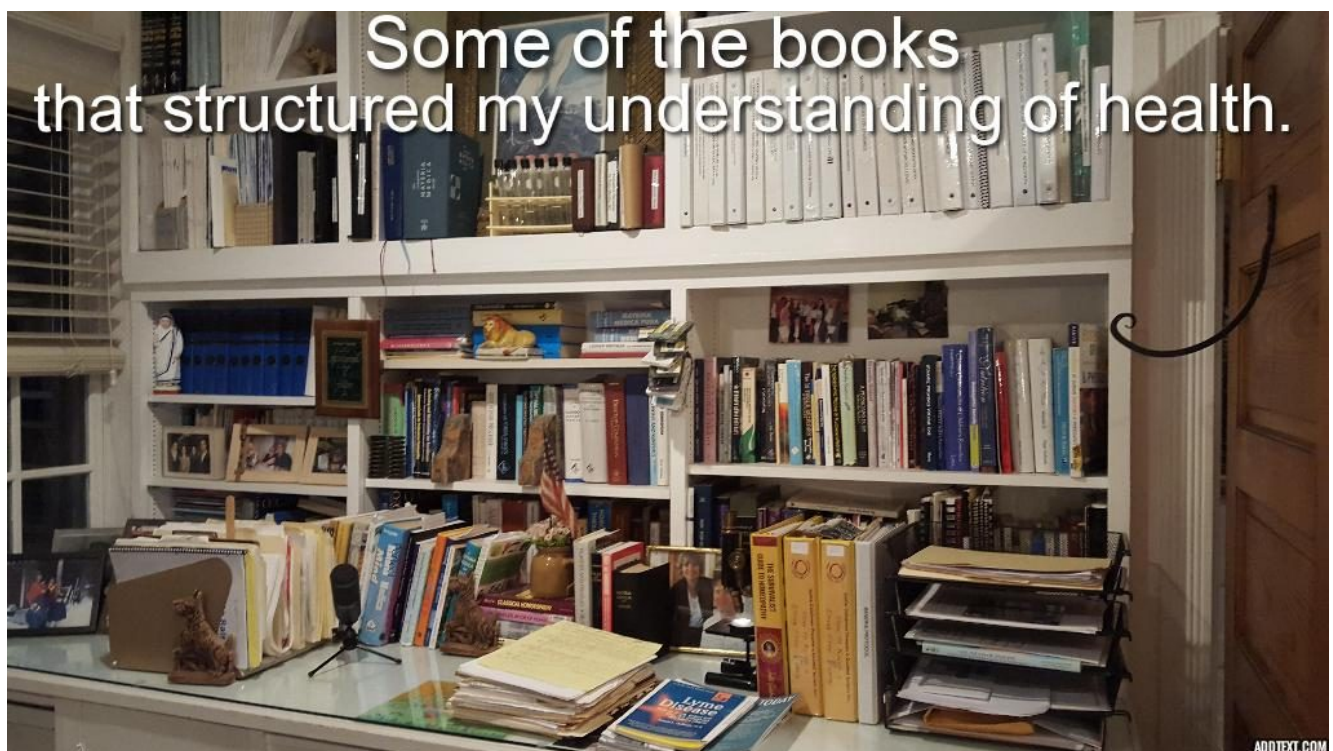
"Oh my! What a fright! Grab the *Aconite*! But take it by tonight."

Warmly,

Joette

P.S. I'd love for you to tell me why you love *Aconite* and how you've used it in other ways!

17 Unusual, Non-Homeopathic Books that Formed My Thinking





In addition to the 30+ *materia medicas* and perhaps 20 homeopathic repertoires, plus hundreds of homeopathy books authored by some of the world's finest medical doctors over the centuries, I also have a library full of old, sometimes quirky books that were fundamental to my understanding of health.

Many were read years before I discovered homeopathy, which helped form the architecture of my understanding of health.

I continuously studied and implemented my newfound knowledge on subjects such as whole living, botanicals, nutrition, chemical-free environments and farming, to name a few, for about 15 years prior to entering the study of homeopathy.

I did whatever it took in an effort to find relief after suffering from illness every day for so many years.

(I began life with food intolerances and eczema at six weeks old.)

So, it has been a lifelong pursuit.

I thought you might be interested in a glimpse of some of the books that got me thinking.

Most of those listed here are older books; not the information in them, but the edition dates. Many can often be found on Amazon now for only a few dollars. Certainly, today there are many more manuscripts available on these subjects.

(I use it as an excuse to add to my library regularly.)

When I was compiling the list for this blog, I had so many that I thought it might overwhelm my readers.

And my goal is to inspire you, not crush you with too much information.

So, I scaled it down to only a few below.

It might also be of interest to know that some of these books were required summer reading for my children.

No, not by a school district! By me; their primary educator.

Here are a few of the titles:

Healthy Environment

1. ["Nontoxic, Natural and Earthwise: How to Protect Yourself and Your Family from Harmful Products and Live in Harmony With the Earth"](#)

by Debra Lynn Dadd (Anything Debra has authored is valuable. She has actually become a professional friend, and I recommend all of her offerings.)

Doctors Speaking Out Against Modern Medicine

2. ["The Truth About the Drug Companies: How They Deceive Us and What to Do About It"](#) by Maria Angell, M.D. (This courageous doctor, spent two decades at the New England Journal of Medicine and subsequently exposed the reality of this journal's involvement in an industry that is nothing short of shocking. Got a doctor who's trying to convince you of the validity of a study on a drug he's pushing? Here's the book that will put it to rest.)

3. ["Confessions of a Medical Heretic"](#) by Robert Mendelsohn, M.D. (This is my all-time favorite doctor. I urge you to watch him on YouTube and read everything he's written.)

4. ["Male Practice: How Doctors Manipulate Women"](#) by Robert S. Mendelsohn, M.D. (You're going to hate your OBGYN after you read this. Not really my goal, but we need to put a little balance in this otherwise often over-trusted profession.)

5. ["Dissent in Medicine: Nine Doctors Speak Out"](#) by Robert S. Mendelsohn, M.D., George Crile, M.D., Henry Heimlich, M.D., Alan Scott Levin, M.D., David Spodick, M.D., Richard Moskowitz, M.D., Gregory White, M.D. (These are the kind of doctors we need to have access to.)

6. ["Beyond Antibiotics: 50 \(or so\) Ways to Boost Immunity and Avoid Antibiotics Second Edition"](#) by Michael A.

Schmidt, MD, Lendon H. Smith & Keith W. Sehnert (This is a good starter book for those who are wondering about antibiotics. I wasn't enamored with some of their solutions...after all, they're not homeopaths, but it's an eye-opener for neophytes to this kind of thinking.)

Whistle-Blowers of Modern Medicine

7. ["Selling Sickness: How the World's Biggest Pharmaceutical Companies Are Turning Us All Into Patients"](#) by Ray Moynihan & Alan Cassels (If this doesn't convince you of the importance of staying clear of drugs, you're incorrigible.)

8. ["Medical Nemesis: The Expropriation of Health"](#) by Ivan Illich (Prolific author. Consider reading his other offerings as well.)

9. ["Politics in Healing: The Suppression and Manipulation of American Medicine"](#) by Daniel Haley (Another important expose of what medicine has become in the last century or so.)

Home Birthing

10. ["Five Standards for Safe Childbearing"](#) by David Stewart, Ph. D. (This was the icing on the cake for me in deciding to home birth my children. A classic.)

11. ["Spiritual Midwifery"](#) by Ina May Gaskin. (The tone of this book is right out of the '60s. During my birthing years, it was foundational to my ability to give birth at home. I just worked at getting past the hip jargon.)

Food

12. ["Milk Diet As A Remedy For Chronic Disease"](#) by Charles Sanford Porter (Kind of says it all in the title.)

13. ["Nutrition and Physical Degeneration"](#) by Dr. Weston A. Price (This is a landmark book and was mandatory reading in our home-school curriculum. I had our kids read aloud from this book, write essays and even memorize from it.)

14. ["Nourishing Broth \(An Old-Fashioned Remedy for the Modern World\)\[NOURISHING BROTH\] \[Paperback\]"](#) by Dr. Kaayla Daniel and Sally Fallon (This is not a new book, and it is a subject I thought I had mastered until I read it. I refer to it regularly. I consider Kaayla Daniel to be one of my closest friends, so I am especially keen on this book.)

15. ["The Milk Book: How Science Is Destroying Nature's Nearly Perfect Food"](#) by William Campbell Douglass, M.D. (This author is one of the few medical doctors with a published presence, who understands nutrition. I subscribed to his newsletter for decades.)

16. ["The Church and Farming"](#) by Rev. Denis Fahey (Wait 'till you read this one! It's a real switch-flipper. The distilled picture? The church has historically encouraged its followers to take up the whole-life lifestyle based on autonomy for the family. This book really spoke to me.)

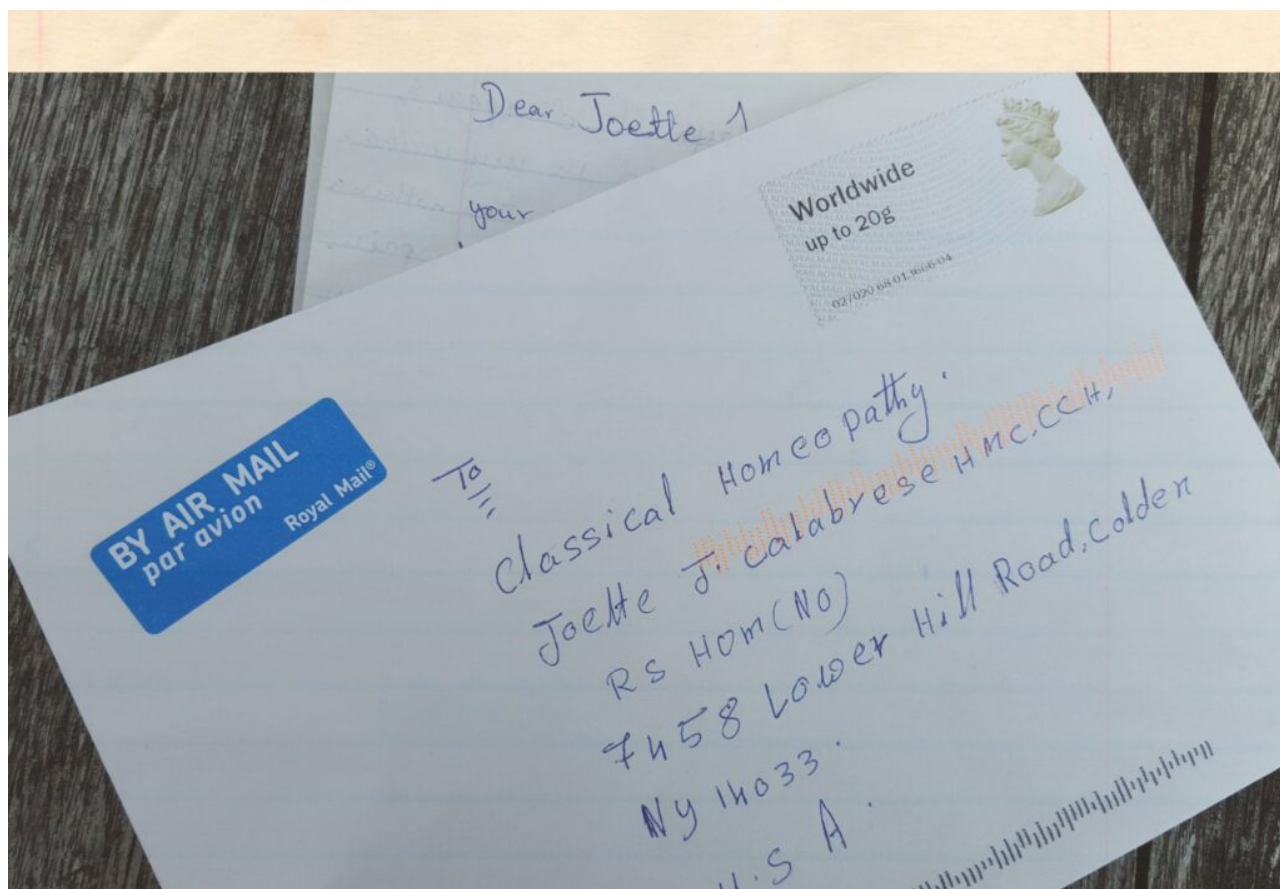
17. ["Pottenger's Cats: A Study in Nutrition"](#) by Francis Marion Pottenger Jr. MD (This was mandatory reading every summer for my kids. I required that they read it for 3-4 years in a row. How else would I be able to undo what advertisements were telling them? Since kids are attracted to animals, I thought that this was a good medium. Along with their friends, I had them watch a video on the same subject from time to time. To this day, the mothers of those kids still ask me where I find my videos.)

There you have it. A small sample of what influenced my thinking. I hope some of these books find a place in your library too.

Here in Western New York, the weather is perfect for hammock

reading. I might just re-read some of these old favorites myself.

Catholic Sisters Use Homeopathy



Whether you pass this on to the religious in your life, to your neighbor or a family member, let it do good where ever it lands.

www.joettecalabrese.com

Two years ago, I found myself sitting in the Calcutta

airport waiting for a flight when I had the pleasure of meeting a nun from Mother Teresa's order, *The Sisters of Charity*. I will refer to her as Sister Bernadette throughout this post for the sake of her privacy, though I simply felt the need to share this information with all of you.

We exchanged pleasantries and during our conversation, I shared that I am a practitioner and educator of homeopathy. Happily, since our chance meeting, Sister Bernadette and I have remained in contact via snail mail, as she has continued to seek my help for her and some of her fellow sisters' ailments through the use of homeopathic remedies.

As a special treat to all of you, I am sharing our last exchange containing the list of conditions she has sought my help for, followed by my responses, in the hopes that others may benefit in the same way The Sisters of Charity have.

I continue to work with Catholic nuns and priests from all over the world sharing this, and other, invaluable information. Please feel free to pass this along to those you believe may enjoy the same effective results.

Enjoy!

Dear Sister Bernadette,

How pleasant to hear from you!

I'm happy to help with you and your fellow Sisters' needs. I've outlined the conditions you've listed followed by the appropriate remedies below. You may readily purchase them in both London and Calcutta at most local pharmacies.

For those remedies that require mixing, many find it easiest to do so by taking a dose of one and a dose of the other simultaneously.

The number of pills (when homeopathic) or drops (when mother tincture) is indicated on the side of the bottles.

May God bless you and the Sisters.

Warmly,

Joette

1. **Low thyroid:** [Bromium 6](#) mixed with [Lycopodium 200](#), twice daily for as long as a year if needed. If someone is on thyroid drugs, we find that they need to back off slowly as the need is diminished. This is a Banerji Protocol and I've yet to see it fail given the requisite amount of time.
2. **High Blood Pressure:** [Rhus tox 30](#) mixed with [Aconitum 200](#), twice daily for at least 6 months. This is a Banerji Protocol. As long as the expectations are not unrealistic, this is a gentle but powerful medicine.
3. **Acid in the Stomach:** I assume you mean indigestion, where there is burping of acidic substances from the lower esophagus into the upper esophagus, and perhaps burning. If so, start with [Nat phos 6X](#) before every meal.
4. **Arthritis:** [Symphytum 200](#) mixed with [Rhus tox 30](#), twice daily for 2 months. From this point on, it can be used as needed. This is a Banerji Protocol, and it is like gold!
5. **Kidney stones:** [Berberis vulgaris](#) mother tincture and [Sarsaparilla 30C](#), twice daily. Both should be used for 3 months. This is a Banerji Protocol.

6. **Leg pain** (if in the muscles): [*Mag phosphorica 6X*](#) mixed with [*Calc phos 6X*](#) twice daily, and [*Cuprum metallicum 6*](#), twice daily.
7. **Cyst:** Sister, I'd need to know where the cyst resides before determining protocols.

Whether you pass this on to the religious in your life, to your neighbor or a family member, let it do good wherever it lands.

Terror in the Night

**Night terrors not only
terrorize the child, but the
entire family as well.**



NIGHT TERRORS.

The very words send chills down my spine!

Only one of our children suffered from this frightening condition, and that was enough.

Night terrors terrorize not just the child but the entire family.

Consider Helen's story.

It was around the beginning of cold and flu season, and along with a cold came the first night of terrorizing, earsplitting screams.

Those 30 minutes felt like 30 hours.

Helen's mother Melissa did everything she could to wake her. She comforted her, held her, shook her arms and legs. But nothing worked; Helen remained unconscious and screaming.

The next night, Helen developed a runny nose and a slight cough.

For the next few nights, Helen coughed, screamed and thrashed about her bed. Finally, around 3 a.m., Helen settled down.

Melissa endured a week of her daughter's coughing and night terrors before showing up at her pediatrician's office.

She was a wreck. She hadn't slept. Her husband hadn't slept.

And now, Helen's screaming was waking her 18-month-old sister.

The pediatrician examined Helen, finding nothing but a common cold.

"The screaming is probably just night terrors," he said. "There's nothing you can do. She'll grow out of it eventually."

"Nothing to be done?!" Melissa cried to herself.

Helen recovered from her cold.

But the night terrors continued.

Then one day while at the library, Melissa ran into Lee, an old grad school friend. Lee shared that she had been using

homeopathy instead of running to doctors at every turn.

“Hmm,” thought Melissa. “I didn’t know we *had* a choice!”

Lee told her about a course she had been taking on how to do this and offered to look up in her notes what the remedy choices were for night terrors.

That night, Lee emailed Melissa the name, potencies and directions for the top three homeopathics used to treat the condition. She also included online purchasing sites.

Melissa purchased all three, just in case.

A few days later, after more nights of agonizing night terrors, the package arrived, and Melissa set to work, eventually settling on the remedy she wanted to try.

[Calcareo carbonica 200C](#) is especially useful for a child who is prone to infections or has allergies. If he/she seems to suffer from colds, flu, ear infections, sore throats or allergies often, consider one dose of *Calc carb 200* every 3 days for a few months.

[Stramonium 6X or C](#) is useful when the child acts out with violence. This intense behavior can be displayed during the night terror, or even during waking hours demonstrated in play, or if he or she gets too angry. It is best given twice daily for a week until the night terrors subside.

[Ignatia amara 200C](#) is my favorite remedy for any nightmare, whether terrorizing or not. *Ignatia* is usually given twice daily for about a week or so.

Melissa gave Helen *Calc carb 200* every three days. She chose it because Helen tended to catch colds more frequently than her sisters.

Melissa noticed improvement in the length of the night

terrors after two doses, and by the end of about a week, the night terrors were gone.

Today, a year later, Melissa looks back at those trying nights as a distant dream.

By the way, Helen has not had the usual colds and coughs that she used to and seems even more resistant than her sisters and other children around her.

Melissa and Lee have found a common interest: employing homeopathy instead of waiting it out and treating colds with synthetic drugs. It wasn't long before Melissa joined an [online class](#) as well.

Please note that sometimes it's not as easy as using a remedy specific to the condition. I have noted that neurological – and seemingly psychological – conditions are often related to allergies and food intolerances. That's when we consider uprooting *that* problem with homeopathy. This is what I specialize in. More on this subject in the near future.

Interested in learning more practical, proven protocols for women's health? Well, you are in luck! My popular course, *Feminopathy: How you Can Correct Female Ailments Using Save, Inexpensive and Effective Homeopathy*, is available now! Order now and get additional freebies: <http://feminopathy.-joettecalabrese.com/>

Sickening Summer: Heat Rash



SUMMER. We crave it throughout the cold winters (especially here in New York), but when it finally arrives, it can be a fair-weather friend.

We've all said it once, maybe even a hundred times, when discovering illnesses or conditions in our children.

"Wait, what's THAT?!"

And doesn't it surprise us in the summer? Who gets sick in the summer?

Here's a story that may help your family someday.

Or maybe you're currently living it.

Meet Nellie.

Nellie's first baby was two months old, and her in-laws were coming to meet the baby for the first time in just a few days. She was still taking it easy, but she had a few items she needed to pick up at the grocery store before they arrived.

It was July in the Southeast. The high for the day was in the 90s, and the humidity felt like it was at 1,000 percent.

She dressed her baby as lightly as possible and secured her in her car seat.

Twenty minutes later, she'd parked at the store and was crossing items off her list as her baby slept in her stroller.

Nellie arrived home, got the baby inside and unloaded the car. Time to check the baby's diaper, Nellie lifted the baby out of the car seat carrier and laid her on the changing table.

"WHAT is *that*?" Nellie gasped, her eyes drawn to a fine, bumpy rash across her baby's arms and neck.

The rash looked angry and was clearly bothering her little one.

This new mom stifled her immediate urge to call her pediatrician. Confident in her ability to care for her child, she pulled out a medical reference book for infants and leafed through the pages until she got to the section on rashes.

Nellie perused the pictures and descriptions until she found a condition that looked like her baby's rash.

It was heat rash.

Heat rash, or miliaria, is a condition in which tiny bumps

(that can range from pink to clear) form over an area of the body. It's caused when blocked pores keep sweat from escaping.

Luckily, when Nellie got pregnant, she began studying homeopathy, as she'd heard it could help during pregnancy and childbirth. Now that she had a diagnosis, she turned to her [favorite homeopathy reference book](#), which identified a few choice remedies for heat rash.

Remedies for Heat Rash:

There are a few medicines that should be considered when dealing with heat rash, and each has its own specific set of indicators.

Choose one remedy from the list below and continue with it for a couple of days to determine if your remedy choice is correct. If you note improvement, continue on a schedule of about every 6 to 12 hours until the rash is noticeably better.

1) Your first choice if it's not clear which one to choose:

[*Arsenicum album* 6X](#)

- Itching and burning with restlessness
- Persistence of complaints during recession of itching

2) When there are hive-like eruptions:

[*Apis mellifica* 30](#)

- Skin feels hot with raised, red shiny eruptions
- Sudden puffing up of the whole body

3) When the symptoms are intense:

[Belladonna 30](#)

- Violent sudden outbreak of prickly rash
- Skin red, hot, painful
- Alternate redness and paleness of the skin

4) When the rash is red with raised blotches that sting:

[Urtica urens 30](#)

- There is itching and burning
- Skin feels worse from cold bathing
- Skin feels better from rubbing, which looks like nettle rash

Nellie chose [Belladonna 30](#) because the rash was crimson red and hot, hot, hot while her legs were pale.

Since the baby was only two months old, she decided to dilute the hard little pills in an ounce of water and administer it in droplets into her mouth instead of expecting her to negotiate swallowing pills.

She gave her *Belladonna 30* at noon and again just around dinner time. By the next morning, the redness was not a screaming red, but she gave Baby another dose at dawn and noon. By dinner on the second day, her skin was nearly clear.

Just in time for her in-laws' arrival.

This was Nellie's first footstep into the world of self-reliance in treating her newborn.

She made a quiet decision to saturate herself with more

homeopathy tools.

That night while she sat with her husband and in-laws holding her baby in her arms, she ran her fingers over the supple skin of her baby's neck and arms. It was velvety smooth, and it elevated her beyond what she felt before the rash had arrived.

It wasn't just a mother's loving touch she experienced.

It was a silent contentment teaming with unprecedented joy and pride that comes from knowing that she had cured her baby.

No drugs.

No side effects.

Inexpensive and, most importantly, *curative*.



Remedy Cards

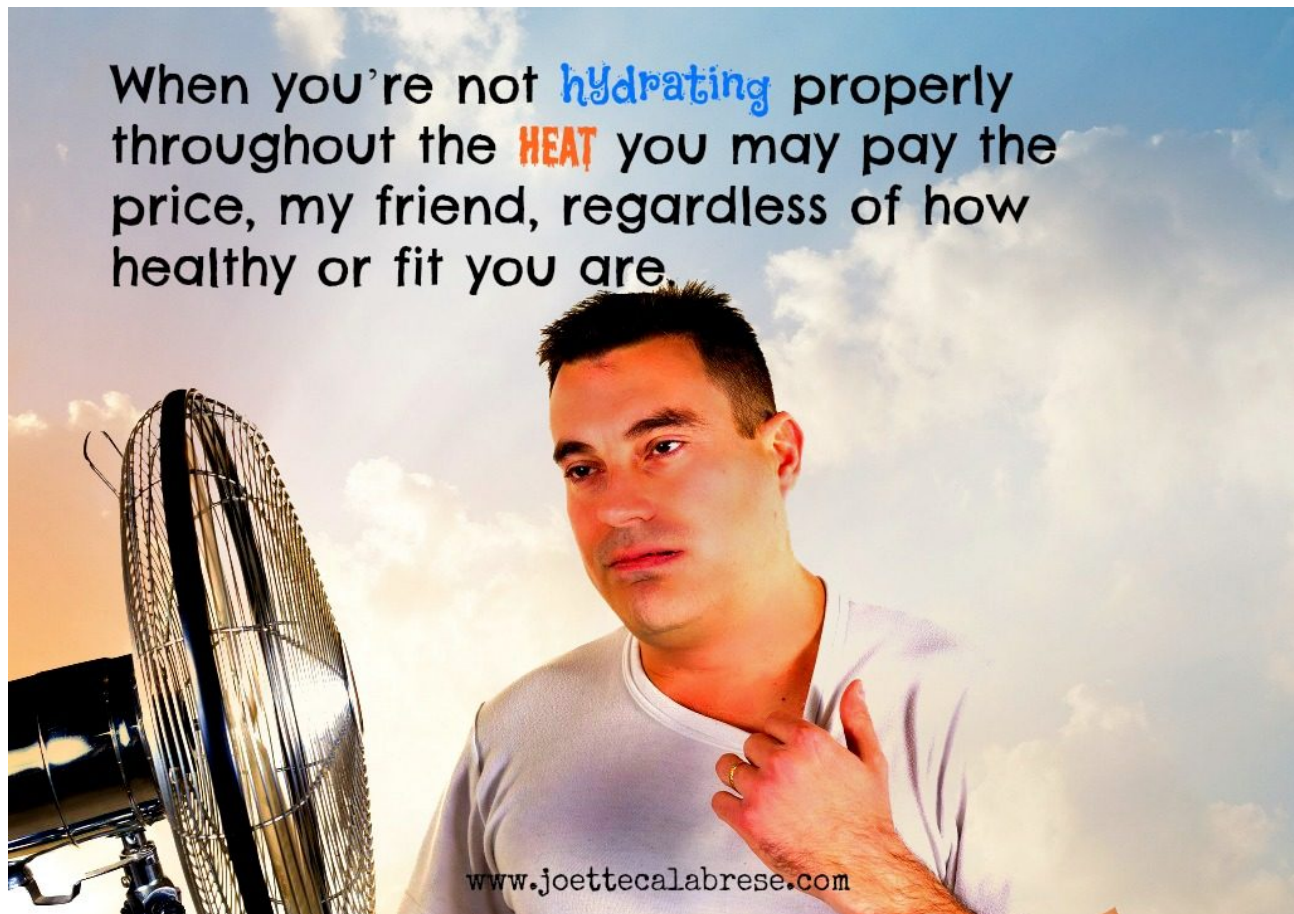
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Print them out as convenient cards and keep them together in a book for those times when you don't have your computer handy.

*Fill out the form below to
download your remedy card*

Sickening Summer: Count on Homeopathy Part 1



Watch out! Heat can be a monster.

Our global neighbors in India have been dealing with devastatingly extreme heat this summer.

As of June 1, 2,330 people have died from heat-related illnesses in India as the country waits for monsoon rains. Temperatures as high as 118 degrees Fahrenheit were recorded in Indian cities in early June.

I recently spoke to an ER doctor in the U.S. who saw five patients in one shift so far this summer, each suffering from heat exhaustion. The ages of those patients ranged from a healthy teenager who spent too much time on the beach to an active 50-something who pushed himself too hard during a

5K race.

When you're not hydrating properly throughout the heat, you may pay the price, my friend – regardless of how healthy or fit you are. (And no, I'm still not promoting Gatorade or other imitation sports drinks! Refer [to my post](#) on the best sports drink you can have on hand.)

But, never fear!

Whether you failed to drink enough water or are in an extreme situation where drinkable water is scarce and the heat unbearable, you can count on homeopathy.

I am going to focus on two heat-related illnesses that are serious, but can be beautifully resolved with hydration and a selection from a few perfect remedies right in your homeopathy kit!

Heat Exhaustion

Heat exhaustion, sometimes called heat prostration, is the body's response to losing water and salt from lots of sweating. When you suspect that someone is suffering from heat exhaustion, [*Veratrum album* 30C](#) is your best bet.

This remedy is used when the person suffers great weakness or collapse or has a feeling of dizziness and faintness. It may seem counterintuitive, but the person will sometimes become cold, and the focus of his or her coldness will be located primarily in the hands, feet and face. This, however, does not preclude the entire body from being cold. A cold sweat may also accompany these symptoms, as well as nausea and a pale appearance in the face.

In addition, watch for a quickened pulse and general body stiffness.

The rule of thumb is that when the overall list of symptoms includes some of the conditions I've mentioned – especially weakness – the remedy that ought to be considered is ***Veratrum album 30***.

The second most commonly used medicine for heat prostration is ***Cuprum metallicum 30***. This remedy is traditionally associated with cramping and jerking muscles, which may even get to the point of convulsions. Many of the symptoms that point to the use of this remedy are light-headedness, a rapid pulse and a cold sweat. However, remember that ***Cuprum metallicum*** is the answer when there are muscles that jerk, convulse and seize.

Heat Stroke

Heatstroke is a condition that occurs when the body can no longer regulate its temperature because it's been in really high temperatures for too long. The key indicators of heat stroke are fever and unconsciousness or deliriousness.

The two remedies indicated for heat stroke are ***Glonoinum 30*** and ***Belladonna 30***. With both remedies, the ill individual will have a red face, throbbing headache, and fever.

Let me note an odd little differentiation between these two medicines. The person who needs ***Glonoinum*** cannot tolerate having his or her head laid backward, and upon applying cold compresses, the person may experience twitching or other muscle contractions. This person also craves being in the open air.

On the other hand, the person in need of ***Belladonna*** is made more comfortable by the head being laid in a backward position and sitting quietly.

Whichever medicine you choose, administer it every 10 to 20 minutes and less frequently as the person begins to recover.

Meanwhile, sips of saltwater between doses are also a good plan.

So, there you have it!

File this away in your emergency first aid kit.

Or better yet, own 100 of the most common remedies by investing in a homeopathy kit. Should this be of interest, feel free to visit <http://joettecalabrese.com/remedy-kits/>. Call or email us, and we'll send you a kit in a jiffy ... anywhere in the world.

Stay tuned for more heat-related survivalist tips next week as I finish up my two-part series on surviving summer.

Podcast 13 – Why Homeopathy Trumps ‘Em All



In this podcast, we cover:

1:35 Acute vs. chronic conditions

6:58 Drugs are antithetical to true health

16:10 Drugs suppress while homeopathy cures for the long-term

23:16 Rousing the sleeping giant

24:13 Learn homeopathy to cure diseases

Just last week on the phone, Skype and through emails, I met and spoke with over 80 people in my practice.

What I heard from mostly moms and grand moms is that they have used homeopathy for their family's illnesses from their collection of homeopathy books they've purchased from health food stores and online, but they can't seem to treat the eczema

their son or grandson has.

They can't seem to get a grip on food intolerances or chronic constipation, arthritis, asthma, ovarian cystic disease, or severe acne etc., because they can't find anything on these chronic conditions.

In this week's Podcast I can tell you why and more...

- I explain the difference between chronic and acute illness
- The good news and the bad news
- The solution; a real life solution you busy moms and grand moms can use immediately

It's not good enough to strive to be the best in the world, you must be the best FOR the world. Join me and change your world first, then the rest by spreading the message.

Warmly,

Joette

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.

Jendi: Hello! This is Jendi and I am here with Joette Calabrese and today, we're going to talk

about acute versus chronic. Hello, Joette! How are you?

Joette: Hi, Jendi! I'm well.

Jendi: I know you talk about this a lot and we talked about it in some of the previous podcasts but why does acute versus chronic matter so much?

Joette: Well, let me step back a little bit. Just this past week, I've had a very busy week on Skype and emails and on the phone. I met with over 80 people in my practice. And what I hear from mostly moms and grandmoms is that they have used homeopathy for their family's illnesses from their cadre of homeopathy books and courses they've taken that they found maybe at health food stores, etc., and online, but they can't get to the eczema their son has. They can't seem to get a grip on food intolerances or chronic constipation, arthritis, asthma, ovarian cyst disease, acne, etc. They can't find any of these conditions. And, why not, they ask.

Jendi: Yeah, why not? I hate to ask you this but is it because homeopathy doesn't help in those conditions?

Acute vs. chronic conditions

Joette: No, no, not at all, a resounding no. In fact, it's these very conditions that homeopathy does its best work. It's because in homeopathy, and all medicine for that matter, we categorize

conditions into two main classes, but especially in homeopathy because it's so perfect. First is acute and second is chronic. Those are the two main classes. And the difference is noteworthy. In fact, it's downright vital. So in classical homeopathy, which is not what we're talking about here, we are taught that an untrained homeopath can cure her family herself when it comes to acutes. But it requires years and years of study to be able to cure a chronic condition.

Jendi: So in case someone doesn't understand, can you give me an example of a chronic and an acute condition?

Joette: Yes. Let's start out with that. So acutes are illnesses that have a natural beginning and a natural end. They end. They are usually short lived, but not necessarily. They can last for weeks, months, but generally, they're short lived, and they show a great deal of vitality. If you have the flu or strep throat infection, there's a great deal of fanfare that accompanies it. The body gets super hot with fever, perhaps there's vomiting. There might be weakness. Especially with the flu, we might even see depression. But this is the big distinguisher – you know it will go away at some point. Flu doesn't stick with us forever. It resolves or you die. But it's not going to last for years. By the way, acute conditions don't always resolve. I want to make that point. Death can be the outcome. So otitis media, conjunctivitis, strep throat, lacerations, bug bites, injuries, they begin and you know that you

won't have that bug bite or laceration forever or even a few years, right?

Jendi: For most bug bites. In this area, we have a lot of Lyme disease, so I'm not sure about that one.

Joette: Well, that's right. Lyme disease is a little different. Sometimes an acute or short-lived show of symptoms such as a bug bite can turn into a chronic condition, and that's precisely what we're going to talk about today.

Jendi: So that's the acute conditions. Can you tell us about chronic conditions?

Joette: Yes. So with most chronic conditions, it often shows a lower level of presentation. So it's not screaming-in-the-bed illness necessarily like a flu would cause but it's in a lower level and it's pretty much forever. And this is key: It doesn't go away.

Jendi: So like people assume with allergies.

Joette: That's right, exactly. But let me set the stage first. We're all made from DNA. No matter what your politics are, the bottom line is that at the moment of conception, that blessed moment – sorry, I had to toss that in – the DNA is mixed between the mother and father – dad's blue eyes along with his anxiety attacks, mother's propensity for rashes, his grandfather's over affection for alcohol, and we haven't even gotten to the full extent of the entire family yet. So does this mean that the baby will be hampered with all these maladies? Of course not. But

they are lurking in the background like a sleeping giant. The sleeping giant can be poked at and taunted, so beware. It can be roused. And we want to do whatever we can to not have to face this monster.

Jendi: And most people say that we should eat well and live a healthy life, right?

Joette: Yes, but that's too vague an answer, as far as I'm concerned. That's a woman's magazine answer. Living a healthy life is meaningless if you've got the idea that that means eating a low-fat diet and submitting to mammograms every year.

Jendi: So what does it mean to you?

Joette: Well, what it means to me is that we want to minimize shocks to the system. What are they? Well, shocks are inevitable – the loss of a loved one, financial loss, plus those are psychological shocks, an automobile accident, a severe bout of bronchitis, terrorist acts. That's the stuff that brings us down to a lower level. Modern day doctors talk about stress all the time but they miss one important piece, and that is that the medical methods they themselves employ are often the stressor. By medical methods, I mean drugs, medicaments, invasive tests, surgery, vaccinations. These are the stressors and I use the term lightly here, but this is what rouses the sleeping giant. It stimulates the weak link in our DNA. And what comes up is what is related to us and what's in our family tree.

Jendi: The first thing that comes to my mind is I

know a lady that was just fine until her son died and now, she has a bad nerve disease or condition. And that kind of explains that or how some people say they were fine until their dog died or they lost their job.

Joette: Right, right, and those are psychological. Yes, and then chronic problems set in – chronic fatigue, eczema, arthritis, chemical sensitivities. But mind you, the most common shocks to the system is pollution.

Jendi: And most people think of pollution as acid rain and pesticides on our food, right?

Drugs are antithetical to true health

Joette: Well, certainly, we need to stay clear of those kinds of poisons. Of course. And that's practical. But more importantly, the poisons we put in our mouths daily. Now, I know I'm going to turn a certain number of people off by saying this, but I view all meds, drugs, and such as poisons, because they are. Drugs, no matter their value, what they were intended to be used for, they were never truly intended for mankind to ingest or smear on. They are antithetical to true health.

Jendi: So that statement is pretty extreme. Can you explain it a little more?

Joette: Yes, certainly. All poisons come with a label, a warning that this or that will happen on

taking such. Have you ever read the inserts on the side effects of drugs, any drug including aspirin, Tylenol, birth control pills? Have you ever looked online what could happen to you if you take an over-the-counter or prescribed drug? As far as I'm concerned, it reads like rat poisoning. It warns us that it can cause hearing loss, bleeding, fetal damage, rashes, loss of normal vision, diarrhea, anxiety, convulsions, and my all-time favorite, death. I wouldn't wish this on a rat. Well, maybe I would but not my child or my husband, my parents, my brother, certainly not. So why do people take these drugs? Why do we even consider these? These are the questions that I always wonder about. There are a couple of reasons. Number one, because their doctor told them to do so. And most folks have a long umbilical cord still attached looking for someone to plug it into. I don't mean to be rude or unkind but we humans look to others for our answers. And certainly, that is a prudent thing to do to a certain extent but we must be certain that what we plug into is the correct socket.

Jendi: So what's number two?

Joette: The second reason, I believe, is because they think there's no other way. Once the doctor says, "Here, take this," they say to themselves, "Well, I don't really want to take drugs." I mean, everyone tells me, "I don't want to take drugs." That is how they open practically every appointment I've ever booked. "I don't want to take drugs, but what else can I do? I must do something." And so

they submit. And number three is because they don't think the side effects will really affect them. It's that old "That will never happen to me" attitude. But I have to say they're wrong. I was wrong when I counted on drugs and others who still depend on them are also wrong. And what's more, the long-term effects are the worst part and are never spoken of. Remember the sleeping giant now. These long-term effects are only noticed by the sufferers, not the drug companies who publish the studies. They often happen too long after and sometimes people don't even recognize that that drug five years ago caused this gut dysbiosis today.

Jendi: So I'm wondering if you have an example or possibly even a story for us.

Joette: Well, I'll give you a personal and very sad example of a short-term side effect. I had an aunt who I was very close to. She was my godmother. She sprained her ankle and went to the doctor to see if it was broken. I wish she had called me. I mean, I talk to her pretty frequently, maybe once, twice a week for years. And she didn't call me about this, probably because she thought I was too busy. She always said that. So she went to the doctor. The ankle was not broken. Which was a prudent thing to do. She should know if it's broken, certainly. And the doctor gave her a pain reliever. What he gave her was Darvon. But what happened was that night, she took the Darvon and died from Darvon poisoning.

Now, how do we know that it was Darvon poisoning? Well, they told us that the cause of death was heart

attack. And just about a week or two before she had taken this, had had this incident, she went to the doctor and they checked her heart and they said her heart was fine. She never had any heart trouble at all. And she had never had any illness in relationship to going unconscious or strokes or anything like that. So interestingly when I researched this incident with Darvon, I mean, it was the first thing we thought of because the Darvon pills were right by her bedside and that's all she had taken. She wasn't taking any other meds, by the way. She wasn't being treated for anything else. She had some arthritis years previous but I had pretty much worked that out with her with homeopathy and she wasn't suffering from that any longer.

I went online and checked out what was going on with Darvon. There's a lot of information on Darvon. And the gist of the story about Darvon is that it causes heart attacks in people without a history of cardiac arrest. So my aunt passed away as a direct result of taking a painkiller for a sprained ankle. Now, this is not uncommon. Let me tell you, I hear these stories all the time. And I come from a big, fat, Italian family. And I'm not going to go through all of my other cousins and aunts and uncles who have been affected by these drugs, but I've watched it through the years, and I am suspicious of all drugs. That's just now the way I [unintelligible – 00:12:26] myself in life.

Jendi: That is so sad.

Joette: It was sad. It was very sad. It lets you

think that drugs that are harmful are taken off the market. Certainly, there's all this hullabaloo about Darvon causing these problems. The drug my aunt took was cheerfully placed and did swimmingly well since 1957. It's been on the market for as long as I've been alive and then some. So you know how you have to be mindful and a little suspicious when choosing your kitchen contractor and when buying a used car? Well, that's nothing, folks. Caveat emptor. Buyer beware when it comes to your medicine. There's nothing more personal than your body. Who cares if your cabinets turn out to be cheap particle board or if your car is a lemon? But when it's your body and mind, you better consider it sacred because no one else is watching over you.

Jendi: But Joette, most people believe that the FDA or the Food and Drug Agency in our United States is there to protect us and why can't we count on them?

Joette: Well, Dr. Herbert Ley was an American physician and the 9th Commissioner and head of the US Food and Drug Administration back in the 1960s. And this is a direct quote from him, "The thing that bugs me is that people think the FDA is protecting them. It isn't. What the FDA is doing and what the public thinks it's doing are as different as night and day." So by the way, as I said, this was not just any old, ordinary doctor. He was a Harvard graduate. He was an undergraduate in medical school. This man was very bright and capable. So I urge people to take heed.

Jendi: So what is the FDA doing then if they're not

there to protect us?

Joette: Well, I don't want to spend too much time on this subject because it's a vast one. But consumers, like my Aunt Mary, for example, don't have lobbying power. The FDA doesn't even know my Aunt Mary or how she died, but I guarantee that they know the lobbyist from the pharmaceutical industry that produces that drug. I'll bet they just had lunch with them in Georgetown's most fashionable French restaurant just last week in DC. So who do you think is going to get the ear of the FDA official, the guy who's picking up the \$200 lunch tab or my Aunt Mary's relatives?

Jendi: Yeah. Unfortunately, money talks loud.

Joette: Yes, it does. We always say that it's greed but we are talking about human foibles. It's not just our country. It's all over the world. It's everyone. It's in the Soviet Union. It's in Cuba. It's not just capitalist countries, for goodness sakes. It's about human behavior. So we have to understand that. So that's why it's so important that if you're going to choose a medicine, you better choose it wisely. But let's get back on track. I want to give our listeners concrete, practical, common sense help here. So let's get back to acute versus chronic, shall we?

My Aunt Mary had an acute problem. Her ankle wasn't going to be sprained forever. It would have healed. And I certainly recognize that this is an extreme

situation and that women take birth control pills, for example, for years without dying from blood clots. But remember what I said about the sleeping giant. Well, the weakest link in the person's DNA is usually what is weakened further. I can't emphasize that enough.

Drugs suppress while homeopathy cures for the long-term

Jendi: So what should we do when somebody gets sick? Do we just try to live with it?

Joette: Oh, that's a good point, Jendi. In many cases, the answer is an unquestionable yes. There's nothing wrong with a fever and a child's illness. What's wrong with it is the mother's lack of knowledge of the subject. That's what needs to be changed. She doesn't know that a fever in normal childhood illness is curative. It's what cooks off the infection. And by suppressing it, even with a warm bath, it's not in the best interest of the child. Okay, maybe for now the discomfort from the fever is addressed by giving them Tylenol or something, but it isn't in the long run. And isn't that what we're aiming for, is the long run? We're not raising our kids for the next week. We're raising them into adulthood. Isn't that why we make soup for dinner instead of a quick fix or brand-name cookies and Kool-Aid? We're in this for the long haul so we have to know what will affect our family, our children in the future.

Jendi: So if they are in terrible pain from an ear infection or something, does that in itself cause stress on the system like we talked about earlier?

Joette: Well, yeah, I have an answer for that and I believe I have the answer. And that, of course, is homeopathy. What homeopathy has to offer is a way to stay away from the drugs. Look, before I found homeopathy, I studied essential oils. Before that, I studied herbs. Before that, it was vitamins. I recognized that these tools have value but homeopathy trumps them all. So for my Aunt Mary, for example, the solution was ironically only about 15 feet away from where she passed away. The solution was in her medicine cabinet. It was her homeopathy kit that I had given her as a Christmas present years prior. What happened here is that my aunt went to the doctor to see if her ankle was fractured. Good plan. That's decent. That's a good thing to do. Of course we need a diagnosis. If we don't have the knowledge, certainly we need to know that. But as soon as it was determined that it was a sprain and that she was in pain, the prescription pad was whipped out and off she went to the pharmacy.

So what remedy would have made the difference for my aunt, would have saved her life? It would have been Arnica montana 200 every few minutes. And as soon as the pain had subsided, that's when she would have stopped taking it. If the pain had been horrendous, really severe where she was crying out from it, then we might use Arnica 1M or Hypericum 1M every few minutes until the pain subsided. It would have been

completely effective and most importantly, safe. And even more importantly, it certainly would not have caused long-term effects, in my aunt's case, death.

So let me give you an example of how this works. Just the other night, I was pulling out a frozen chicken from the top shelf of my freezer and it fell out and landed directly on my three toes. I had no shoes on. I was barefoot and at the time that it happened, the pain was so extreme, I felt nauseous and woozy from it. I was certain I had broken at least one toe. The pain was pretty high on the pain scale and I screamed out and my husband ran to me with a bottle of – he knows what to use – Hypericum 1M. And quickly, between my screeches, popped a dose of it into my mouth. Within three minutes or so, something like that, the pain went from a screaming, horrendous 10 to about a 6. And not long after that, maybe another 10 minutes, it completely went away. But it came back 20 minutes later or so. So guess what?

Jendi: Oh, I'm sure you called the doctor to schedule an x-ray and prescribe a painkiller.

Joette: Oh, Jendi, you're so funny. I took Hypericum 1M again. And the whole incident was over. Today, my toes are a lovely hue. This was just a few days ago. It's kind of a bright azure with a touch of blackish green but I have no pain after that second dose. Let me also mention this. Toes, if they were broken, there's not much that can be done, at least not that I'm aware of. So I didn't need to know whether or not they were broken. Had it been something like my

ankle or tibia or a wrist or something, then I might have gone to have an x-ray to find out whether or not it was broken and then I would have treated it homeopathically.

But for the child with a painful ear infection, the remedy would have been one of two or three remedies. So it might have been, for example, belladonna, if the pain was absolutely over the top and it was accompanied by a very high fever of, say, 105. Or another remedy choice might have been chamomilla 200 if the child was angry and teething. And if none of these, then Hepar sulph 30 or 200. How hard is this? Now, for those who are new, these words are all Latin to them because that is what they are. They're all Latin words. But it doesn't take much to learn this. I mean, I teach this on my blog for free regularly. I also teach it in my courses should you want to go that far. There's no need to go crying to the doctor's office and waiting until someone calls you in, no visits to the ER to catch the bug du jour while you're sitting in the chairs that are rarely scrubbed down, to the doctors for a prescription, no need for a copay, only a bottle of homeopathy that costs about – get this – about \$2.50 if you want a homeopathy kit, and about \$12 if you buy it at your health food store one at a time or online.

Jendi: It really sounds like a no-brainer.

Joette: It is a no-brainer. And that is my message. You can cure your family yourself, folks, and that's what I did and there's no reason you can't either. So I want to remind people, I teach this all the

time, that in Greek, symptom means sign. So we actually consider the symptoms or signs of a condition or an illness to be gifts.

Jendi: Gifts. Wow. That's hard to accept when a symptom is pain or anxiety or something like that.

Joette: Well, certainly. But remember, a headache is not just a headache. It means that something else is happening on a deeper level. It can mean allergies, sinus inflammation. It can mean change from barometric pressure changes in the weather, or hormone imbalances, or gut dysbiosis. It could also mean more serious underlying conditions as well, of course. So to throw a drug at it is not only imprudent, I think it's downright archaic. Unless, of course, you don't mind living for the now and don't give a care about the future.

Rousing the sleeping giant

Jendi: So what you're saying is that if you know how to cure an acute cold, menstrual cramps, otitis media, strep throat, etc., then later in life, you'll not bring out the weakest link that is in your family bloodline.

Joette: You've got it. If dad was prone to eczema and depression and mama's prone to depression and the child is given an antibiotic, what do you suppose will happen? It will likely turn into eczema

or depression. Now, I don't mean to oversimplify it but think about it. If the sleeping giant is roused, he's not going to present with toenail fungus because that's not found in the family. So if you look at the list of side effects from these drugs, you better look at those that are already in your family. So when the pediatrician blames your DNA, he's partially correct. The part he doesn't get is that it's the drugs he prescribes that cause the DNA to weaken.

Learn homeopathy to cure diseases

Jendi: So what happens if the chronic condition is already well established? Did we lose our opportunity for good health?

Joette: Good question. No, no, no, no. This is also where homeopathy comes in. Remember, modern medicine treats symptoms. And when we suppress the symptom, we cause a more deepening of the condition. So a little eczema will often result in asthma later if it's been suppressed. That's not a coincidence. As you suppress the skin condition with a steroid or such, it will cause the pathology in a more vital organ to become ill.

Jendi: So the eczema moves inward like into the lungs?

Joette: Yes. Well, it's not actually eczema itself. The pathology has been driven deeper. The skin clears up but now the lungs, a more important and

vital organ that when ill can cause much more serious illnesses such as asthma, bronchitis, or pneumonia, is now what we have at hand.

Jendi: But everyone just goes and takes drugs, don't they?

Joette: Yeah, pretty much. I want to remind you that I, too, believed in that drug paradigm and certainly took my share of meds but I'm a reformed medical drug taker. As you know, that makes me a zealot. I'm happy to be considered one, by the way. So now, instead of living with a continuation of the ills that drugs were supposed to eliminate and the side effects that I suffered from my lack of knowledge and the long-term effects that brought out my family's worst traits in me, I teach folks how to treat even chronic conditions. So that's a big part of the message that you'll not find anywhere else. And that's an answer that I did not answer earlier to your question.

Unless I'm unaware of this, I don't know anyone else who's teaching homeopathy for chronics. And if you are thinking of going to homeopathy school, by all means, that's where you would learn this in more depth. And I certainly hope that you would do that. But if you already have a full life and a family to raise, it's not practical to go to homeopathy school. That's why I teach practical homeopathy for chronic conditions to moms and grandmoms. I use the Banerji protocols as well as my own protocols that I've learned through the years and that other homeopaths will admit that they as well have, and I

can get this information out very easily because they're protocols. And I often give it away for free on my blog every week. I teach as much in depth on my online courses and CDs and guides as I possibly can but I still love to give it away for free on my blog.

Jendi: So the upshot is that you need to cure your family yourself when an acute condition comes along but if you are already stuck with a chronic condition, don't worry about it. Homeopathy can help root it out, right?

Joette: Yes, yes, but I also want to point out that acute moves exceedingly fast using homeopathy, not unlike my toe injury. But with chronic conditions, it can take months. I always say one step forward and a half step back when we're dealing with a chronic condition. So if a child is screaming with an ear infection and a fever and you give belladonna or chamomilla, then you're going to see a change probably after the first, second, or third, maybe even the fourth dose of the remedy given every several minutes or so, every 30 minutes or so. And that will likely be the end of it. It could happen the next day, it could come back again and you start again, use the remedies and it's over with. That's pretty fast. That's a great response. But with chronic, it can take many, many months, slow and steady until the chronic condition is uprooted and the person can get back to taking care of others in her family instead.

Jendi: So I think I've got it. I need to make sure I have the

information on how to deal with infections like flu, sore throat, injuries, etc., so that I won't have to say I have to do something and go get drugs.

Joette: That's right. I don't want to leave our listeners with the idea that drugs are never useful, however. Certainly, first I'd say if someone is already on a medication, it would be very imprudent to simply hop off and there are times when all that will do is withdrawal. But I must add that this is the part that most don't understand. There is always a risk and it must be evaluated in relationship to the benefits.

Jendi: I understand that.

Joette: So here's my motto: Cure an acute, a true cure with homeopathy, and avoid a chronic. Suppress an acute and cause a chronic.

Jendi: That's a great motto. Thank you so much, Joette.

Joette: Yes, thank you, Jendi. I just want to leave with one last message and that is it's not good enough to just strive to be the best in the world. You must be the best for the world. Join me and change your world first and then the rest by spreading the message.

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

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visit joettecalabrese.com and schedule a free 15-
minute conversation.*