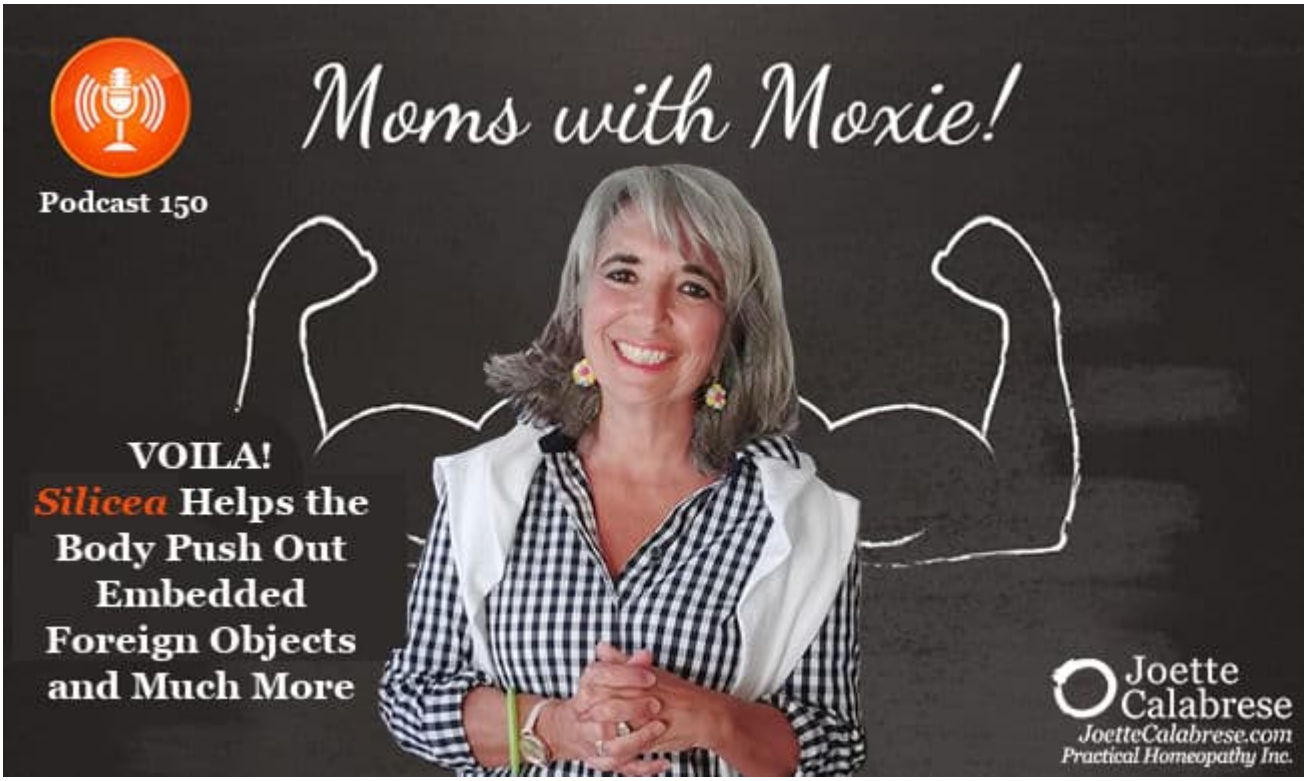
Podcast 150 – Moms with Moxie: VOILA! *Silicea* Helps the Body Successfully Push Out Painful, Embedded Foreign Objects and Much More



In This Podcast, We Cover:

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Silicea 6X – https://hylands.com/products/hylands-silicea

02:10 *Silicea*: Bunions (and Pushing Out Glass From an Old Car Accident)

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Free online *materia medica* – https://www.materiamedica.info/en/free-materia-medica-books.php

A Materia Medica: Practical Homeopathy® for Busy Families by Joette Calabrese

Additional Resources:

Joette Calabrese on YouTube (Monday Night Lives)
Joette's Learning Center
PracticalHomeopathy.com
Joette's Study Group, Find Your New Study Group Friends
Joette's Mighty Members
FindAPracticalHomeopath.com

Kate:

This is the Practical Homeopathy® Podcast, episode number 150, 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: *Silicea* Helps the Body Successfully Push Out Painful, Embedded Foreign Objects and Much More

Kate: (01:00)

Welcome to the Practical Homeopathy® podcast. I'm Kate, and I'm here with Joette.

Hi, Joette.

Joette:

Hi Kate, and actually, hi to many, but we're going to find out more about that in a minute, right?

Kate:

Yes. Today, we have a very special gathering of some of your inspiring students who are going to share their real stories, their successes, surprises and heartfelt moments. And they've

been using a homeopathic medicine called *Silicea*, along with many others. So, we are going to welcome them here to share their stories.

What Is *Silicea*?

Joette: (01:30)

Hi, ladies.

So, we're going to talk about *Silicea*, and there are the top 100 homeopathic medicines we can use. There are the top 300, if we want to go a little bit deeper. There are the top thousand. *Silicea* is just one of them.

But it was so fascinating when we started to talk about this in one of the classes. Everyone just came up with fascinating stories of their use of *Silicea*, which is made from flint.

And for those of you who know anything about homeopathy, it is a cell salt. Doesn't mean it's any different than any other medicine. It just is in its own special little category.

I'm dying to hear the stories. I've kind of heard little bits and pieces, but I haven't heard the full picture, the full measure of everyone. So, I'm looking forward to getting to know what these stories are.

Silicea for Bunions (and Pushing Out Glass From an Old Car Accident)

Kate: (02:10):

All right, so let's start with Christy. Welcome to the podcast, Christy.

Christy:

Hi, Kate. It's so fun to be here today. See everyone and meet some new faces.

Joette:

Christy, you have a story about your mom.

Christy:

Yes, I do.

Joette:

And glass, please relay that. I remember that story. It's pretty interesting.

Christy:

Yeah, it's pretty crazy. Yeah. My mother and I were going through the Gateway courses, and we were studying the cell salts. And she's a nurse, so, she's pretty self-reliant and used to practicing things on herself. So, she wasn't shy about diving right in, and she noticed all the things that *Silicea* was appropriate for.

So, she began to take *Silicea*, especially for her bunions. After about two weeks, the strangest thing started to happen. She had tiny shards of glass coming out of her face. So, at first, she didn't know what it was, and then she realized it was glass from a car accident she had been in over 25 years ago. So …

Joette:

She was working on bunions on one end and on the other end …

So, did it frighten her?

Christy:

No, it didn't frighten her. She kept taking the *Silicea*, and more and more glass started coming out of her face and her head.

But after a while, she was kind of getting tired of it, so she decided maybe she'd try some higher potencies to see if it moved things along. But what she noticed was that larger pieces were coming out, but that became a little bit uncomfortable. And she just stuck with the 6X because it was working.

Joette:

That's an amazing story, but it's not unusual. It's amazing to anyone who doesn't know anything about *Silicea*, but this is what *Silicea* is known to often produce.

Christy:

Exactly, exactly. So, yeah.

Joette:

She was using 6X. Was she using it once, twice a day? How did she …

Christy:

She was using it a couple times a day for a long time.

This has been over a year now. She still has glass coming out. She even stopped taking the *Silicea* for a while, and it's still coming out.

So, we don't know how much more glass is going to come out, but I'm sure you're wondering: Yes, it did help with the bunions.

Joette:

Yeah, that is the question, isn't it?

Christy:

Yeah, it did. In her face, her skin looks amazing. She has

less wrinkles than most people her age. She looks great, but she's ready for the *Silicea* to finish.

Joette:

To finish. Yeah. All right, "We're finished now. Can we stop this job now?"

Yeah. What a fabulous story, Christy. So, now she's hooked.

Christy:

Oh, absolutely.

Joette:

Yeah. That's what happens when you realize that. And *Silicea,* then, is known for pushing, causing a superation around a shard, such as a branch, a piece of wood, a sliver, an old needle, a pin, glass. That's the most common. I love to hear these glass stories.

Thank you, Christy. This was really fascinating.

Christy:

That's fun. Thank you.

Silicea for Straightening Bowed Legs

Kate: (05:13)

All right, next we have Franicia. Welcome, Franicia.

Franicia:

Hi. It's so exciting to be here with all of you. I got to do the interview with Kate, and I get to see everybody.

So, this is one of my favorite stories to share. I'm married, and I'm a mom of 10 children with age ranges of a young adult in her early twenties down to the baby who's almost three.

So, around three and a half years ago, I had most of my children and noticed that one of my little boys had a different kind of walk. He was barely a year and a half, and my son had an unusual way of walking that seemed different than what I was used to as a parent.

And when he would walk, his feet were turned inward and his hips would sort of twist, and he almost looked like he was about to fall. So, not only were my son's feet pointed inward, but his feet came together, and the rest of his legs were far apart and were bowing. Almost looked like parentheses.

I had been taking Gateway to Practical Homeopathy® classes and was slowly buying remedies and also got a cell salt kit. And when I first bought it, I had many health challenges and found relief by taking some of the cell salts. So, homeopathy was helping me so much that I always wanted to learn more.

So, one day I was reading the handout that came with my cell salt kit, which were all in 6X potency. And I was reading the keynotes and symptoms for each cell salt and noticed it says something like "rickets" under a cell salt called *Silica* (or *Silicea*). And I knew it was helpful for teeth, bones, growing children, among many other things in age ranges (and, you know, if it matches). And I decided to try it for my son.

I gave him about two doses in two days, and his legs straightened. And they looked like parallel lines when he would walk, and his hips weren't swaying like they used to. His feet? They weren't turned inward anymore. They were turned forward, and he didn't look like he was going to fall anymore.

And our neighbors even noticed and said something to us. You wouldn't have known he had a problem walking before, and he hasn't needed that remedy again for his legs since then.

As a mom, I'm so thankful to learn these things.

Joette:

Franicia, repeat that. In two days?

Franicia:

Two days, two doses. This was three and a half years ago, and I have the videos to prove it. I have videos if you ever want me to share that – privately. It is amazing.

Joette:

That is amazing. Have you noticed anything else with his walking now? You said his legs are parallel. How about your other children? Anything with them?

Franicia:

One of them does have a slight twist, and she's a fast runner. She's taking the cavity protocol, which has helped her, but she's the only other one. And a lot of my children are fast runners, and they love to run. But this boy, he loves to run, and he runs straight. Everything's straight and parallel.

Joette:

Well, we expect miracles with homeopathy, but each time we hear one, it's still just as exciting as though we wouldn't expect it. It's really fabulous.

Thank you so much for sharing that, Franicia. That's a beautiful story.

Franicia:

My pleasure.

Silicea for Pushing Out an Inch-Long Splinter

Kate: (08:21)

Alright, next we have Tia. Welcome, Tia.

Tia:

Thank you, Joette. Thank you, Kate.

My story starts while I was in Academy. I had been in karate with my youngest daughter, and one of the little girls was selling Girl Scout cookies. A few weeks later, the mother was dropping them off to me, and I hadn't been there in a while because Academy was taking a lot of my time up.

And she happened to say how she hadn't been in karate (mother) because she had been walking around her house one day, and there was a mat (it was like bamboo or something like that). She stepped on it, and she got a splinter in her foot, and it was so bad that she was on crutches.

She went to the doctors, and they said that they wouldn't do surgery 'cause it could cause damage. So, she was at a loss.

She tried other things, different oils, and she'd been soaking her feet and all that stuff, and nothing seemed to help.

And she knew that I had been bringing my books every day when I was in class for karate. And she says, "Is there anything that can help me? This is awful. I'm on crutches. It's been weeks."

And I said, "Well, yeah. There's this little thing called *Silicea*." And I told her, "Get some in 200."

And she took it for a week or a week and a half, and it came out. And it was an inch long.

Joette:

Whoa.

Tia:

But it was all the way up in her foot. Yeah, it was like where the arch and the ball of the foot meet. Like I said, the doctors wouldn't touch it, and she was in so much pain. And it

just came out! It had been in there for five weeks.

Joette:

Ooh, that’s a long time.

So, what was left at the end, Tia, when it came out? What was she left with? Was there still an infection? Did the infection just smooth over? Did it just clear up with no residual issues remaining?

Tia:

Nope. It was fine. Absolutely fine. You could just see the hole where it came out. She sent me a picture and everything. Yeah.

Joette:

I’ve seen that picture. I’ve seen the picture of the actual sliver – an inch. That’s a long way to go into a foot. Nice job.

Now you chose 200, instead of a 6. Tell me why. What were you thinking? I’d love to hear your rationale.

Tia:

Well, because you’ve always said that you like 30s and 200s, and I tend to lean more towards 200s.

She was in a lot of pain. It had been in there for several weeks, so she was tired of it and wanted to get it out.

So, I figured, “Okay, let’s hit it a little harder.” And it came out.

Joette:

So, it only goes to show we’ve got two stories of 6s and now a story of a 200. *Silicea* is *Silicea*, is *Silicea* in whatever

potency you choose.

So well done.

I just have to ask this question. You brought your homeopathy books to your karate class?

Tia:

Yes. Yep.

Joette:

Did you learn how to chop them or …

Tia:

Well, my youngest would be in class, and then afterwards they would …

Joette:

So, *he* was in class, and you were studying, right?

Tia:

Yes.

Joette:

That’s the way it works.

Tia, great story. Good job. Thank you for sharing that.

Tia:

Thank you.

Kate:

That’s great.

Silicea for Pushing Out Cactus Barbs

Kate: (11:30)

Alright, next up is Sara. Welcome, Sara.

Sara:

Hi, thanks. Hello, everybody. Super excited to be here, too. That's kind of got some nerves going, but it's all good and all fun.

So yeah, my story is a little different. We live in an alpine desert of Colorado, which sounds opposite. Everybody thinks mountains in Colorado, but there is a high alpine desert with tons of cactus and sand, and can get very, very hot here.

Where our house is, we have a little small hiking trail. And my husband – it was a couple of years ago – took our two boys – they were about three and six – out for a quick little hike through the backyard of the house.

And the three-year-old stumbled and fell right into a cactus patch. And this particular cactus patch is one called fishhook cactus. So, it does have the fishhook barb on the end of it and makes them really difficult to remove.

Well, you also have a three-year-old, who gets up out of the cactus, and he starts screaming and crying. But then he starts rubbing wherever he landed in a cactus. And if you know anything about cactus spines, if you rub it, they break off at the surface of the skin instead of pulling out or coming out or anything else.

So, he broke off most of the top pieces of the cactus, where I could pull them out with tweezers. So, we were dealing with a lot.

And a lot of people are like, "Oh, try glue; try duct tape; try all these things." Of course, that wasn't going to work.

And I knew it because I knew a little bit of homeopathy and knew what *Silicea* does. I sat him on the little counter, and I was able to pull out a few of them, but I just started to dose him with *Silicea* in a 30.

I chose a 30 because my only *Silicea* in a 6 was in Bioplasma®, and I wanted the strict effectiveness of *Silicea* alone. So, all I had was my kit with 30 in it.

And I gave him two doses over the course of about four or five days. And every single day, I would pull five or six little, tiny spines out of him. And then the next day, same thing, five or six little, tiny spines out of … it was all over: in his arm and his ribs and his leg. I mean, he face-planted pretty much into this poor little cactus thing.

But after about a week, we finally got the last little barb out, and he was so happy about it. He wasn't in a lot of pain, but he thought that was really cool.

So, now he knows. And he looks at the cactus, and he is like, "Oh, Mom, make sure you have your *Silicea* in case we go by the cactus again."

So, he is well-versed now in all of the homeopathy help.

Joette:

What a fun story. Well, it's fun *now*. It wasn't fun for him at the time.

So, let me make sure I understand. If *Silicea* didn't push out the barb, you think they would still be embedded in those areas in which he had rubbed and broken off the tops?

Sara:

It very well could be. Sometimes we've had them kind of fester up. But they're really hard to get to fester up. I think for the most part that, yeah, they would be stuck in his skin

still to this day. And that was a year and a half ago.

Joette:

Interesting. Wow. Excellent.

So, what would they have done, do you think, if you had taken him to the emergency room?

Sara:

They don't do much. A lot of times, they will just say, "Hey, we can try to tweeze out what we can. Hopefully, the body does something with it, but …"

Joette:

Hope the body pushes it out on its own. And *Silicea* did just that. It stimulated the body's natural ability to do that.

Sara:

Exactly, yes. And made it faster, too. Because my mother-in-law had had this similar thing happen to her years and years ago. And she would visit the aesthetician weekly for them to try to pull them all out, and it took months upon months for her to get them all out.

Joette:

Wonderful. What a great story. The cactus story. So good. Who would think that cactus have barbs that you wouldn't even think …

Sara:

Those ones are tough.

Joette:

Yeah. Yeah. Great story, Sara. Thank you.

Silicea for Pushing Out Recently Embedded Glass (and for Fear of Pins and Needles)

Kate: (15:38)

Next is Amanda. Welcome, Amanda.

Amanda:

Thanks, everyone. Happy to be here and hear everybody's stories.

It was probably a year and a half ago, I gobbled up all Joette's podcast, too, and was like, "When's the next podcast coming out? I can't wait for the next one." So, super-excited to be here. So, I'm glad I wrote up my story because otherwise I think I'd just forget what I was going to talk about.

We've been using homeopathy for our family for over 15 years, and with six children, we've had plenty of opportunities to use it. So, this story tells the cautionary tale of our three girls who shared one large bedroom. I can't say they are known for wild antics, but one day, all I heard was a great smash and some blood-curdling screams.

I ran to their room and discovered they had set up a mattress and decided to invent their own bedroom slide, propping it up against another bed.

Well, the fun was quite short-lived as my daughter slid down right into the glass-doored bookshelf, which smashed all over her feet and legs. It was a bloody mess, and shards of glass everywhere, including many stuck all over her legs, plus two large gashes.

I plucked out each glass piece I could see. But, much to her horror, we did have to bring her into the emergency room for some stitches. This child carried big fears of needles. So, that process alone was an event. But many months later, this same daughter started to have a tender spot when putting any

pressure on her leg.

So, thinking maybe there was some remaining glass embedded, I gave one dose of *Silicea* 200, and no more complaints. We kind of totally forgot about it.

A month later, out popped a shard of glass right out of her leg. It was incredible. No bleeding, no pain, no big deal … from the girl who normally went into full freaking mode with any puncture wound. She took it out, and the skin simply just closed up right around it.

And it happened again. It was like, "here a shard, there a shard" for a time.

So yeah, I'm always in awe of homeopathy's little miracles. But this was just another example of a wonderful result of *Silicea's* superb skills, gently putting things out of the body that don't belong.

Joette:

Well put. So well put, Amanda.

And you know what I think is fascinating about your story? In addition to where we're going with the shards is that if you look at the psychology of someone who needs *Silicea* – not necessarily for injuries like this, but if you're using *Silicea* for other reasons, such as to give someone kind of more grit. They often – people who need *Silicea* for whatever reason – they have a tremendous fear of pins and needles. Of stepping on them, of being injected with them.

And they often have … if someone is sewing, they don't want to be around the pins, or they make sure the pins are all put into the pin cushion in a very tidy fashion because they're very uncomfortable with it.

And the fact that after you having given her *Silicea*, she no longer had that fear. Beautiful. It touched her on many

levels.

Amanda:

Yeah, I'm so thankful she could see the power of homeopathy. And now if she ever has an issue, her first question is, "Mom, what remedy can I take for this?" And of all the never-ending questions my kids ask me, this is definitely one of my favorites. So, thanks.

Joette:

Yeah, and this is the way to raise them. This is the way to raise kids. There's no doubt about it.

Good story. Thank you for sharing, Amanda. That was great.

Silicea for Hair Splinters

Kate: (19:09)

Okay, next is Jessica. Hi, Jessica.

Jessica:

Hi. Thank you guys for having me. I'm excited to hear the other stories, especially Christy's mom. I have bunions, so … I want my wrinkles to go away. So, I'm going to start the bunion protocol, and then maybe my wrinkles will go away, too. So, thanks for your story, Christy.

Kate:

Well, for those of you who can't see Jessica, she does not look like …

Joette:

She doesn't have wrinkles.

Jessica:

No, they're here.

Kate:

She's gorgeous.

Jessica:

My *Silicea* story is actually a friend of mine. She's a professional hairdresser, and so is her son. He works for her business, as well.

She was taking my Gateway class. And in Gateway II, we talk about the cell salts – *Silicea* specifically, as we went through the discussion.

He had been having foot pain, persistent foot pain, and she kept asking me, "What could we do for heel spurs?" Or there were a few different things she was looking at.

And I was like, "Well, we really need to know what's going on. You might need to go see a podiatrist. We need a diagnosis."

Well, when we got to the *Silicea* lesson, she was reading about it. After hearing more about *Silicea*, she gave him a few doses over a few days. What happened next is wild!

Hair splinters started coming out of his foot, eight in total. So, eight hair splinters came out of his foot. Once they were out, the pain was completely gone.

So, it turns out hair splinters in feet are pretty common amongst hairdressers. I didn't realize this, and that's what it was. The foot pain was from the hairs when he was doing haircuts that got into his feet and were causing the pain. So, after that, he's not been in any pain. It just completely went away.

Eight hair splinters.

Joette:

That’s fascinating because you don’t think of those kinds of problems that are associated with specific occupations. But yeah, I’ve heard that before about hair.

So, they can’t really wear sandals without socks or something because they can often get embedded. And it depends on what kind of hair it is, too. Is it thick? Is it sharp? Is it … et cetera.

Fascinating. So good. So good. Thank you for sharing that, Jessica. It’s a great story.

Yeah, and bunions, we know *Silicea* is great for bunions. There’s no doubt about it. Yeah, we’ve had some good reports on that as well. Thank you.

Silicea for a Dog Riddled With Porcupine Quills

Kate: (21:25)

All right, let’s finish up with Heather. Hi, Heather.

Heather:

Hi Kate. Thanks for having me.

My story’s regarding my dog. One of my three dogs, Ice, he got into a little bit of a tiff with a porcupine and showed up at my doorstep with 12 quills in his cheek and nose. So, luckily, it was only 12.

And my husband, my daughter, and I had to pin him down and pull them out with pliers. He’s 130 pounds, so a force to be reckoned with. After a while, he did not get used to us. He would run every time he’d see us. So, I had to be quite sneaky pulling them out time and time again. I’d catch him sleeping and rip one out.

I got to the last three, and the last one I broke off in his cheek, so I was quite mad at myself. But then I remember

listening to a podcast regarding *Silicea* and how a little girl got glass in her face, and it forced the foreign objects out of her face. So, I thought, well, this is a perfect opportunity.

So, I had *Silicea* 30 on hand, and I just dissolved it in water and put it over his food once a day. I wasn't very equipped with homeopathy at the time. So, I did that once a day for maybe five days a week, here and there, for about four weeks. And then I just figured maybe his body absorbed it. I have no idea. And I gave up.

About five weeks after that happened, he came up to me, and I noticed a hair coming out of the top of his nose. And I thought, well, that's unusual because the top of a dog's nose is quite flat and soft. So, it looked as thick as a horsehair. So, it was coming straight up. And I'd try and brush it, and he'd run away from me.

And then finally, after about a week of seeing it grow and grow and grow, it got to about a quarter of an inch high. And I was able to just be petting his ear, and I ripped it out with my thumb and my finger. And sure enough, it was the rest of that porcupine quill. But it had went in the side of his right lip and came out the very top of his nose.

Joette:

Gosh, it migrated.

Heather:

Yeah, it was really cool.

Joette:

Wow. And they're barbed too, speaking of barbed quills. Yeah, porcupine quills are barbed. I just looked it up. I thought they were. So, did you find the barb? Was it … Did it …

Heather:

Yeah, it was the end that was stuck in. So, it came out the same way that it broke off. It's really crazy.

Joette:

Amazing. Does he get it? Does he understand what you did?

Heather:

Oh, well, he now doesn't go near the porcupines. So, I think the lesson …

Joette:

That's the lesson. Yeah, because dogs sometimes really understand this. And they know that when something's wrong, they go to the person who has the remedies.

Heather:

Oh, yeah.

Joette:

Great story, Heather. That's wonderful. And so, it closed up, no infection was remaining.

Heather:

Nothing. No. Being farm dogs – that's my husband's thing – is they stay on the farm. We're not taking 'em to the vet. So, everything I have to treat. So, it's nice to become their veterinarian from home because I love them like my children.

Joette:

It's up to you. It's up to you, Heather. Yeah, that's the way we all think here, isn't it? It's up to us to figure this out.

And the beauty of all of this, too, is that *Silicea* is

wonderful for abscesses. So, if there is the potential of an abscess, or if an abscess begins to form, *Silicea* can often release that, abscesses in the gums and other areas on the skin as well.

So, great story. Thank you for sharing that. Good one.

Heather:

Thank you.

Joette's Closing Thoughts on *Silicea*

Kate: (24:55)

Thank you to everyone who came today and shared their stories. I know it's inspiring those of the listeners who are thinking about bunions or something that's embedded in the skin. I really appreciate you being here.

Joette, any final words about *Silicea* or …

Joette:

Bunions? Abscesses, wrinkles. Right? Pushing out shards, causing a superation to push out shards.

It's a great medicine for shoring up somebody's angst and even bones that are forming.

It's great as a remedy for teeth that are growing and for bones and children.

There's so much involved in this medicine that I urge the listeners and viewers to crack open their *materia medica*. And many of them can be found free online, or my *materia medica*. Wherever you can get this information and read up on *Silicea*, sometimes pronounced "sili-cia," depends on whether it's the Latin version or the English version.

So, this is a great wrap-up. I love what all of you have said.

I can't thank you all enough for sharing this, taking the time out of your day to share this with everyone.

And for those who are listening, thanks for joining us.

Kate:

Yes. And if you want to learn more about other *Silicea* stories or other homeopathy stories, just go to JoetteCalabrese.com. That's J-O-E-T-T-E-C-A-L-A-B-R-E-S E.com. And you can type in the search engine at the top of the page and find what to do for colds and sore throats and many other conditions.

So, thanks for being here with us today, everyone.

Joette:

Thanks, Kate.

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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