



Memo to Mighty Members Tip #185

QUESTION: When to Halt Mental Protocols

December 14, 2023

In light of relaunching my course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](https://www.joettecalabrese.com/courses/mindful-homeopathy-practical-protocols-for-mental-and-emotional-conditions), I want to answer a question from one of your fellow Mighty Members:

“How do you know when to stop Mindful remedies?”

Indeed, when dealing with an acute condition, such as a cold or flu, the term “very much better” seems finite. I mean, either your nose is running, or it’s not.

However, with mental and emotional conditions — generally, chronic conditions — “very much better” may seem more of an elusive measurement.

So, instead, observe if there has been any improvement. If so, are you happy with that level of improvement? If the answer is yes, then halt the medicine and wait. Continue observation to see if the condition returns.

My friends, homeopathy is often a *pas de deux*. We remain fluid, ready to pivot whenever necessary.

There is no pre-ordained amount of time one must continue with the medicines. When we see a satisfactory level of improvement, we stop and check it out. If the condition regresses, then we take up the medicine once again. It's a constant awareness of the dance — the *pas de deux* — to determine each individual's response and further need.

Listen, often you won't know for sure that the medicine has finished its good work because in mental and emotional conditions, we usually only see subtle change. For instance, when my mother was in the throes of her illness, sometimes enough improvement would result that I would just plain ol' forget to give her the medicines. And let me add that's a common way to stop a remedy naturally.



When the condition becomes less pronounced — meaning, it's no longer at the forefront of every waking thought — employing the medicine may innocently slip your mind. What an intuitive, organic way to test if the work of the medicine is complete, right? If the condition returns, you simply return to the medicine.

But going back to my mother's example, after some time, I would often notice she was sleeping irregularly, not making eye contact or getting more upset. Those were all indications of a deterioration in her mental acuity, signaling it was time to restart the homeopathic medicine.

The Practical Homeopath® must be aware of all the aspects of the sufferer to observe the subtle changes indicating improvement or regression.

Another way to know if it's time to halt a homeopathic medicine is if the sufferer starts to prove the medication. Remember, proving occurs when an incorrect medicine is utilized, OR the correct medicine is used too long. Consequently, the sufferer will display new symptoms they've never had before that are associated with the homeopathic. (You can read about an example of a proving in my blog post on [hirsutism](#).)

If a proving ensues while using a particular homeopathic, we simply halt. However, keep in mind this caveat is not unique to mental and emotional conditions. Taking the medicine for too long can also happen inadvertently when addressing any chronic physical condition having no overt symptoms (for instance, conditions such as osteoporosis, fatty liver or colon polyps, just to name a few off the top of my head). Consequently, without measurable symptoms to observe, we must stay attuned to any potential satellite characteristics of the condition.

Indeed, the length of time we utilize a medicine is a nuanced determination. In my course, [Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions](#), we cover those nuances.

As I always suggest, you should take my courses once and, since you own it, go over it again several times. In fact, I recommend three to four times minimum. The first time you go through a protocol course, you'll feel like you're drinking from a firehose. The subsequent several listens will increase your clarity as you absorb additional information you didn't previously hear.

You'll comprehend it much differently because of your developing knowledge and newly acquired experience. The material I teach is timeless, so your knowledge will be timeless.

We never stop learning, my dear friends. Never. I'm still learning every day. That's what makes life — and homeopathy — intellectually delicious. Plus, continuing education helps us to stay Mighty!

A handwritten signature in black ink, appearing to read 'joette', with a large, elegant flourish at the end.

Joette Calabrese, HMC, PHom M

Founder and Director of The Academy of Practical Homeopathy® and Mastery™

P.S. And don't forget, all my Mighties qualify for a 10% discount on course purchases. If you need assistance getting your discount, email contact@practicalhomeopathy.com for more information.

Links:*

Mindful Homeopathy: Practical Protocols for Mental and Emotional Conditions — <https://membership.joettecalabrese.com/#mindful>

Hirsutism — <https://joettecalabrese.com/blog/hirsutism-not-by-the-hair-on-our-chinny-chins>

*We provide external links for your convenience, but we do not receive any remuneration nor affiliation in payment from your purchases on other sites.



If you have questions regarding this Memo to Mighty Members, please post them in the [Mighty Members' Discussion Group](#) in Joette's Social Center rather than contacting my office.

Other Mighties may have the same question, and by utilizing the forum, my team members can provide the answer to everyone. Plus, you might benefit from the conversation your question sparks!

If you have any tips to share, please send them to my team member tracey@practicalhomeopathy.com. She will compile them for me, and you might see your advice shared with our group — with proper credit given, of course! However, please send tips and suggestions only; we cannot answer questions at this email address.

The Author disclaims all liability for any loss or risk, personal or otherwise, incurred as a consequence of the use of any material in this article.

This information is not a substitute for professional medical advice, diagnosis or treatment.