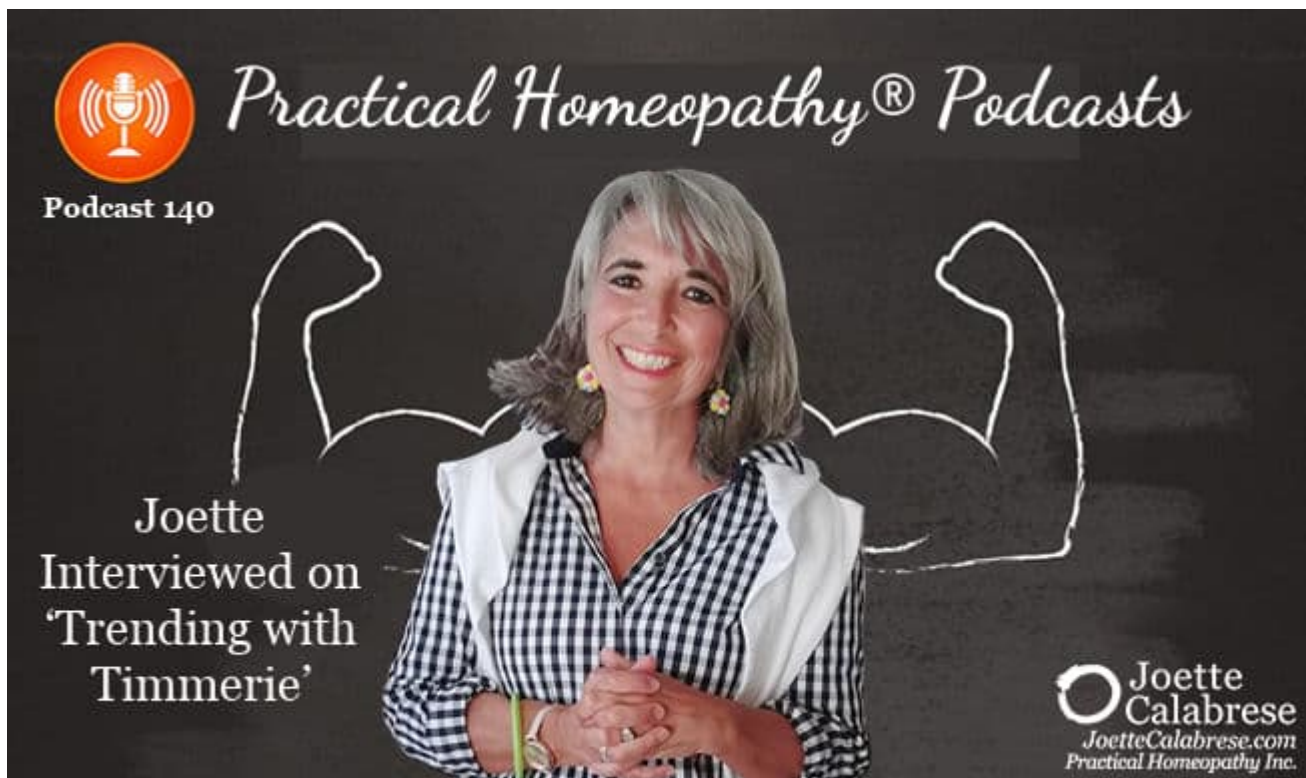


Podcast 140 – Joette Interviewed on ‘Trending With Timmerie’



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Kate:

This is the Practical Homeopathy® Podcast, episode number 140 with Joette Calabrese.

Joette:

Hi, I'm Joette Calabrese, and I welcome you to *our* health care movement – yours, mine and the countless men and women across the globe who have retaken control of their families' health with Practical Homeopathy®.

So, for the next few minutes, let's link our arms as I demystify homeopathy – what was once considered an esoteric paradigm – into an understandable, reproducible, safe and effective health care solution available to all.

This is the medicine you've been searching for – my unique brand of homeopathy, *PRACTICAL* Homeopathy®.

Introduction: Joette Interviewed on 'Trending With Timmerie'

Kate: (01:00)

Welcome to the Practical Homeopathy® podcast.

We're doing something a bit different on today's podcast. We're sharing Joette's interview from the Trending with Timmerie podcast. So, let's listen in as Joette talks about homeopathy and answers listeners' questions.

Timmerie:

Thanks for listening to this podcast of Trending with Timmerie from the Relevant Radio app. Anything you share in terms of episodes – whether it's texting it to a friend, posting on social media – helps to build up the Kingdom for God to help confront the challenging issues we face as a culture, but with joy, with hope, and with an eternal perspective where our faith collides with everyday life, bringing eternal principles to help us live our life joyfully.

Announcer:

So, what's trending? Bridging your Catholic faith with your everyday life. You're listening to Trending with Timmerie on

Relevant Radio.

Timmerie:

We are taking a deep dive into the world of homeopathic medicine today, along with combating loneliness – how this is key for us as Catholics.

I grew up with homeopathic medicine. If you don't know what that is, I will be sharing with you in just a moment with my guest. But I grew up with it. Some people call it the "Witch Doctor book."

Whether it's any remedy that is used at home or administered by yourself in your own family. I'm always a little enamored by that. But I grew up with this, and I was always amazed at how effective it was. I think a lot of people today, it's pretty trendy to use homeopathic teething remedies, especially a lot of people love the Hyland's Teething tablets. I know that's a big one. but even when I was a kid, my mom would use this and always look back on her book for helping to treat various ailments.

So, it would help to keep us, sometimes, out of the doctor's office, away from having to navigate some of those urgent care-type situations.

And as an adult and a parent now, I have used it as well. Everywhere from helping friends to overcome shingles – that can be so painful if you've experienced that as well. I have – to navigating for myself severe allergic reactions at times or morning sickness while pregnant.

Or I remember I was traveling to ... I was in Washington State, and I ended up getting a bit by a bug, and I was having this severe allergic reaction. And I'm sitting here going, "I don't have time for this!" We're on a big family vacation with all of our extended family – with all of the first grandkids at the time.

And I thought, “Okay, I’m running to Sprouts, and I’m finding a homeopathic remedy. And after hours of pain and not being able to walk, it kicked it, and I was able to keep going.

Even my husband has jumped into or onto the homeopathic medicine train with his experience of using it to help with sleep. So, my guest today ... to dive into what on earth is homeopathic medicine, we’ll also dive into ways to use it and just treating day-to-day ailments and even chronic illness as well.

And then, we’ll dive into kind of just some neat little facts about homeopathy and take your questions. So, if you’d like to join the conversation, we will be taking questions in a little bit. Our toll-free line is 888-914-9149, and it’s sponsored by Catholic Order of Foresters Life Insurance.

My guest today is Joette Calabrese. She has over 38 years as a practicing homeopath. She’s treated tens of thousands of cases. She’s actually the founder and director of [The Academy of Practical Homeopathy®](#) and Mastery™, and she taught and worked with Prasanta Banerji Homeopathic Research Foundation in Calcutta, India. In addition, she’s served as an honorary board ... on the honorary board for the Weston A. Price Foundation.

So, especially for those parents and moms out there who are trying to really take care of their kids – navigate that – it gives you a little taste of her background. And so, without further ado, Joette, I’ve been looking forward to speaking to you for some time. I’ve known a lot of people who’ve gone through your courses to help just treat and care for and nourish their families.

Just for a crash course, let’s start with what is homeopathy?

What Is Homeopathy?

Joette: (05:17)

It's great to be here. So, you can hear me right?

Timmerie:

Yes.

Joette:

Okay, great.

What is homeopathy? Well, it is ... the meaning of the word is actually in the word itself, "homeo" meaning homonym or similar and "path" meaning pathology or illness. So, it means similar pathology or similar illness.

And I'll get to that in a moment, but first I want to say this is the medicine we all thought we were getting. What I mean by that is that all the years that I used to go to doctors as a child ... and all the people who've told me they've gone to the doctor expecting that when they get the drug, the antibiotic or the steroid or the birth control pills, they thought they were going to be cured. They thought that was it. It was done. Thank you. We're all set!

When instead, it's like kicking the can down the road., and pretty much we have trouble forthcoming that we never expected.

Homeopathy is not like that.

Homeopathy, especially when it's ... let's talking about an acute, for example. Let's say a fever in a child. It does not kick the can down the road so that the child gets another fever two months later, and you have to treat it *again* with an antibiotic or Tylenol. And then *again*, six months later. And then *again*, and now there's tonsillitis. And then *again*, and now there's otitis media.

And it keeps going, and we automatically blame ourselves thinking, "Oh, it must be our genes that are causing this

child to be so sick.” When really it’s often – not always – but it’s often the use of these synthetic, market square, patented drugs that do nothing more than hide the symptoms only for them to come back and bloom in a large way.

Homeopathy is the opposite.

The goal of homeopathy and these medicines ... excuse me, for being so bold, I call them God’s medicine. They’re not patented; they’re not synthetic. They’re made from a natural substance that just is highly diluted and then succussed ... homeopathy’s goal is to gently stimulate the body’s ability to make the correction.

And the beauty of that is that our body is always trying to make the correction. The body’s always looking for homeostasis. That’s why when we eat bad chicken at a restaurant or something, and we start vomiting or there’s diarrhea two days later ... or when a child gets swimmer’s ear, and they get an otitis media or conjunctivitis or something like that – that what we see is a reaction that the body naturally knows how to do it.

It knows to vomit the bad chicken ... release it from the bowels a few days later; cause a high fever to cook off the condition in which otitis media or conjunctivitis, et cetera, might be thriving in.

And so, homeopathy uses that information and gently stimulates the body’s natural ability to correct.

So, you probably want an example.

Timmerie:

Sure, yeah, that would be great.

Joette:

Okay. Especially when we say homeopathy means similar illness,

homeo-pathy.

So, let's use this as an example. Let's say we get an onion. And when we chop up an onion, most people will have a reaction – a raw onion. Their eyes might water; their nose might run; their upper lip might excoriate. That's a reaction to a gross substance.

And in homeopathy, we don't use cutesy names, market names. We don't use names like "Lunesta." Instead, we use the actual Latin word for onion: *Allium cepa*.

And why do we use the Latin word? (I'm parenthetically explaining this a little bit further.) But because this is *medicine*, and it's been used all over the world for over 200 years. So, we use the Latin word *Allium cepa*.

And so, if a homeopathic pharmacy gets – and of course, they do this. (And by the way, homeopathic pharmacies in the U.S. are regulated by the FDA.) They get a drop of onion, the *Allium cepa*, and they dilute it many times.

And between the dilution process, it's also succussed. So, it's shaken in a specific way. It's succussed, meaning that it's like a concussion of sorts so that it really moves it. And it's diluted many, many times.

And at the end of that dilution process ... it's a very specific pharmacological mathematical method. At the end of the dilution process, let's say it goes 30 times to the hundredth power, it would be called *Allium cepa* 30C.

And if someone has a cold, and their eyes run, and their nose runs, and their upper lip excoriates, they can use *Allium cepa* 30C because that's exactly what is caused by being exposed to an onion in gross form.

Now, this can be used for a cold, or it might be someone who has runny eyes, runny nose, upper lip excoriating from

allergies. And then we *still* use *Allium cepa* 30C because we're using the symptoms to determine what medicine will likely uproot it.

Timmerie:

I remember, I think I was in college, and I went to see a homeopathic doctor. I had a bunch of food allergies, and I had autoimmune diseases that weren't diagnosed yet. And part of my reaction was that I would get all these horrible rashes on my thighs. And I had since I was a young girl.

And I saw this homeopathic doctor, and they said, "Okay, well let's work on that." You know, working on one thing after other. And they said, "Okay, I'm just warning you, though, sometimes the reaction is that you almost have super-symptoms before it gets better." And I remember I did, but then it got better.

And here was the thing that just floored me: It never came back. And I had grown up with homeopathy for treating everything from teething to pain with *Arnica*. I think people are probably the most familiar sometimes with homeopathy through *Arnica*, even if it's just the gel. That's different, but that's where they're familiar with *Arnica*.

And I couldn't believe it. Those rashes to this day have never come back, and I have had them my entire life.

And so, it's just one little example of where people see a lot of success with homeopathy.

And so I know you have a whole program of training, Joette, and I actually want to take a question because the questions are already starting to flow in. And so, as we're diving into "what is homeopathy," here's a question from Pamela in Temple City, California. She said, do you have a remedy for osteoporosis instead of the injection they're pushing me to take?

Now, I'll also add a caveat. We're not sitting here completely giving medical advice. These are things that you can help and aid, but we do have to give that caveat when we're talking on radio as well. So, I do want to throw that in your direction, a remedy for osteoporosis that might be out there.

Purchasing Homeopathic Remedies

Joette: (13:06)

Yes. Yes. There is a remedy for osteoporosis, and I have been authoring a blog for 13 years. I put it out every Sunday night, and it's just JoetteCalabrese.com. You can go to ... you can just use my name, and you'll find my blog and a lot of my teachings, and I've written about the medicines – the two medicines that are often mixed together for osteoporosis, and then what the potencies are and the frequencies, et cetera.

Now, I also direct people as to where they can purchase them, but I don't have an affiliate program with any of those companies. I don't believe in that. I feel very strongly that if I'm going to suggest a specific medicine for a specific condition, that if I get paid for that, that will perhaps push me in the wrong direction. And I believe it's lacking in integrity.

So, I will tell you that *instead*, anytime someone buys from a couple of the companies that I direct people to go to – including Amazon. I mean, I have no particular allegiance necessarily, but if they go to them and they ... for example, Boiron, B-O-I-R-O-N, is a pharmacy that is in France and is also in the U.S.

And if you go to that company and purchase the medicine, then one can at the end when the person goes to check out, if they put in the little box my name – my first name – they'll get a discount. And it's just "Joette" – J-O-E-T-T-E.

Timmerie:

So, what company is that?

Joette:

I like to be able to transfer ... instead of my getting a kickback, I like to give it those who are using the medicines.

Timmerie:

That's great. So, you're recommending your discount code – Joette – and what was the brand that you were recommending?

Joette:

Boiron. B-O-I-R-O-N.

Timmerie:

Yeah, Boiron.

Joette:

It's the little blue tubes that you often see at Walmart and Wegmans and Whole Foods, and et cetera. They're everywhere.

Timmerie:

And Sprouts, some of the others ...

Joette:

Sprouts. That's right, yes.

Timmerie:

And here's the thing that's always struck me. It can be so expensive ... whether you're looking at a medication, or maybe you're looking at a supplement. To buy homeopathic remedies are so inexpensive.

And no matter what's going on, it's maybe \$8 to \$10 a bottle lasts quite a while, often through whatever symptom it is that

you're experiencing. And it kicks it. And that was often it.

I mean, even if you have to take it longer, it's not that expensive. And I love that side of it.

Can you talk, Joette, about how it is used and safe to use for kids? This is part of what I love as a parent today is that when things are needing to be navigated within our home, this is something that can be used with children.

Homeopathy Gives Moms Health Care Autonomy

Joette: (15:51)

Well, the best part, in my estimation, of learning how to use a few of the homeopathic medicines is that the mom has self-control, or excuse me, FULL control. And that puts the mom suddenly in a whole different category.

Instead of freaking every time the child has a fever or even an injury ... now we're not talking about an ER-type injury, but an injury that she might think, "I wonder if I should go somewhere? Should I go to the ER?" Et cetera.

If she administers the homeopathic medicines perhaps on the way to the ER, or she can perhaps even eliminate the need to go to the ER, it puts her in a category that is very different.

And what I mean by that is that when I was raising my children, my children are ... you know, I'm in my seventies. My children were ... I depended wholly on homeopathy, whole foods that I made myself, some botanicals that I also made from the wayside plants around my house out in the country. And that is how ... those were the medicines that I used.

And so, I started using homeopathy during my pregnancies. They are, I'm going to say, relatively safe, although everyone says they are safe. You will find that on the pharmacies who manufacture them, they call them safe.

And I say *relatively* safe because we can make a mess of anything if we do something completely incorrectly. But I used them confidently in my pregnancies and for my newborn. I use them at my births, after the birth ... to move the birth along in labor and afterwards, et cetera.

And my newborns, and well into ... now, my children are well into their thirties. We've been using them that many years.

So, I have the confidence that they can be used for any age. And not just any *human* age, but we raised goats. And we had chickens at one time when I was raising our children. And we used them for the chicks and the baby goats, and we even used them for bees that we were raising back some 20 years or so ago.

Timmerie:

Did you say for bees?

Joette:

So, it matters not what species it is, what age it is, what sex it is. It works across the board.

How To Learn About Homeopathy

Timmerie: (18:34)

So, if you were to first introduce someone to homeopathy. They know next to nothing about it. You explained a little bit about what it is, but how would someone get started in learning about homeopathy?

Joette:

Well, as I said, if you are interested in just checking out my site, you can go to Joette's Learning Center, J-O-E-T-T-E-S – no apostrophe – but [Joette's Learning Center](#), and scroll down and take a look at my study groups.

We have a [Gateway to Homeopathy study group](#) where people join in and meet with like-minded people. Mostly, it's mothers, grandmothers. We do have a lot of farmers because this is so great for livestock, a lot of pet owners, and those people who perhaps don't have children but are taking care of their elderly parents or their neighbors or want to help those in their church community, et cetera.

That's a great place to start because it's a study guide in which you actually meet online through Zoom once a week or once every two weeks, depending on the person who's running that particular group. Very inexpensive.

But another way to do it's just go to my blog and spend time there. And the way to do that is if someone has, let's say, shin splints. You key in right on your search bar, Google: Joette Calabrese shin splints. Somebody has a laceration? Joette Calabrese lacerations.

No matter what it is, give it a try. I've been, as I said, I've been authoring that blog for 14 years, and for 52 weeks every ... for 14 years, there are a lot of subjects up there that I give away information on.

Timmerie:

That's Joette Calabrese. You can find her website, <http://joetteslearningcenter.com/>. That's J-O-E-T-T-E-S learningcenter.com.

I know a lot of people who have actually been through your program, and they have done everything from navigating childhood injuries that were scary to treating eczema, allergies, you name it.

And again, I grew up with homeopathy. My mom used it. She had her book. Something was going on? She used book. And everyone in our family, from kids to my dad, we loved having that ability ... and even a little bit of that empowerment of like,

“Okay, something’s wrong. Let’s look at the book. Let’s work on this.” And it helped. It was effective.

I know we’ve had a lot of questions coming in, and we will take a couple now. And then, we’ll move some of those for later because I do want to dive into some of your homeopathic treatments for day-to-day and chronic ailments. But Donna’s on the line from Menifee, California.

Donna, welcome to “Trending.” What’s your question today for Joette?

Recovery After Childbirth

Donna: (21:17)

Hi. Hi. My question is if she has any tips for what to take to help with recovery after a pregnancy, like a vaginal delivery, to help with strength and decrease fatigue and to help with, like, get the bleeding out faster? Yeah, anything.

Timmerie:

Congratulations on your baby!

Joette:

That sounds like a newborn. We’re talking about postpartum directly right after birth?

Donna:

Yes.

Joette:

Yeah. It’s interesting that, Timmerie, that you should bring up the remedy, *Arnica montana*.

Timmerie:

Yes.

Joette:

It is exactly what I used for my births.

Timmerie:

Me too.

Joette:

I had home births, and I took *Arnica* during the labor, which was really helpful.

But even if I hadn't, I took it *after* the labor for that beat up feeling. Not only locally, but even generally. Sometimes there's such tension during labor that the whole body tenses up so heavily that it just feels like the muscles are achy and exhausted and that fatigue.

But let me also say that if, Donna, if you were to look up Joette Calabrese and then go to postpartum, you will find not only *Arnica*, but also other homeopathic medicines that I've used, and I've taught in many of my courses.

Timmerie:

Now, your blog, is that at Joette's Learning Center? Is that at JoetteCalabrese.com?

Joette:

No, it's separate. The Learning Center is all the courses and the study groups.

But the blog is separate. It's just JoetteCalabrese.com. And you can or just look up the name of the condition that you're looking for. What to use for eczema? "Joette Calabrese, eczema." "Joette Calabrese headaches," et cetera. "Joette Calabrese postpartum."

Right in Google.

Timmerie:

Yes, I'm linking there to the blog as well. And then also <http://joetteslearningcenter.com/>.

We're going to come back discussing how to treat and navigate day-to-day and chronic ailments with Joette Calabrese. She's been practicing homeopathy for over 38 years, a pretty incredible resume. And we'll even touch on some of the neat Catholic elements where she's worked with the Catholic Church.

And did you know that St. Mother Teresa actually used homeopathy and had all of her nuns trained? And this was their first aid response as they were helping to treat and care for the ill who came into their care. It's used very often in our convents among our nuns and sisters, so it's kind of neat. I don't know. I feel like it's a little bit of our hidden Catholic tradition behind the scenes.

You're listening to Trending with Timmerie, with Joette Calabrese here. We'll be right back diving into treating day-to-day and chronic ailments and also taking your questions. Our phone number is 888-914-9149.

How Homeopathy Treats Day-To-Day and Chronic Ailments

Timmerie: (24:30)

Happy Advent. Thank you for being with me today during the Advent season.

We are joined today by Joette Calabrese. She is a homeopathic medicine practitioner. She's been practicing for over 38 years, seeing thousands of cases. She's a founder and director of [The Academy of Practical Homeopathy®](#) and Mastery™. She's taught and worked with the Prasanta Banerji Homeopathic Research Foundation in Calcutta, India, and has served on the honorary board of the Weston A. Price Foundation. You can

learn more about her work, check out some of her programs if you're interested in learning more about homeopathy at JoettesLearningCenter.com, that's J-O-E-T-T-E-S learningcenter.com.

We explained a little bit about what homeopathic medicine is, and I want to dive into how homeopathy treats a day-to-day and chronic ailments. I shared before that I grew up with homeopathy. My mom had that book that would help us page through what was going on.

I used that – I never would've thought – during labor and postpartum. It was a huge help. I didn't do any pain medication or anything, and it was huge. And recovery was great with both of my children.

And so, I know we have lots of questions coming. If you have a question, you can get in line. The number's 888-914-9149.

Joette, in your courses, you teach people how to treat those day-to-day things that come up to try and avoid having to pick up and go to the doctor's office, to urgent care. And it's so surprising all that can be addressed. So, talk to me a little bit about treating the day-to-day with homeopathy.

Excessive Worry

Joette: (26:17)

Well, let's talk about what many moms and grandmothers often suffer from, and that is anxiety or worry – too much worry, feeling overwhelmed, perhaps even insomnia, wringing their hands, feeling like there are too many concerns. This child or that child or “my father's not doing well.” That worry. It can be such a burden.

Now, I don't use homeopathy unless there is a reason to do so. But this medicine I'm going to tell you about is so, gobsmacking. It is so gentle, and you can use it – and then

stop using it, of course, as soon as it starts acting – and sometimes it only takes a dose or two for it to relieve the person of the suffering.

And the medicine is called Ignatia, [*Ignatia amara*](#), I-G-N-A-T-I-A, *amara* A-M-A-R-A. And I like to use it in either a 30C or a 200C. And it's named after Saint Ignatius, by the way.

So, it's a medicine that is readily found. We don't use it forever. That's the whole idea of homeopathy. The goal of homeopathy is to make the correction and allow the person to move on.

But if the symptoms return – the wringing of the hands, or the worry, or feeling just too overwhelmed by life. What the world has gone through in the last several years – that. Those four years were *Ignatia* years if I ever saw 'em.

And so, you use them for twice a day for a few days, and see how it goes. And if there's improvement – much improvement – then we simply stop. Halt the use of it.

If it comes back again a week later, two weeks later, three months later, we reinstate it. And then eventually – or maybe not so eventual – we'll find that it's really not used – not needed – that often anymore.

It's one of my favorite homeopathic medicines.

Timmerie:

I love that. So, if you try it and it works, you have to call us. I'd love to hear some of those testimonies. I know you've been working with thousands and thousands of clients for years.

Navigating Cold Symptoms

Timmerie: (28:44)

What about, for example, something such as navigating cold; onset of cold symptoms? Come on, people get sick. It seems to me that ever since COVID, immune systems are more hit than ever before. No matter how hard we try to boost up our immune systems, the exposure is so severe. And unless you're hiding from everyone in the world, it's hard not to be exposed today.

What do you recommend, if anything, other than just riding out the colds that we all have to suffer?

Joette:

Well, we can ride out the cold, and I don't think it's necessary to take a homeopathic medicine for everything. But let me turn you on to a medicine that's a combination medicine, and that happens to be made by Boiron.

I just mentioned them earlier, B-O-I-R-O-N, and it's called [ColdCalm®](#), C-O-L-D, calm, C-A-L-M, ColdCalm®. And you can buy it on Amazon, or as I said in grocery stores, et cetera.

But let's say someone's listening to this, and they're in another country, and they don't have ColdCalm® available. And that's happened many times. I urge folks to use the medicine, *Aconitum*, A-C-O-N-I-T-U-M: *Aconitum* 200 and mix it, believe it or not, in the mouth at the same time as *Bryonia*, B-R-Y-O-N-I-A 30.

That's [Aconitum 200](#) mixed with [Bryonia 30](#) at the first sensation as though, "Uh-oh, something's happening here."

And so, I actually, at certain times of the year, keep both ColdCalm® and *Aconitum* and *Bryonia* – I used to; I don't do it so much anymore. I just don't find I get these things any longer.

But when I did, I would keep them in my purse because "Mom, I don't feel so well," in the backseat. And then you administer it, and oftentimes you can pretty much ... you know, and then

Bob's your uncle. It's done.

But other times you may need to use it more frequently, say every couple of hours or so.

Morning Sickness

Timmerie: (30:51)

So, with my last pregnancy, I had severe morning sickness. Why they call it morning sickness? I don't know. It was all day, all night. I mean, I was having pain in my stomach all day and night. I could go on. It was some of the worst symptoms.

And I was put onto a couple of homeopathic remedies that were jaw-dropping. It started treating it within a couple days. It was *Nux vomica*. And then I think the other one was – oh, it starts with an I. I know you're going to know what it is.

Joette:

Ipecac.

Timmerie:

Ipecac. Yeah! I could not believe just the turnaround. And I took it for a couple days and that was it. And it significantly helped.

Joette:

You know another one. Those are very good ones for nausea during pregnancy. But I know another really great one, and this falls right back into homeo-pathy – similar pathology – is the remedy called [*Tabacum*](#), which is homeopathic tobacco that's been diluted 30 times to the hundredth power.

And then, it will uproot the condition that tobacco would cause. If you think back, if any of you smoked, I smoked back in the sixties. I remember feeling pretty green myself after having had a cigarette. Tobacco was the cause.

Timmerie:

A little bit of reverse psychology; I dunno if this would work. But for all the women who are going, “Hey, I wish my husband would stop smoking,” would that be a remedy to help?

Joette:

No, but I do have ... funny that you should say that “Joette Calabrese cigarette cessation” or “cigarette smoking” or “quit smoking,” something like that. Just use synonyms when you’re looking this up on my blog – and I do talk about that – there are some ...

Well, I’m not going to say that homeopathy is going to abort the whole situation. But because whoever is smoking must have some commitment to a certain degree because it really does require that as well. I think that’s so of all conditions that require a real thought process and a commitment. And that’s happens to be one, just like alcoholism and other addictions.

Childhood (and Adult) Injuries

Timmerie: (33:05)

We had a really horrific injury in our house a couple of weeks ago with my one-year-old. She fell, and it was just bad. You knew she was in pain, and she was. And there’s so much controversy and discomfort today over the use of things such as ibuprofen and Tylenol for children. I think the more you look at the research, the more disheartening it is. And I would love to kind of hear: What are your thoughts on helping to navigate whether it’s pain or overcoming injuries in the day-to-day that just happen, especially with children?

Joette:

I’m so glad you brought that up, Timmerie, because especially first moms may not realize this – and maybe sometimes even seasoned moms – that really, the danger in children’s lives is

not around an ear infection or a sore throat or an eye infection or an upset stomach, fevers.

Those are – as long as they're within the childhood diseases category – that's not where the danger lies. The danger more lies in injuries: falling, getting burned, getting into deep water, et cetera.

So, let's, indeed, talk about that because that's where homeopathy certainly can shine. And you said it earlier, again, *Arnica montana*.

And I have to mention that *Arnica montana* is a medicine that's used in a product, [SINECCH™](#), meaning "sin," meaning not, and "ecch" meaning ecchymosis. It's a fascinating product.

It's only *Arnica*, and it's used by many plastic surgeons throughout the U.S. and Canada. Because they know that after plastic surgery – especially facial – one of the biggest problems is ecchymosis, which is black and blue essentially. And that and the swelling can take a long time, and there's a lot of pain, and SINECCH™ made of *Arnica montana* – it's only *Arnica montana*, that's all it is; it just has another name – will not only treat the condition but abort the problem in about half the time. And so, then, the surgeon looks like a hero.

Timmerie:

And they don't know that it's homeopathy and it's *Arnica*, and you're treating the pain, the swelling, the bruising, all of it.

Joette:

Yes, ma'am!

Timmerie:

That's why you mentioned using it for everything from birth to

postpartum to injuries for adults and children. *Arnica*, if there's one thing we have, if we run out of *Arnica*, I'm going, "No!!!"

Joette:

Yeah, it's a very important remedy to have on hand, and it's good to have in a 30th potency. That's 30C. [*Arnica montana 30C*](#) [*or Arnica montana 200C*](#). Very important remedy to own in the home.

Timmerie:

That's Joette Calabrese again, I'll push her website. She has a learning center, if you want to learn more about homeopathy, it's JoettesLearningCenter.com. Joettes is spelled J-O-E-T-T-E-S, JoettesLearningCenter.com. And great programs.

We're linking to her blog as well where she often speaks of addressing various ailments.

Could you mention maybe one other common day-to-day ailment that people have that you see they're needing to address and be capable of addressing themselves within their home?

Ailments from Restaurant Food

Joette: (36:21)

Yes. How about when someone eats normally at home – good food that the mom is preparing – and then they go out to a restaurant, which is a little unusual for them. They eat foods that are not common to their diet, or they have too much ice cream, or they have too many desserts.

And so, the food is not common to their – generally, not common to their – gut, and then they feel sick. They can either have a stomachache or nausea. It can even cause constipation, et cetera.

And the medicine is called *Pulsatilla*, P-U-L-S-A-T-I-L-L-A. And this one is best – if we're going to use it in this form for this particular condition is best – in a 30C. [*Pulsatilla 30C*](#) for restaurant food: ailments from restaurant food.

Timmerie:

Fascinating. How often do you hear that today? It's so true, and I understand that from the food allergy perspective. But if people feel so sick after they go out to eat often, which is a whole 'nother topic in and of itself. But you're saying this helps to ease that discomfort and outright pain, among other things, that people experience when they eat out.

Joette:

So that also, Timmerie, the other idea is that not only does it ease the pain or the discomfort or the nausea or whatever, the bloating that might be associated at that moment in time, but the next time there's an indiscretion – a dietary indiscretion – it may not bother them quite as severely because the goal here is to *uproot*, not to be dependent.

Timmerie:

And that's what's different about homeopathy. You're actually treating what's going on rather than a Band-Aid.

I want to come back; we'll take some questions, everything from allergies, also some fun facts about your work and how homeopathy has been used in the past by Catholics. So, we'll be right back with Joette Calabrese. If you have a question, our line is 888-914-9149.

Timmerie:

Loving me some Advent music over here. In fact, my daughter was sitting here going, "Please, please," can we listen to her current favorite?

I don't know who showed my child "Frozen," but someone did. And we are listening to "Frozen" all day/every day for weeks now, which, it's really cute. They sing and really sing as a one-year-old and a three-year-old belting it out is pretty cute.

But we were in the car, and I think we were listening to "Come Divine Messiah." And my daughter goes, "They're singing about Jesus. They're singing about Jesus."

I said, "Yes, they are."

It was just neat to see. She was really paying attention. She goes, "Okay, I like this song. We can keep listening."

I went, "Oh, okay, good." Because I really wasn't planning on changing it from my Advent music.

You're listening to "Trending with Timmerie" here on Relevant Radio.

My guest today is homeopathic practitioner Joette Calabrese. She's been practicing for over 38 years, treated thousands, tens of thousands of cases. She's a founder and director of [The Academy of Practical Homeopathy®](http://TheAcademyofPracticalHomeopathy.com) and Mastery™. Has a great program at her website, JoettesLearningCenter.com. That's J-O-E-T-T-E-S learningcenter.com. She's taught and worked with the Prasanta Banerji Homeopathic Research Foundation in Calcutta, India, and has served on the honorary board of the Weston A. Price Foundation.

Joette, I would love to just hear some of the little touch points kind of touching on our Catholic faith, in that I had no idea until today that St. Mother Teresa used homeopathy in much of her work. Can you share a little bit about that?

Homeopathy and Catholicism

Joette: (40:43)

Well, I was at her convent and her home when I was in India. I spent years in India studying with the Prasanta Banerji Homeopathic Research Foundation, as you mentioned earlier. And Prasanta Banerji – Dr. Prasanta Banerji – was a medical doctor and a ... but used only homeopathy.

And he actually *knew* Mother Teresa and I loved that he could report to me that, indeed, it is true. She had tables set up, and they didn't just treat the acutes. They treated long-term infections and many other conditions that the poorest of the poor were suffering in Calcutta.

I love having that first-step connection. But I've taught in convents, and I've taught in (Buffalo, New York) a convent there for years.

But I also have to say it would be good for people to know that the Grand Cross was bestowed upon a homeopathic physician, and that is the highest honor a pope can give to a layperson.

And it was to honor him because of the cholera epidemic that occurred in, especially, Italy – in the Vatican, of course – in the 1800s. And so, he won that award and many other awards were given to homeopathic physicians in Italy by popes because of their great work in infectious diseases. So that's a very special part of our faith.

And another one I want to talk about is Antonio Negro ... was a medical doctor of Naples. And he was a leading Italian homeopathic physician in the last part of the last century, I should say. He was the homeopathic doctor to Pope Paul the Sixth. And he was granted the order of St. Gregory for his work in homeopathy, as well as his son who also treated Pope John Paul II.

So, we have a history. We homeopaths, we Catholics, have a lovely tapestry of a history that's been intertwined for a long time.

Timmerie:

And I love that.

Joette:

I also believe – I just have to say – whether someone is of our faith or not, what really pulls this all together for me – what has really pulled it together for me as a mother, because first I'm a mother; second, I'm a homeopath – is that it fits in such a tidy fashion in my lifestyle.

I homeschooled, I home birthed. I made my own foods (home cooking). I homeschooled. I wanted to have a medicine that I could use, that I had the ability to utilize without resorting to synthetic, patented drugs of commerce.

These medicines – these homeopathic medicines – are not synthetic. They're not patented. That's why they're so inexpensive because there is no patent. They're simply made by this dilution process. That's all it is.

It's a very specific process, but it is – it's all it is – is dilution. And so, I wanted that autonomy and that's exactly it gave me.

Timmerie:

And it's phenomenal to see that when you have this tool, it's widely used in Europe and other places in the world. And even, I remember learning that the Vatican had a homeopathic doctor in residence for decades up until recently. It's neat to learn about how this was so part of our culture, but yet you have Big Pharma. You have the conversations.

Western medicine can be wonderful but often overused in our modern day to day. And if we can be empowered to care and treat our families, to have a greater confidence in navigating our health, it's a huge ... it's a game changer.

And I know that this is something that my mom had when she was raising myself and my siblings. Now, I have in my arsenal when treating and caring for my children. Joette, I want to take a few more questions. I know some have come in.

We've had multiple questions come in about allergies. Let's see. Let's take Claire from St. Louis.

First, Claire, welcome to "Trending." What's your question for Joette?

Allergies and the Three Magic Markers

Claire: (45:28)

Hi, yes. So as mentioned, allergies. So, I seem to have an allergy for every season, a lovely gift from my mother, who I love very much. But pollen in the spring, summer and fall: plants, trees and ragweed and all the fun stuff. And then the winter, just the dry air and all the dust that seems to collect. Because let's face it, we all get lazy and busy with the holidays, so, we might forget to do the dusting.

So, I was just curious what you would recommend for someone who suffers from allergies, all different kinds throughout the year. What would you recommend homeopathy-wise for someone with allergies?

Joette:

Well, I have an entire course called [Allergic?!](#) And the reason it's an entire course is because allergies are so broad.

Some people have allergies to foods. Sometimes it's called food intolerances. Others have allergies to chemicals. So, it's chemical sensitivities.

Others are, like you say, seasonal allergies.

Others have allergies to perfumes and to wool and feathers and

dogs, et cetera, et cetera. Keeps ... the list is very, very long.

Now, we don't necessarily use a homeopathic medicine for *each* of those conditions because, generally speaking, if a person has an allergy to one substance, it often carries over into other substances as well. And so, if you want to really delve deeply into this, then I would urge you to go to JoettesLearningCenter.com and go down to the course titled "Allergies."

But let's say you don't want to go that far. You want to just dip your toe into this.

Then again, I would urge you to go to my blog, Joette Calabrese and put the word, "allergies," "hay fever," "spring allergies."

And there it is. All the information – not the *all* – but a *good* amount of information that will help people with seasonal allergies. I've suffered them myself. I used to have *extreme* chemical sensitivities. I had *extreme* food intolerances, and I no longer have any of those conditions. And it only gets better.

Now I'm going to tell you, though, and warn everybody who's doing this: Certain conditions in homeopathy can be addressed within sometimes minutes, just like what Timmerie described earlier with the rash that she got and the insect bite. That can work very quickly because it's an acute.

But when it comes to a chronic, more often, it can take a good deal longer. And so, allergies can take many months, sometimes even up to a year.

Now what I mean by that is not that it takes a year before you see a shift. No, no. We usually see a shift within a month or so. Very small, just a little leap, just a little hop.

And then a couple months later, we notice, “Wow, this is not bothering me as much.”

And I always say, we have three magic markers to determine whether or not the medicine that we’re using – the homeopathic medicine – is acting.

And the first marker is there’s less intensity to the symptoms.

The second magic marker is that it lasts for a shorter period of time. (In other words, instead of having the sniffing and sneezing and perhaps fatigue, instead of it lasting all day, it lasts only a few hours.)

And the third is – third magic marker – is that it’s a larger space between each episode of its occurrence.

And having that information at hand when you go to my blog and read up on it, I believe you’ll be able to find something that’s going to be quite useful for you.

Timmerie:

Excellent. So that’s on seasonal allergies.

We’re running out of time. I know we had so many more questions that people had on the topic of homeopathy, getting your feet wet. I do recommend ... I’ve not taken Joette’s courses, but I know a lot of people who have and felt like that were really equipped to start navigating and have a network to dive deeper into navigating health with homeopathy.

You can learn more at JoettesLearningCenter.com. That’s J-O-E-T-T-E-S learningcenter.com.

Thank you so much for your time, Joette, and we’ll have to have you back on again soon.

Coming up tomorrow. Lots! Have everything from walking through

the Advent wreath, what each of those candles symbolize, along with combating loneliness.

This is a space as Catholics, whether it's ourselves or others, there's a lot that can be done and easily and well to be transformative.

Kate:

Thanks for listening to today's podcast. If you liked that interview and want to hear more, we have more to come in the future. So, stay tuned.

Joette:

It's my honor to share many lessons on this simple method of using homeopathy for free –without affiliates or advertising – here in my podcasts, but also my [blog posts](#) and [Monday Night Lives](#).

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